



MY HAVEN

CAMILLA DALLERUP

The former Strictly winner invites us for a twirl round the living room of her Surrey home

1 STRICTLY SPECIAL I keep my Strictly Come Dancing trophy here where I can see it. Whatever I'm trying to do, I only have to look at this and it says to me, 'With a lot of hard work, you'll get there.' Winning Strictly in 2008 with Tom Chambers also marked the end of my competitive dancing career. I'd been doing it for 30 years, so leaving that world behind to try acting was a big decision.

2 ETERNAL FLAME I'd seen designer Georg Jensen's work in Denmark, where I grew up, and loved it. Then my mum, Jytte, surprised me by giving me these intertwined Jensen candlesticks as a gift when I married my husband, actor Kevin Sacre, last July. My parents sacrificed a lot to take me all over the world dancing and I owe them so much. We are a very close family and I try to see them as often as possible.

3 SOOTHING SOUNDS If I come home fraught after a tough day, Kevin will start playing his guitar and singing to try and relax me and make me smile. He'll often play something by the American singer Jason Mraz. His music is very special to us and we danced to his song, I'm Yours, on our wedding night. It wasn't until Kevin and I got together that I finally felt I had a home life and a proper work/life balance.

4 OUR UNDERDOG Sven is our five-year-old bull terrier cross, and he helped bring Kevin and I together. We met on TV's The Underdog Show, where we were teaching rescue dogs how to behave. Sven was Kevin's dog on the show, and when they won, Kevin adopted him from the Dogs Trust. He's so good for us both - he's our family. Kevin and I are now patrons of the Dogs Trust.

5 LOT OF FUN We always support Breast Cancer Campaign's Pink Ribbon Ball. Last year, Kevin and I had a bit too much pink champagne and then went to the charity auction. We ended up with this painting. It cost a small fortune but it was for a very worthwhile cause. It's called The Dancer by Nahid Shahalimi. The next morning we were quite shocked at what we'd spent but we love it.

6 WINNING NUMBER This is the outfit I wore in the Strictly final three years ago. It reminds me of the brilliant support we had for the final - people would even shout encouragement to me in the street. People said I was crazy to stop dancing but now, as well as my acting, I still coach dancers. I'm a qualified therapist too, so along with technical advice, I try to teach them to be mentally strong.

As told to Paula Kerr. Camilla stars in Calendar Girls, touring the UK from 29 August. www.seecalendargirls.com

MyTube

Former GMTV presenter Ben Shephard, 36, lives in London with his wife Annie and their two sons, Sam, six, and Jack, four.



When I was about nine I was massively into **JUNIOR KICK START**. I was amazed kids of my age were allowed to ride motorbikes and do stunts. My friends and I used to create our own version, doing jumps on our push bikes.



I have happy memories of **LOVEJOY** from when I was 12 because we used to watch it as a family after Sunday lunch. We loved all the scams, and Lovejoy always looked cool. It's because of him I've always been into dodgy leather jackets.



FOOTBALL ITALIA on Channel 4 was a big part of my life when I was 17-18. I am a West Ham fan, so to me football was about struggle and mud. I was amazed by Italian football's glamour and style, and I enjoyed seeing Paul Gascoigne play for Lazio.



After school I did a degree in dance and drama at Birmingham University, and I loved a late-night comedy cookery show called **GET STUFFED!**. We'd come in from the pub and be in fits of laughter watching the disgusting meals they prepared.



I'm really into **EASTBOUND & DOWN** on the FX channel at the moment. It's about an ex-baseball player who can't quite accept his superstar days are over. The humour is outrageous.

As told to Rob McGibbon

Ben hosts the **Safebreakers** game show on Sky1 HD from 15 August.

New to the shops this weekend



Snappy Olympus's new PEN E-P3 has retro style but all the latest features, including the fastest auto focus of any camera. From £799, www.olympus.co.uk



Ring tones Leather tassel keyfobs in nine colours to keep your keys in order. £38, www.ettinger.co.uk



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Top glass Find the best in contemporary glassware, such as this Buba vase, at LSA's new website. £25, www.lsa-international.com

Green cuisine Guilt-free cooking with these bamboo and recycled stainless steel utensils. From £6.95, Ecology at www.waitrose.com

OF NOTE John Barry, the subject of a Proms tribute on Friday, won Britain's first Oscar for best soundtrack, for Born Free