

RELAXED RYLAN'S NEW YEAR RESOLUTION



'I won't rest until I've brought Big Bro back'

ALL credit to Rylan Clark-Neal, he's not giving up on his New Year's resolution.

Mind you, it may take a while to achieve.

"My resolution," he tells me, "is to bring back Big Brother. And I won't rest until I do it, Mike."

So there is still an audience? "One hundred million per cent," he insists. "The show just needs to be somewhere it's loved."

"Don't get me wrong, I respect Channel 5's decision not to do it. "But that doesn't mean it has to disappear forever."

Rylan has loads to keep him busy in the meantime. Not least his new Saturday show on BBC Radio 2, kicking off tomorrow afternoon.

It's in the slot Zoe Ball occupied before landing the weekday breakfast job, and Rylan's clearly chuffed to bits.

"It'll be a feelgood show. I'm really into my music. My mum used to DJ in pubs."

And he doesn't sound remotely daunted. "Everyone says it'll be such a challenge for me, but it won't."

"I don't mean that in a rude way, but when I have covered for Zoe in the past I've found it really relaxing."

"I don't need a full face of make-up. And I could sit in a tracksuit if I wanted."

Rylan comes across as a very different person from the emotional wreck most of us met on The X Factor in 2012, collapsing in tears of joy on hearing he had made the live shows.

His marriage - to former BB housemate Dan Neal in 2015 - plus turning 30 last October, seems to have given him a new focus.

"Turning 30 was like flicking a switch," he says. "With all due respect, I couldn't give a f*** what people think. I have my husband, my family, my mates, and a brilliant personal life. I couldn't be happier."

So does he cringe now at his X Factor mini-meltdown?

"I think people understand it now," he says. "There was no way I was going to win the competition. I didn't want to. But I knew that one moment could change my life, showing people who I am and



ON AIR: Rylan has a new radio show

The MIKE WARD interview
RYLAN CLARK-NEAL

STAR'S FAVOURITES

FILM: The Island, with Ewan McGregor and Scarlett Johansson.
BOOK: The Secret, by Rhonda Byrne
TV SHOW: Big Brother
ACTOR: Bradley Cooper
COMEDIAN: Katherine Ryan
SONG: Pure Shores, by All Saints
SINGER: Ariana Grande
BAND: Spice Girls

FOOD: Italian
COLOUR: Black
DRINK: Vodka with sparkling water and fresh limes
CITY: London
HOLIDAY DESTINATION: Maldives
GADGET: Alexa
APP: Twitter
SUBJECT AT SCHOOL: Physical Education
ANIMAL: Dog

allowing me to do what I had always wanted to do."

Rylan has a clear sense of destiny and remarkable self-belief.

"If I'm shown how to do something, I'll do it," he insists. "And I'll do it perfect."

"When I got the Big Brother job, I took one look at Emma Willis and went: 'That's what she does? Great. Can I have an earpiece?' I listened to what was said to her, and I went: 'I'm ready...'"

"Same with This Morning. The less rehearsals the better." Rylan

admits he was given "a fast pass" to the industry but makes no apologies for his success.

"I've worked hard. And I think I'm good at what I do, otherwise I wouldn't be getting these jobs."

"Anyone who just remembers me from The X Factor probably thinks: 'Oh, I bet he's in the celeb mags every week, selling his soul.' That's never been the life I've wanted."

"I love it when people go, 'Oh, it's the reality show person'."

"I always go: 'Yeah, I was. But I've also presented Big Brother, This Morning and been on Radio 2.'"

"Changing people's perception of me is the best feeling in the world."

● **New show Rylan On Saturday starts tomorrow on BBC Radio 2, from 3-6pm.**