



Gaby Roslin juggles the breakfast slot on Radio London, life as a working mother and plenty of travel to and from recordings. Jo Moulds catches up with her

"I don't do quite as much business travel as I used to because I do the BBC London radio breakfast show every morning during the week, but I do travel at weekends. At the moment it's mostly around the UK as we're filming for a new Channel 4 series *Celebrity Fantasy Homes*.

My working week involves getting up at 4am for the breakfast show, finishing work at 1.15pm and then being a 'mummy' from 1.45pm when I pick up my youngest child and then 3.45pm when I pick up my eldest child from school.

That's Monday to Friday and then I'm travelling by train or driving at the weekends to various locations. I try not to fly around the UK, but I sometimes take a flight for European travel. My favourite part of business travel is the peace and quiet of not having children around. I have that little bit of 'me' time which you so rarely get as a mother. I have a magazine that I cart about which I never usually get to read.

On a train, I'll be reading scripts so I know what I'm doing on the way to a location but, on the way back, that's my time off. I sit, uninterrupted, in standard class and I often have people coming up to ask if it's me.

The other day, someone said: "Oh, you look really fat on television but in real life you're really thin". Is that a backhanded compliment or just a double whammy of insults? I'm not sure. But mostly people are lovely and sometimes I catch people staring at me trying to work out how they know me.

My favourite place in the world to travel to is Zimbabwe – where my family is from. We haven't been able to go for the last ten years although I used to go every year. Hopefully, we'll be able to go again soon.

Other than that, I love New York for the city's excitement and buzz, and Italy is another favourite, the language, the food, I love everything about it." ●