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this
morning

IMMEDIATE RELEASE

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***THIS MORNING* HOSTS RETURN FOR A NEW SEASON FROM
MONDAY 2ND SEPTEMBER**



This Morning hosts **Ben Shephard** and **Cat Deeley** return to ITV's multi award-winning daytime show on Monday 2nd September, with **Alison Hammond** and **Dermot O'Leary** back on screens from Friday 6th September 2024.

To mark their return, the fab four took part in an epic promo shoot on top of the iconic Television Centre in West London which aired for the first time today, Tuesday 27th August 2024.

Please also see press pack quotes from Ben Shephard and Cat Deeley, plus Alison Hammond and Dermot O'Leary below.

If used, must credit: **Join Ben and Cat for a new season on This Morning from Monday 2nd September, and Alison and Dermot from Friday 6th September, at 10am on ITV1 & ITVX**

Please can we ask that the interviews from these press packs are used within ensemble pieces only and refrain from using any of the quotes for solo features.

BEN SHEPHARD AND CAT DEELEY

You both joined This Morning in March, how was that first week for you and how does it feel now?

Ben: I can't believe it's been nearly six months already!

Cat: It's gone really, really quickly. I actually can't believe it's been nearly six months. I mean, I know we started in March, but that was a bit of a blur because I'd just come back from the States and we had seen each other over a zoom call, but we hadn't really done much else before we started had we?

B: No. We came in one Sunday morning and I had been out the Saturday night before and only had about three hours sleep!

C: Well you certainly didn't tell me that on the day!

B: No, I was being very well behaved and I then had to go to West Ham to do some filming for the show too! But yeah, it was just really a surreal period that we'd been talking about and building up to, and then we just started. It does feel like it's flown by so fast. Mainly because there is so much content in every single show.

C: Some are like a roller coaster! Earlier this year I remember we went from Rishi Sunak, to the cast of Chorus Line, interiors with Kelly Hoppen, singer Natalie Imbruglia and Toadie from Neighbours...

B: As well as a new game Coin Drop and we managed to give away £30,000 to viewers... These past six months have been such a whirlwind.

C: It really has!

You've fully embraced the This Morning family, and getting to know all the staff here, is the family unit feeling key to presenting a live, two and a half hour show like this?

B: There is no question that the magic of this morning is the family feel. We just get to do the lovely onscreen bit, which is after all the hard work by the team. All the rigorous detail is sorted out by this amazing team that has made the show and have taken great pride in the show. I think it's a real privilege for us to be able to do our bit taking all of their hard work and sharing it with our viewers. So it's absolutely integral that everybody - no matter what they do on the show - feels like they're an important part of the team.

C: One hundred percent! From the moment you walk in, in the morning, it's literally like 'Morning', 'Morning' and then we go into the makeup room and there's more catching up there and then we go into the production office and it kind of has to be a bit like a TV family because everybody is getting up super early in the morning and everybody is so committed to what they're doing and to putting on a great show. We just get to do the fun bit really, and get to enjoy it all.

B: The show is a reflection of life, right? The magic of This Morning is there's a little bit of everyone's life - politics, human interest and lifestyle stories, we have entertainment, fun, we have frivolity and silliness, and fashion, food... Everybody's life is like that, so we want people to watch and think, 'Yeah, I could be sitting there in that studio with them', and to feel like they could be part of our lives, like they are our friends or family. So, for us knowing the crew and who's who behind the cameras is just an extension of that.

What have you already learnt about each other since March then?

C: I think we learnt quite a lot about each other by about day four here! I asked him for a chewing gum, and it fell on the floor, but I picked it up saying, 'Three second rule, it's fine' and he said, 'You're just really the female version of me, aren't you?' And I was like, 'Yeah. And you're probably the male version of me!'

B: It's extraordinary actually having never worked together before, because we do approach things in life very similarly. Our outlook or our take on people and how we treat people and what we think is important, is really, really aligned. Cat's got two young boys and I've got two older boys, so we share information about what it's like, and she's going through what Annie and I went through. But the thing that I guess I didn't know about Cat that I do know now is she's a proper kitchen nerd! She absolutely loves cooking, and everything to do with food. [Looking at Cat] Honestly, I think if you could go and come back in a different life, you would be a cook!

C: [Nodding] And you are highly competitive! I mean, any game or anything like that that we've had to do, he properly gives it 120%!

B: I'd like to think I've got less competitive, but I don't think I have! And the other thing that we've both learned about each other is we are really bad influences on each other!

C: Oh terrible!

B: There's no 'stop' in us. So for example, she will always want another drink if I say, 'Do you want another drink?' and sometimes I'm hoping she'll say, 'No, I think we've probably had enough.' We needed a grown up in the relationship, and we haven't got one!

C: But it's with everything. Do you want another chat? Shall we ask another question? Do you want another fishcake? Shall we try another sample of that rose?

Do you have any particular rituals in the morning?

B: Cat gets in a bit earlier than I do, but we go through notes that we've got for that day, then we have a 9am meeting, we'll catch up on what's been going, what we've been doing the day before, and what we're gonna be talking about on the show, and then we get changed.

C: Yes, and by that point we've both been in the make-up room, popped in the green room, said hello to any guests in there, and then we come up to the studio and get miked up...

B: We like to sit down on the sofa to take a minute before we do the live tease with Lorraine. But I think we've settled into a routine really nicely.

C: The coffee from Fleur in the green room is amazing too!

Are you now used to the variety of the show and the shift as you cover different topics? Is there anything new that you've learnt?

C: For me, This Morning has definitely been a learning experience because I haven't done a show that's similar to this really. I've done more kinds of entertainment, shiny floor shows. And they've never been on a daily basis and not been full of different topics and subjects like this. I've done a lot of live TV, but with This Morning I've had to get used to the roller coaster a little bit.

B: It's the volume of stuff that we do every day, there is a huge amount and that gear change is what This Morning represents. We actually discovered only recently a survey revealed that This Morning is the most popular daytime show among the new generation of the millions working from home, so there is a responsibility with what we're doing. Life and all its colour and differences are exactly what we have here.

C: This Morning is the tapestry of life!

You have quite a few things in common, do you share parenting or fitness tips? Any tips on looking and feeling good?

C: We both have sons and share parenting advice, and we are both into fitness - but different kinds - [looking at Ben] you do weights and I do yoga! So I like stretching and he does weights, but we do both use eye patches...

B: Yes. Part of my regime in the morning is to try and reduce some of the puffiness around my eyes. With my 50th birthday approaching, I have become a lot better at my skincare regime. And actually, Cat is amazing, and me being able to share the under eye patches with you has been quite a moment.

C: We're very open about it! I wear mine in the car on the way in. You wear yours when you get here.

B: Yeah, I whack them on, try and reduce some of the swelling...

C: All of a sudden, we are like, 27!

B: Cat's beauty regime and beauty tips are brilliant too.

C: For me, it's the parenting thing. Because he's got two boys who are obviously much older than mine, but I feel like he's been there and done that. And sometimes when I worry about stuff - I do have a tendency of over worrying and overthinking things too much - and he's always like, 'Deeley, it'll be fine. How about a bit of this and a bit that and if all else fails, talk to Annie, she'll set you straight'.

B: Yeah, when you're not getting anything good from me, just go to the better half!

It's fair to say that you've both fallen in love with This Morning's puppy Buddy - will you be introducing any new furry friends to your own families?

C: There will definitely be some added furry friends in my household! We're currently doing up our house at the moment so we're kind of waiting for that to be done first. There was a moment where I was going to take Buddy but I went home and looked round and there was like Batman stuff and Lego bits and Magna Tiles and Paw Patrol or Bluey stuff all lying around and I just thought, 'Oh my god, this will kill the dog'...so I just couldn't.

B: Buddy did chew one of your shoes to bits live on air didn't he, so yeah, he would have a whale of a time with Batman, Paw Patrol and Bluey! So sadly, it was not safe enough for Buddy, he's too precious to go to the Deeley-Kielty household! And for me, I don't think we'll have any more pets in our house. We have two rabbits. Gorgeous little things, but possibly the most useless pet in the world! So I will vicariously enjoy having a dog with Buddy here. We do love having him and we make the biggest fuss of him when he's around.

Is there anyone you'd really like to meet and interview on This Morning?

B: Well, she will have just finished her tour, but I quite fancy getting Taylor Swift on.

C: That would be amazing! I've seen her twice now and I'm converted, I'm a proper fan now. I'd also really like Peter Kay to come on at some stage too.

B: Yes! We've both worked with Pete years and years ago and you're absolutely right, getting him on would be amazing. We had all the major political party leaders on the show in the run up to the General Election, so having Sir Keir Starmer now the new PM back on to see how the new government is getting on, and crucially if his kids got their way and there's a new German Shepherd dog living at No. 10 would be very interesting!

C: Yes. I'd love Julie Andrews too. I adore real old school performers that have amazing stories. Someone like Sir Tom Jones. Actually, Rod Stewart came on one of our first shows and we were live on air - it might've even been our very first day - and he walked on going 'Oi Oi' and I knew it was just all gonna be okay!

B: What about the Boss - Bruce Stringsteen? We'd love to get him in if he's doing a tour... Or Shakin Stevens?

C: That's a curveball!

B: Well nobody did double denim like Shokie did!

Ben, you have a big birthday coming up, how do you plan to celebrate?

C: You don't like surprises do you, Ben!

B: No, I don't like surprises. A lot of my friends are now turning 50. So the first of my school friends turns 50 at the start of September, and my other best mate's 50th is in November and then I hit the mark in December... So what am I going to do? I don't know. I know Annie wants to do something big, but birthdays were never a big thing in our family and I'm also quite close to Christmas as well, so it gets swallowed up. I've genuinely got no plans and I've got no expectations! If I just get to spend some time with my friends and family, that's all I really need... And then maybe a really amazing present. And maybe a holiday... And a new car!

How do you both feel about This Morning making the shortlist for the National Television Awards? (This is embargoed 20th August)

B: We are thrilled that the show has made the shortlist!

C: I can't believe it! Are you sure? Did you have your glasses on when you read that list?

B: My mum did vote an excessive number of times! But seriously, for us, it's a real privilege to host this show and I'm very lucky to work alongside this amazingly talented, brilliant woman who makes me better at what I do and we can all share this together and that's a real treat. And the fact that the viewers are enjoying it too, it's really special.

C: Absolutely. Every day we love coming to work to do this show with the team, and with everybody watching at home and the guests we have on the couch, we couldn't love it more, so thank you to all who voted!

ALISON HAMMOND AND DERMOT O'LEARY

You've been hosting together for 3 years now - has time flown or does it feel like you've been together longer?

Alison: It's the longest relationship I've ever been in!

Dermot: If someone says three years - that is a long time - but it does feel like those three years have gone so quickly. And yet, at the same time, it also feels like we've been together forever!

A: I feel like I've been with you 25 years... which we kind of have been because I've known you for 22 years since Big Brother.

D: Yeah but we didn't know each other too well [then].

A: Yeah, obviously, we didn't know each other because we didn't hang out together then, but now we're all over each other - best buddies.

D: It's true, now we're like brother and sister. When you do live telly with someone and you've been doing that for three years, that requires an awful lot of trust, and that doesn't

happen overnight. So, you learn and you get to know each other really quickly, and you've got to trust each other really quickly. And that's what we did...

A: And Ben and Cat have got all that to look forward to!

It's clear that your friendship and bond have deepened during [the three years you've hosted This Morning together] - do you feel you know each other inside out now?

A: It's been like driving a car. You know when you start off and you're not really sure [how], and then by three years you don't even remember how you got home? [Looking at Dermot, laughing] ...That's how I feel with you!

D: [laughs] The lovely thing is we have a little saying that we say to each other - 'like being with old shoes' - which basically sounds like an insult but it's actually a compliment. You just feel like you put on old shoes when you work with the other one. It's just comfortable and you feel good.

A: I just thought he meant I was an old boot because I'm getting old! [laughs] But I get it now and you know when something is effortless - like breathing - that's how it feels working with Dermot. It just feels effortless, and I shouldn't say this really, but this is not really like work. It's so much fun. We text each other all the time.

D: We send each other gifs on a Thursday night about how much we're looking forward to seeing each other and doing the show the next day.

A: When you say gifs - he doesn't send me flowers or chocolates or anything - it's not gifts! GIF! They're very funny though... I don't know where he gets them from... but the last gift he got me was a lovely massage at Claridges, it was lovely!

How have you enjoyed welcoming Ben and Cat to the team?

D: Ben and Cat are just doing brilliantly!

A: We recently got to spend the whole day together when we filmed a new This Morning promo - which was just such a laugh, and trust me, I got a lot of selfies!

What have been your most memorable moments on the show so far this year?

D: The April Fools prank on Alison! I can't tell you the amount of planning that went into that April Fools...

A: Can I just say, after watching it back, I watched your acting and it was terrible. It was the worst acting and to think that in that moment I didn't spot that wasn't real... I think it was the actress that did it! I was so focused on that woman and then the vase breaking, and I saw her tears...

D: When I knocked over the 'valuable' vase, Alison said 'D, are you actually joking?'

A: Actually, yeah, you were good - I've got to just admit it, haven't I?

D: I had messages all weekend from the team about it, and I said I can't just pick it up and drop it because there's no way she'll go for it, so I said I'll have to knock it over. So cut to the day, and the first thing Alison said was, 'Are we doing any April Fool's today?'

A: But then someone said our editor really doesn't like April Fool's jokes. So, from that moment, it was out of my head...

D: But when we were on set, Dan Hatfield - our antiques expert - started saying there's only two of these vases in the world, and I was thinking, 'He's laying it on a bit thick'... and that's why I knocked it over then! But the lady, who was the pretend owner of the vase was such a good actress, but she kept saying, 'Please don't get too close to it' and I'm thinking, 'I've got to get close to it!'

A: I remember looking at him thinking he was getting too close and I kept pulling him back! But, the worst thing was when I saw tears in that woman's eyes... I was thinking this is totally real. In that moment - on live TV - it was the most frightening moment for me.

D: There's no flies on Alison. She's one of the wisest, sharpest women I know so that the fact that we got her is actually quite a big deal!

A: I'm really upset by it and there was a moment when Dermot said, 'I'll pay for it', I was thinking, 'Yes you will, I ain't getting involved in that! You're on your own there!' [Laughs] I think the clips from this have had around 25 million views from that week.

Are there any guests that you'd love to interview and invite on the show?

A: We'd love to interview Oprah! I met her before when I interviewed her and Reese Witherspoon for their film A Wrinkle In Time.

D: That would be amazing but you can't give these people five minutes... It'd have to be longer! I'd also like Sir Paul McCartney, Bruce Springsteen, Madonna...

A: Kylie is always great... She sent Dermot a lovely message for his birthday!

What are each other's best / worst traits, or what have you taught each other?

A: Dermot's really thorough...

D: Is that bad?

A: No, but it's bad for me because I have to be on top of it. I have to know my stuff really, because you'll catch me out straight away!

D: I think that Alison's made me take life a little less seriously... And I think I've made Alison take life a little more seriously.

A: Yes! That's what we've done. He's pinpointed exactly what's happened. The world is just a nicer place with you in it...

D: Vice versa baby!

How do you both feel about This Morning making the shortlist for the National Television Awards? (This is embargoed 20th August)

A: It's so, so brilliant and we're incredibly grateful for people voting for This Morning to get us there.

D: To get any form of recognition for all the amazing work the team here do and to know that people are enjoying what we all do on screen is just wonderful. So thank you!

A: We will look forward to a fun evening being together and keep our fingers crossed...