

TDS S5 E11

[00:00:00] **Intro:** Aurra,

[00:00:06] **Samantha Baines:** I've had the time of my life and I've felt this way before, and it's true. And I owe it all to you. who bumbumbum. Hello, welcome to the Divorce social. I can't believe I just sang at the beginning of the episode, but it's the Roundup episode, so it's kind of my space to let loose and it's just me. So thank you for joining.

[00:00:42] **Samantha Baines:** Sorry about my singing. I do also sing in the intro and outro music of podcasts. So I've made you suffer twice and I'm sorry about it. We have a new name- the divorce Social. Very Exciting times. I hope it brings together the social party aspect of the [00:01:00] podcast. Thank you so much for getting in touch with all of your messages.

[00:01:03] **Samantha Baines:** At the end of series five, what's been going on with me. I got a new puppy. She featured in series five, particularly in the episode where the Francesca specter, who wrote the book Alonement, because custard, my puppy was just whining the whole way through because she couldn't deal with her alonement. So I've had a lovely time potty training, the puppy and puppy training generally and being bitten and scratched and not weed on yet, but oh God, something awful did happen.

[00:01:34] **Samantha Baines:** I don't know if I should say this publicly, but I'm going to. I let the puppy sleep in bed with me. I know I should have crate trained. Uh, I'm sorry. I'm a pushover. And she sleeps all through the night in the bed, so it's fine. I let her sleep in the bed with me. And obviously early days, she wasn't able to hold the bladder for the full time.

[00:01:54] **Samantha Baines:** And one night when I had drunk quite a lot, so maybe I was [00:02:00] out for the count a bit more than normal. She did a poo in the bed and I didn't realize because I was very asleep and I woke up in the morning and I found it and I realized I'd slept with poo and. It's one of the worst things that has ever happened to me, but I didn't touch it lucky.

[00:02:24] **Samantha Baines:** Well, I don't think I did. There was no poo on me and the poo was pretty intact, but that's been a fun post-divorce scenario. Uh, that's happened. I've also been to two weddings. These aren't the first two that I've been to after my divorce. But I haven't been to any for a while because of um locked down and some things were going on in the world.

[00:02:49] **Samantha Baines:** So it's very, it's been very interesting. I went to one family wedding where I think I felt amazing and loved the fact that I was going to a wedding without a [00:03:00] partner with me. And I went with my mom and my sister, and we all had a brilliant time. And then I went to another wedding on my own and I got very, very nervous

[00:03:10] **Samantha Baines:** before the wedding, it was, it was my friend's wedding. And I couldn't believe how anxious I was getting before, but I felt very like the divorced friend turning up to the wedding and ruining the idea of love. And also the fact that I wasn't going with anyone and all of my friends are going with their partners and there was going to be lots of married couples.

[00:03:31] **Samantha Baines:** There were children. Um, so I was very anxious before, almost like to the point where I was like, should I just go home and not go to. But I did go and it was a bit awkward at the beginning because I felt awkward. But as soon as I loosened up and saw my friends, I had a brilliant time and I didn't think about it.

[00:03:49] **Samantha Baines:** And we ended up dancing the night away. So if anyone has weddings coming up and they're feeling weird about it, it is a difficult one, but. [00:04:00] Go commit to it. You can do it. And I'm sure you'll end up having a great time. I didn't get laid at the wedding as people on my Instagram asked, oh my way. When I was doing a story on my way home.

[00:04:13] **Samantha Baines:** Um, but I did do lots of lovely flirting and that always makes me happy. So that was good, but let's, uh, let's have a recap of all the things we've discovered. during series five. I can't believe. We're on. We're about to do series six of the podcast and that's all down to you for listening and enjoying hopefully.

[00:04:37] **Samantha Baines:** Oh, well, hopefully you wouldn't listen if you didn't enjoy, but you know, just to check. So thank you so much for listening. I'm so glad to hear from you all. When, when people say it's helped them, I love to hear that and it keeps me going. So thank you. In episode, one of the last series I spoke to Laura Cathcart Robbins.

[00:04:57] **Samantha Baines:** And it was so memorable. [00:05:00] The conversation with her about her addiction

[00:05:03] **Laura :** I was taking, uh, basically a lethal dose of pills and alcohol every night in order to get to sleep. And I would have to kind of chip away at the pills during the day in order to get through this. I had the ultimate double

life where I had this, all these events to show up for looking gorgeous and put together during the day and at night I would basically knock myself into oblivion.

[00:05:32] **Laura :** Um, so when I filed for divorce, I knew that I was running out of time with what I now know to be an addiction.

[00:05:39] **Samantha Baines:** Her saying that she lived that double life really stuck with me because I think so often now with social media, you know, we see people living, what we see is like a dream perfect life. And actually we never know what's going on under the surface.

[00:05:56] **Samantha Baines:** And I really felt like that myself when I [00:06:00] was first separated. So I think her journey was just so moving and I can't believe she went through that at the same time as getting divorced. So I think that's definitely worth a listen and a really interesting story. And I love that she was able to share that with me.

[00:06:19] **Samantha Baines:** For episode two, I spoke to Liz Hume Dorson, who is hilarious. And I originally met her doing a BBC comedy called Sunny Dee. And she just has just so much life and positivity and energy its always a joy to talk to her.

[00:06:38] **Liz:** It had been one of my friends, hen do's in York, we went out, I got absolutely rat-arsed on cider of which I have never done.

[00:06:48] **Liz:** Since that day, because I couldn't even put it near my mouth so-

[00:06:52] **Samantha Baines:** I love that you don't eat mushroom pate or drink cider because of your divorce.

[00:06:58] **Liz:** So we went, we went [00:07:00] back to my friend's house and, um, he brought his kids to see me on the toilet. He said, this is what you shouldn't do. And this is what will end up looking like if you drink, which I thought was hilarious, they also did.

[00:07:13] **Liz:** Thank God. They probably scarred.

[00:07:15] **Samantha Baines:** I think we've all had one of those moments, post divorce, whether it's with alcohol, whatever it is, where you just let loose and you go a little bit too far. I got drunk. Post-divorce. And I was wearing these

high heeled boots that I had bought. And I don't normally wear heels because like big heels, cause I'm not very good with them.

[00:07:37] **Samantha Baines:** And I was in a bar with a Slippery floor and I was quite drunk and I fell over on the slippery floor and the bouncer had to come and pick me up. And it was just like that mortifying moment when you realize, oh God, I've drunk too much. Other people can see. And Liz spoke about it in a very kind of jovial fun way.

[00:07:57] **Samantha Baines:** And looking back, you can laugh at yourself, but I [00:08:00] do think we've all had that moment where we've gone a step too far. And the fact that she said her friend bought the kids in to see her. To say, this is a lesson of life don't drink too much. I can't believe she was like, laughing about that. But, you know, I guess good lesson for the kids episode three was with the brilliant Diane burrows.

[00:08:21] **Samantha Baines:** And she basically taught me about the menopause, which a lot like divorce, I guess, is another subject that just isn't really covered or talked about it. And it's seen as quite taboo.

[00:08:32] **Diane:** Well now for the night sweats, I mean, I slept with a fan in my room, but now they've actually invented cooling sheets and I have them on my bed still to this day.

[00:08:44] **Diane:** because the pillow was expensive, but it did help me somewhat. It was like my God, I was like a flame. And, you know, I would be in a meeting and just have a hot flash and just [00:09:00] sweating. So I learned to, uh, invest in some headbands, you know, like cotton headbands uh, and I wear it around my neck and nobody would notice.

[00:09:11] **Diane:** And then if a hot flash was coming, I would just like, pull it up or I'd excuse myself, and go into the ladies room and splash cold water on myself. And the other tip was I wore black shirts. So the stains wouldnt show.

[00:09:25] **Samantha Baines:** I Love these practical tips, these are great. And I actually bought cooling sheets during the really hot period we had here in the UK.

[00:09:33] **Samantha Baines:** And I can say that they do work and they do keep your cool. So I felt like that was an excellent top tip. Jen McGuire was episode four and I just loved her talking about this really filmic moment she

had, which was the catalyst of her deciding. That she was leaving and getting a divorce. And I always think that decision for people is so [00:10:00] different.

[00:10:00] **Samantha Baines:** And so interesting.

[00:10:01] **Jen:** Back then, you know, I just was with somebody who made me feel like the worst version of myself and you know what, I just remember sitting in the car and I had my right blinker on to go home. I was in Ontario, which is where I'm from. I just couldn't turn. Right. I couldn't make myself turn right.

[00:10:21] **Jen:** And my nine-year-old went mom. Because someone was behind me and then I turned left and it is so ridiculous to make a massive life decision like that, but it actually turned out well.

[00:10:33] **Samantha Baines:** It's so symbolic and also dramatic, which is something that really appeals to me. I can't drive, but if I could, I feel like I want to kind of physically like click on an indicator and be like, I'm turning out of marriage life and into divorce, which I loved. Denise Callington was episode five.

[00:10:56] **Samantha Baines:** And she has the most calming voice [00:11:00] of all time. I feel like she needs to voice like meditation sleep apps, but I found it really interesting discussing with her becoming a psychoanalyst after getting divorced.

[00:11:13] **Denise:** Something to do with making a peace with bits of yourself, you know, these messier, you know, you're not necessarily so.

[00:11:23] **Denise:** Proud of these bits of yourself, but there you go. They are a part of you. Probably quite a lot apart of most of us human beings, it's a sort of making, you're making a peace with yourself, but you also, this idea about integrating these sort of bits of yourself that maybe you'd, hadn't quite got ahold of earlier.

[00:11:43] **Samantha Baines:** I just found her talk about it coming at peace with all of that. So interesting. It made me want to, for a moment, studied to become a psychoanalyst. Because the more I talk about divorce and the more links I see between different people's stories. And I [00:12:00] learned something from everyone I speak to, and I'm able to look back at my own journey.

[00:12:06] **Samantha Baines:** and kind of pick bits out and, and have little revelations about it. And I just thought, wow, if I studied it, you know, I could go into so much depth and like analysis of all these different things that have happened to me. And then I remembered that I am a comedian and I have to write books and do other things.

[00:12:27] **Samantha Baines:** And, you know, you need to concentrate quite hard to study to become a psychoanalyst, but maybe one day. Episode six got me very excited because I spoke to Irene fare. Who's a sex and intimacy coach. And as you all know, I had a sexual explosion after my divorce. So I was like, oh my God. And we get so many tips, but I found it so interesting.

[00:12:52] **Samantha Baines:** Her talking about her journey and having an orgasm for the first time at 34.

[00:12:57] **Irene:** It was also [00:13:00] this sense of feeling dead inside. So it wasn't just the orgasm itself, but the connection to sexuality connection, to be able to access the state of deep release which I finally was able to do when I was 34. For the first time, I was able to see that I was living life in black and white before.

[00:13:24] **Irene:** And then it became colorful.

[00:13:26] **Samantha Baines:** I'm so glad that she was able to share that with me, because I think, again, it's not something that's talked about and lots of people will be able to relate to that. And also the experience that you go through when you leave a big relationship and then you're suddenly discovering yourself sexually again and being sexual and intimate with new people and you can then kind of work on actually, what do you want?

[00:13:51] **Samantha Baines:** You know, when you've got a blank canvas sexually, um, you know, what do you want to do with that? And I'm really glad [00:14:00] she was able to share her story of that process and to hear how she now helps other people. And I did ask her. Uh, part of coaching was like telling her clients to masturbate with her on screen, like on zoom or in the room.

[00:14:16] **Samantha Baines:** And, and it isn't that, isn't what she does. So just in case any of you are wondering, she sets homework. Sure. But she doesn't watch her clients, um, masturbate, which is something that I was interested to, um, find. Always asking the important questions. Episode seven was with the lovely Francesca specter. And she's written a book about a lone mint, and she's kind of coined this phrase about enjoying your alone time.

[00:14:48] **Samantha Baines:** I thought it was so interesting her saying that she's never felt more alone than when she was lying next to her ex in bed, but things weren't working out and I could really relate to that. And I think so many [00:15:00] people can as well. And interestingly custard, my puppy, who was a very new puppy at the time started crying because she didn't want to be left alone at that exact moment.

[00:15:13] **Francesca:** When, you know, I did have to get used to. Sleeping on it. Having being alone, living this very different much more than life, even in all of those times, nothing was lonelier than. sleeping beside him and for him and doctors.

[00:15:28] **Samantha Baines:** Yeah. Thank you for sharing that moment. And that actually really reminds me of a moment in my marriage.

[00:15:34] **Samantha Baines:** I'm lying next to my - you can hear my puppy in the background. And it's like, she remembers this moment too, even though she wasn't here, but it was me lying next to my ex-husband and crying. So you can hear like whimpering all through our chat about feeling sad at being alone, which just felt very serendipitous.

[00:15:57] **Samantha Baines:** Um, whilst also being mildly [00:16:00] annoying, I was like, mummy is trying to get things done. Yes. I call myself mommy to my dog. I'm sorry. I know I'm one of those awful people I didn't want to be its something that happened to me after I got the dog. Um, but it was very sweet. I felt a connection to custard and also Francesca in that moment.

[00:16:19] **Samantha Baines:** Episode eight was with the brilliant Sam Bailey. And I, I initially got her on the podcast to talk about an engagement she had that was broken off when she was younger. But actually what we ended up talking about was her parents' relationship. And then they're kind of breaking up and how much that affected her as a child.

[00:16:40] **Sam :** My mum and dad stayed together unhappily for a very long time. If they weren't kicking seven bells out each other, it wasn't a normal day in my house. I had a tough time when I was little and it's made me very aware of my relationships in my future.

[00:16:58] **Samantha Baines:** I have never really [00:17:00] spoken to any of my guests before about their parents getting divorced.

[00:17:04] **Samantha Baines:** It's always been their personal kind of experience of getting divorced or breakup. And it was really interesting of how much that has impacted on her life. And Sam's brilliant. And so honest, and we actually originally met on Gabby Roslyn's BBC radio, London show, and just hit it off. And we called ourselves Bailey and Baines.

[00:17:27] **Samantha Baines:** Because it goes so well together and we're both Sams and discussed, possibly having some sort of detective agency called Bailey and Baines, where you could come and we'd investigate things for you. So you never know, we might become sort of some sort of divorce detective agency in the future. So watch this space.

[00:17:48] **Samantha Baines:** Dom Newton was episode nine. And what really came across from him was his strong, strong focus on his son and the experience [00:18:00] that his son would have and get from his separation.

[00:18:04] **Dom:** When my son came in for the first time, I wanted it to look like we lived here forever, so I spent 24 hours without sleeping, building Ikea furniture, accepting deliveries, framing, and putting pictures upon the wall, building the shelf, and then putting books on it just to make it look like it been here forever and just made it look like it had been lived in forever so that when he came in for the first time, he was settled straight, where go knock for his friends and invite friends over to play the place that.

[00:18:32] **Dom:** And everything just felt a little bit more normal.

[00:18:34] **Samantha Baines:** And actually really interestingly that this episode followed Sam Bailey's episode, and we were talking about her experience with her parents. And I think, you know, I do have some straight men on the podcast talking about their breakup from a woman. And I think it's always interesting.

[00:18:53] **Samantha Baines:** I always get a lot of messages. From women listening, who've broken up with a man because it's [00:19:00] interesting for them to hear the other side of things. And I think it was really nice to hear from a guy that put fatherhood really at the forefront of that experience and that it was really important to him.

[00:19:10] **Samantha Baines:** And it seems to have really helped him as part of kind of his recovery and as long as his son's okay. He kind of seems to be able to deal with things. Um, so it was really lovely to chat to him and also hear from him. And also he works in a sports environment as well. So it was interesting to hear kind of breaking the news to everyone in the sports environment of quite

an emotional thing, like getting a divorce, um, and how the men around him reacted.

[00:19:39] **Samantha Baines:** So I really enjoyed that chat. And last but not least, we rounded off the series with Jessica Foster Kew. And I know Jess from the comedy world and I've kind of, I've seen her breakup journey from afar and the fact that she then fell in love so [00:20:00] quickly. And it was so nice to talk to her about.

[00:20:03] **Jessica:** Like you were saying about enjoying being in that enjoying being single bit.

[00:20:06] **Jessica:** That was my, a game as well. Like I absolutely, I just wanted out, I wanted to set up on my own to not be beholden to anyone emotionally. Um, and then sort of fairly much against my. Plan because I just wanted to fuck loads of people, women mainly, but I just wanted to put it about for a year or two or however long.

[00:20:28] **Jessica:** I didn't want to fall in love, but I just did.

[00:20:30] **Samantha Baines:** And also we discussed, you know, coming out as bisexual, which is something that I've done since my divorce and breakup and it was something that I always knew that I was attracted to women and men, but because I was, you know, a woman married to a man, I would seem heterosexual on the outside to everyone.

[00:20:51] **Samantha Baines:** And so it was never really something that came up, even though I did tell my ex that I was also attracted to women. It was interesting to hear about her [00:21:00] journey. Of Breaking up with a man and then falling in love with a woman and kind of the way she expressed that and the way that she told the news to the people around her as well.

[00:21:10] **Samantha Baines:** And their reactions was really, really interesting. It's the ad break. So it's a perfect time to remind you to hit subscribe, to be notified about more episodes. You can also leave us a lovely review because honestly it makes a difference to the chart positions. And one time I was in the charts next to Michelle Obama and I was really thrilled about it.

[00:21:33] **Samantha Baines:** So it'd be nice to do that again. You can also join in the conversation. Social media. We're on Twitter and Instagram at divorce pod. We have a website, the divorce, social.com. And you can also join us for

our like nineties style divorced chat room experience over on Patreon. So just go to [Patreon.com forward slash Samantha Baines, B a I N E S](https://www.patreon.com/forwardslashSamanthaBaines).

[00:21:59] **Samantha Baines:** [00:22:00] And it starts at two pounds a month and we all have lovely and awful and amazing chats. See you then.

[00:22:07] **Samantha Baines:** So what a series we've covered so much. I've learnt so much from every person I've spoken to and always do. Do you go back and have a listen if you missed any of the episodes because I really do think there's something in all of them that you'll be able to relate to or take from or laugh at because we also have a bit of a giggle on this podcast as well.

[00:22:28] **Samantha Baines:** Another bit of lovely news that's happened during series five is that we have been nominated in the women's international podcast awards for moment of comedy gold. It seems weird. Doesn't it? A podcast about divorce has been nominated in a comedy category, but you know, we have to laugh at some of the things that happened on this divorce journey and there are some hilarious

[00:22:55] **Samantha Baines:** things. So, um, thank you very much to the international women's podcast [00:23:00] awards for the nomination. Um, heading off to the ceremony at the end of the month, and I shall let you know how it goes. I'm hoping to have a little bit of, you know, glass of wine, get a fancy dress on and meet lots of other brilliant podcasters.

[00:23:16] **Samantha Baines:** Series 6, it's coming, it's being recorded right now. Thank you for your suggestions. If you sent any in of people to interview, I always message. Everyone you suggest. Obviously it's difficult to contact people sometimes and they might not see the messages, but I do really appreciate them. I'll see what I can do with getting some people involved.

[00:23:37] **Samantha Baines:** We've also started working with Aurra Studios, which is super exciting. They are an audio production company. So hopefully you're going to notice that my voice sounds sexier. No sounds of better quality. And there aren't weird little bits of the internet going down during my conversation because they're like [00:24:00] professionals and they know what they're doing.

[00:24:01] **Samantha Baines:** So, um, hopefully you'll notice that we sounded a little bit snazzier and thank you very much to Aurra for getting involved with the podcast. We've also changed our name, the divorce, social excitement. We've also changed our logo to have more of me on it, which is a weird thing.

The I sort of love and also feel slightly uncomfortable about, but there's just a big picture of me and my face.

[00:24:27] **Samantha Baines:** And even my hands, I think you might even be able to see one elbow, uh, is covered by a dress. Don't worry. It's not too racy, but there's more of me on the logo. So. Sorry, but, you know, look out for that. It's not bright orange anymore . Still on Instagram and Twitter. And thank you for all your messages over there and your emails as well.

[00:24:50] **Samantha Baines:** So our new email is the divorce social at g-mail dot com. So if you want to get in touch, you can via that [00:25:00] email address. I've had some super lovely messages during this series. And as you know, they're the things that keep me going when I'm in a diary hole and I'm like, oh my God, if I booked a recording, then like what's going on?

[00:25:15] **Samantha Baines:** So thank you. Um, I got a message saying, hi, Samantha just discovered your podcast. And as the 35 year old currently going through a divorce, it's amazing. It's giving me hope that life will be okay. Again, it will be okay again. And thank you so much for your message. I think one of the great things about everyone I speak to is that they're always okay.

[00:25:38] **Samantha Baines:** Again, in the end and normally better. And they feel happier. And that gives me hope too. Got another message on Instagram. Just wanted to pop by and say hi, and thanks a million. Tomorrow I get the keys to my new home. I'm shitting myself, but know it's the right thing to do. Your podcast has helped me so blinking much to [00:26:00] get to where I am.

[00:26:01] **Samantha Baines:** So far it's amicable fingers crossed. It stays that way, onwards and upwards. And I think you're awesome. PS, I caught myself singing the jingle in front of my husband and had to quickly improvise and change it. That's amazing. I'm so sorry. Because as I mentioned, I sing the jingle and you know, it's, it's, it's a weird one, but I'm glad it's catchy.

[00:26:25] **Samantha Baines:** Maybe I should release it as a single. What'd you think? hmm, dunno. um, I got another message just to be present with and hear from others in the same situation to confirm that I'm not alone and insane is amazing. Which is so nice to hear. I got an email, dear Samantha, I've been listening to and thoroughly enjoying your podcast.

[00:26:49] **Samantha Baines:** You have a great roster of guests, and I love your interview style. You managed to impart a lot of practical information in a warm, funny and engaging way. Well, thank you very much. [00:27:00] I'm not sure

how much practical information I am part, but hopefully I facilitate. The imparting of useful information from others.

[00:27:09] **Samantha Baines:** So thank you. Lovely to hear from you. I got another email. I just want to say a massive thank you for your podcast. My wife and I have recently decided to separate. We have been here before and this time it's certain, it's only happened a couple of weeks ago, but we both think its the best thing for ourselves and our children.

[00:27:29] **Samantha Baines:** Listening to your podcasts has been so great for strength and has been a real help. Thanks loads. And I look forward to listening to the next podcast and catching up to where you are now. I'm so grateful you have men on it as well. The female side is great, but there is a bond when listening to a fellow male saying that some of the female podcast guests ring very close to home as well.

[00:27:51] **Samantha Baines:** Keep up the good work. Well, thank you. Hopefully we can all relate to other people's stories. Another email. Hi Sam, I've really [00:28:00] loved your podcast. I'm in the thick of it still full of pain and heartache. It's really helpful to hear stories of people coming out the other side, some awesome reviews as well.

[00:28:11] **Samantha Baines:** I know. I always try and remind you to leave reviews when you're listening to the podcast and I'm sorry. Honestly, they really do make a difference like chart positioning. And it just means that more people can find the podcast and hopefully it'll help them if they need it. So lovely reviews, someone calling us their favorite podcast.

[00:28:31] **Samantha Baines:** Samantha is so good at bringing out people's stories in a way that is easy and often fun to listen to. There are also such varied stories, but almost everyone has some aspect that's relatable. And I love that. And thank you for the compliment. I also got one from a friend of a divorcee. After listening to this podcast, I feel sane.

[00:28:51] **Samantha Baines:** I feel seen, I feel supported and I'm not even the one who got divorced. Divorce is a world unto itself. And by [00:29:00] banding together, we can make that world a little bit better for each other. Samantha guides us through the trials and triumphs of the beautiful humans who are generous enough to share their stories.

[00:29:10] **Samantha Baines:** I love that. And that's so true. I just really want to thank all my guests because they are so generous with sharing their stories.

And it's amazing. And again, thank you for the compliment. These are very nice. Also had water, complete tonic. This podcast has literally been a lifesaver and totally reframed the way I look at my impending divorce.

[00:29:32] **Samantha Baines:** Although I instigated it, it's terribly sad, but dare I say, the people interviewed on this have made me feel one I'm not alone. And everything I had been feeling is normal. Yes. And to rather than be at the end of something sad and crap is actually the start of something. So hopeful and exciting. The host Samantha is in equal parts

[00:29:54] **Samantha Baines:** funny, thanks, babe. And compassionate. She's bloody. [00:30:00] Oh, thank you very much. Who knew in the middle of a divorce, I would really be enjoying a podcast about it. Let alone looking forward to the next download, roll on decree absolute!! And then they put in brackets, obviously set in a French accent, which is

[00:30:16] **Samantha Baines:** amazing. It's so lovely to hear from all of you. Thank you for all your messages and reviews. Those are only a selection that I've read out. Obviously some are a little bit more detailed and intimate, and I would love to respect everyone's privacy, but do keep them coming. It's so nice to hear from all of you.

[00:30:37] **Samantha Baines:** So coming up in series six, you can expect an actress and interior designer off the telly, a parenting expert, some amazing people who've got divorced and then created a business out of it to help other people. Yeah. There's loads of stuff. I've Literally learn something from every single person I talk to.[00:31:00]

[00:31:00] **Samantha Baines:** And even though this podcast and divorce is now defining my life because of what I'm doing, I love it. And I really enjoy speaking to everyone I speak to. Even if sometimes we disagree about certain things. I think it's so interesting to hear everyone's journey. As someone said in one of the messages earlier, I always relate to some aspect of it and I learned so much.

[00:31:24] **Samantha Baines:** And so I hope the episodes continue to be useful for you. And do, let me know about your lovely milestones. I love getting messages. I think I shared one on Instagram saying, woohoo, my divorce just came through and I lovethat, so please share all those lovely moments. First new relationship. First new house.

[00:31:45] **Samantha Baines:** First time you paint a wall pink, you know, the important stuff. Let me know, but I will see you for series six , stay happy, my lovely divorcees and breakups. We're going to [00:32:00] get through this. Love you all.