

  
**DawBell**

*Press Pack 2019*

*Shirley Ballas*





**T**he fact is very large on Shirley Ballas's mobile phone, but she still puts her glasses on as she opens her WhatsApp messages. The screen pad texts from her boyfriend, stage actor Daniel Taylor, in search of pictures of her recently removed breast implants. She turns the phone to show me; her expressions, the emptied cavities in her chest, the two-extracted pads of silicone gel and the pair of flesh sacks which had grown around them.

"Are you surprised?" Ballas checks. "I asked Dr Waterhouse to take those pictures. I wanted a 500 per cent guarantee he could get all of that out. The big pieces that look like steak, those are the capsules that grow around the implant to protect the body from what is essentially a foreign entity you've put inside it. No one ever showed me that. I take the Maser myself. I don't think I did enough research, but if it could go back to my younger self, had people shown me photos like these, I don't think I would have had those done."

Ballas, 59, underwent the surgery on Tuesday 26 October, which took her from a 34DD cup to a 32B, and made headlines four days later when, against the doctor's advice, she went back to work as head judge on BBC's *Strictly Come Dancing* on the Saturday night.

"I had to have the operation," she insists. "In the summer I did *Who Do You Think I Am?*" and found out that my great-grandfather had died from cancer at thirty-something. My mother's older sister died of cancer; my mother has just had colon cancer; my auntie (her other sister) currently has vaginal cancer. Then I started thinking, do these implants have any link to cancer? Do these implants have anything to do with why I'm getting tired or feeling? I had a mammogram and the nurse said, "You can't see behind these implants, you know that, don't you?" As soon as she said that, that was it. I spoke to my son, my boyfriend and my mother about it. Mum was delighted

**'After my operation, Bruno was desperately trying to watch his flailing arms'**

I was removing them, she didn't think I needed them in the first place."

We meet at Ballas's double-fronted Georgian home in Dulwich, south-east London, ahead of *Strictly's* Blackpool week, two days after television presenter Milla Jovovich was eliminated from the show, and two weeks into Ballas's eight-week recovery.

The only indicators of her profession on display are a scattering of dance trophies and sculptures. Her house is immaculate; American in taste, it's decorated in white with marble worktops and grey leather recliners.

Ballas had given me a set of the front door in a yellow Donegal rain coat and a waist-length, cashmere jumper – no sequins. Behind closed doors she seems relaxed and soft.

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But her perception of what is glamorous has altered slightly with age. It's a shift that is most evident in her attitude towards what she looks like when she's off duty (almost everything she wears off screens is from Marks & Spencer, she says) and it's, in part, down to how she feels with her new boyfriend, who is 12 years younger than her.

"When I was with my second husband, I'd always put my nails and go to bed with my make-up on, he loved all that," she says. "When I first met Danny I didn't know how to be. You just put on your eye-liner. I'm 58, I'm thinking, I don't know what he likes or what the right thing to do is. Then, one evening, he was like, 'are you going to bed with your make-up on?' He took off my eye-liner and wiped all the make-up off. He goes, 'There



Shirley Ballas in three different purple dresses. Photography by Sarah Tildesley for The Telegraph. Styling by Alexandra Hood

Circulation - 476,466

Everybody told me you'll never make it... (with images of Shirley Ballas dancing and on stage)

...with his wife Barbara... they were engaged... (with images of Daniel Taylor and Shirley Ballas)

...the judge... (with images of Shirley Ballas as a judge)



The Telegraph Magazine 14 December 2019

she is, that's the girl I fell in love with." That, for me, was a huge rock off my back.

"It's the first time I've felt like that with someone," she continues. "It was a realisation, you can be yourself and be more comfortable if you want. I had already started a lot of self-love before I met Danny. But he was the icing on the cake."

Ballas is the first to admit that when she had her breast augmentation surgery 27 years ago, she was a very different place. She was married to her second husband, the Texas millionaire-turned-dancer Corby Ballas and he was raising their three teenage sons, Mark, both now registered in the past that they had affairs during their marriage.

That low self-esteem, she reflects. "I've always had body issues. I thought I would look better for my ex-husband [Corby] and he would find me more desirable. But if somebody doesn't love you, they don't love you and you CAN'T. I want to put that in block capitals - make somebody love you. You cannot alter your body for somebody else. What I've realised now is that I just want to be comfortable in my own skin."

Her Shirley Ballas, she was raised with her older brother, David, on a council estate in Waltham, Merseyside, by her single mother, Audrey, who juggled part-time jobs at a chocolate factory, and even worked as a fish-lift truck driver, to make ends meet. Ballas fell in love with dancing as a child, competing seriously by the age of 17. "My mother had people telling her, 'Stop anything what little money you've got into that child on dance classes, the money off his housing estate.' My mother said, 'As long as she wants those miles in the mile to the dance class, I will support her.'"

At 15 she partnered with the young British ballroom champion Nigel Tiffney. At 16



With her boyfriend, actor Daniel Taylor, last month

look in his daughter, Mary, and raised her alongside her own son, Mark and, at one point, Derek and Juliana. Though two American-dancers whom Ballas looked after when they were teenagers training in the UK.

"Danny has helped me a lot with having Christmas time differently," she says. "We are going to be performing together in points in Brighton and the first thing I will do when we check into our room is to lay a tree."

Land the job as head judge on *Strictly Come Dancing* in 2017 and finding fame almost overnight at 52, Ballas says, has also contributed to her self-confidence. "It's one day a week of your life," she smiles. "Going to work in like stepping into a bubble, separate from the outside world. It's like a family."

Taking over from the established Len Goodman, Ballas says, was nerve-racking. As the new head of the British panel, she was required to be a spokesperson for the show. "The first series was tough because of the pressure that I put myself under to understand the media," she says. She also 'volunteered' from her home of 12 years in Los Angeles for the first two series, before moving back to London permanently early this year. "But this current series has been difficult. When I saw everyone, I knew it was going to be hard [because the contestants were generally younger]. I'm noticing the worst trolling this season."

"Every week I've got to send someone home from the bottom two - it's the job," she says. "But ever since we had Joe Sugg on and then this time we've had Nellie Barker, YouTuber star, they're social media people, and with them come a lot of very young fans. These fans don't understand what your team is thinking when she's walking down the TV; she just gets on with her day after she's watched. This is 12- to 18-year-olds spewing hate. They direct message me: 'I want you to die.' I reply sometimes, I give them a chance because they're young people. You can let someone not be read if I know. But sometimes I think a soul is worth saving if you can teach somebody."

The hate and the heat directed at Ballas has been intensified in the tabloid press this series, too. Perhaps more than any of her other judges, Ballas prides herself on her contractive, technical critiques. Her comments to the Vicountess Emma Weymouth, and then the EastEnders actress Emma Barton saw her accused of deliberately picking on young female contestants.

"Think if I was a man, I wouldn't get half of what I get. I think it's really digged personally to attack me as an individual. I loved Emma [Weymouth, at time of going to press Emma Barton is still in the competition]. I thought she was great. Anybody who knows me knows I love young talent and so someone come from being a beginner to display as well as she did. But everyone has an opinion. And that's what makes the show a success."

Ballas is becoming something of a social-media personality herself. She and Taylor enjoy posting selfies and videos together on Instagram to speak about health issues and to highlight charities they're interested in. "Sometimes I wonder if we over-share," she admits, "but Danny did a post about getting yourself checked [for cancer]: the other day and he got so many positive messages from people who said they were inspired by it."

Ballas relaxes visibly when she's talking about Taylor. The pair met last November when they starred in points together; he was 12.

"I will be having a party," she decides. "I have a much better social life here than I had in the United States. I just want to cook, come home, watched *Law & Order*. I can count on my relationship, he has an eight-year-old son. I was there for him, he was there for me and that's how it blossomed. There is no age gap, we don't care. We talked about it at the beginning and it just took a big deal."

Ballas dismisses the tabloid rumours that the couple are secretly engaged, although she says that she still believes in marriage and would like to marry him, maybe, possibly, one day. "Of course I would, it's definitely right for me and I feel he thinks I'm right for him."

Next year Ballas will be 60, a milestone she says she is looking forward to. Between the new boyfriend, the new house, moving away from her son, the operation, the family finances and the rising ride on *Strictly*, she describes 2019 as having been a 'massive year'.

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With her son Mark and Queen of Britain, Audrey, this year



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**Shirley**

**'WHY THIS CHRISTMAS WILL BE SO SPECIAL'**

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**Hinch up your CHRISTMAS!**

How do you feel about the festive season? Shirley Ballas says she's enjoying it more than ever. She's not in a hurry to get back to work, but she's not in a hurry to get back to work either. She's enjoying it more than ever.

**How do you feel about the festive season?**  
I'm enjoying it more than ever. I don't mind going to work, but I don't mind going to work either. I'm enjoying it more than ever.

**What are your plans for the festive season?**  
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**'Danny has changed my whole view ON CHRISTMAS'**

Strictly's head judge Shirley Ballas has had her share of ups and downs. Now she opens up about why this year is so special for her

**IT'S IMPORTANT TO SHOW YOUR GRATITUDE FOR WHERE YOU ARE IN YOUR LIFE**

**Shirley Ballas**

**Do you still have your boyfriend?**  
Yes, I do. I'm still with him. We're still together.

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**Shirley Ballas**

**'I AM THE HAPPIEST I'VE EVER BEEN!'**

The Strictly judge on how the new man in her life has given her confidence to bloom

**'Kelvin's snake hips give me hot flushes!'**

Shirley Ballas may have a seat at the top table on one of the UK's most glamorous shows, but she has plenty more to smile about...

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**Shirley Ballas**

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**INTERVIEW**

**Shirley Ballas**

**'I met my boyfriend doing panto. He thought he was in a show with Shirley Bassey!'**

**What's the atmosphere like before the live shows?**  
It's a bit of a madhouse. It's a bit of a madhouse. It's a bit of a madhouse.

**Do you still have your boyfriend?**  
Yes, I do. I'm still with him. We're still together.

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Circulation - 333, 460



Circulation - 519, 603

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# woman&home



**CELEBRITY DOING GOOD**  
**SHIRLEY BALLAS, 59**  
*Supporter of CALM Campaign Against Living Miserably*

Having lost her beloved brother David to suicide, Strictly Come Dancing judge Shirley supports CALM (The Campaign Against Living Miserably), and recently climbed Kilimanjaro with Comic Relief to raise awareness of the issues around mental illness.

How do you feel about winning this award? Absolutely brilliant. It's the first non-dancing award I've received in the UK so it was a lovely surprise.

Which woman has inspired you in your life? My mother, with her work ethic and the way she is always putting people before herself and paying it forward.

What achievements are you most proud of? Two things – I'm in a male-dominated industry and have endured quite a bit of pressure and bullying, so I'm proud of having overcome that. Secondly, of having climbed Kilimanjaro with Comic Relief in memory of my brother David and for CALM. I thought I'd never get through it, but I did and I'm honoured to have had the opportunity.

What advice would you give to your younger self? To stand up to bullies. Bullying goes on everywhere, in schools, in the workplace, and you meet strong characters who influence others. I've learned to stand up for myself but I wish I'd done so sooner.

What is your mantra? Wake up every day and see the world with the eyes of a newborn baby. I remind myself of this daily and it allows me to focus on the now.

What couldn't you live without? My mother. She raised me and my brother as a single mum and I'm exceptionally close to her. She's my go-to person, my friend, my mentor. My everything.

SHIRLEY BALLAS: ANDREW HARRISON; ANN, DEBORAH: NICKY HATFIELD; SHIRLEY BALLAS: ANDREW HARRISON; JULIE ROBINSON: NICKY HATFIELD; JO ANNE PITTS: NICKY HATFIELD; ANNE MARIE DALEY: NICKY HATFIELD; ALISON DUNNE: NICKY HATFIELD. STYLING: NICKY HATFIELD. HAIR: ANDREW HARRISON. MAKEUP: ANDREW HARRISON. PROP STYLING: ANDREW HARRISON. SHIRT: M&S. TROUSERS: M&S. SHOES: M&S.

exclusive interviews

# Christmas with the STARS

We speak to some of our favourite famous faces to find out their festive traditions and how they'll be celebrating this year

**SHIRLEY BALLAS**  
*'I want a proposal for Christmas'*

Strictly Come Dancing judge Shirley Ballas, 59, lives in London after moving from Los Angeles to take care of her mum.

I'm spending Christmas with my mother, my son and his wife and their dog Hendrix, and my dog Charlie. We've booked a nice restaurant to go to for a family lunch.

Christmas is about loved ones. It's important to show your gratitude for where you are in your life and for those loved ones around you. I think it's about spending quality time with them.

I'm so excited for my first Christmas with my boyfriend, Danny. We've got the run-up with the party (Danny co-stars in Jack and the Beanstalk with Shirley at Darlington Hippodrome). We'll learn more about each other, although we already get on well. He has changed my whole perception on Christmas. I'd love Danny to ask me to marry him this Christmas!

A tradition of mine is that I always buy a box of Marks & Spencer Christmas crackers for my mother. I don't cook a roast dinner with all the trimmings because I can't even boil an egg. My mum is the best cook. Even at 82, she cooks a meal every day for herself.

My first childhood Christmas memory was when I realised that it wasn't Santa who was pulling my pillowcase at the end of my bed. It was my mother, so it was the prettiest Santa I'd ever seen. >>>

Circulation - 274,927





**You have to have a steel spine, darling**  
**Shirley Ballas**  
 on *Strictly*, sexism and self-belief



**G2**

**Life & Arts**

**Trees of life**  
 The battle to save Britain's ancient woods  
 page 6

**'You want to make people angry'**  
 Michael Winterbottom on how Sony toned down his film *Greed*  
 page 10

**Shirley Ballas**  
 'You have to have a steel spine'



**Wolves stun City Champions**  
 slip eight points behind

**The Guardian**

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*Circulation - 128, 492*

**'So many people have tried to stop me'**

**Strictly Come Dancing's Shirley Ballas** is one of the biggest stars in dance - but she has spent her career fighting sexism and bullies, she tells **Ennie Saner**




**'You're fine as you are'**

**People seem to think that, by the time you hit 45 or 50, you might as well just pack it in**

**Shirley Ballas** is one of the most successful women in the world of showbiz. She has won the *Strictly Come Dancing* crown twice, and is a household name. But she has also faced sexism and bullying throughout her career. In this interview, she opens up about the challenges she has faced and how she has overcome them.

**Shirley Ballas** is one of the most successful women in the world of showbiz. She has won the *Strictly Come Dancing* crown twice, and is a household name. But she has also faced sexism and bullying throughout her career. In this interview, she opens up about the challenges she has faced and how she has overcome them.

**'Romance? I've never quite got it right'**

Ahead of the *Strictly* tour, Shirley Ballas plays matchmaker to over-50s - while also looking for love. **Daphne Lockyer** reports



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**'If you're over 50 and you find someone, why shouldn't it include sex?'**

**The Daily Telegraph**

*Circulation - 308, 015*

**Daily Mail weekend**  
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**The judges bite back!**

As Strictly hits Blackpool, all four give THEIR verdicts on those controversial dance-offs - and tell why they've got the perfect panel now Motsi's bounced in

**INSIDE**

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**The one thing we agree on? We always get it right!**

**THIS IS THE HAPPIEST I'VE EVER BEEN**

**Hired Dares, but Motsi is more bouncy**

**I might get whacked, squashed between two arm-wrestlers**

**letter to my younger self.**

**Shirley Ballas**

**Dancing queen**

**WITH THE YEAR SHIRLEY TURNS 50**

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I got the call... He is the one!

**EXCLUSIVE**  
**SHIRLEY BALLAS**  
ON THE MAN WHO HAS HER DANCING ON AIR

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**THE DUKE AND DUCHESS OF SUSSEX**  
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**'William is absolutely blessed to have found an extraordinary woman to do this job'**

Shirley's elegant Georgian home offers visitors a warm welcome - as does Charlie the Lhasa apso

**EXCLUSIVE INTERVIEW AND PHOTOS**  
**RINGING THE CHA-CHA-CHANGES AHEAD OF 'STRICTLY'**  
**SHIRLEY BALLAS**  
INVITES US INTO HER LONDON HOME AS SHE TALKS OF FINDING LOVE AND LEAVING L.A.

Shirley and her fellow Strictly Come Dancing judges (from left) Craig Tabor, Mark Ballby and Craig Tabor. Shirley is sitting in the latest garden, which promises to be full of surprises

**SHIRLEY BALLAS'S HOME IS A WARM AND COMFORTING AS THE WOMAN HERSELF. THE LUXURIOUS PROPERTY IN SOUTH-EAST LONDON HAS BEEN TOTALLY RECONSTRUCTED - AND THE WORK IS SO FAR THERE'S STILL THE BEST OF BOTH WORLDS IN THE AIR.**

Inside the immaculate five-bedroom, five-bathroom house, Shirley's dressed another feature: her adorable four-year-old Lhasa apso dog Charlie greets everyone with an enthusiastic wag of his tail.

Strictly Come Dancing's head judge because she takes in the scene around her. The house is now her permanent base after she sold her Los Angeles property to return back to the UK.

"It's lovely to have my own home here," Shirley tells HELLO! in our exclusive photo shoot and interview. "For the past two years while filming Strictly I have stayed with my friend Tessa Martin, which I was truly grateful for, but I didn't want to keep imposing."

**MOVE WITH THE TIMES**  
While South played a big part in her transatlantic move, another reason was her husband Danny Taylor, 44 - photos of whom are dotted around her home.

"I just love that man," says Shirley of the handsome

**'It's lovely to have my own home here... It made sense to come back to England'**

Shirley prepares to welcome HELLO! into her beautiful home, in which she previously lived with her son Mark, but which has been rented out during her time in LA

*Circulation — 208, 834*



Shirley enjoys a tipple in the bar area, which leads off from the large and comfortable living room (below)



actor and producer. "I just want to sit there all day and stare at him. He is The One."

Shirley, 50, bought the house 13 years ago and lived in it with her son, professional ballroom dancer Mark Ballas, and his friend, American dancer and choreographer Derek Hough, whom Shirley had looked after with his ailing father when they moved to London to study dance.

Shirley moved to LA after Mark and Derek landed roles on the TV talent show *Dancing with the Stars*. But now she is back in the UK and ready for a new start.

"When I got the *Strictly* job it made sense to come back to England. It was quite difficult to commute back and forth, and I really wanted to build my charity work. I simply can't



'This year's *Strictly* is like opening a bottle of champagne. There was an energy I have never witnessed before'



'I really wanted to build my charity work. I can't do it if I am on the other side of the world'



The picture on the wall in the dining area is of Broadway in New York. It was bought by Shirley's ex-husband Gerry, who had a number plate that read 'The Aisle with the world' (Mark's number of their wedding party later appeared on *Strictly*)

do that if I am on the other side of the world." Shirley had around on her London property, which has a contemporary design with vintage touches, while living in LA and decided to redesign such before moving back in.

Family photos are prominent, and several of her dance trophies are displayed on open shelves. There is even a photo of Shirley with Tom Cruise, whom she taught to dance the salsa and mambo as a surprise for his then-wife Nicole Kidman.

One of her favorite features is a walk-in wardrobe full of her glam *Strictly* outfits in what



Shirley in the dining room, which features a 'family room' collection of family and favorite photos, including one of her son Tom Cruise and another with boyfriend Derek Hough



'Strictly is a national obsession, a phenomenon. It's like being in Disneyland'

was the attic. She says: 'I love that everyone has their own bathroom and nobody's on top of each other. I like the openness of the house.'

Another reason she left LA was the realisation that her son Mark now has his own life to lead. 'When I moved to LA, I was single and dad's was to be on my own. But everyone goes on to have their own life, and Mark got married. In the end I thought I might as well have myself here. Plus, I have many friends here.'

'I didn't really have friends in LA, I would work and come home and watch television. I don't think I have watched television since I have come back. I have got a new man and Strictly and my mother, who is a handful,' she laughs. 'I think I am going to be much happier here.'

**HEALTH MATTERS**  
Shirley is extremely close to Audrey, who lives in Wallasey, Merseyside but also has her own en suite bathroom in her daughter's home.

'Shirley's devotion is evident when she talks about her mother's battle with colon cancer. Audrey refused chemotherapy and the pair are waiting for results from a small scan. 'We are hoping that because she is 82 it's slow-growing,' says Shirley. 'My mum said she could take chemotherapy and be as sick as a dog, or she could just laugh and live her life.'

Audrey's cancer journey has led Shirley to contemplate her own health. While filming an episode of *Who Do You Think You Are?*

Open shelves in the living room (below) are home to a small selection of the trophies and ornaments that Shirley, dubbed the Queen of Latin, has been given as prizes for her dancing around the world - and which proud mum Audrey keeps 'polished and coated'



'Danny and I had a great friendship and then in March we decided we were more than friends'

Shirley relaxes (above), off-duty from her third *Strictly* series, which has 'the most unpredictable set of pairings'. She has re-created some of the programme's glamour at home, with a Hollywood mirror in her bathroom (below left) and mirrored surfaces in the bedroom (below right).

the BBC, she learnt that her great-grandfather George died of cancer in his 30s. In addition, one of her aunts died of the disease and another has just been diagnosed with it.

As a result, she has decided to remove her breast implants, which she's had for around 17 years. 'I definitely want to take my implants out. When I had a mammogram recently, the lady said it's impossible to get a complete image with implants. Plus, some things that I sometimes suffer from, like chronic fatigue, can be caused by them.'

'But I want to make clear that it's something I want to do for myself. Everyone has their own choices, and this is one I have made for myself.'

As our photobook progresses, Danny pops in to

see Shirley. It's obvious they are smitten with one another, and a future together is clearly on the cards. Shirley giggles when asked if they live together and will only say: 'He stays here often.'

**LOVE STORY**  
After coming off *Dance*'s main talents - aside from starring in *Bad Boys* at theatres all over the UK, he is also a singer-songwriter - Shirley says he is the most talented of the pair in their native city.

'In Liverpool when we go out, it's him that they recognise, not me. People say 'Hi Danny. And I am behind him, like 'What are you chopped from?''

The couple first met last year while appearing in the pantomime *Just as the Sunsets* in Liverpool.

'I had the few few scenes opposite Danny and was terrified, but he lulged me. I understand his industry but he didn't understand mine at all, and I loved it. He loves nothing about Strictly. We had a great friendship and then in March we decided we were more than just friends.'

When asked whether their relationship writes, Shirley lets out a huge laugh.

'A hundred and fifty per cent serious! We have a lot in common and we laugh all the time. He is part of the reason why I readjusted my life. My son is grown up and has his own life, and Danny is just so magnificently special. I have met his parents and everybody likes each other. That's a plus.'

Shirley says this year's *Strictly* - her third at



'My happiness is largely down to Danny, although Strictly has also given me the confidence that I didn't always have'

Shirley shows us her 'Strictly paradise' - an Aladdin's cave of the glamorous outfits she has worn on the show, including the purple sequined gown, which she says is her favourite



The outside decked area makes the perfect entertaining space for Shirley, who is looking forward to catching up and being in more regular contact with her many UK friends

**'I've got a new man and *Strictly*. I think I am going to be much happier here'**



This year's series will be the first since judge Dame Darcey Bussell left. Was Shirley surprised by Darcey's departure?

"I was. Because I just did the [*Strictly Live*] tour with her and we shared a changing room and I laughed so much with her. I was really surprised when I got the call to tell me she had left. There was no indication, none whatsoever."

"I sent her a nice message when I heard. I haven't seen her because we are both so busy, but I am sure at some point we will get together for a coffee. It would be nice to see her."

Darcey's replacement, Masi Mabasa, will bring a new rhythm to the judging panel.

"Masi will bring her own special magic. It will be different and unique, and it will be what it's supposed to be. She will slot right in."

Responding to criticism that Masi may not remain impartial when judging her sister, professional dancer Oti, Shirley says: "I have known Masi a long time, since she was a young girl, when I judged her in competitions, and she will judge without fear or favour. She is educated in her craft and she is there to judge the celebrity and that's it."

**ALL SMILES**

Being on *Strictly*, says Shirley, is like nothing else in the world.

"It's a national obsession, a phenomenon. It's like being in Disneyland, it's magical. There is no other show like it. It has drama, romance and dance, it has four judges that are all different, great choreography. It's better than the other shows because it has everything and because it's real. What you see on camera are real emotions – it's not staged."

All in all, Shirley, who spends much of her time these days doing charity work for organisations including Macmillan and Alder Hey children's hospital, is happier and more confident than ever.

"I think my happiness is largely down to Danny, although *Strictly* has also given me the confidence that I didn't always have before. I think the energy Danny gives off is infectious. He makes me see things in a different light and he makes me laugh all the time. I go to bed with a grin and I wake up with a grin."

INTERVIEW: LAURA BENJAMIN  
PHOTOS: TREVOR LEIGHTON

STYLING: ALEXANDRA REID  
HAIR & MAKE-UP: JANE BURETON USING BOBBI BROWN

Shirley is writing a weekly column for [hellomagazine.com](http://hellomagazine.com) with her views on *Strictly*'s live shows.

For exclusive footage of Shirley opening the doors to her luxurious home, visit [hellomagazine.com](http://hellomagazine.com)



the helm – is shaping up to be a special one. "At the launch show I try to pick up the ones who don't have their act together, but it was like opening a bottle of champagne and all the bubbles jumped out because everybody seems so excited. There was an energy that I have never witnessed before. And I thought the pairings were unpredictable, so I think it's going to be a very interesting show with some real surprises."

She singles out a few of the celebrity contestants for particular praise.

"I saw Karim [Zeroual] when he did the formation and he has got a hop in his step, shall we say. He is talented – but there are so many of them that are talented."

She also has high hopes for Anneka Rice, who is paired with last year's winning professional, Kevin Clifton.

"Anneka represents women my age. She is in great shape and Kevin is just brilliant at working his magic. It's going to be interesting to see what he can do with her. She is petrified but with Kevin she is in safe hands."

"Arnon Du Bekar was so excited to get Emma Barton. She's obviously stunning in every way. And also there is AJ with Saffron [Barker] – she is just a bundle of joy. Even James Cracknell: he is very tall, but he could do some really good ballroom."



30 Shirley and her mum, joined by Charlie, toast happy times in Shirley's new home (above). A regular guest is Danny (right, together in July); they met in panto last year and will be appearing together again this year in *Jack and the Beanstalk* in Darlington, with Shirley playing the Good Fairy and Danny the villain Fieshcreep – which is the name Shirley has him stored under on her phone

*Exclusive Column in Hello*

**HELLO!**



*14 weeks*

*1.5 million unique users*

<https://www.hellomagazine.com/tags/shirley-ballas/>

*LA to UK*



Home with cult comedy cred



£3m off but no takers for Noe's oasis

NOEL GALLAGHER'S house just won't budge. It was on the market three years ago for £7.5 million, then came back on £2.5 million lower last December. Now the six-bedroom period semi is on at £8,495,000 with an Green Residential.

neighbourhood where Kelly Osbourne and Kate Moss also lived. There is a conservatory, a lovely wrap-around garden, Juliet balconies, a state-of-the-art basement gym and a separate news house at the back.

## Homes gossip

By Amira Hashish

Got some gossip? Tweet @amiranews



Shirley's twirling back to the UK

# CELEBRITY HOMES

WE TAKE A LITTLE INSIDE THE HOMES OF THE BIG AND FAMOUS



## SHIRLEY'S GLAMOROUS ABODE

'STRICTLY COME DANCING' JUDGE SHIRLEY BALLAS IS HEADING HOME

**H**ad Strictly Come Dancing judge Shirley Ballas revealed her plans to quit the show for good, she currently splits her time between the UK, where her mother Audrey resides, and Los Angeles, which is home to her 33-year-old son Mark, whose father is Shirley's former husband Corky Ballas.

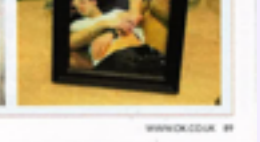
And as the ballroom and late supper's California home for the moment, we see the property couldn't have been more suited to Shirley. The walls of the four-bedroom Sherman Oaks home are adorned with memories and photos of the dancer and her recent and distant - including her late brother David. The heart-warming shot shows the dancing duo. The Stern professional and his mum cuddled up on the sofa, as well as a snap from his wedding to singer B2, Juan.

Some of Shirley, 58, with David Rough, who lived with her for four

OK!  
magazine



Left: Shirley has revealed her plans to step across the pond for good. Below: the grand right centre. The grey-themed master bedroom



Above: Another bedroom houses rugby tips. Above right: Mark's wedding day. Right: Shirley and Mark twirling down on the sofa

WWW.OK.CO.UK

# DAILY EXPRESS

WE'RE BACKING BRITAIN



express.co.uk

WEDNESDAY, MARCH 21, 2019 60p



## SECRETS OF SHIRLEY'S BEDROOM LAID BARE

STRICTLY STAR PUTS LA HOME UP FOR SALE SEE PAGES 70&71



## LET'S BAN RACIST FANS WHO ABUSED ENGLAND

SEE PAGES 10&11



## How every corner of this £2million LA home is Strictly Shirley

TV judge keeps potential buyers in the picture about her showbiz lifestyle

By Fran Goodman

**I**f you've ever had a crush on Strictly Come Dancing judge Shirley Ballas, you'll be pleased to know that the 58-year-old is finally ready to settle back in the UK. Her plans to quit the show for good have been confirmed, and she has revealed that she is looking to sell her \$2.5 million Sherman Oaks home in Los Angeles. The property, which she bought in 2008, is a four-bedroom house with a swimming pool and a tennis court. Shirley, who has been married to her former husband Corky Ballas since 1994, has three children: a 33-year-old son Mark and two daughters, Audrey and Sophie. She has also revealed that she is planning to spend more time in the UK, where her mother Audrey resides. The property, which she bought in 2008, is a four-bedroom house with a swimming pool and a tennis court. Shirley, who has been married to her former husband Corky Ballas since 1994, has three children: a 33-year-old son Mark and two daughters, Audrey and Sophie. She has also revealed that she is planning to spend more time in the UK, where her mother Audrey resides.

Shirley's old bedroom, she turned on the professional spotlight of her own and her husband, with a rooming house for the rest of the first of the bed.

The 58-year-old judge, who has been married to her former husband Corky Ballas since 1994, has three children: a 33-year-old son Mark and two daughters, Audrey and Sophie. She has also revealed that she is planning to spend more time in the UK, where her mother Audrey resides.

## Ballas ditches LA for the UK

By Ed Gleave

**STRICTLY** judge Shirley Ballas is quitting America in the run-in to her career in the UK.

Shirley, 58, who has already put her \$2.5 million Los Angeles mansion on the market, said: "I'm moving back permanently from the United States in March. It's something that's a really big deal for me."

"I have some big things in my work and my life planned for 2019 so it will be great to be back here."

Moving back to the UK will mean Shirley, right, can spend more time with new boyfriend Daniel Taylor.

She met the theatre actor late last year during her stint in ponds at Liverpool.

Shirley will also be closer to family, including her beloved mother Audrey.

But she will see less of her son Mark, a professional dancer on the US version of Strictly.

Shirley joined the UK Strictly Come Dancing panel in 2011, replacing Len Goodman as head judge.

She is generally touring the UK in Strictly's arena shows.

Her home in LA is likely to get plenty of interest from buyers, TV viewers got a sneak peek at the lavish interiors when it was featured on Through The Keyhole last year.



SUNDAY EXPRESS



*Matchmaker Mountain*



# SHIRLEY VALENTINE What is Matchmaker Mountain on This Morning, who is host Shirley Ballas and how does the segment work?

Shirley has swapped the dance floor for daytime TV



Shirley Ballas joins the This Morning team in surprising new role

Good Housekeeping



# Strictly's Shirley Ballas the matchmaker hints she has 'found love'



STRICTLY Come Dancing head judge Shirley Ballas has hinted she has waltzed off with a new man as she prepares to pair off couples in a new series.



*Comic Relief Kilimanjaro*



# ATTASHIRL! Strictly judge Shirley Ballas signs up for Comic Relief's Mount Kilimanjaro climb



YOU COULD SEE MANY GROUPS WERE IN GREAT DIFFICULTY)  
 HEADACHES  
 NAUSEA  
 VOMITING  
 LIGHT HEADED  
 LOSS OF BALANCE.

AN EMOTIONAL DAY <sup>FORM FIND</sup> NO PLAYED TRICKS ON ME - NO BREATH - I WAS CLEARLY PANICKING. DID NOT SLEEP NIGHT BEFORE! RAINING, COLD, BLOWING, - MIGRAINE, ILL, NOSE BLEED  
 MUSIC - (DAVID'S SONG ALBUM)

PITCH BLACK OF NIGHT UP TO GILMANS POINT. THE TERRAIN WAS SO DIFFICULT I THOUGHT I WOULD DIE. IT TOOK 6.5 ~~HOURS~~ 7 HOURS TO TRAVEL ONE MILE) FREEZING.



**KILIMANJARO DAY 5:** They're 6,000 metres from the peak, and several Comic Relief celebrities are crediting each other as lifesavers.

Strictly judge **Shirley Ballas** is sticking beside sports pundit **Osi Umenyiora** to feel safe. "I slipped so many times, he saved my life - I'm not joking," she says. "It feels good having him beside me."

Little Mix singer **Jade Thirlwall** serenaded BBC Breakfast's **Dan Walker** with Toto's Africa to get him through altitude sickness. "He joked I was a rubbish singer," she laughs.

That's going to be some awkward footage on Red Nose Day, March 15.



## Dani Dyer and Shirley Ballas admit they haven't stopped crying during exhausting Mount Kilimanjaro trek for Comic Relief

It was former MP **Ed Balls'** 52nd birthday yesterday, and everyone blubbed as he was presented with his cake. In fairness, they are all 14,000ft above sea level on the third day of their charity climb of Mount Kilimanjaro in Tanzania, so tears are understandable. Strictly judge **Shirley Ballas** describes the celebs' Comic Relief expedition as "the hardest thing I've ever done in my life from an emotional standpoint" - particularly the cold showers. Little Mix star **Leigh-Anne Pinnoch** says the altitude is making them all weep. Love Island's **Dani Dyer** even cried on seeing a rainbow. BBC Breakfast host **Dan Walker** has managed to get himself roped into carrying Leigh-Anne's bandmate **Jade Thirlwall's** makeup kit up the peak.

"She's got a massive mirror in her bag," he complains. "I brought the works," admits Jade, who has filled her own backpack with sweets.

## PICK OF THE DAY

### KILIMANJARO: THE BIGGER RED NOSE CLIMB, 9PM, BBC1

IT'S been ten years since a group of nine celebrities including Gary Barlow, Alesha Dixon and Denise Van Outen scaled Africa's highest mountain for Comic Relief. This year, nine more stars will be taking on the challenge — along a different, longer route that

involves spending more time at high altitude. Alexander Armstrong will have to conquer his fear of heights, while Shirley Ballas is expecting to play 'mother hen' to fellow climbers Ed Balls, Leigh-Anne Pinnoch, Osi Umenyiora, Anita Rani, Dani Dyer, Dan Walker, and Jade Thirlwall (pictured). Good luck!



Shirley Ballas, the head judge on [Strictly Come Dancing](#), has revealed that she's "not an outdoorsy person", so this climb is a big step for dance floor legend.

Ballas described the experience as "life changing" and said it was "by far the hardest challenge I ever had in my entire life".

**RadioTimes**

# This week on TV

WE'VE SEARCHED THE SCHEDULES TO FIND THE MUST-SEE SHOWS IN THE NEXT 7 DAYS

Don't miss this

**KILIMANJARO: THE BIGGER RED NOSE CLIMB** Wednesday 9pm BBC1 Ten years after the original Comic Relief climb up Mount Kilimanjaro, nine new celebrities have taken on Africa's highest mountain. Emotions ran high during the exhausting eight-day trek to the 19,000ft summit - but did the intrepid class of 2019 make it all the way to the top?



## Shirley Ballas spoke to late brother and almost died during terrifying Comic Relief Kilimanjaro climb

**METRO**



### LIAN HYLAND on last night's TV

**Kilimanjaro: The Bigger Red Nose Climb, BBC1** ★★★★★

Over on BBC1 last night Dan Walker was halfway up Africa's highest mountain being warned by medics his brain was at risk of dangerous swelling. Normally I'd imagine Dan's head only gets bigger when the TV ratings come in and he finds out how far BBC Breakfast is ahead of Piers Morgan's mob on ITV. So we knew this was serious - and it really brought home how much of a risk Dan and the other eight celebs were taking. Such risks might also explain why some stars get so prickly when people question their motives for taking part in charity appeals, whether it's David Lammy MP criticising Stacey Dooley's unintentionally patronising Instagram posts or viewers sitting at home tomorrow night wondering why a celebrity is asking them to donate money while promoting their latest record/movie/DVD. It doesn't make those criticisms less valid, of course. On balance though, I'd still like to think Comic Relief does more good than harm. This film was worth a tenner for the shot of Ed Balls' Stan Laurel morning hair on day two alone. It was also nice to see a personable side in camp to Strictly Come Dancing ice queen Shirley Ballas. But the highlight was seeing the girls from Little Mix tackle a they deal . Being they could.

**DAILY Mirror**



### RED NOSE DATE SET

This year, the BBC's Red Nose Day for Comic Relief will take place on Friday 15 March. Among the fun in store will be Little Mix's Jade and Leigh-Anne trekking up Mount Kilimanjaro with the likes of Dani Dyer and Shirley Ballas; the cast of *Four Weddings And A Funeral* reunited, 25 years on, for a short film; and an *Apprentice* special, with various celebs lining up to be branded "a bleedin' shambles" by Lord Alan Sugar.



# *TV Appearances*



Strictly Come Dancing 2019: Shirley Ballas reveals series 'shake-up' days before live show



Lovely to have @ShirleyBallas & @DanielTayloresq on the #bbcbreakfast sofa this morning talking #Strictly, online trolls, breast implants and panto. Catch the full interview on the @BBCiPlayer

### Strictly judge Shirley Ballas opens up about online abuse

Shirley Ballas has told BBC Breakfast she has received more online bullying this year than any other.

Most of the abuse comes from younger fans who get disgruntled if she sends their favourite dancer home on Strictly Come Dancing, she said.

The BBC One show's head judge added that she was concerned about what else those viewers were doing online and offline.





**Lorraine**



8:56 SHIRLEY BALLAS: WHY I REMOVED MY IMPLANTS EXCLUSIVE

Shirley Ballas: Strictly judge shares before and after pics following painful surgery

EXPRESS



8:58 SHIRLEY BALLAS: MY BREAST IMPLANT WARNING EXCLUSIVE

Strictly's Shirley Ballas shows before and after results of breast reduction surgery on ITV Lorraine

Strictly judge Shirley Ballas reveals before and after photos following surgery

The 59-year-old said she was concerned about her health...

HELLO!



Manchester Evening News

Shirley Ballas on finding love again at 58

15:52 - 2 SEP 2019

this morning



Shirley Ballas teases 'unpredictable set of pairings' ahead of Strictly Come Dancing launch

METRO

"I'm happy to have found someone who is so kind, caring, understanding, loving. I just watched the way he treats other people. I thought I was kind of special, I fast realised I wasn't, he treats everybody like that... We are just on the same wavelength and he's from Liverpool. So it's perfect, just the perfect, perfect relationship."



SHIRLEY BALLAS: I'VE FINALLY FOUND 'THE ONE'

# Sunday Brunch

Sunday Brunch host, **Simon Rimmer**, 56, had a lot of fun with **Shirley Ballas**, 59, on the popular weekend show. As he instructed her how to make a banana and cream dish, he couldn't help but declare he was out for 'revenge' on the dance show judge.

**Sunday Brunch** @SundayBrunchC4  
Our final cook of the day is **@ShirleyBallas**, she's cooking **@simonrim**'s Best Ever Banana Cream Pie! 🤗 #SundayBrunch



Shirley Ballas with hosts Simon Rimmer and Tim Lovejoy (Image: Channel 4)

# EXPRESS



# Loose WOMEN

## STRAIGHT TO IT SHIRL Strictly's Shirley Ballas begs boyfriend Danny to propose to her live on Loose Women

Rebecca Calderwood  
14 Oct 2019, 15:51 | Updated: 14 Oct 2019, 15:51



WATCH THE VIDEO

THE Sun

HELLO!

## Shirley Ballas's love story with boyfriend Danny Taylor in her own words

The couple met while starring in Jack and the Beanstalk last year



STRICTLY Come Dancing judge Shirley Ballas has revealed she's ready for marriage with boyfriend Danny Taylor as she asks him to propose on Loose Women.



# TWIRLY BALLAS

# THE JONATHAN ROSS SHOW



Step up: Shirley dances with Queer Eye's Jonathan Van Ness on TV



Strictly Come Dancing judge Shirley Ballas reveals she received **DEATH THREATS** after Dev Griffin's elimination and says this year's series is the most unpredictable

MailOnline



I don't dig it: Ballas reveals threats, and (left), with fellow judges Motsi Mabuse and Craig Revel Horwood



Shirley Ballas: Strictly judge on upcoming surgery 'I need to go in with a strong mind'



## STRICTLY SHIRL: TROLLS SEND US DEATH THREATS

SHIRLEY BALLAS has revealed she has been sent death threats for her comments on Strictly Come Dancing celebrities. The dance queen, 59, told the Jonathan Ross Show one troll sent a meme of her name on a tombstone, then added: '(Another) put a picture with my face on it digging a grave, and wrote, "Die b\*\*\*\*"'. But fellow judge Craig Revel Horwood, 54, said he shrugs off the taunts. 'I always think of it as a comic strip,' he added. 'These people writing stuff online, need to...' as he made a zip sign across his mouth. However, new judge Motsi Mabuse, 38, struggles with the backlash. 'I get so upset, well annoy,' she said. 'I write my answer to

By **ELLIE HENMAN**  
STRICTLY judge Shirley Ballas goes hell for leather on TV. Shirley, 59, gyrated in leather trousers and compared moves with Queer Eye star Jonathan Van Ness, much to the amusement of fellow Jonathan Ross guest Liam Payne.



Moves . . . Liam claps Shirley and Jonathan



Shirley Ballas gets death threats over her Strictly Come Dancing judging



# HELLO!

## Shirley Ballas makes surprising Christmas plans with former Strictly star

We're excited to see this team in action



The Crystal Maze @TheCrystalMaze · Dec 5

THIS IS NOT A DRILL A new roster of familiar faces take on the Maze in a festive special - can Captain @ScarlettMoffatt lead @MrNishKumar @ShirleyBallas @GarethMalone and @Cath\_Tyldesley to victory?

Take the hand and join us 23rd December 10pm on @Channel4 to find out!



*Awards 2019*

# Baftas



Shirley Ballas, 58  
Strictly Come Dancing judge Shirley wore an elegant monochrome one-shoulder full-length fishtail gown.

Strictly's Shirley Ballas talks Darcy Bussell replacement details on BAFTA TVS 2019 red carpet

How exciting!

# HELLO!



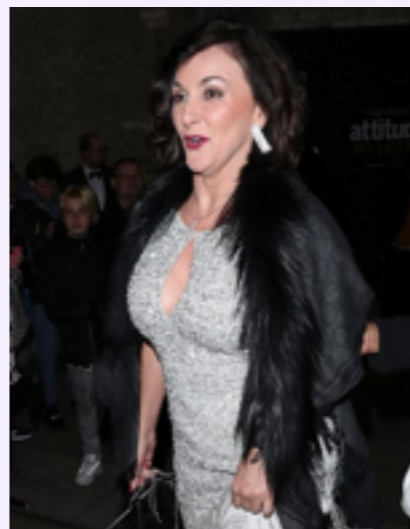
# Who Cares Wins Awards

Above: Cheryl Tweedy and Dame Joan Collins.  
Left: Michelle Heaton  
Below: Shirley Ballas



# Mail Online

# Virgin Attitude Awards



Strictly's Shirley Ballas goes wild at Attitude Awards as she dazzles in silver flapper dress



# DAILY Mirror

# THE Sun

Shirley, 59, now works closely with the Campaign Against Living Miserably (CALM), which works to reduce the suicide rate among young men. Suicide is the biggest killer of British men aged under 45 and Shirley wants to share her brother's story to help more people understand the severity of the problem.



## Strictly Shirley's top marks for NHS 'miracle workers'

SHIRLEY Ballas praised our Mental Health Hero award nominees for raising awareness of an issue close to her heart. The Strictly Come Dancing judge lost her brother David Rich 16 years ago when he took his own life, aged 44. He had been suffering from depression. Shirley, 59, now works closely with the Campaign Against Living Miserably, which works to reduce the suicide rate among young men. Suicide is the biggest killer of British men aged under 45 and Shirley wants to share her brother's story to help more people understand the severity of the problem. She said: "We didn't know so much about depression back then and my brother was too proud to get help." Shirley tears the male mental health epidemic may be even bigger than is commonly accepted, as men struggle more than women to be open about their feelings. She said: "Sometimes it is hard for a man to show his emotions. They feel they have to be 'strong'." David was something of a father figure to Shirley. After his death, she helped raise his daughter Mary, who now works for the NHS. Shirley said: "Mary was ten when he died. She wanted to work for the NHS to help people. She's worked for it ever since she left school." She added: "Like every one of us in Britain, I owe so much to the NHS and I am delighted The Sun has chosen to celebrate the wonderful people who work there and make miracles happen every single day."



# National Television Awards



## Strictly Come Dancing: Shirley Ballas dishes on future of BBC show after NTA 2019 win

STRICTLY COME DANCING head judge Shirley Ballas has opened up about her future on the hit series after the BBC One programme scooped a gong at the National Television Awards for Best Talent Show.



# LGBT awards



Above: Shirley Ballas. Right: Denise Welch and her son Louis Healy



NTAs 2019: The best dressed list from the National Television Awards

Strictly Come Dancing wins Best Talent Show!



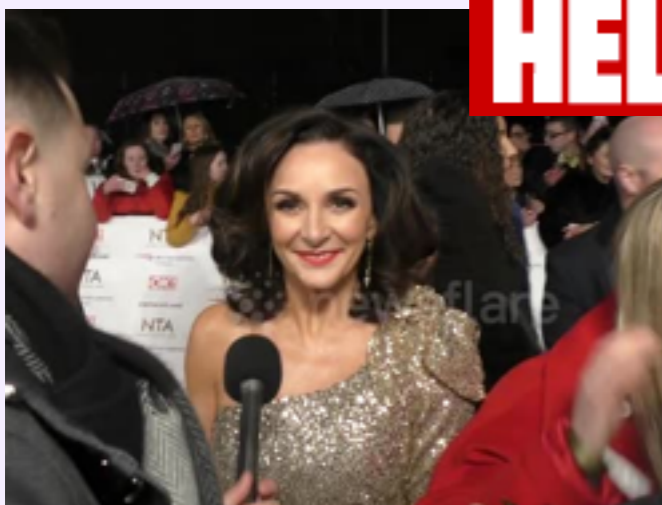
Shirley Ballas, 58  
It's top marks all round for the Strictly judge in this sensational silver one-shoulder fish tail gown.  
4/5



Mail Online  
Strictly's Shirley Ballas oozes Hollywood glamour in a strapless Champagne-coloured gown as she attends LGBT awards in London



Shirley Ballas wants a member of the royal family to do Strictly Come Dancing



# Pride of Britain

## The best dresses from the Pride of Britain Awards red carpet - from Carol Vorderman to Shirley Ballas and Molly-Mae Hague



**HELLO!**



Strictly judge Shirley Ballas made it an early night, before getting up at 3am yesterday to have her breast implants removed. Shirley, 59, who attended Pride of Britain with her mum, said she "received beautiful messages of support" ahead of the op, and is set to return to Strictly on Saturday.

Pride Of Britain Awards: Strictly judge Motsi Mabuse looks sensational in a red chiffon gown as she joins a chic Shirley Ballas on the red carpet

**Carol's reddy to shed tears of Pride again...**



**DAILY EXPRESS**  
TUESDAY, OCTOBER 29, 2019 65p

WE'RE BACKING BRITAIN

Energy bills debt misery for millions SEE PAGE 10

STARS HONOUR BRITAIN'S UNSUNG HEROES SEE PAGE 3





# W&H exclusively announce winners of the Amazing Women Awards 2019

CELEBRITY DOING GOOD AWARD

Shirley Ballas, 59: Supporter of CALM (Campaign Against Living Miserably)



woman&home

**HELLO!**

## Shirley Ballas makes rare appearance with boyfriend and reveals exciting news related to Strictly

The Strictly star and her boyfriend were at the British Curry Awards on Monday night



BRITISH Curry Awards

Mail Online

## Strictly Come Dancing's Shirley Ballas is dressed to impress as she cosies up to boyfriend Daniel Taylor at the British Curry Awards



# Centrepoint Charity Gala



MailOnline

**Shirley Ballas looks merry as she wows in plunging ballgown at charity gala... during first red carpet appearance since having her DD breast implants removed**

**Shirley Ballas reveals she wants to see the Duchess of Cornwall as a guest judge on Strictly because the royal is 'intelligent and obviously has a keen eye'**

- Shirley Ballas has revealed who she'd like to have by her side next year on Strictly
- The Queen of Latin, 59, wants real life royalty to step in as a guest judge in 2020
- Wallasey-native has said the Duchess of Cornwall would be perfect for the role



The **Strictly Come Dancing** judge, 59, looked confident as she slipped into a regal pastel pink, pearl-embellished ballgown with a plunging neckline.

# Macmillan Winter Ball



Shirley shows her front foot

**THE Sun**



## Shirley's sheer confidence as she vamps it up after op to remove breast implants

**By News Reporter**

**STRICTLY** Come Dancing judge Shirley Ballas was oozing confidence as she stepped out for a charity bash following the removal of her breast implants. The 59-year-old wore a sheer black blouse that flaunted her retoned figure to the Macmillan Winter Ball at the V&A Museum in London.

Shirley had her DD implants removed last month to guard against a family history of cancer and was back on BBC Saturday night TV just days later.

During the gala, which she attended with boyfriend Daniel Taylor, 47 - who struck a dramatic pose for pictures - Shirley said she was "so proud" to be part of the charity which campaigns for better cancer care.

**Emotional**

In an emotional interview post-op, she said: "My great grandfather died of cancer. My mum's dad died of cancer. My mum's younger sister is fighting for her life with cancer and my mum's has cancer."

After the op, which included a breast lift, Shirley told *Lorraine Kelly* on her TV breakfast show: "I've lost more like myself. I'm still getting used to it - all the clothes are a little bit different. It was a DD, now it's an A-B. It's quite a difference in bust size."

Shirley revealed she went under the knife after learning implants can affect the effectiveness of mammogram screening to detect cancer.

**DAILY EXPRESS**

**METRO**

## Shirley Ballas's partner Daniel Taylor takes mind off flooded house as pair ham it up at charity gala



## Call me Sheerly! Miss Ballas in great shape after her op

**By Dawnlegue Miles**

MISS Ballas went under the knife to have her breast implants removed just a few weeks ago.

But Shirley Ballas looked fighting fit to grace the red carpet at the Macmillan Winter Ball at the V&A Museum in London.

The 59-year-old wore a sheer black blouse that flaunted her retoned figure to the Macmillan Winter Ball at the V&A Museum in London.

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**Emotional**

In an emotional interview post-op, she said: "My great grandfather died of cancer. My mum's dad died of cancer. My mum's younger sister is fighting for her life with cancer and my mum's has cancer."

After the op, which included a breast lift, Shirley told *Lorraine Kelly* on her TV breakfast show: "I've lost more like myself. I'm still getting used to it - all the clothes are a little bit different. It was a DD, now it's an A-B. It's quite a difference in bust size."

Shirley revealed she went under the knife after learning implants can affect the effectiveness of mammogram screening to detect cancer.

## 40% surge in over-65s overdosing on drugs

**By Eleanor Hayward**

RECORDS of hundreds of prescriptions are being added to hospital as a result of drug overdoses, official figures show.

Adults over 65 are prescribed 1.2 million drugs annually and over 400,000 prescriptions are prescribed each year - up 40 per cent in six years.

Drugs overdoses are a major public health problem, with 10,000 deaths in the UK each year.

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**Daily Mail**



## Shirley's back to her bust...

Ballas shows off new look at ball

## Call me Sheerly! Miss Ballas in great shape after her op

**By Dawnlegue Miles**

MISS Ballas went under the knife to have her breast implants removed just a few weeks ago.

But Shirley Ballas looked fighting fit to grace the red carpet at the Macmillan Winter Ball at the V&A Museum in London.

The 59-year-old wore a sheer black blouse that flaunted her retoned figure to the Macmillan Winter Ball at the V&A Museum in London.

Shirley had her DD implants removed last month to guard against a family history of cancer and was back on BBC Saturday night TV just days later.

During the gala, which she attended with boyfriend Daniel Taylor, 47 - who struck a dramatic pose for pictures - Shirley said she was "so proud" to be part of the charity which campaigns for better cancer care.

**Emotional**

In an emotional interview post-op, she said: "My great grandfather died of cancer. My mum's dad died of cancer. My mum's younger sister is fighting for her life with cancer and my mum's has cancer."

After the op, which included a breast lift, Shirley told *Lorraine Kelly* on her TV breakfast show: "I've lost more like myself. I'm still getting used to it - all the clothes are a little bit different. It was a DD, now it's an A-B. It's quite a difference in bust size."

Shirley revealed she went under the knife after learning implants can affect the effectiveness of mammogram screening to detect cancer.

**DAILY Mirror**



## Shirley Ballas: Strictly judge stuns in sheer top after having DD implants removed

SHIRLEY BALLAS cut a glamorous figure at the Macmillan Winter Ball last night, flaunting her figure in a sheer blouse and tight trousers four weeks after surgery to remove her DD breast implants following cancer fears.

**DAILY EXPRESS**

# *Macmillan Cancer Support*

## **MACMILLAN CANCER SUPPORT: WHOSE MUG IS THIS? BY RANKIN**

Celebrities 'raise a mug' in support of Macmillan Cancer Support's flagship annual fundraiser, World's Biggest Coffee Morning, September 27.



Rankin has shot celebrity mugs to raise awareness for The World's Biggest Coffee Morning in aid of Macmillan Cancer Support.

*Radio & Podcasts*

**BBC**  
RADIO **2** The Zoe Ball  
Breakfast Show



Sorry, this episode is not currently available

**Brian May, Shirley Ballas and James Blunt**

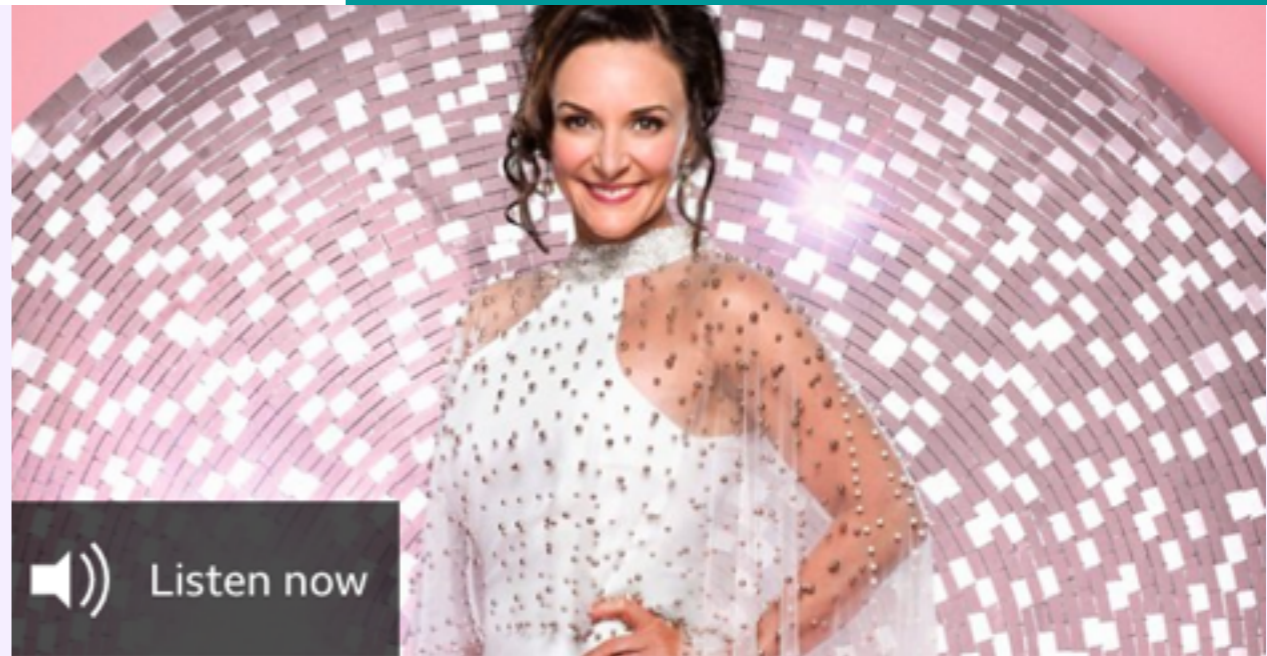
Wake up to a star-studded Friends Round Friday with Zoe. She's joined by legendary Queen guitarist Brian May and Strictly's Shirley Ballas. Plus live music from James Blunt.

🕒 2 hours, 59 minutes

[Show more](#)

**BBC**  
RADIO

**BBC**  
RADIO **4** WOMAN'S HOUR



**Shirley Ballas, Curtis Pritchard, Sujata Banerjee**

Jane Garvey goes dancing with Strictly judge Shirley Ballas, ballroom dancer Curtis Pritchard, Kathak artist Sujata Banerjee and choreographer Ingrid Mackinnon.

Available now  
🕒 52 minutes





# Podcasts



**OK!**



**SUPER MUM** Shirley Ballas' mum says she 'raised' her grandson so the Strictly star could 'travel all over the world' with work

Appearing on Fabulous magazine's new podcast, Things I Told My Daughter, with Lisa Snowdon, 58-year-old Shirley and her mum Audrey, revealed how the star managed to juggle such a demanding career with a young son.



**OBSESSIVE COME DANCING** Strictly head judge Shirley Ballas reveals she suffers from OCD and is so hooked on cleaning she reeks of BLEACH



Shirley, who had implants removed last month, told First Dates star Fred Sirieix's Oh La La podcast: "You can't make somebody love you."

*Pantomime*





# The Northern Echo



Strictly Come Dancing's Shirley Ballas is among cast of Darlington pantomime

SLAP MY THIGH...THE STARS ARE COMING

## PANTO TIME?

<p><b>ABERDEEN</b> DANCER Louise Spence will be joining the troupe in Aberdeen. We will also announce the winner of the Aberdeen Theatre Award for the year's best production.</p>	<p><b>CARDIFF</b> TELLY favourite Gail Whirton is stepping back into the spotlight to star in Cardiff. We'll also announce the winner of the Cardiff Theatre Award for the year's best production.</p>
<p><b>BELFAST</b> DANCER's Dan Egan will be joining the troupe in Belfast. We will also announce the winner of the Belfast Theatre Award for the year's best production.</p>	<p><b>CREWE</b> DOUBLE act Gordon and Paul will be returning to the stage in Crewe. We will also announce the winner of the Crewe Theatre Award for the year's best production.</p>
<p><b>BIRMINGHAM</b> THEATRE will be an all-star cast of the Birmingham Theatre Award for the year's best production.</p>	<p><b>DARLINGTON</b> STRICTLY judge Shirley Ballas and DIT champion George Sampson are teaming up for a production of Jack and the Beanstalk. From December 8 they'll be going on a giggle of the Darlington Pantomime. See darlingtonpantomime.co.uk for full details.</p>
<p><b>BRADFORD</b> COMEDY legend Paul O'Grady will be on stage at the Bradford Theatre in Bradford. We will also announce the winner of the Bradford Theatre Award for the year's best production.</p>	<p><b>LONDON</b> THE London Palladium will welcome a galaxy of top names this year. Catch legends Paul O'Grady and Rufus Hound, and debut stars Jaye and Jaye. See londonpalladium.co.uk for full details.</p>
<p><b>Bristol</b></p>	



Raring2go! Rating \*\*\*\*\* 5 Stars  
A feel good, festive family treat. Giggles guaranteed!

TV Times Coming soon

## Roll up! Roll up!

Panto season is nearly here (oh, yes it is!) for our favourite TV stars, and among this year's top tickets are Paul O'Grady and Matt Baker in a circus-themed extravaganza

**TV Times PANTO SPECIAL!**

**Paul O'Grady and Matt Baker** as the Evil Kingmaker and Joy the Clown in *Goldilocks and the Three Bears*  
Also starring: Julian Clary, Nigel Havers, Gary Wilmot and Jonathan L. Zarbo (Dunkel)  
The London Palladium, from 1 December

**Shirley Ballas** as *Princess Belle* in *Jack and the Beanstalk*  
Darlington Hippodrome, from 8 December

**Jo Brand** as *The Wicked Queen* in *Snow White and the Seven Dwarfs*  
Durkington Theatre, from 7 December

**Tristan Gemmill** as *Captain Jack* in *Peter Pan*  
Seamless Grand Theatre, from 13 December

Darlington's star cast panto ready for performance

Circulation - 271, 117

As panto season kicks off, Pam Francis meets three celebrities who are treading the boards this Christmas

**Read Strictly Come Dancing judge Shirley Ballas, 58, in her second year of pants playing good fairy Mother Nature in Jack And The Beanstalk. She lives in London with her dog Charlie.**

I had never worked onstage before, so my pants debut at the Liverpool Empire last Christmas was the scariest, most terrifying experience of my whole life. I had more private lessons on that script than I've ever had in dancing.

My scenes were opposite an actor, Daniel Taylor, who didn't have a clue who I was because he'd never watched Strictly. In fact, he thought he was going to be working with Shirley Bassey. I kept forgetting his name, too, so I put him in my phone as Freshkeep [his character].

I was in a beautiful pink costume with a wand and my job as a good fairy was to get Jack into the clouds to help him defeat the giant. Denny was playing a villain who was helping the giant to make everything as dark and gloomy as possible.

The first time I saw Denny was onstage in rehearsal. He was dressed in a purple coat and tall hat and looked awful with blacked-out teeth, dirty nails, big boots and a stick. He was so scary, overwhelming and powerful that after our first scene together I came offstage really upset and said to the director, "I can't compete with that. He said, 'You're not competing with it. You're the good fairy just go with it.'"

As I got to know Denny, he gave me lots of help. When you are just dancing, you can be out of breath and go and hide in a corner. But in panto I had to go straight into scene



Oh yes they are...



First, so I had to control my breathing more than ever before and he was able to help with that. During our first few shows, my legs were shaking. I had my lines posted everywhere backstage. The top of my wand fell off and I tripped over the curtains. Denny was very encouraging - but I know sometimes he told me this. Last Christmas we had become friends and he said it had become something more serious. Who would have thought

is why I understand about the contents of Strictly. I never dated for six years. Nothing. Then I met the man and fell in love. When I saw Denny out of costume, he had these beautiful blue eyes - and he's from Liverpool, like me - and he was so kind. I thought, 'Oh, open your heart. Don't have a heart like a singing bird.' 'Subs, I get goose bumps every time I'm around him. He picked me up from the airport and I was

It has opened my heart to this incredible man who has altered my whole outlook on life because he lives every day through the eyes of a newborn baby. He doesn't worry much about things and he is so endearing. It's such an inspiring relationship. This year we're back onstage together again, at a different theatre, still as the good fairy and Freshness. I get to do a lot of scenes with Denny. I get to hold his arm and do a bit of sizzle around him, so that's exciting.

[2008] of the age of 46. So far about 15 years we didn't celebrate. Last Christmas we got as far as putting up a little tree, and this year will be even more special because I will be with my family and with Denny, who is still in my phone as Freshness. In the evening, we'll be watching Strictly together on TV. It really has been a magical journey. Well, I couldn't even put it on cloud nine - it's way above that.

Catch Shirley on Strictly Come Dancing on Saturday and Sunday evenings on BBC One. Jack And The Beanstalk is on at Darlington Hippodrome until January 5.

"Jack and the Beanstalk" is a giant production that provides fun for all the family this Christmas.



The headliner for this show is *Strictly* head judge Shirley Ballas who proves that she can do more than sit behind a desk by showing off the considerable skills that put her there. "Not bad for nearly sixty" she says

*Strictly Come Dancing*  
*2019*

Call that a Plan B, Mrs May? SEE PAGES 647



# Shirl's twirl

Strictly judge wows at 58 with amazing dance routine

EXCLUSIVE: SEE PAGE 3



# Shirl's still cha-champ

Judge, 58, wows on Strictly tour

Forget Shirley Ballas, she's a Shirley Ball... she was the best dancer

NATURAL TALENT

Expect top hats and tails and a surprise opening group dance - it's Musical Week!

# Strictly Come Dancing

Expect top hats and tails and a surprise opening group dance - it's Musical Week!

# Ay up, chuck! Yes it's Strictly's Shirley, the cha-cha-charlady

Viewers' phone 'fix' fury as DJ Dev is booted off

Behind the scenes peek

Wiping the Four Mike Russell and Kuba Jones after their barnstorming quickstep

By Jennifer Budge and Eleanor Sharples

DOESN'T she wrap up well? In reality, the 58-year-old judge is looking more like a young girl than an old lady as she got ready for Strictly on the Sunday night.

Both Ballas were in a state of the week-overlooked look on the glamourous stage of the show.

The former professional dancer has a striking resemblance to young singer-songwriter Corinne Bailey Rae, who she once dated. She is going to get ready for the show with the help of her stylist, who she has known since they were both at the same school.

She is wearing a floral kimono over a black dress. She is smiling and looking at the camera.

BEFORE

AFTER

Viewers' phone 'fix' fury as DJ Dev is booted off

WEEKS last night, around 100,000 of us watched the show. I was one of them. I was in the audience. I was in the studio. I was in the control room. I was in the office. I was in the house. I was in the car. I was in the plane. I was in the boat. I was in the train. I was in the bus. I was in the taxi. I was in the lift. I was in the elevator. I was in the stairs. I was in the hallway. I was in the kitchen. I was in the living room. I was in the bedroom. I was in the bathroom. I was in the garage. I was in the driveway. I was in the street. I was in the park. I was in the forest. I was in the mountains. I was in the desert. I was in the ocean. I was in the sky. I was in the earth. I was in the universe. I was in everything.

Shirley Ballas has the "natural talent" to be a star on Strictly Come Dancing. She is 58 years old and has been on the show for 10 years. She is a former professional dancer and has won the show twice. She is known for her "cha-cha" moves and her "twirl" routine. She is currently on tour with the show.

# es! Yes! Yes! I'll be strictly judge again

By Kelly Allen

Talent Show for Strictly: "It's just nice to be able to get my shoes back on again. It was great. I feel very blessed."

"Possibly (I'll do it on TV) because I think everyone was surprised I could still give it a swing or two. I don't get nervous doing it."

Shirley also opened up about her new relationship with actor Daniel Taylor. The pair got together after meeting while starring together in the panto Jack and the Beanstalk at Christmas. Daniel, who at 44 is 14 years younger than Shirley, has swept her off her feet although she says they are letting the romance blossom in its own time.

She added: "Well I have a very good friend right now. He couldn't be here tonight because he's putting on a show at the Liverpool Epstein, Macbeth."

"I'm learning all about Macbeth then he tours with Blood Brothers. It's going very good. He's a very good friend of mine. We are taking it slowly."



9 November Saturday

Strictly Come Dancing

Extra pressure as the celebs compete for a place in Blackpool

EXCLUSIVE: Shirley Ballas has the "natural talent" to be a star on Strictly Come Dancing. She is 58 years old and has been on the show for 10 years. She is a former professional dancer and has won the show twice. She is known for her "cha-cha" moves and her "twirl" routine. She is currently on tour with the show.

# at TV award for year off work

THE WINNERS ARE:

Best Female Performer: Shirley Ballas

Best Male Performer: [Name]

Best Couple: [Name]

Best Dance: [Name]

Best Show: [Name]

Best Host: [Name]

Best Presenter: [Name]

Best Producer: [Name]

Best Director: [Name]

Best Writer: [Name]

Best Editor: [Name]

Best Sound: [Name]

Best Visuals: [Name]

Best Music: [Name]

Best Lighting: [Name]

Best Hair: [Name]

Best Makeup: [Name]

Best Wardrobe: [Name]

Best Production: [Name]

Best Overall: [Name]

**DAILY EXPRESS**  
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**Shirley cha-cha-charges back**

By Tom Bryant

SHIRLEY BALLAS has spent the last few years as being back dancing on stage as she scored a perfect 10 from multiple fans on the Strictly stage.

The 58-year-old, who returned to the competitive dancing in 2018, delighted the crowd with a show-stopping cha-cha-cha, which got the biggest cheer on Sunday night.

Ballas, 58, said: "It was incredible to be out on the dance floor again. I feel very blessed - I should have been out for years - I'm a very grateful person. The love in the room was so beautiful and so full. It was a real joy to be back on the floor and to be able to share it with you."

One of the judges at the Eurovision Awards said: "Forget Shirley Ballas, it's Shirley Ballas who was the best dancer on the night."

Shirley told friends she had not planned for the show's return.

She said: "It's all so crazy. Shirley has had some of the best moments in her life."

"She has a gift for dance and she's a natural. It was a brilliant moment and she certainly gives the Strictly pros a run for their money."

"It was of the order, amazing. Absolutely the Queen of Latin. Shirley is one of the most decorated professional dancers in the world."

**Craved**

She has been dancing since the age of seven and by 22, she had won every major title in which she competed.

She is a three-time British Open for the World Latin American champion and the only person to have won that title in Blackpool with two different partners.

She is also a 30-time United States Latin American champion and holds multiple British National titles. The British Come Dancing Law UK.

**SAME-SEX TIP FROM SHIRLEY**

STRICTLY'S Shirley Ballas has promised "the most magnificent" performance for this weekend's same-sex pro routine.

Speaking of Johannes Radebe and Graziano Di Prima's new collaboration, she said: "All I can say is, have your tissues ready."

"It's the most magnificent thing I have witnessed in rehearsals. Johannes brings out such a wonderful joy of dancing, and him and Graziano just envelope the whole experience."

"It warms your heart for sure. It is for sure something to look forward to."

Strictly is yet to introduce competitive

**'MAGNIFICENT':** Ballas Catherine Tyldesley out of the competition over the weekend.

**Strictly Shirley's sizzling showtime**  
 SEE PAGE 11



**Strictly Come Dancing: Shirley Ballas' 'Woodpecker' Comment Leaves Viewers (And Her Fellow Judges) Howling**



**Scary? Just look at Shirley before the make-up!**

Shirley Ballas' look after the show's make-up routine has gone viral, with fans praising her natural beauty.

She said: "I was so nervous before the show, but once I got into my make-up, I felt like I was in a different world."

**JUDGES PUTTING ON DANCE SHOES**

STRICTLY's celeb contestants will be dancing with the judges on the new series.

It's the first time it has ever been done on the BBC show.

Speaking on This Morning, judge Craig Revel Horwood said they are following the Australian format.

He said: "This year is going to be very interesting. We'll dance with the contestants. You put yourself on the line, so to speak."

"I did it in Australia and I absolutely loved it. It was brilliant to come into the room to choreograph and to actually create an entire scenario and star in it yourself."

"And be judged, that's sort of the big thing. And I'm up, as most people know, for absolutely anything."

**STARS: Shirley, Bruno & Craig**

**Any chance of a pic of the gorgeous Shirley Ballas from Strictly Come Dancing? She's lovely! Ross**



**EXPRESS**

**15 November Saturday**

**Strictly Come Dancing**

It's showtime! Strictly's back at Blackpool's world-famous Tower Ballroom once again

It's showtime! Strictly's back at Blackpool's world-famous Tower Ballroom once again

It's showtime! Strictly's back at Blackpool's world-famous Tower Ballroom once again

**Injured Will could miss rest of Strictly**

...as 'joke act' Mike is saved by judges in dance-off

Will's injury is a setback for his Strictly career, but he is expected to return soon.

Mike's performance was highly praised by the judges, and he is expected to continue his run on the show.

**Strictly Come Dancing 2019: Shirley Ballas reveals which 'emotional' dance made her cry**

Shirley Ballas has revealed the dance that brought her to tears during the show.

She said: "It was such an emotional moment, and I was so moved by the performance."

*Operation*



**Tangled love life of Bea's fiancé**  
 SEE PAGES 14 & 15

**EXCLUSIVE: SHIRLEY'S CANCER FEAR**

**I'm having breast op on Tuesday, back in Strictly by Saturday**



**STRICTLY'S Shirley Ballas** is having her breast implants removed over cancer fears. She says she will go under the knife next month. The operation is scheduled for Tuesday, October 24. Shirley says she has been told to expect a full recovery by Saturday night. *By Dan Wootton*

**CANCER FEAR**

**ON OP RECOVERY**  
 It's not like I have to dance and do the cha cha or the samba on the show

**ON BBC**  
 They are very supportive. They say I must do what is best for my health

**ON IMPLANTS**  
 I did mine not to be vain but because I thought that I looked ugly

**STRICTLY** superstar Shirley Ballas would reverse her best job after a nurse's words to the middle of a monogram made her freeze.

She says: "There is no guarantee that we can ever really get behind the back of the implants." After a warning from a nurse, Shirley decided to have her breast implants removed. She says she will go under the knife next month. The operation is scheduled for Tuesday, October 24. Shirley says she has been told to expect a full recovery by Saturday night.

Shirley, whose mother and aunt have had cancer, was told: "There's no guarantee that we can ever really get behind the back of the implants." Miss Ballas told *The Sun*: "I've been to a new doctor and I'm scheduled for the operation on Tuesday, October 24. My doctor says I have recuperation of a week, but I want to do *Strictly* on the Saturday night. It's not like I have to dance and do the cha-cha-cha."

The dance star got the implants 17 years ago when she had 'low self-esteem'. But she admits she wishes she had never had the procedure. Over the summer, Miss Ballas shared concerns about her breasts on Instagram after a cancer scare. It was revealed that Miss Ballas had enlargements last year, a fellow judge Craig Revel Horwood said 'they're fake' and 'very *Strictly*'.

**BBC Mike's bruises** - Page 33



**Shirley's Strictly a super trouper**

**YOU may not always agree with Shirley Ballas's verdicts on *Strictly* (and quite a few don't after her 'comments before getting up at 5am to have breast surgery (she's had her implants removed)**



Discovery... Ballas

**Shirley to consider boob op**

By **JOE KASPER** Bizarre Reporter

**Strictly star may remove breast implants after family cancer scare**

**Grant Tinker** Entertainment Correspondent

She is one of the stars of the hit series *Strictly Come Dancing*, but it is another BBC TV programme that may have saved her life.

Shirley Ballas, the head judge on *Strictly*, reveals today that she is considering having her breast implants removed after discovering a history of cancer in her family when she appeared in *Who Do You Think You Are?*

Ballas, who replaced Len Goodman as the head judge in 2017, said she had always been told her great-grandfather, George Sutton, had died of a "broken heart" after his wife left him, but discovered while making the programme that he had actually died of cancer.

She said a string of recent cancer diagnoses including for her mother and her aunt had left her feeling extremely vulnerable about her own health.

Ballas, 59, said: "I've had breast augmentation. It makes me take a step back and think when you go for these mammograms: 'Can you see at the back? Is it clear what you can see?'"

"It's making me sit back and think: 'Shall I remove them? Would it be a good safety precaution for me?'" she admitted.

niece, Mary, an NHS nurse, whom she raised as her own after her father, Shirley's older brother David, took his own life aged 44. "Anything you put in your body that is not built from your own body is a risk," Mary told Ballas.

The safety of breast implants is being reviewed by a government watchdog after complaints of serious health problems. The Medicines and Healthcare products Regulatory Agency (MHRA) has warned that a rare form of cancer that may be linked to the

implants is probably underdiagnosed.

Last year while at the British National Dance Championships in Blackpool, Ballas took a "devastating" phone call from her mother Audrey, 82, who told her that she had been diagnosed with colon cancer. After an operation to remove the growth, Ballas nursed her mother back to health, spending weeks living with her cooking and cleaning.

Ballas said: "We are one year in to my mum's diagnosis, and we are just waiting for one last check-up to see if the cancer has attached to anything. She doesn't want to do chemotherapy and wants to live every day as it comes. That's my mum. She's my inspiration."

Ballas admits she had "become more paranoid about the

whole cancer thing," and will host a coffee morning at her house in south London next week to raise funds for Macmillan Cancer Support to help provide practical, emotional and financial support to the growing number of people with cancer. She is one of thousands who will host a coffee morning on September 27, with 200,000 people expected to take part in an event being called the "world's biggest coffee morning".

"I'm hoping even more people will also consider hosting a coffee morning," she said. "It's dedicated to coffee and cake and raising vital funds for Macmillan. And you can throw in a bit of prosecco if you're hosting in the afternoon like me."

The dancer, who has been performing competitively since she was a child, has had her fair share of cancer scares and regularly attends the doctor for smear tests and mammograms.

She said: "I am quite vigilant. I'm alert to self-checking in the shower and making sure the breasts feel comfortable and the body is in good shape. It has made me on very high alert to my body."

Despite her health fears, Ballas will return as head judge on *Strictly Come Dancing* next Saturday with contestants including Olympian James Cracknell, England footballer David James,

**CTLY judge Shirley is considering having her breast implants removed after finding a link in her family.**

ex-dancer, 59, the worrying discovery while filming *Who Do You Think You Are?* told *The Sunday* she said: "I've had breast augmentation. It makes me take a step back and when you go for mammograms, it's making me sit and think, 'Shall I remove them? Would it be a good safety precaution?'"

Shirley had opened up earlier about the cancer diagnosis of mum Audrey, she now plans to host a coffee morning for Macmillan Cancer Support at her home.

Her fellow judge Craig Horwood, 54, men-

be hilarious on the ice."

**SHIRLEY BALLAS**

*Strictly's* head judge, Shirley, 59, has revealed she's considering getting her breast implants removed, as she fears they may prevent cancer from being detected

She became concerned after filming BBC1's *Who Do You Think You Are?*, when she discovered her family has a history of the disease

"It's making me think, 'Shall I remove them? Would it be a good safety precaution for me?'" she admitted.



Concerns: Shirley Ballas

**Strictly Shirley's three-day break after breast surgery**

**STRICTLY** Come Dancing head judge Shirley Ballas will have breast implants removed next month - but plans to return after just three days off.

Miss Ballas, 59, decided to reverse the surgery she had in-2002 after a nurse issued a warning during a routine mammogram.

The dancer, whose mother and aunt have had cancer, was told: "There's no guarantee that we can ever really get behind the back of the implants." Miss Ballas told *The Sun*: "I've been to a new doctor and I'm scheduled for the operation on Tuesday, October 24. My doctor says I have recuperation of a week,

but I want to do *Strictly* on the Saturday night. It's not like I have to dance and do the cha-cha-cha."

The dance star got the implants 17 years ago when she had 'low self-esteem'. But she admits she wishes she had never had the procedure. Over the summer, Miss Ballas shared concerns about her breasts on Instagram after a cancer scare. It was revealed that Miss Ballas had enlargements last year, a fellow judge Craig Revel Horwood said 'they're fake' and 'very *Strictly*'.

**BBC Mike's bruises** - Page 33

**Shirley Ballas health: 'I don't want them in my body' Strictly star's health revelation**



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STRICTLY STAR'S DDs REMOVED

# Shirley: Never have boob implants, girls



WARNING AFTER 4hr OP

BACK ON TV TONIGHT

STRICTLY STAR ON 4-HR

# When I saw my little boobies I thought, 'I'm myself again'

SAYS SHIRLEY BALLAS



OP TO REMOVE IMPLANTS

If I could go back to my younger self, I would never have had implants

Do your research! I did not do mine. I didn't know so many things

They will not help a person love you

Pro Neil's out again

WHY OP IS TRICKY

## Strictly's Shirley Ballas is back after having breast implants removed

### Strictly's Shirley gets a 10 from me for courage

MILLIONS of Strictly Come Dancing fans watch head judge Shirley Ballas sauntering down the ballroom staircase each week, lovely, lively and with an eye-catching cleavage.

That is set to change a little. The professional dancer with the famous figure has revealed she is having her breast implants removed on Tuesday, October 23, and plans to return to the show the following Saturday.

The two points to make. First, the news came as a shock because we'd laughed her breasts were her own, despite rumours to the contrary from bitchy fellow judge Craig Revelle.

Second, it's rare for any woman in the public eye to admit her assets are not all natural, let alone confess that enhancement was a mistake.

Shirley's candour is so refreshing that, when I heard it, I almost broke into a spontaneous cha-cha-cha.

She says her wake-up call came during a mammogram. Worried about her family history of breast cancer, she was told by the nurse that was 'to guarantee that we can really see behind the implants' for lumps. So she decided that, 17 years after having them, 'I didn't want any more foreign bodies in my body'.

In a world where shows such as Love Island and young women to believe happens lies in pneumatic perfection,



### Strictly Come Dancing judge Shirley Ballas has breast implants removed



THE TIMES



## Shirley Ballas health: 'It was painful on the show' Strictly judge reveals surgery details

### Ballas is back

SHIRLEY Ballas, 59, was back at the Strictly judges' table last night, days after having surgery to remove her breast implants over cancer fears.



# Shirley: I'm having op to cut cancer risk

By Frances Millar

STRICTLY judge Shirley Ballas will go under the knife next week to have her breast implants removed.

But the 59-year-old plans to be back on the BBC show just days later to head up the panel.

Shirley, who has a family history of cancer, decided to have the operation after a routine mammogram. An assistant told her X-ray machines do not always detect cancerous tissue behind implants.

Speaking on The Jonathan Ross Show, she said: "I'm doing it for personal reasons. I'm hoping to be back at work on Saturday."

The ballroom star got the implants in 2002 after her marriage to US dancer Corky Ballas broke down.

Shirley said that if anyone can get her back on her feet after the four-hour procedure it is her 82-year-old mother Audrey, who was diagnosed with colon cancer last year.

One of her aunts has died from the disease while another was recently diagnosed.

Shirley judges will The Jonathan 10.10pm to



## BREAST AWARE As Strictly's Shirley Ballas has breast implants removed over cancer fears – the 7 signs you need to know



## Shirley Ballas oozes confidence on red carpet after breast surgery and vicious trolling



# SHIRLEY: MY TELLY SHOW CANCER FEAR

BY RUTH MUIR  
SHIRLEY Ballas wants to have her breast implants removed after a TV show revealed she has a family history of cancer.

The Strictly judge, 59, discovered that her great grandfather died of the disease. She said: "I've had breast augmentation. It makes me take a step back and think when you go for those mammograms 'Can you see at the back? Is it clear what you can see?' It's making me sit back and think: 'Shad I remove them? Would it be a good safety procedure for me?'"

## Strictly star may have her implants removed

away from a "broken heart" after his wife died. But Shirley learned otherwise on her episode of Who Do You Think You Are? Last week, the professional dancer saw a doctor to discuss "the best route healthwise" and to get "more information" on having the cosmetic surgery reversed. Her niece, a nurse, also warned her about the dangers. Concerns over the safety of both jobs are mounting and one

# Mum will nurse me back to Strictly after breast op

EXCLUSIVE BY HALINA WATTS  
Shows Editor

STRICTLY Come Dancing Judge Shirley Ballas is counting on her mum to nurse her back to health following breast surgery.

Shirley, 59, insists mum Audrey Rich, 82, will help her recover in time to appear on the hit BBC show that week.

The dancer learnt implants may reduce the effectiveness of mammograms so is having them removed this month.

There has been a number of cancer diagnoses in her family. Shirley said: "I'm a little

## Judge nervous at implant removal

nervous. It's about a three-and-a-half hour operation." Afterwards Audrey, who was diagnosed with cancer, will stay with Shirley who said: "If anyone can get me up and ready in time for Strictly in four days it will be her."



SURGERY Shirley Ballas

## Kelvin to star in West End

BOOKIES' favourite Kelvin Fletcher has been offered a £250,000 starring West End role after his Strictly success. The ex-Emmerdale actor, 35, would star next year in Joseph and the Amazing Technicolor Dreamcoat. A source said: "Producers are confident that with a few singing lessons, Kelvin would be a perfect fit."



HIT Kelvin Fletcher

a third time, having met boyfriend Danny Taylor, 47, over Christmas when they were in panto together. She said: "We dance all around the kitchen. I am teaching him the waltz. I would love to marry. If he asked me tomorrow I would be straight down the aisle. This is the first man I have had in my life who treats me like my two gay best friends."

"He's very kind, caring and positive. He loves people, does work for charity, has a great relationship. An all-rounder."

Comic Chris Ramsay channelled Elton John in an energetic jive. He made mistakes but gave it his all and improves by the week. Saturday night was more than alright! 26/40

## Cath's sassy reward

Catherine Tyldesley can't even do a forward roll and there weren't any tricks in this Charleston - but it really didn't matter. Our Cath gave it loads of attitude like a Northern lass on a big night out. Her sassy routine was rewarded with a standing ovation. 30/40.



## Raunchiest rumba

Hot flushes all round on the Judges panel as Emmerdale star Kelvin Fletcher gave us Strictly's raunchiest ever rumba. "That's my sister," exclaimed Motsi as poor Shirley fanned herself with





### A brave show from Shirley

YES, Shirley Ballas was brave to return to Strictly contrary to medical advice after she had her breast implants reversed but, why, oh, why did she have them in the first place? She was fit and healthy but that was not enough: she also wanted a perfect bosom. Now let her be braver still and warn others off cosmetic surgery.

IF I am ever ill, my first recourse will always be conventional medicine. That does not stop me visiting Holland & Barrett, nor seeking a faith healing and nor does it stop others resorting to acupuncture or whatever. The row over homeopathy is unnecessary. It has been around for a long time and some people believe, rightly or wrongly, it has helped them. I don't use it but I do not seek to deny that right to others, provided they also visit the doctor.

EXPRESS

## As Strictly judge Shirley has her breast implants removed over cancer fears...

# Why quick fix cosmetic ops are the Wild West of medicine

**PROFESSOR** John Newton, of Public Health England, this week stated categorically that vaping is less harmful than cigarettes. Yet a recent survey of papers found that one in four smokers has resumed tobacco smoking in light of recent scare stories about the risks of vaping. (There have been

hidden danger of breast implants: Shirley Ballas

emotional or psychological problems, studies show that undergoing cosmetic surgery, in the belief it will make them feel better about themselves, can actually make them feel worse.

Patients focus all their hope on a life-changing result that will erase their problems — but when reality hits and they are no better, despair can kick in.

Such problems need to be addressed through talking therapies, rather than surgery. And interestingly, people considering surgery but who undergo talking therapy to address their feelings of low self-esteem first, often decide surgery isn't needed after all.

I wonder what Shirley Ballas, a hugely talented and attractive woman, who exudes confidence, would tell her younger self now?

Dr Maxine@daily@mail.co.uk

**Daily Mail**

For some, it's not surgical intervention they need to make them feel better about themselves, but psychological help. Any honest

surgeon will tell you that some of the patients they see are there because of family relationship or emotional difficulties — the kind of problem no operation or injection can ever alleviate.

If you're having marital difficulties, a breast enlargement might make your husband pay you more attention, but it's not going to fundamentally change the nature of your relationship.

For those with underlying

Every NHS doctor will have seen patients who are victims of poor care in the private sector — and this is especially true of the cosmetic surgery industry, here and abroad.

And given that it is no longer the preserve of the wealthy, with cut-price packages widely available, so the number of problematic cases — and failures — has increased.

I saw it myself while working in breast surgery: several cases of botched implants, and horrendous infections after patients had opted for private treatment. When things went wrong, the NHS had to step in.

**O**FTEN, the private companies offering these procedures do not have the skills, resources or licences to fix the problems they create — nor do some want to bother with them. Tight profit margins do not allow for complications.

So who's at risk? If quick fixes seem alluring, be wary. As an anti-ageing specialist, I see many women who have had cosmetic surgery. They offer instantaneous results at affordable prices.

I have nothing against people opting for such treatments if they

Many used poorly qualified staff and/or cut corners on safety and infection control in order to keep costs low.

The report exposes a worrying truth: that cosmetic surgery is still the Wild West of medicine.

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# If I could go back I'd never have done it... now I feel more myself

## Strictly judge on decision to remove boob implants

RESSETS Shirley says boob job was for wrong reasons

BEFORE  
A silicone-busted Shirley

AFTER  
Shirley's boob minus implants

BY MARK JEFFERIES  
Shirley's Tutor

SHIRLEY Ballas has revealed she "feels more like herself" after having her breast implants removed just days ago due to cancer fears.

Strictly Come Dancing's head judge, 59, said she was in agony after the four-hour

women. So from woman to woman she wanted to share that experience of how much healthier she felt.

Shirley admitted she was "till [sic] I had my boob implants, I was a little bit heavier. It was a bit and now it's an A, so it's quite a difference in size."

Shirley recently urged women to rethink implants, saying: "Don't think

in good. emotional commitment

REY BALLAS

OK! CANCER FEARS

Shirley Ballas [below] has been talking about why she had surgery to remove her 17-year-old breast implants. I've had implants for ten years. They're under the muscle, so most of the breast tissue is in front of it. I recently had a mammogram and was told by a top specialist that they're fine. For my own peace of mind I go for more check-ups because I have implants, but lots of people have breast implants and don't get breast cancer.

Shirley's were removed due to cancer fears. She said: "I went to get a mammogram and one of the nurses flippantly told me: "We can't see behind the back of these implants.""

She also said her mother and aunt have both got cancer. If there were concerns about not being able to see the tissue, and cancer runs in her family then I understand her decision. OK!

her in my life. I'm happy to be your patient. Love you Mum."

Last night injured Strictly contestant Will Bayley could be seen sitting in the audience for the live show.

The paralympic table tennis champion was forced to quit after suffering a knee injury.

Revealing his strapped-up leg, Will, 31, said he was "gutted" to have to pull out of the series.

He said: "If I could dance,

**SUNDAY EXPRESS**

Professional dancer Neil Jones was also still recovering from an injury yesterday, causing Kevin Clifton to be drafted in to partner footballer Alex Scott for the second week in a row.

Tonight's Strictly will make TV history when dancers Graziano Di Prima and Johannes Radebe take to the floor to perform the first ever same-sex routine.

Ballas advised women not to have surgery in an attempt to please a partner. "Don't do what I did," she told The Sun. "I thought if I put them [implants] in I'd look better and my husband would think of me as more desirable.

"You can get implants, all these procedures, thinking you will be more of a woman for that person. But it does not make a difference. If they don't love you, they won't — no matter what you do."

Ballas said women should do research before surgery. "I did not do mine," she said. "I

**THE SUNDAY TIMES**

# Strictly Shirley is back after breast surgery

Grant Tucker  
Arts Correspondent

Shirley Ballas returned to the judging chair on Strictly Come Dancing last night, four days after an operation to have her breast implants removed — and urged women to avoid enlargement surgery.

Strictly's head judge revealed in September that she would have her breast augmentation reversed, after uncovering a family history of cancer when she appeared on another BBC1 show, Who Do You Think You Are?

Ballas, 59, who replaced Len Goodman as Strictly's

DAPPER: Shirley last night

## Brave Shirley returns to judge Strictly against her doc's orders

By Tony Whitfield

SHIRLEY Ballas was warmly welcomed back to Strictly just days after having surgery.

The head judge, 59, had her breast implants removed on Tuesday following cancer fears.

Ignoring her surgeon's orders to take some time off, Shirley appeared on last night's live show wearing a dapper black trouser suit.

Earlier, the ballroom star posted a video of her mother Audrey on Instagram, who was praising her for being "one very good patient who's actually doing what she is told for once".

Shirley said her 82-year-old mother was "simply the best" for nursing her back to health, adding: "I'm so grateful to have

Ballas: 'Don't have surgery'

head judge in 2017, had a 4½-hour operation on Tuesday, taking her from a DD back to her natural A cup. She returned to the show last night against her doctor's instructions.

Ballas advised women not to have surgery in an attempt to please a partner. "Don't do what I did," she told The Sun. "I thought if I put them [implants] in I'd look better and my husband would think of me as more desirable.

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**THE SUNDAY TIMES**

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**THE SUNDAY TIMES**

# WHAT A TROUPER!

## Show goes on for brave Shirley after four-hour breast op



**SUITS YOU!** Shirley in her Sunday last night. Her more generous DD figure before surgery

STRICTLY's head judge Shirley Ballas defied doctors' orders last night and returned to the show just days after a gruelling operation to have her breast implants removed. While showing dedication that would surely merit a score of ten out of ten, she said: 'It has been a rough week, I'm not going to lie. It has been tough.'

By Chris Hastings  
ARTS CORRESPONDENT

all ready for the live show." Offering thanks and tribute to those who had helped ensure she wouldn't miss a single show, she said: 'First of all I want to say thank you for all of those messages I have received. I'm not going to be prepared to be here, huge to my mum and my son, he is like, "You've got this, Mum!"'

"It has been a rough week, it has been a bit tough but I'm here and I'm ready to go. I have a beautiful tuxedo on this evening, not in a long dress tonight. I'm really looking forward to getting out there and I'm glad to be able to share this moment with you."

## Shirley Ballas reveals she is to undergo big operation in midst of Strictly

Some of the judges' comments

## woman&home

## 'STRICTLY' SHIRLEY REVEALS HER CANCER FEARS

Head judge of *Strictly Come Dancing* **SHIRLEY BALLAS** (left) has revealed she is having her breast implants removed because of cancer fears. Shirley says she will go under the knife next month: 'I'm scheduled for the operation on Tuesday October 29. My doctor says I have recuperation of a week, but I want to do *Strictly* [below right] on the Saturday night,' she says.

in which she was told her implants made it difficult to see if there were cancerous cells behind them. The former dancing pro says that the BBC has been very supportive of her decision: 'They said you have to do what you feel most comfortable with for your health.'

Shirley has also speculated that chronic fatigue is another side effect of her breast implants.

Shirley has a family history of cancer with her mum and aunt suffering and having lost another aunt to the disease. She has therefore decided to reverse the breast enlargement she had in 2002 after a mammogram



**OK!**

## Daily Mail

of a risk of cancer in her family. She yesterday entrusted her pain to be 'at the four out of ten level'. Ditching her usual sparkling gowns, Ms Ballas, 59, opted for a black tuxedo to hide a special support bra she was told to wear by doctors after they reduced her bust from her DD implants to her natural B-cup.

My son, he is like, "You've got this, Mum!"

Scar tissue reduces the chances of a rare type of cancer developing. Ms Ballas admitted to wearing herself off powerful painkillers in favour of paracetamol and antibiotics precisely so she could take part in last night's live show.

## Don't get breast implants, urges cancer scare Shirley

# Don't get breast implants, urges cancer scare Shirley

SHIRLEY Ballas has urged women to avoid getting breast implants after having her own removed following a cancer scare. Strictly Come Dancing's head judge said: 'Don't think you need to have these procedures to make you look more attractive.'

By Jake Hurford and Eleanor Sharples

think of me as more desirable.' Ms Ballas said she is glad she had the implants removed after doctors had to take out a capsule of tissue that may have been dangerous after it grew unexpectedly. Shirley said she was not aware of the implants' size at the time of her operation.

**'I'm learning to love myself'**

Shirley said she is glad she had the implants removed after doctors had to take out a capsule of tissue that may have been dangerous after it grew unexpectedly. Shirley said she was not aware of the implants' size at the time of her operation.



by Rebecca Hardy

# I had breast implants to save my marriage – now I'm taking them out to save my health

A FEW weeks ago Shirley Ballas said she had breast implants to save her marriage. Now she is taking them out to save her health.

...and I was so envious of Darcey's figure that I stopped eating – just two of the bombshells in this emotional interview as Strictly's Shirley goes under the knife



Shirley Ballas has revealed she is having her breast implants removed because of cancer fears. She said she will go under the knife next month. Shirley Ballas has revealed she is having her breast implants removed because of cancer fears. She said she will go under the knife next month.

## Daily Mail

Breast cancer may be detected years earlier by blood test

## Breast cancer may be detected years earlier by blood test

Study shows immune response to tumour cells can reveal disease

By Helen Mackay



Researchers have discovered a blood test that could detect breast cancer years before it is visible on a mammogram. The test looks for immune cells that attack cancer cells.

Shirley Ballas has revealed she is having her breast implants removed because of cancer fears. She said she will go under the knife next month.

Shirley Ballas has revealed she is having her breast implants removed because of cancer fears. She said she will go under the knife next month.

# The Observer

*Shirley and Danny*

By Hanna Geissler

DANCE Judge Shirley Ballas says she wishes the 'Strictly curse' would

# I wish Strictly curse would hit me says lovelorn Shirley

Jones on a boozy night out. Revealing she has been single for four years, Shirley the programme's head judge said: "I just think I've never been able to get it quite right."

She added: "I find the whole idea of the over-50s falling in love emotional, because it's about people who've had a life, families and marriages that haven't worked and dates that have been rubbish. But at over 50, they're still hopeful and they're certainly not dead yet."

Shirley was just 18 when she married her first husband, dance partner Sammy Stopford. She split from him after meeting dancer Corky Ballas, who she wed in the mid-80s. The pair share son, Mark Ballas, who is a professional dancer on American TV series *Dancing With The Stars*. Shirley, who split from Corky in 2007, added that there is nothing wrong with older couples having an active love life. "A child might hate to think of a parent having sex. It's a taboo, at any age," she said. "But if you're over 50 and you find someone marvellous, why shouldn't it include sex?"



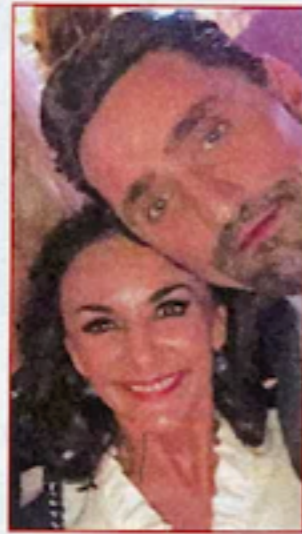
Looking for love... Shirley Ballas

Former husband Corky Ballas

**DAILY EXPRESS**

## SHIRLEY BALLAS AND DANIEL TAYLOR PANTO PASSION

Head *Strictly Come Dancing* judge Shirley Ballas recently teased that she enjoyed the 'best Christmas of my entire life' - and now we know why! The 58 year old is reportedly dating her pantomime co-star Daniel Taylor, 44, after they met while starring together in *Jack and The Beanstalk* in Liverpool. Shirley, who played Mother Nature, and Daniel, who starred as Fleshcreep the villain, were spotted last week walking arm in arm in London. The pair have also shared various selfies together on social media (right). Speaking recently about her love life, the former professional dancer said: "Yes, I've met somebody nice. I had the best Christmas ever being in panto, it was the best Christmas ever in my entire life." She added that her son, also a professional dancer, was "wishing for me to have a good relationship over the age of 50".



## SHIRLEY FINDS 'HAPPINESS' WITH HER TOYBOY

She's remained tight-lipped on toyboy Daniel Taylor, but last week *Strictly* head judge Shirley Ballas finally opened up about life with the 44-year-old actor - who she met last December while they starred in a panto together. Shirley, 58, who divorced dance legend Corky Ballas in 2007, said that "it's hard to find somebody who's compatible with you. I feel like I've come full circle and I've found somebody. It's great to have found him after being single for so long."



Shirley is head over heels for Daniel



When we did our first job together, he was like 'Shirley, who?'. He'd never watched *Strictly*, and knew nothing about me." She added, "The whole family and my friends love him. All I can say now is if this is what happiness is, I've never experienced it."

TURN FOR MORE →



## Dan the man to fit Shirley's bill

LAST week *Strictly*'s forthright chief judge Shirley Ballas announced she was on the prowl for love and I urged red-blooded gentlemen to beat a trail to her door. Seven days later we hear intimations that shimmering Shirley has already been snapped up by her fellow panto thespian, dashing Daniel Taylor. Daniel, 44, has been treading the boards for decades with considerable panache and has featured in TV's *The Bill* and *Brookside*. What's more, he's a dancer and one of the few in the UK capable of whirling world champion Shirley confidently around the floor. Shirley is a ridiculously svelte and sinuous 58, exuding oodles of oomph. She deserves the devotion of a besotted swain. Let's hope Dan is that man.

WHAT a relief. A judge has ruled that ending a text message with an "x" is not flirtatious. He's 100 per cent right. I can't be the only absent-minded texter to conclude with a triple "xxx" flourish before realising the message is to my doctor/ accountant/boss. Do I mean to shower professionals with big wet smooches? Am I motivated by lust or mild affection? Of course not. I'm simply a creature of habit and so accustomed to bestowing xxxs on my children, chums and other half, my finger and thumb seem to append them to all messages as if of their own accord. Judge Farooq

**DAILY Mirror**

# Give our Shirl a whirl, gents

LISSOM Shirley Ballas laments the fact she hasn't yet been stricken by the *Strictly* curse. She has been single for four years. Frankly it's astounding that feisty Shirley remains unattached.

I spent an evening at her table at a function and she was gorgeous to behold, slim as a whippet, funny, feisty and



surrounded by good and loyal girlfriends. I even admired her attempt to coin a catchphrase: "It's never too early for a 10 from Shirley!" She says: "I'm looking for someone to share my life with and I'm truly ready to find that person now".

Step up gentlemen, the lady is a catch. She achieved the impossible and slipped into legendary Len Goodman's shoes so seamlessly he's barely missed. She knows her onions, wears her heart on her stylish sleeve and deserves a partner who can whirl her around the dance floor and kitchen alike.

**TRUCK HORROR**  
 Murder probe as 39 bodies found in lorry



**PM blasts Corbyn for blocking his Brexit deal AND for running scared over a snap general election**

**FURY OVER EU STILL DECIDING OUR FATE**



**STRICTLY SHIRLEY**  
 All I want for Christmas is a marriage proposal!



She recently gushed about how she's the happiest she has ever been with her new toyboy. And **Shirley Ballas** still looked cha-cha- charmed as she



stepped out with **Danny Taylor**, in the Barclaycard Exclusive bar. Shirley, 58, met Danny, 44, last year when they starred together in a pantomime in Liverpool.

"It's great to have found him after being single for so long," Shirley has said. "When we did our first job together he was like 'Shirley who?' He'd never watched Strictly, knew nothing about me." Twice-divorced Shirley was single for six years before meeting Daniel, who also trained as a dancer.



**I'm the happiest I have ever been! Shirley, 58, gushes over toyboy, 44**

By Hannah Colester

**SHIRLEY** Ballas says she is the happiest she has ever been with her new toyboy. **Strictly Come Dancing** judge Shirley, 58, gushed with praise for her new man Daniel Taylor, 44, as she spoke about their relationship for the first time. The couple met last year when they starred together in a pantomime in Liverpool. Shirley said: "It's great to have found him after being single for so long. When we did our first job together he was like 'Shirley who?' "He'd never watched Strictly, knew nothing about me."

Twice-divorced, Shirley was single for six years before meeting Daniel and joked that she warned the "Strictly curse" would strike her and help her find love. Speaking at the LGIC Awards in London last Friday, Shirley said: "The whole thing and my friends love him. He has the same profession as my son, Mark. They're both actors."

"Somebody once said to me, are you happy? I said what is happy? All I can say now is it's like what happened to me I've never experienced it."

The dancer also spoke of her excitement at finally moving into her new London home, having previously split her time between the capital and Los Angeles. "The first thing I'll do when I get in is sit and cry because it's taken so long," she said. "Everything had to be rebuilt. It's been a long



Shirley and Daniel first met while doing panto together and she's still single. "I've got a boyfriend, I've got my home, I'm excited everything up."

At the Ballas last week, Shirley revealed Danny's shock decision to quit the Strictly judging process and I've felt homeless. "I've got a boyfriend, I've got my home, I'm excited everything up."

On the topic of the ballas's replacement, Shirley remained tight-lipped. "The next person may be a surprise, like I was."



**New!**



Strictly's Shirley Ballas debunked rumours she's dating actor Daniel Taylor, telling us, "He's a very good friend of mine and we met during panto. He's a good friend!"

Shirley says she's still single

on their recent trip to Mexico. "Freddie will talk to an explained. "When holiday he'd just chat to another. The couple to tie the knot revealed that to add a daughter to their family walk down. "I'd look like said. T

**Is this to be the Strictly Ball-groom?**

STRICTLY judge Shirley Ballas has gushed about her romance with the actor Danny Taylor, 44, as she spoke about their relationship for the first time. The couple met last year when they starred together in a pantomime in Liverpool. Shirley said: "It's great to have found him after being single for so long. When we did our first job together he was like 'Shirley who?' He'd never watched Strictly, knew nothing about me."



"I would marry Danny tomorrow if he asked me"

**Shirley: Dan's pantomime**

STRICTLY JUDGE READY TO WED CO-STAR

**A FAIRY Godmother** falling in love with the baddie is not the typical fairy tale, but it seems to have worked for **Strictly's SHIRLEY BALLAS**.

In an exclusive interview, the head judge has opened up about her romance with panto co-star **Danny Taylor** - and has even teased the prospect of wedding bells. She said: "I would marry him tomorrow, if he asked me. "If this is what love is I have never experienced it before."

The pair met

late last year when Shirley was playing the Good Fairy Mother Nature and Danny was evil Flesheroop in Jack And The Beanstalk in Liverpool. Shirley, who has been married twice in the past, said: "I met him in late November and he was going through a difficult time with his ex. "I met him at a difficult time in his life and we became friends first. We did not get together until February as a couple."

Danny added: "I was going through a very difficult break-up. I was with someone for 15 years. We had

a son together. The break-up came as a bit of a shock. I had nowhere to live."

Danny and Shirley were together last week as they helped feed those in need at the Cork Penny Dinners charity in Ireland. The organisation is close to Danny's heart because he had slept rough when he first moved to London as an actor aged 18 - and Shirley was keen to join him for the trip. She said: "We both like to give back, we work and we same place. We support it and are comp of each other."



**Shirley Ballas boyfriend: Strictly judge reveals boyfriend Danny Taylor is 'The One'**



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The star is certain partner Danny is The One

**Wedding bells for Shirley?**

Strictly's glamorous head judge could be waltzing down the aisle soon...

Shirley Ballas hasn't always been lucky in love - she has two failed marriages behind her - but it seems she's finally struck gold on the romance front.

The 59-year-old Strictly Come Dancing star has admitted that her handsome toyboy - fellow Northern and performer Danny Taylor, 47 - is 'The One'. 'I love that man,' she gushed in a recent interview. 'I just want to sit all day and stare at him. He is The One!'

Latin champion Shirley said the pair 'have a lot in common and laugh all the time', adding, 'Danny is just magical. I have met his parents, and everybody likes each other'.

Yes, Shirley? It definitely sounds like the real thing - it's thought the main reason Shirley quit her Hollywood home earlier this year was to spend more time with Danny.

So, could we be hearing wedding bells soon? She's met his parents, so surely it's the logical next step? Just imagine how star-struck that hub would be - with the likes of Craig T. Nelson, Howard Stern and Bruce Willis dancing to the side!

Married twice before, first to producer Sammy Skopford, then to Cory Ballas, the father of her musical theatre star son Mark, Shirley certainly deserves another slice of happiness. Before meeting Danny, she admitted that she hadn't been a date in three years and was 'hopeless, hopeless. I never get it right!'

Danny, who appears regularly in theatres across the UK, and has had roles in shows such as The Bill, has a son from his relationship with actress Sheree West, from TV comedy Broad Church. Shirley met him late last year, while she was playing Mother Nature and Dawn in The Liverpool Empire.

Asked back in August if the night made her lately number one, Shirley confessed, 'I'd marry him tomorrow, if he asked me!'

'That's the beauty of it, isn't it? You can be like the ball in your court, Danny...'

**Did you know?**  
In July, Shirley attended the wedding of two friends in Utah - and caught the bride's bouquet - making a video an inspiration, Shirley confessed to the Daily Mail. 'I was a bit of a mess but I was a sign, we don't know what it is...'

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**Shirley: I now feel like a teen**

STRICTLY head judge Shirley Ballas says she feels "like a teenager" after falling for a younger man.

But the 59-year-old has said she gets angry when actor Danny Taylor, 47, is referred to as her "toy boy".

The couple right met while starring in Jack And The Beanstalk last Christmas in Liverpool. Shirley said her life has "done a U-turn".

**SUNDAY EXPRESS**

No.1 FOR TELLY + No.1 FOR

**Shirley: I'm set to waltz down aisle**

SHIRLEY Ballas is ready to marry her toyboy.

The Strictly judge, 59, has found love with actor Danny Taylor, 47, who she met while performing in panto last Christmas.

And she said: 'He is too good to be true. I would love to marry. If he asked me tomorrow I would be straight down the aisle. I get asked how it feels dating a younger man. But how does he feel dating me?'

'I am a successful, intelligent woman who can take care of myself. I don't need a younger man, older man or any man to take care of me.'

'It is all about two characters coming together. It has nothing whatsoever to do with age.'

Twice-divorced Shirley credits Danny with changing her outlook on life.

'Charting at the Virgin Holidays Attitude Awards at London's Roundhouse venue in Camden this week, she added: 'He doesn't argue - he's very kind and caring. He is just an all-round good guy.'

Shirley will be relying on Danny when she checks in for four hours of breast surgery later this month.

'The dance pro is having her fake boobs removed in fear that they could mean she misses a cancer diagnosis.'

She added: 'My doctor

**LOVED UP:** Shirley out with Danny. Below, the pair pose for a selfie

**CHEMISTRY:** David and Nadya on show

**David shrugs off 'curse' talk**

DAVID James has dismissed talk that he could fall victim to the Strictly curse.

He said: 'Nadya is a fantastic teacher. I want to be a fantastic student, but we're on Strictly Come Dancing, not Love Island where people get themselves together.'

**Shirley's hoping to have a very marry Christmas**

Strictly judge wants proposal under tree

BY KELLY ALLEN

ON the actual day of Christmas, my true love sent to me... one gold ring.

That's what Strictly judge Shirley Ballas is hoping for as she and boyfriend Danny Taylor prepare to celebrate their own life in December 2013.

Shirley met Danny, 47, while they were in panto together, and they began dating in March.

He has made her look forward to the festive season for the first time since her brother David died in 2001.

Shirley, 59, says, "The best thing about my relationship is how supportive, kind, caring and loving [Danny] is."

to spend Christmas with Danny. Danny has changed my whole perception of it.

'He's just too good to be true. When you get to my age, you don't think you will meet anyone, but I feel like I'm 18 again.'

'Christmas is about loved ones, and about spending quality time with them.'

**HAPPY Shirley & Danny**

kelly.allen@reachplc.com @DailyMirror

**DAILY Mirror**

**SHIRLEY:**

'To get a love like this so late in my life is amazing'

She's been dating toyboy Danny Taylor for nearly a year - and now Shirley Ballas reveals to Closer how her relationship with Danny is different from others she's had.

Shirley, 59, says, "The best thing about my relationship is how supportive, kind, caring and loving [Danny] is."

everybody like that. It's just the way he is. To get a love like that this late in my life is really amazing."

The Strictly judge started dating Danny, 47, after starring alongside him in a pantomime last Christmas. She was previously married to Corky Ballas, 58, with whom she shares son Mark, 30.

**Closer**

**DIFFERENT BALL GAME Shirley Ballas, 58, is 'happier than ever' with toyboy Daniel Taylor, 44, after they met in panto**

**THE Sun**

**INTERVIEW**

# 'I never argue with my toyboy'

Shirley Ballas on her 'intellectual' boyfriend, *Strictly* and getting her breast implants removed

**S**trictly star Shirley Ballas has revealed she got her breast implants removed in a bid to be more like her boyfriend, Daniel Taylor. The 58-year-old judge on the hit BBC dance show says she was inspired by her "intellectual" boyfriend, who she says is "not into" implants. She also says she has never argued with her 47-year-old boyfriend, who she says is "not into" implants.

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**Strictly's Shirley so smitten**

IT TOOK two to tango and lots of sparkle as loved-up Shirley Ballas and boyfriend Daniel Taylor stepped out to break a tragic Christmas taboo.

are starring in the panto Jack And The Beanstalk. Shirley boycotted Christmas celebrations for 16 years after her brother David killed himself. But she said Daniel "changed my whole perception of it" and added: "I'd love him to ask me to marry him this Christmas."

In love? Oh yes we are! Shirley and Daniel in Darlington on Sunday

# Shirley sparkles in the light of love

IT TOOK two to tango and lots of sparkle as loved-up Shirley Ballas and boyfriend Daniel Taylor stepped out to break a tragic Christmas taboo.

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# Shirley's Christmas wedding wish

**STRICTLY** head judge Shirley Ballas looks incredible in a stunning, ruffled, white gown - as she talks of her dreams of a Christmas engagement.

The 58-year-old spoke candidly of her hope that boyfriend Daniel Taylor will pop the question this festive season.

The pair started dating six months ago, when they grew closer after meeting while appearing in panto together in an exclusive photoshoot for *Woman & Home* magazine's Christmas issue. The *Strictly* head judge posed in the show-stopping designer number.

And perhaps she was hoping that one day she might wear the grey tulle Marie Perle couture dress down the aisle.

For she revealed: "I'd love to say 'I do' to marry him this Christmas!"

Shirley, who replaced Len Goodman as head judge on *Strictly* in 2017, said she fell for theatre actor Danny, 12 years her junior, straight away - but it took a while.

**By Mark Reynolds**

for romance to blossom. She said: "We met in panto as friends."

"I didn't really take off until March - for him, I fell in love way before. I think for me it was last night."

Now the couple are set to appear in panto again, starring alongside each other in *Jack And The Beanstalk* at Darlington Hippodrome in Co Durham.

Shirley, who has been married twice before, quipped: "It is so exciting for my first Christmas with Daniel."

"We've got the run-up with the panto. We'll learn more about each other, although we already get on well. He has changed my whole perception on Christmas."

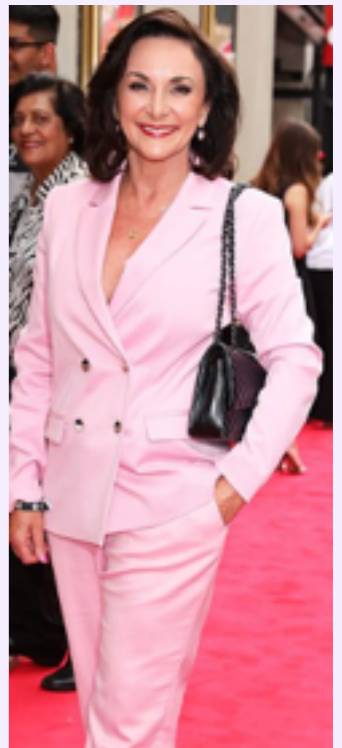
New York-based *Brigitte* has been dubbed "the most influential designer you've never heard of" and has dressed stars including Kylie Minogue, Ariana Grande and Scarlett Johansson.

With Danny, who she first met in panto

**EXPRESS**

Strictly star Shirley Ballas shows plans for magazine's festive issue, next

# Shirley Ballas, 58, makes her red carpet debut with boyfriend Daniel Taylor, 47, at Joseph and the Amazing Technicolor Dreamcoat press night



**MailOnline**



**10 MINUTES WITH... SHIRLEY BALLAS ON...**



... the new *Strictly* judge I know that whoever the BBC are going to choose will be absolutely perfect for the show. You're all going to be delighted.

... missing Darcey Bussell She was like my queen. That lady held my hand the whole time, and I have never laughed so much with another woman in all my life. She was amazing and she will be sorely missed, for sure.

... finding new love (with actor Daniel Taylor) I never thought I would find anybody in my life that I cared about again. Just... past history and different men that you are with gnaw away at your confidence. But, yes, I've met someone very nice and we are very happy.

... climbing Mount Killimanjaro in honour of her brother David, who took his own life The altitude plays tricks on your mind, and I thought I could actually hear my brother. I just kept him in the forefront of my mind. I would do it again, for sure. Everest next!

... turning her back on LA (relocating to the UK) I will miss my son, but... I love being in Great Britain, with the British people. And I think the men here are classy!

● Shirley was speaking on ITV's *Loose Women*.

WORDS: DANIELLE SOUTHWOOD, DEIRDRE O'BRIEN



**She's a perfect 10! Shirley, the bikini belle of the pool**

By Giles Stedrick  
Chief Reporter

STRICTLY judge Shirley Ballas has thrilled fans with a new set of snaps by the pool. The 58-year-old dancer, known as the Queen of Latin, posed these images on Instagram as she lounged around in a floral bikini.

One follower said the Liverpool-born professional dancer looked like a woman half her age as she posed at her holiday mansion in Los Angeles.

One picture showed the twice-married TV favourite on an inflatable swan.

In another she is seen with pal Nathan Grundy, one half of hair and make-up team Alanette11.

A caption with the photographs said: "Today is going to be an amazing day, lots of things happening, lots of excitement."

Shirley, who replaced Len Goodman as head judge on *Strictly Come Dancing* in 2017, spends the summer in a beach house in Malibu, California, with her son Mark, 33. She



Flower girl... Shirley Ballas stretches out on her inflatable swan

returns when the BBC smash hit show starts.

Although Shirley has become a firm favourite with viewers she previously admitted to being nervous about taking up the job.

She said: "Going from being a dance teacher to suddenly being the head judge was a little overwhelming, but it's amazing and thrilling. I have been around for 50

years in this industry so I'll just be as honest as I can.

"I am very strict, feisty and fair. I want people to do well but I want people to take healthy criticism. It's a competition and I will be giving my honest opinion."

Since the start of the year Shirley has been dating actor Daniel Taylor, 44, after they met during rehearsals for genre Jack And The Beanstalk in Liverpool.



**Shirl the whirl is a perfect 10**

I ADMIT IT. I'm a big Shirley Ballas fan. I'm in thrall to her boundless technical know-how and confidence. She knows her onions - and knows she knows.

I love that she's so head over heels about her new beau Danny Taylor that she can't help telling everyone she hopes he asks for her hand as a Christmas gift. I respect her glamorous fashion choices, her courage in making public her decision to have her breast implants removed and her determination to get back in front of the cameras five days later. And I'd never seen her dance. On Saturday I saw her perform - and she was enchanting.



Star poses in wedges against a wall

**Shirley turns into the Easter honey**

Open Democratic Campaigning, the Labour MP is expected to lead the party in the 2024 general election. The 58-year-old Shirley Ballas, who replaced Len Goodman as head judge on *Strictly Come Dancing* in 2017, spends the summer in a beach house in Malibu, California, with her son Mark, 33. She



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Looking fab, Shirley. It's a 10 from us!

**Strictly Shirley!**

Shirley Ballas may be 58, but she's still looking sensational in her swimwear! With her toned legs, tiny waist and smooth skin, the *Strictly* judge could pass for a woman years younger. If you be inspired by more beach summer special magazine i



Shirley Ballas looks radiant in red shawl and blue skinny jeans as she strikes a pose outside The London Studios



Instagram: @shirleyballas