

MORNINGS 'STRESSFUL' FOR MUMS

GETTING the kids dressed and separating them from their mobiles are among the biggest early morning stresses. Researchers who polled 1,800 mums, with children aged five to 11, found one fifth consider breakfast to be the trickiest time of day.

Other early morning tests include getting the children out of bed, getting them to school on time and making sure they eat a decent breakfast.

Six in 10 parents admit they struggle to find enough time to eat breakfast as a family, and one in 10 never sit down to eat the meal together.

Research by Kellogg's found having breakfast together makes the family happier.

The study's spokesperson, Loose Women's Stacey Solomon, said: "As a working mum breakfast can be a whirlwind of making sure the family is up and ready to start the day."

"I find it's the simple things that make a big difference. In our house, my two boys choose their favourite music and we'll have a little sing and dance around the table, it sounds silly but it works."

"Even just 20 minutes sitting down to eat with my boys sets us all up."

BLOCK: Prince of Wales

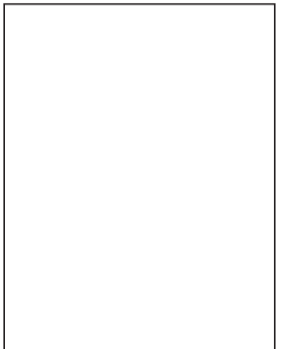
Charles' gran flat plan row

A PLAN to build a granny flat at an exclusive home has been turned down after Prince Charles and the Duchess of Cornwall objected.

Phil Clayton bought The Old Mill in Lacock, Wilts, because it had "breath-taking" views across the River Avon.

But it is just yards away from listed Reymill House, where the Duchess of Cornwall often visits.

Wiltshire Council said it refused it because of a lack of an escape route in times of flooding.



STRUGGLE: Stacey

DAD AND SON BACK ON THEIR BIKES AND STILL GREAT MATES

Cycles of the Lambs



GIVEN that his father is sitting just a few feet away, could George Lamb's choice of words not have been a bit more sensitive?

"It's interesting, your relationship with your parents," George is telling me, as we chat about the show he and dad Larry have been making, series two of Britain By Bike.

"Particularly when they're going into their kind of twilight years..." I feel I have to butt in on Larry's behalf. All right, the guy is 70, but it's not as if he's 90.

"Twilight years?" I cry. "Well, I don't know a nice way of putting it," George protests. "But as he's getting to a certain... vintage..."

"Yeah, that's it!" Larry chuckles. "Vintage Lamb, that's me!"

Of course, it's all completely good natured, this banter of theirs. The "vintage" actor and his TV presenter son, who have spent weeks together cycling around the country again, clearly have a relationship many dads and sons would kill for.

Nature

And age doesn't really seem to bother Larry much. "In the end, you die, right?" he goes.

"All I'm trying to do is keep that day as far away as I can."

"And ideally not go the way of Archie Mitchell?" I suggest, referring to the lowlife Larry played on EastEnders.

"Oh, I don't think he's going to get hit over the head by a bust in the Queen Vic," George, a former presenter of The Bank Job game show assures me.

The opportunity to team up again for a further six episodes of their Channel 5 travel series was one the Lambs clearly leapt at.

"It's great to travel around our country this way," says George. "Getting out of town, back to nature, it's a joy."

"We have met so many different types of people, and the warmth has been incredible. People have really welcomed us."

George and Larry cycle through the Isles of Scilly, Snowdonia, the Peak District, Northumberland, the Outer Hebrides and Northern Ireland, regularly stopping off to chat with locals, chuck themselves into adventures etc. Sounds lovely, I say,



Pictures: HUMPHREY NEMAR



THE MIKE WARD INTERVIEW George & Larry Lamb TELEVISION STARS

but kind of knackered. No wonder Larry cheats, his bike being electric. "It's not cheating," he quickly corrects me. "It's electric power-assisted, not electric-powered."

"You can cycle as you want if you turn the power off. But if I'm facing a massive hill, well, I just want a bike ride, I don't want torture."

Their adventures sound fantastically varied, from gig racing in the Scilly Isles to milking sheep in Snowdonia.

But surely nothing came close to when they pedalled over the Irish border for a spot of leprechaun-hunting.

"That was great fun," recalls Larry. "The guy who did it, Kevin, had managed to get this whole mountainside protected under EU law as a place where you had to respect the

leprechauns." And did the Lambs get a warm leprechaun welcome?

"We're not allowed to tell you," says George. "But what's sad is you need a certain amount of intuitive power to communicate with leprechauns, and when Kevin checked me out I fell well short."

Larry reckons travelling by bike made his and George's natural rapport even easier. "It enabled us to be free and easy with each other."

So with his 40th birthday looming, did George see any evidence of that thing most blokes encounter sooner or later - the sense he's turning into his dad?

"Oh, yeah!" he confirms. "It's terrible. "You start off with all these aspirations about being your own person, being unique, only to realise you're 50/50 your mum and dad."

"There's not an original thing about you!" "Actually, he's like his mum in so many ways," Larry chips in, referring to his second wife, Linda Martin, from whom he split in 1996.

"It can make it quite difficult for me to be around him!" "But, yeah, she was the one who made him a decent human being. I was on the side."

"Yes, my mum did most of the heavy lifting," George confirms. "Dad would take me to the toy shop or McDonald's and I thought he was great! It was always, 'Where's he coming back from now, and what gift has he got me?'"

LARRY'S FAVOURITES

TV SHOW: The Crown
FILM: Manchester By The Sea
ACTOR: Robert De Niro
COMEDIAN: John Bishop
SPORTSPERSON: Gareth Southgate
SONG: I'm Gonna Sit Right Down And Write Myself A Letter
FOOD: Italian
DRINK: Ginger beer ice and lime
APP: WhatsApp
CITY: Venice
HOLIDAY DESTINATION: Deserted beaches anywhere
ANIMAL: Elephant

GEORGE'S FAVOURITES

TV SHOW: Alan Partridge
FILM: Rushmore
ACTOR: Frances McDormand
COMEDIAN: Dave Chappelle
SPORTSPERSON: Anthony Joshua
SONG: Cool Cat by Queen
FOOD: Spelt risotto from Primeur restaurant in Stoke Newington
DRINK: Mezcal with soda & fresh lime
APP: Monzo
CITY: Belfast
HOLIDAY DESTINATION: Formentera
ANIMAL: My dog Waldo



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