

# NEW LEAD ROLE FOR DOGS GURU

# Cereal thriller



PARTIES: Moran

## Caitlin's 'anxiety' booze & fags

CAITLIN Moran drank and smoked to manage her "massive social anxiety" as a younger woman.

She even used to have to email celebs to say sorry after embarrassing herself at their parties.

The author and journalist, 45, said: "I wish I could go back to the earliest point where I started socialising and tell myself I didn't need to drink and smoke in order to talk to people."

"I'm a lightweight so I've been to amazing celebrity parties going around talking to all my heroes and I've just been the t\*st that fell over backwards into a hedge.

"And then sent an email to Jimmy Carr or Jonathan Ross the next day going, 'I'm so sorry.'"

Writing in The Big Issue, she added: "I haven't been invited back since so I just want to tell them I'm not a problematic drinker any more. I've cured my social anxiety."

Moran's semi-autobiographical novel How To Build A Girl has now been adapted into a film.

FUR REAL: Graeme and, right, with Denise Van Outen



**STAR**  
SOME 67% of Arsenal fans would rather win the FA Cup than have sex - but only 65% of Chelsea fans said the same, a poll by BettingTips4You.com has found.

**BURST**

## High St Dalek's £2k tag

A DALEK which has stood on a high street for 10 years bearing the sign "I am a Dalek. I am not for sale" is yours to buy for £2,000.

Zoe King and Julia Kamlish inherited the Doctor Who enemy when they took over a curios shop in Penzance, Cornwall, seven years ago.

But the store will end trading after this summer. Julia said that already there had been "lots of people interested" in buying the Dalek.

### STRICTLY speaking, you should not really be feeding your dog Weetabix.

I mean, it's probably fine in small doses but Channel 5's dog trainer Graeme Hall wouldn't recommend you go mad.

He says: "It's really not a balanced diet for dogs. Cereals, grains and all that. The old gun dog people used to have loads of it for their puppies but it's probably not good for them."

This might seem a bonkers discussion, but before dog expert Graeme took up training full-time, it was Weetabix not dogs that ruled his life.

For 20 years he worked in production for its manufacturers. ("There's nothing like the smell of it when it's just come out of the oven...")

And it was only in 2006 when Graeme was in his 40s that dogs even entered the picture.

He says: "I went from being a non-dog owner to having two adolescent Rottweilers. So I knew I had to get it right.

"They're big and powerful, and at the time Rotties were being portrayed as devil dogs, so I thought, right, I'd better find out about training. I soon found out I had quite a knack for it."

Now Graeme is seen as one of the best in the business - and in huge demand.

Besides his increasingly busy day job, he's had great success with his Channel 5



THE MIKE WARD INTERVIEW  
**GRAEME HALL**  
TELLY PET EXPERT

series Dogs Behaving (Very) Badly (including a celeb version where he told over-indulgent owner Denise Van Outen: "You're lovely but hopeless...").

And starting today he has his own podcast, Talking Dogs With Graeme Hall, answering viewers' queries.

"Whenever the show's on TV," he says, "I get so many I just can't answer them individually."

When Graeme was first approached by production company Avalon, it wanted to make a kind of canine version of Channel 4's Three-Day Nanny.

"They asked if I could train a dog in three days," he recalls. "I said I'd be disappointed if I couldn't do it in one!"

Graeme is often asked if training dogs is like parenting kids. "Over the years, the standard trainer's answer has been absolutely not," he says. "Personally I think it's very similar. In the end, it's about setting the rules and sticking to them."

● Talking Dogs With Graeme Hall is available from today on Apple Podcasts, Spotify, Acast and all major platforms.

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