

We talk to NEW WellBeing celebrity supporter, actress **Nicole Faraday** of ITV's *Bad Girls*

Tell us a bit about your background...

I've been acting and singing all my life, in amateur groups and school productions, but graduated from drama school in Summer '96 and have worked professionally since then. My first professional job was playing Cecily in *The Importance of Being Earnest* on tour around Southern Italy, which was a great experience and a fantastic opportunity to see the country while I worked.

What are the best and worst things about your career?

The best and worst are somewhat interlinked – I adore the excitement of never knowing who or where you will be next, the opportunity to meet and work with many different amazing people and often to travel – however this unpredictability can also be the worst as sometimes it feels like you will never work again and the rejection factor can be high. Sometimes it would be nice to know you've definitely got some money coming in!

Why have you chosen to support WellBeing?

In this profession that I love it is fantastic to be able to use any recognition I have to good purpose – WellBeing is a proven highly significant charity and I am happy to help in any way I can.

Do you think it is important women take a proactive role in ensuring their better health?

Of course. There are enough external hazards just living in the world today, you have to look after yourself from the inside out, and your health is the most important thing.

Your best health practice?

Long walks in the country and on the beach, and swimming in the sea down on the Isle of Purbeck, where I'm from. The air always makes me feel healthier. I also live up a steep hill in Greenwich when I am in London – that's got to be good for my heart!

Your biggest health fear?

My Grandpa and Granddad both died of forms of cancer. That has to be the scariest killer and so much is still untreatable.



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Your exercise/relaxation techniques?

Sometimes I stick some loud music on in the flat and dance like a mad thing around the front room – much to the amusement of my boyfriend – although he often joins in!

The worst health advice you've ever been given?

I once went to a yoga class with my friend Lucie, where the instructor spent the entire time talking and cracking jokes. I felt I'd achieved nothing at the end and she then handed out digestive biscuits, encouraging us to devour "One for each tired leg"!

Your most unhealthy habit?

I admit I am a social smoker occasionally and I eat too much chocolate. I have a sweet tooth.

Your last holiday memories?

I went to Sweden for New Year with my boyfriend, brother and close friends. It was freezing cold – minus 28 – but amazing fun, lots of snow, sledging, walking, and 'drinking' in the good old Swedish hospitality!! We had to sing "Auld Lang Syne" to a room full of Swedes as an alternative to their drinking songs!

Where do you see yourself in 10 years?

Goodness only knows. As an actor you can never make plans and I live for the moment. Hopefully I'll be happy and singing and acting lots, and enjoying what I'm doing.

What gives you a sense of wellbeing?

Singing and looking out to sea.