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I'M A CELEBRITY...

GET ME OUT OF HERE!





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Starts Sunday 19th November at 9pm on ITV1 and ITVX

I'm A Celebrity...Get Me Out Of Here! returns which can mean only one thing... the time has come for a brand new cast of celebrities to battle it out in TV's toughest entertainment challenge.

Our new line up of celebrities will leave their plush pads and luxuries far behind as they spend up to three weeks taking on the Australian jungle with a whole host of surprises created just for them.

The celebrities entering the jungle are;

Actress & Singer - Jamie Lynn Spears
TV personality and Radio DJ - Sam Thompson
This Morning host - Josie Gibson
TV presenter - Fred Sirieix
YouTuber - Nella Rose
GB News host and ex politician - Nigel Farage
Food Critic - Grace Dent
Pop star and TV presenter - Marvin Humes
EastEnders star - Danielle Harold
Hollyoaks Icon - Nick Pickard

Our BAFTA award-winning hosts Ant & Dec are back to present all the big stories live every night.

Who will be crowned this year's King or Queen of the Jungle? Find out this autumn on ITV1 & ITVX.

A Lifted Entertainment production.





JAMIE LYNN SPEARS

Actress & Singer

Phobias: I am scared of everything.

Biggest misconception you want to dispel in the jungle: I think this is a nice chance to show who I really am.

Role in camp: Hopefully I will be the one who can support everyone.

Aside from family, what will you miss the most whilst in camp? A normal bathroom, air conditioning and my bed.

Best & worst attributes: I think my best quality is it takes a lot to hurt my feelings; but I am impatient and my family would say I get in a bad mood a lot.

Dream camper: Nicole Kidman, she is my favourite actress in the whole wide world, or Reece Witherspoon.

She is swapping her life in Hollywood for I'm A Celebrity... Get Me Out Of Here! but American actress Jamie-Lynn Spears reckons her ability to not let anything hurt her feelings will help her cope with the jungle snakes, rats and creepy crawlies as she admits: "I am absolutely frightened of everything".

Describing herself as both 'wildly excited and nervous' about going on I'm A Celebrity, Jamie-Lynn – who has just taken part in this year's Dancing with the Stars – says it will also be a fantastic opportunity to show the world what she is really like as a person.

"There is literally every misconception you can have on a person about me so I don't take any of it seriously," she explains. "But I do think going on I'm A Celebrity will be a nice way for people to see the real me. This is an opportunity to be myself and do something really cool and have some awesome experiences in the meantime.

"I think my best quality is the fact that it takes a lot to hurt my feelings. Unless you are my children or my immediate family, nothing is going to hurt me. I can take a lot of sh*t and it doesn't get me down, so I really think it's a good quality to have in a place where a lot of stuff is thrown at you!"

Readily admitting she is petrified about what trials she will have to undertake, the Zoey 101 and Sweet Magnolias actress isn't so sure how she is going to fare. "Everything you've just mentioned (snakes, rats, heights) I am scared of," she adds. "I am absolutely frightened of all of these things.

"Everything I have seen I have been afraid of. Absolutely every one of these trials I am dreading. I haven't looked at any of them and thought, 'Oh cool, I could do that one'. This is going to be terrifying.

"Dancing with the Stars was such a wonderful experience but this is very different. This is all about personally pushing yourself."

Determined, however, to overcome her fears, the actress explains she wanted to take on the challenge because it was a chance to step 'outside her comfort zone'. The recent SAG strike in the US also means

she can take on shows she wouldn't normally contemplate. She adds: "When they approached me, the first thing I had to do was talk it over with my family and my kids to make sure they were ok about me being gone for this amount of time. Once I got the all-clear from everybody, I was like, 'Yeah, let's go'.

"I think it is so far out of my comfort zone and this year with SAG being on strike, I have said 'yes' to a lot of unscripted projects. I am really enjoying throwing myself into these experiences"

She says she is most excited about chatting around the campfire with celebrities she would never normally meet.

"Meeting new people I would never have met is what I am most excited about," explains Jamie-Lynn. "Sharing stories around the campfire? I am looking forward to that.

"Hopefully I will be the person to help when needed and be a support to others. Who knows? I may need all the support. I really don't know until I get in there..."

Confessing she isn't a patient person; she says she will steer clear of any camp arguments and whilst happy to muck in, she also does not want to be responsible for cooking the campmates' meals. "Rice and beans do not sound wonderful," she muses.

"I will also try to stay out of everything (arguments) unless I feel someone needs my help. Other than that, I am going to mind my own business."

Vowing to add 'creative fun' into proceedings should the campmates go 'stir crazy', Jamie-Lynn reveals that aside from surviving in camp, it will also be very tough being apart from her two daughters – albeit her eldest is looking forward to watching her do the trials. "My oldest daughter is like, 'OMG I can't wait to see you do these trials and laugh at you!'," she chuckles. "But she also said: 'I'm really proud of you for doing something for yourself'. This will be the longest I have ever been apart from my children and the furthest. But they are going to come over to Australia and it will be a wonderful reunion when I come out."

Asked whether she thinks she will have any teary moments and the actress replies: "I am sure I will do that, too. I am sure I will have a couple of moments where I go: 'I miss my children'.

As for walking away as 'Queen of the Jungle', the actress insists she just wants to enjoy every moment of her time in camp – even if it is for a short amount of time. She explains: "I hope I will learn something new about myself. "I would think I was such a bad ass if I won this. But I am really going in there to enjoy this whole experience - even if it is for one second..."



SAM THOMPSON

TV personality and Radio DJ

Phobias: I am not a creepy crawly guy and I hate anyone or anything touching my neck.

Biggest misconception you want to dispel in the jungle: Since the age of 21, I've spent my whole life on TV and so I feel whether people have a good or bad opinion of me, it's probably warranted!

Role in camp: I'm a 'yes' man so cooking, cleaning I will do whatever they want me to do.

Aside from family, what will you miss most whilst in camp: I know this sounds lame but gaming.

Best & worst attributes: I'd like to think I am the court jester and I don't take things too seriously, so if anyone is having a bad day I would like to put a smile on their face. Worst? I am quite forgetful and I am bad at focusing on things.

Dream camper: Stephen Fry. I think I would self-combust if he was going in the jungle!

Made in Chelsea star Sam Thompson readily admits he doesn't know how he will cope sleeping outdoors after being forced to quit a recent trial camping trip.

Laughing, the TV and radio star says he decided to go on the trip in preparation ahead of his time in camp but didn't even last a night because he felt too cold. "I tried to go camping recently but I had to go home at 10pm," says Sam. "I was too cold!"

"But I am so excited about taking part in I'm A Celebrity, it still feels like a dream. I feel like a competition winner taking part. It was an absolute resounding 'yes' when I got approached. In fact, they didn't even need to ask! I am a huge fan of the show.

"Ant and Dec are my idols too and it's going to be really surreal meeting them."

So how does he think he will fare in the trials? He says he is fully expecting his former co-stars to vote for him to take part in some trials – particularly as he hates anyone or anything touching his neck.

Predicts Sam: "I think they will all be surprised when they find out I am doing this programme but they will definitely all vote for me to do a trial as they are all going to want to throw me under the bus every single time!"

"I don't know anyone who likes spiders. The smaller they are, the worse it is and I am a bit of a screecher. I am not a creepy crawly guy either. And I hate people/ things touching my neck. Any trial involving things all over me will be pretty rank!"

Looking forward to making some 'lifelong friends' in camp with his fellow celebrities, the TV star says his former Love Island star girlfriend, Zara McDermott, is fully supportive of him taking part, as are his family.

"I watched the show when I was younger with my family and they are all so excited," he says.

"My girlfriend is really happy for me, too. She is proud. We haven't chatted too much about it in the run up as she has been doing Strictly and I haven't wanted to make it about me."

He insists the long hours spent in camp won't make him bored nor will the chores prove too tricky. "If they want me to cook, I will put my hand up, if they want me to clean, I will scrub those pans," adds Sam. "You can't be bored in there, it's the jungle. I am never going to do this again, and so I want to be 'in the moment' and enjoy everything. When I am 80-years-old, I want to be able to tell my grandkids all about it."

As well as his family, he is also going to miss his best mate, Pete Wicks. But a digital detox, he declares, will be a blessing. "To be able to throw the phone away and get in the wild will be so cool," enthuses Sam. "I spend my whole life on my phone and so I am looking forward to getting stuck in." As for how he will feel if he is crowned 'King of the Jungle', Sam thinks he would burst into tears. He admits: "This is one of the biggest shows ever and I would probably burst into tears over the fact people like me.

"But in my head, I don't think there is any chance of winning. I am just so pleased to be taking part."



JOSIE GIBSON

This Morning Host

Phobias: Insects and I freeze every time I see a spider and I am not sure what I am going to do if I am in a trial with them!

Biggest misconception you want to dispel in the jungle: I would like people to know I am very clever at knowing useless information!

Role in camp: Mum. I am very motherly and I also love chatting to people.

Aside from family, what will you miss most whilst in camp?: Getting up to blow dry my hair and putting a bit of make-up on!

Best & worst attributes: I am an optimist and I love meeting people from all walks of life. Worst? I can be quite nosey and I am worried about my temper if I am too hungry.

Dream camper: Dawn French, I love her.

This Morning host Josie Gibson admits she is absolutely terrified of coming face-to-face with the jungle's 'creepy crawlies' as she reveals she is still in shock that she's actually had the courage to take part.

Indeed, so petrified is Josie of insects that she says even talking about them in the run-up to the hit ITV1 programme is making her scared.

"Now I'm A Celebrity...Get Me Out Of Here! is fast approaching, it's sinking in and I am feeling anxious," admits the bubbly TV presenter. "I keep thinking, 'Sh*t, I am actually doing this'. I know I have taken on challenges for This Morning in the past but I don't know if I've taken on too much here. It's all becoming very real."

"I am dreading the insects and it's my biggest phobia. I also don't like spiders and I freeze normally when I see one. My family thinks I am mad doing the programme too as they know what I'm like with creepy crawlies!"

But gutsy Josie says she loves the show so much that it is the reason why she decided to take the plunge and accept the offer.

"I am most looking forward to being at one with nature," she adds. "And I hope I learn new things about myself. I hope I can push myself more than I think I can. Eating trials? I have got to try and close my eyes and not think about what it is I am eating. Heights? I don't like heights either. To be fair, I am not liking a lot of things that the jungle throws at you but I want to give it all a go."

Joking that she wants to go to the jungle camp 'to have a little bit of a relax', Josie is the first to admit it is also going to be very tough not being able to speak to her son, Reggie. She says she is bound to get emotional but she wants to make him proud. "It's going to be tough and I am worried about not having any contact with him. He is so excited though!"

She says her colleagues on This Morning have all been incredibly supportive. Alison Hammond, who took part in 2010, has also given her plenty of advice, she reveals.

"I know she will be rooting for me," adds Josie. "She has told me to try my hardest. Everyone at This Morning says I am going to love it. In fact, they are the ones who have really enticed me to do it! They are very supportive and I am going to miss them all."

Describing herself as 'motherly', she says one of the nicest things will be getting to know celebrities she wouldn't normally meet. Josie says: "I love it when people sit and tell stories and I hope people won't think I am too nosey but I love chatting to them and finding out about them. I love people from all walks of life.

"I don't think I will get too bored as if I am with lots of people, like I will be in camp, then I think we can have a laugh together. It's actually going to be nice being in one spot for a change as I travel a lot."

She goes on to reveal she isn't sure, however, how she will cope with the low rations of food. "I have never let myself get so hungry before that I have been 'hangry'," she explains. "People might have to calm me down but I have been trying to build up my endurance and stamina in the run-up to this."

As for whether she would love to be crowned 'Queen of the Jungle', Josie says her main goal is to push herself to try to win as many stars as she can for her campmates. "If I won it, OMG it would be lovely," she says. "I would be very flattered. But I am worried about the trials and I have just got to try and push myself..."



FRED SIRIEIX

TV presenter

Phobias: I am scared of everything. I am dying to find out how vile the food will be!

Biggest misconception you want to dispel in the jungle? I don't think there is anything but I am looking forward to learning more about myself during my time in the camp.

Role in camp: I will definitely muck in with all the jobs. I don't mind cooking or cleaning the toilets.

Aside from your family, what will you miss the most whilst in camp? My bed. It's super comfy. I will also miss a cup of coffee in the morning.

Best & worst attributes: I like to have fun but I do snore and I am impatient!

Dream camper: It's going to be nice to meet everyone but I'd love to see Dolly Parton, The Rock or Snoop Dog in there.

FTV star Fred Sirieix reveals he has undergone the biggest fitness training programme he has undertaken in years to cope with life in the jungle, as he admits he is scared of everything.

And he explains it was the fact he felt so fearful that spurred him on to accept the offer to take part in the hit ITV1 programme.

"I knew it was serious when I got the call," says Fred as he reflects on his reasons for going on I'm A Celebrity. "I got scared and I don't like to be limited by fear.

"But then I thought, 'Ok this is a challenge' and I knew I wanted to do it. It's a challenge to be away from my friends, family, comfort, only drinking water, no coffee, no wine, no mustard on my steak and - in fact - no steak! I am seeing this as a wellness retreat. It's an opportunity to get closer to myself inside my head and to see life through a different lens and in a place I feel uncomfortable."

Asked what his phobias are, Fred readily admits: "I am scared of everything."

In fact, so petrified is he that he has even been waking up every night dreaming about the jungle. Are they nice dreams or nightmares? "It is not like I want to go back to the dream if you see what I mean," he replies, laughing as he does. "It's definitely sinking in what I am doing because of the fact I have been waking up every night."

Adds the star: "It's all going to be hard, but it's good to do things that take you out of your comfort zone. I have been training harder than I have trained in the last three or four years. I go to the gym, I go to boxing, I train like a machine - that's my way to cope with doing I'm A Celebrity. This isn't a 100m race. You are going in for the long haul."

He thinks the basic food rations and boredom will be particularly testing. "Doing challenges will be a blessing on the day and take my mind somewhere else," he says. "No, the main challenge is going to be the potential boredom."

"But what I am looking forward to is being away from the phone and emails. The phone is my biggest addiction."

Whilst he will miss his family enormously, they will, he adds, be rooting for him. "I would love to make my children proud," he says. "As my son said to me recently: 'Don't worry daddy, there is nothing that you are going to be buried with that is going to kill you!'"

Bursting into laughter, he reckons his showbiz friends will almost certainly take the mickey out of him when they discover he is a contestant. "They are going to laugh and rip me to shreds," he predicts. "I think they will vote for me to do the trials!"

Describing himself as a person who likes to have fun, he says he is determined to enjoy himself 'despite the empty belly'.

"I don't have a crystal ball about what I will be like," he muses. "But I am going to be me. My aim is to be friends with everyone and have a good time. It would be great to win. I want to go as far as possible. It's going to be very interesting and the great thing is it will nearly be Christmas when we come out!"



NELLA ROSE

YouTuber

Phobias: I am fearful of everything!

Biggest misconception you want to dispel in the jungle? I am a pretty open book.

Role in camp: Keep the morale and humour high.

Aside from your family, what will you miss the most whilst in camp? My phone...I am always on it!

Dream camper: Alison Hammond or Adele.

TV presenter and YouTuber Nella Rose is so scared of every creepy crawlly that she even moved out of her bedroom when a daddy long-legs flew in.

Laughing, Nella – who has more than 750k YouTube subscribers – says there is absolutely nothing she isn't fearful of. So much so, she says her family think she is in for a huge shock.

"My family have been laughing hysterically ever since I told them I was taking part," admits Nella. "And they asked me why I agreed to do this but I've been watching I'm A Celebrity ever since I was a child and I still remember Ian Wright locked up in a room with an Ostrich. It's so iconic and it's why I said 'yes' immediately."

"I am scared of everything from red ants, tarantulas to rats or ostriches. A daddy long-legs once flew into my room and I moved out. I was living in my living room and so my family think I am in for a shock.

"I am terrified but I'm trying to think of the bigger picture. In this life, you have to face up to your fears. Yes I might scream the whole time but I am going to think about feeding human beings and I am going to try my best."

Not surprisingly, there isn't any trial she is particularly looking forward to. "Who wants to eat kangaroo balls and a crocodile eye?" adds Nella. "I don't fancy any of the trials."

Revealing she has never camped before, let alone lived outside, she reckons her time in the jungle will definitely be one 'big learning experience'. And it is the strict diet of rice and beans that Nella thinks could pose problems aside from her fear of every type of creepy crawlly and animals.

"I am addicted to a lot of things. I can't have food without having something sweet afterwards. I am addicted to honey roasted nuts and fizzy orange drinks, but I am kind of excited to regroup my taste buds. You never know I might even have rice and beans when I am back!"

She admits she would love to have been in camp with former contestant Alison Hammond, who she describes as her icon, but she says she hopes to have a lot of fun with this year's campmates.

"My role in the camp is going to be to keep morale and humour high," adds the YouTuber. "I am going to run a Zumba class every morning!"

"I don't like confrontation though and I don't argue with people as it doesn't go anywhere."

Given Nella has such a large online following, it's no surprise to hear she isn't sure about how she will cope without her phone. But she also admits it will be nice to live a simpler, more carefree life in camp. "I am going to miss my phone but it's going to be quite refreshing to step away from my life and relax. I never relax, my phone is always going off and I've got a busy schedule. I am excited to slow down now."

Whilst she doesn't plan to do any preparation in the run-up to entering the jungle, Nella says she does want to embrace everything about the jungle. "I am just so excited to be going to the camp and being on I'm A Celebrity," she adds. "I highly doubt I will win but if I were to do so, I would be shocked. It would be great if I got to the cyclone trial as I think the big water slide would be fun to try out."



NIGEL FARAGE

GB News host and ex Politician

Phobias: Nobody likes rats, snakes and I am dreading anything to do with heights.

Biggest misconception you want to dispel: I have been demonised over the years and so it will be nice to show people I am not nasty.

Role in camp: Lead on starting up plenty of campfire discussions.

Aside from your family, what will you miss the most whilst in camp: A pint in the pub and the news.

Best & worst attributes: I hope to cheer people up when they are down. Worst? I am impatient and I do snore.

Dream camper: As a controversial political media figure, I never name names... But I am looking forward to meeting interesting people from all different fields.

GB News presenter and former politician Nigel Farage hopes to dispel public misconceptions that he is 'mean spirited' during his time in the famous ITV1 jungle as he predicts he will be voted for plenty of trials because 'millions hate him'.

Outlining his reasons for finally accepting an offer to take part this year, Nigel explains: "I want to test myself. Business, politics, media, I've done so many different jobs and generally I have been reasonably successful. But I have never been tested in quite this way. It's such a mental test and maybe I will discover who I really am.

"I understood why Matt Hancock did it. He went in there with his reputation on the floor. The truth is after the banking issue I raised a few months ago, I was standing up for a million people who had lost their bank accounts, then winning at the TRIC awards, I am going in at a different stage of my career."

Reflecting on why he thinks viewers will vote for him, he says: "Given millions hate me, I do expect people will vote for me to do trials! My crime was to stand against an establishment view and I was for many years the lone voice saying Europe wasn't where we should be, so I have been a little bit demonised. I am hoping those who hate me might hate me a little bit less afterwards. But it's a gamble.

"And the idea that somehow the things I represent - mean-spirited, small-minded, nasty, the 'little Englander' - all those accusations that have been flung at me over the years just aren't true. If we can dispel some of those misconceptions, then that will be a good thing too."

He adds: "I am particularly dreading anything to do with heights and everyone will have a degree of apprehension, but again this is what the test is."

Nigel admits he isn't sure, however, how his fellow campmates are going to react when they first see him. "What will be interesting is the perception the other campers will have of me," explains Nigel. "They will go in with their preconceived ideas and it might be a little bit frosty - we will just have to see. I can't pretend to be anyone other than who I am, I never have. But I survived for 20 years in the European Parliament with all sorts of people trying to trip me up so I am used to that!"

Smiling, he says he doesn't expect politicians to be applauding his arrival either. "They will be mostly against it," predicts Farage. "But most people in politics are disconnected from the country and the real world."

A lively and outspoken person, one of the things he is most looking forward to is having lots of fun debates around the campfire. "I love debating every single topic," he adds. "From the Archbishop of Canterbury to why we didn't win the rugby World Cup to who is going to win the Premier League, I love debating. There is going to be loads of it on every subject under the sun. Brexit, the banks? It's other people who raise this stuff. I would be very surprised if they (fellow celebrities) didn't raise it."

Adds Nigel: "I am hoping to have some good times, a good laugh and I am sure I won't get on with everybody, but I just think it's going to be an incredible experience doing I'm A Celebrity. I will give as good as I get! I hopefully can cheer people up when they are feeling down and muck in, too. But I do snore a bit!"

Aside from living off rice and beans, Nigel thinks one of the hardest things will be not knowing what is happening in the news.

He also isn't sure if he will cry or not during his time in camp, admitting his decision to go on the show was met by a 'mixed reaction' from his family. But he says he will 'travel optimistically' and see how he fares. To win, he adds, would be enormous fun. "I have no idea how I am going to react," muses Nigel. "It was a pretty mixed reaction from my family but it would be enormous fun to win. It is entirely in the hands of the viewers. I am going to travel optimistically and see what happens!"

Should politicians be quaking then in their shoes as to what happens post the jungle? "Who the hell knows," he says, roaring with laughter as he does. "Ask me afterwards!"



GRACE DENT

Food critic

Phobias: Horrible people.

Biggest misconception you want to dispel in the jungle:
People think I am quite forthright and scary but I don't think I am scary! Hopefully people will see this.

Role in camp: Shoulder to cry on and I am a practical cook so I can help out.

Aside from your family, what will you miss the most whilst in camp? My three cats and my make-up bag. I love a bit of glamour.

Best & worst attributes: I would like to think I am funny!
My worst quality is lack of sleep. I like my sleep.

Dream camper: Queen Camilla. She would be very practical.
And Madonna – she could perform tracks from her Greatest Hits tour!

MasterChef UK and newspaper food critic Grace Dent admits she is 'absolutely dreading' the camp diet as she promises to give the famous rice and beans marks out of ten.

Laughing, Grace says she also thinks she will almost certainly be asked to take part in an eating trial because of the nature of her job. And whilst she is happy to help cook some meals around the campfire, she isn't sure how she will get on without any spices.

"Everything is filling me with a real sense of dread," admits Grace. "But I am especially dreading being really hungry because I tend to eat four or five posh meals out a week because I am a restaurant critic.

"I know they are going to give me an eating trial and I am dreading putting even worse things in my mouth than I have in the past in fancy restaurants! I think I will be writing very stiff columns about the jungle food when I come out!

"Will I cook there? Yes, I am a practical cook but it is not cooking as we know it in the jungle. What makes food is herbs and spices and I am not going to have any ingredients. I don't know how you are going to make an alligator's foot taste delicious if there are no spices. I can already imagine the dinner I am going to have the moment I get out. I am going to go to a really fancy restaurant and have something delicious, wearing a lovely dress."

Grace goes on to admit she has already started to eat far less than normal in the run-up to life in the jungle and she has also tried to cut out caffeine. Yet whilst the food will pose a problem and she knows it is going to prove tough at times, the outspoken critic says nothing will ever be harder than losing her beloved parents.

"I have been through a really difficult time over the last four or five years," she explains. "My dad had dementia, I cared for him and I lost him. Mum had cancer and I lost her. I think that this has made me very strong and resilient. This is going to be a big challenge and now I am older, life is for living and it's one of the reasons why I said yes."

In terms of phobias, it's the thought of 'horrible people' that she is most scared of. "I think I am quite good with rats," she adds before joking: "They are quite cute but maybe that's the one I saw in the cartoon, Ratatouille!

"I am not scared of snakes either but this has always been in a controlled environment and I don't know what I will be like when I am locked in with them. My biggest phobia is really horrible people. I hope I can be somebody who people can talk to and I do hope I can stay out of any drama. I always think you don't change people's opinions by shouting. But what we have got is the time to really begin to understand why people believe the things they believe. This isn't social media where you express it in a small number of characters."

So how will her fellow food critics react when they find out she is going on I'm A Celebrity? "They will be absolutely amazed that I have agreed to do this," she replies. "They have only seen me in a very expensive frock eating very posh dinners with all my make-up done. I do think they will be voting for me!"

Winning, she insists, is definitely not something she has thought about. "I am just determined to not go out first," she explains. "And if I can get quite far, I would be really pleased. I don't want my life to be different when I finish this programme. I don't want to change anything at all but this is such a great challenge. It's going to be fun."



MARVIN HUMES

Pop star & TV presenter

Phobias: Heights. I have pulled out of a skydive with JLS in the past because I was too scared!

Biggest misconception you want to dispel in the jungle: To show I am not just a member of a boy band. It will be nice for people to learn more about me.

Role in camp: I'd like to think I will be a shoulder to cry on and a mediator.

Aside from family, what will you miss most whilst in camp?: My fantasy football app! I am obsessed with it! Four weeks without music is a long time, too.

Best & worst attributes: I've got three children under the age of ten and you definitely need a lot of patience for that! Worst? Rochelle would probably say I get 'hangry' if I don't have enough food.

Dream camper: Paddy McGuinness – I've done Soccer Aid with him before and I know he's funny, he gets stuck in and he is hands on.

When JLS singer Marvin Humes told his wife, Rochelle, he was planning to take part in I'm A Celebrity, she thought he was playing a prank on her.

Readily admitting she thinks he is 'nuts' because he is so terrified of heights, Marvin thinks facing up to his big fear will be 'one million per cent' harder than performing on stage in front of thousands of fans.

"When I first told Rochelle, she thought I was doing a prank on her," reveals the pop star. "She thought I was nuts and she still can't believe I'm doing it! This is the most daring thing I have ever done and I have never challenged myself this way before. It's one million per cent harder than performing on stage and I woke up with knots in my stomach this morning thinking about it.

"But this programme has been on my bucket list for years. It's the first time I've been asked to do it so I jumped at the opportunity."

Marvin, who has just finished a UK tour with JLS, admits his bandmates are going to be shocked when they discover he is taking part – especially as he was the only member of the group not to take part in a skydive.

"It's been so hard keeping it a secret from them," he explains. "And when they find out, they are not going to believe it.

"Ten years ago, we filmed a documentary where we were meant to do a skydive. The morning of the skydive, I pulled out of it as I couldn't do it. The other three did the skydive and so I know they are going to say: 'Marv how are you going to do this show when you might have to skydive?!'

"Heights do terrify me as do the snakes, the rats and the food situation. We've been burning 3000 calories rehearsing for our tour and it's going to be super challenging. But I am looking forward to chucking myself in at the deep end to have a once in a lifetime experience."

Laughing, he reveals he definitely will not 'be calm or ok' when it comes to the famous trials but he says he wants to make his three children and Rochelle proud. "They are going to be at the forefront of my mind every time," he adds. "I can't let them down. I have got to get stuck in and be brave as they are going to be watching."

Understandably, the devoted dad of three is also dreading not being able to see or speak to them whilst he is in the jungle. "I don't easily cry," he admits. "But if the kids send me a letter saying how much they miss me, I know I will be bawling my eyes out. I can't go a day without seeing or speaking to them. It's going to be super tough."

He hopes to be a great shoulder to cry on around the campfire and laughs when asked if he will also be putting together a dance routine for the rest of the celebrities taking part. Laughing, Marvin said "I saw Matt Hancock doing the 'Candy dance' last year so you just don't know. I wouldn't say I am the cook at home as Rochelle does most of the cooking. But I do think I will definitely be helping people if anyone is getting down. Hopefully I will be a shoulder to cry on."

Intrigued to see how he will cope; he thinks it will also be a nice opportunity for viewers to get to know him more. Explains Marvin: "Most people know me for being a quarter of JLS but there is a lot more to me. I've not put myself out there like this before and I know I will want to try and win as many stars as possible for my campmates and my family watching. I would never have said 'yes' if I wasn't a team player."

A super fan of the show, Marvin admits it would be incredible if he were to go on and win. "But I genuinely have not thought about winning," he stresses. "I feel so lucky to finally be asked to do this. I am looking forward to this whole opportunity."



DANIELLE HAROLD

EastEnders star

Phobias: Rats. I hate them!

Biggest misconception you want to dispel in the jungle: I can be a little ditzy at times but I am definitely not a 'dumb blonde'. I want to show I can do the trials, challenges and get stuck in.

Role in camp: Shoulder to cry on, help others if they are feeling low in camp.

Aside from family, what will you miss most whilst in camp: Snacking. I am a little muncher and I am going to miss my morning cup of tea, too!

Best & worst attributes: I'd like to think I will be good if people are really struggling. I am not, however, very good at being bored, nor am I a morning person either.

Dream camper: Ed Sheeran. If he brings his guitar into camp, he can sing for us.

Known to millions for her award-winning portrayal of Lola Pearce-Brown in EastEnders, Danielle Harold has come across plenty of soap rats over the past couple of years. But facing up to the real thing on the show will, she admits, be absolutely petrifying.

Confessing she is terrified of rats – especially their teeth – Danielle does, however, reveal taking part in I'm A Celebrity is finally a chance for her to show people who she really is behind her BBC1 character.

But Danielle, who is single, insists she won't be looking for love under the jungle stars whilst in camp.

"It's definitely going to be nice to be myself and just have fun," explains the popular actress. "The parts I have been playing have involved heavy stuff and to just be me is exciting. I am single and no 'I am not looking for love'!"

"It's been a crazy, crazy year and so why not top it off with the craziest thing ever by doing this?! It's definitely a shock to the system and I am both excited and nervous. This is so much tougher than anything or any role I have ever done before as it is all so new."

"It's going to be interesting to see how I face up to my fears. I particularly don't like rats. I have seen rats out in London and I hate them. It's the thought of their teeth. People say they won't harm me but I am like, 'Have they been to the dentist?!' I am so scared of them."

"I am not sure, however, how I will be with spiders or heights yet. I am ok when I go on an aeroplane but I have never walked out on anything with nothing underneath before! This is completely out of my comfort zone."

Going on to explain why she wants to prove she is gutsy when it comes to facing up to her fears, Danielle adds: "I am a little bit ditzy but I am definitely not the dumb blonde of, 'Oh look she won't want to get involved or do that'. In fact, that is the opposite to me. I want to do the different challenges and I can't wait to do the Deals on Wheels challenge!"

The actress says one of her biggest challenges will also be surviving on the rice and beans diet.

"I love snacking and rather than weaning myself off them in the run up, I have gone the opposite way," she admits. "And so, I have been drinking tons of cola instead of a little and rather than one cup of tea in the morning – which I love – I've been drinking three cups!"

Revealing she is a relative newcomer to camping – the first time 'didn't go very well' – she is also praying her former EastEnders stars won't pick up the phone and start voting for her. "They are going to love it when they find out I'm doing this," she reveals. "And I'm sure they won't be able to wait for me to get back and take the mickey out of me! I am looking forward to getting stuck into the trials but at the same time, I hope they don't vote for me to do all of them! There is always someone every year who people love to watch and I hope it isn't me."

Danielle has picked up a string of awards this year including 'best serial drama performance' at the NTAs. Would she like another gong to add to her collection? "That would be so crazy," she replies. "It would be amazing. It has been the weirdest year of my life but I am really looking forward to this now. It's going to be so exciting."



NICK PICKARD

Hollyoaks icon

Phobias: I am a bit scared of the dark. When you go to the House of Horrors at Halloween and things jump out at you, I am not very good when I can't see!

Biggest misconception you want to dispel in the jungle: It will be nice to go in as me and not as my Hollyoaks character.

Role in camp: Grafter or chef, I am quite good at cooking. But I've never cooked on a fire before.

Aside from family, what will you miss most whilst in camp: Football and my creature comforts.

Best & worst attributes: I'd like to think I am a nice person and a good team player. I am not lazy but I do have a few bad habits like picking my nose. My girlfriend has been trying to train me to stop!

Dream camper: Sir Alex Ferguson or Neil Warnock

Hollyoaks actor Nick Pickard reveals he has cut out alcohol for more than a month in preparation for his 'once in a lifetime' chance to take part in I'm A Celebrity...Get Me Out Of Here!

The soap's longest serving star – who has played Tony Hutchinson since its first ever episode in 1995 – also says he can't wait to get stuck into the trials as he reassures fans he is not quitting his high-profile role to take part.

Explaining why he jumped at the opportunity, Nick says: "This is a once in a lifetime opportunity and as soon as I was approached, I said 'yes'. I am not quitting Hollyoaks to take part. My bosses have been really supportive of me doing it. "Now it is getting near to going into camp, I am so excited. I am obviously not looking forward to eating kangaroo balls but at the same time, I am looking forward to the trials – that's the fun part of doing this show. I love the ones where you climb up or jump for a star. And I like ones getting submerged in water. I can't wait now! This is so out of my comfort zone and it's the best show you can do."

Whilst Nick is incredibly excited about the prospect of taking part in some of the famous trials, he knows, however, it's going to be tough sticking to a strict diet of rice and beans. It's one of the reasons why, he explains, he has stuck to a very healthy diet in the run up to the show.

"I have not had a drink for five weeks," he reveals. "I was doing the stop October drinking challenge anyway and I have stuck to it since. It is going to be hard on the food front though. I will be the person saying: 'Have you finished?' When we eat, I will Hoover any of the leftovers up! Mind you, I don't think anyone will be leaving anything!"

"But I am determined to embrace everything about this show and I don't want to come out and people moan about 'that Pickard!'"

"Although he has never lived in a camp with strangers before, he's looking forward to getting to know his fellow celebrities and hopes to lend a helping hand with any jobs. "I'm a grafter," he adds. "I'm really into my football and so it would be great if someone like Fergie was in there! I loved it when Harry Redknapp took part. I love listening to their stories."

Aside from his family and girlfriend, there is another person he hopes to make particularly proud – and that's his daughter. He kept taking part in the show a secret from her for fear she would spill the beans.

"We've loved this show for years and I know she has always wanted me to do it," he adds. "It's been so hard keeping it a secret and whilst she will be fuming I didn't tell her, I know she will also be happy. I hope I can make her proud. My girlfriend is excited too, it's the longest time we will have been apart and that will be tough."

He thinks his Hollyoaks co-stars will also love the fact he is taking part in the show. "I know they will be rooting for me when they find out," he says. "This is going into the unknown and yes, I will miss my home comforts but I want to come away not thinking, 'What have I missed?' but a greater appreciation for what you do have in life."

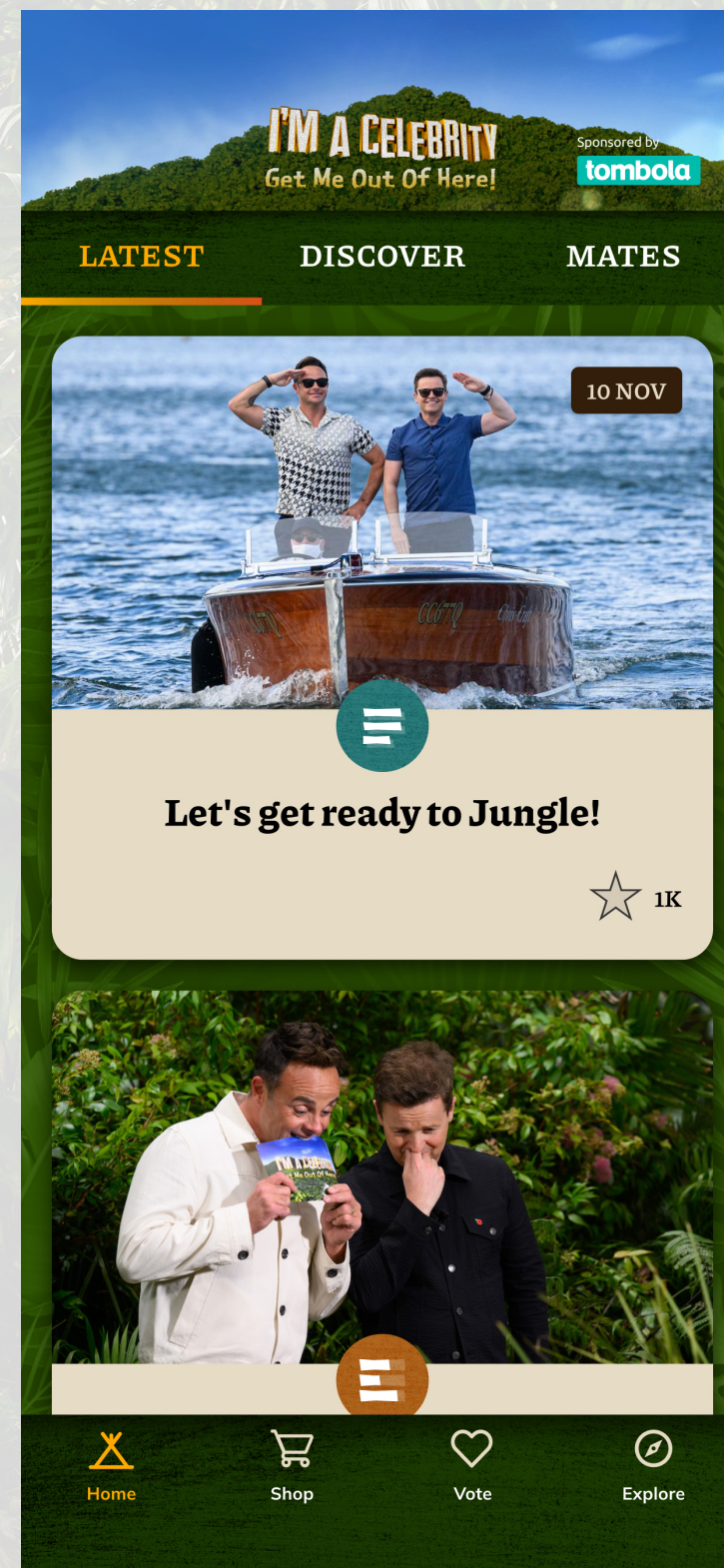
In 2017, Nick won the British Soap Award for Outstanding Achievement and he is the first to admit it would be the icing on the cake should he walk away as winner of I'm A Celebrity...Get Me Out Of Here! He says: "To win would be fantastic as the public have voted for you and it means you have done something right! It would be the icing on the cake, but this is going to be such a rewarding experience. It's a win, win."

STAY CLOSE TO ALL THE JUNGLE ACTION BY FOLLOWING I'M A CELEBRITY... ON SOCIAL MEDIA AND BY DOWNLOADING THE OFFICIAL APP

As always the fun from camp doesn't stop, and throughout the day fans will be treated to non-stop social media coverage across the show's TikTok, Facebook page, Instagram account, Snapchat channel and on X (Twitter).

Our app returns for another year, promising to be filled with galleries, quizzes and polls as well as all the latest news and gossip from camp. It's also your chance to get involved and decide the fate of our campmates each night on the show.

Download the official app for free from iTunes or Google Play stores - the ultimate companion to I'm A Celebrity... Get Me Out Of Here!



tombola

tombola, Britain's biggest bingo site, is returning to sponsor I'm A Celebrity... Get Me Out of Here! for the seventh consecutive year, when the series returns in November 2023.

The much loved #tombolabugs are back again this year, infiltrating the camp and watching the campmates from the sidelines. Over the course of tombola's seven-year partnership with I'm A Celeb... this cast of humorous bug characters have become a much-loved feature of the show's sponsorship idents – even following the campmates during their brief stint in the Welsh castle during the 2020 and 2021 series. Each bug character has had similar characteristics and personality traits to the celebs in the camp over the years, and their jokes bring smiles to viewers' faces as the programme enters and returns from the ad breaks on ITV1, STV and ITVM.

As the show unfolds, viewers can follow the bugs' eye view of the camp, get news, competitions and camp updates on both the tombola and I'm A Celebrity social media accounts, plus the I'm A Celeb... and tombola apps and microsites. Follow the hashtag #tombolabugs to join the conversation.

This year, new and existing tombola players can meet the bugs again in a free to play game linked to the show. Bug Match can be played for free every day during I'm A Celebrity... only on tombola. There will be over 500,000 winners during the show. Simply reveal 9 symbols and match 3 to win a prize up to £1,000 totally for free! No deposit is required, players must be registered and verified to play.

Notes to editors:

tombola is Britain's biggest bingo site, with more players than any other bingo site in the UK. Founded as an independent brand in 2008, the multi award-winning company also launched tombola arcade in 2016. In 2022, tombola became part of the global betting and gaming brand, Flutter Entertainment.


Developing and producing all its original bingo and arcade games in-house, tombola employs over 850 people in the UK and Europe. As well as the UK, the company is the leading online bingo company in Spain and Italy, and also operates in Denmark, Sweden and The Netherlands. Tombola has its HQ in Sunderland and offices in Milan, Madrid, Malta and Gibraltar.

Over £7 million is won on tombola bingo games every week, with 18,000 winners every single day across the tombola bingo community, and there's a Jackpot winner every 19 minutes in their bingo games.

Player safety is at the heart of tombola's values. They hold a Level 3 Safer Gambling Standard – the most prestigious accreditation from GamCare – and run industry-leading Safeplay initiatives, including a dedicated care team, and unique safer gambling tools.

tombola is proud to have one of the UK's most engaged bingo communities, with active Chat Rooms on every online game, featuring 24/7 Chat Moderators, and several real-life players featuring in recent tombola TV adverts. The company has proudly been the headline sponsor of I'm A Celebrity... Get Me Out of Here! since 2017, with ads featuring their popular animated bugs.

Players must be 18+ [begambleaware.org](https://www.begambleaware.org)



I'M A CELEBRITY

Get Me Out Of Here!