

**Sam Baines:** [00:00:00] Hello and welcome to the Divorce Social New Year's Eve special. I am joined by the brilliant Helen Thorn and the marvelous Kerry Howard. Hello Ladies. Kerry is currently wearing a FOFA jacket, which I'm absolutely loving. It looks very sumptuous and Helen Thorn is smoking out of her kitchen window.

**Helen Thorn:** This is what you do at a New Year's Eve party. Cause it's too cold to go outside. You fag out the kitchen window, pretend that none of the smell is actually coming into the kitchen.

**Sam Baines:** You're child free. Is that right? So that's why you're enjoying the smoking outside the kitchen window.

**Helen Thorn:** Yeah that's right and then I'll put the kitchen exhaust on after the podcast and light four candles and nobody knows any different.

**Sam Baines:** Ideal. Well, I am going to, in honor of New Year's, I'm going to open my Prosecco. Ladies. You may join me. Shall we see if I am not good at opening bottles? This is one thing I miss about my [00:01:00] ex-husband. I made him open all the bottles.

**Kerry Howard:** Yeh but these are lovely little screw top ones.

**Sam Baines:** Oh it's a screw top! This is a divorcees dream.

You've even got a glass glass, I've got a plastic glass. Cause I break them. I'm the only non-parent here and I've got a plastic glass.

**Helen Thorn:** I can, I can join you. I've got fancy plastic one, which I have for you know for nights where I know I'm going to get a bit wobbly, so I'll join you in the plastic wine glass.

**Sam Baines:** Thank you. Thank you for your solidarity.

**Kerry Howard:** For me last year was the first time I had my own place. So, and like when I moved in with my ex, everything was hand me downs or, you know, nothing was brand new. And so I just indulged myself. I had like Soho house credits. And so I bought a shitload of glassware, which I would never have spent that amount of money, but it was like free money. Like it's either going to go on food or glassware. So I bought myself some really nice crystal [00:02:00] glass. And I feel very grown up whenever I drink. Yeah. But terrified whenever my kids are around, like get away from me!

**Sam Baines:** That's fine. Sorry. That's my dog. Trying to dig into a carpet in the background. Um, if you can hear scratching. That's not me trying to get out.

**Kerry Howard:** Yes. So since I last talked to you, Sam, I got a dog. Bella.

**Sam Baines:** Yeah. And I got a dog too, because we both got dogs after our chat and Helen, you have 4 million cats.

**Helen Thorn:** And they're really fat! It turns out you shouldn't keep feeding them when they scratch. You know, they go, oh, you're hungry. I keep feeding them. But I live on a col-de-sac. And everyone else has got cats and I'm on tour all the time. So I'll go away for two nights a week and I keep going, fuck, I've got cats. And so I'll text the WhatsApp group of my col-de-sac. I said, well, can you feed the cats? And at number 10, they said, oh, well, Fozzie has just been here in eaten Molly, the cat's food. And then number eight came in and said, well Fozzie's just been here and eaten marmalade. I was like, no wonder they're so fucking fat.

**Kerry Howard:** So they're just eating food around the neighborhood. Yeah.

**Helen Thorn:** Yeah, exactly. I live in a hippy col-de-sac [00:03:00] in Southeast London and it's absolutely marvelous. And my big news for new year's Eve is that I'm buying my house. Um, so I'm just about to hand over a big wadge of cash to my ex to buy him out. And so that's how I'm starting the new year as owning my own home,

**Kerry Howard:** Thank you very much. I actually started January this year in doing that. And it's such a lovely feeling, isn't it?

**Helen Thorn:** Yeah, this is it and I'm not very good at interiors at all or anything, but I just thought, look, I'm just gonna do one room at a time. And so that's kind of like my new year's wish resolution is to make the house completely mine. Because even though I have, you know, cushion covers and you do all those things, don't you, when you first get divorced and buy a nice new rug, you know, lot of La Redoute doot in my house,

**Sam Baines:** You made it sound very fancy in French La Redoute, Primarni, La Redoute

**Helen Thorn:** I bought things like, ridiculous. Can you see that? I ridiculous, like blue vase just because I thought, oh yeah.

**Kerry Howard:** Put the one rose. Cause you can't get a [00:04:00] bouquet in there.

**Helen Thorn:** No, it's just like a sunflower or ostrich feather, if you from the 1980s.

**Sam Baines:** Oh wow. I have a vase with ostrich feathers in it. I was born then. So it's on brand.

**Helen Thorn:** Oh, you're young. You're super young. Aren't you?

**Sam Baines:** Well, I was born in the 1980s.

**Helen Thorn:** How old are you? Kerry Howard?

**Kerry Howard:** I'm going to be 40 in March.

**Helen Thorn:** Oh, this is see, this is a New Year's thing. This is a big year to look forward to. Awesome. Turning 40 is the best.

**Kerry Howard:** I'm really looking forward to turning 40 actually. I feel like I was 40 five years ago. So I feel I'm ready. I'm ready for it. And, um, I like shocking people cause they, they always like no and it's, but at some point in my life, my, face will catch up with my age and my age won't surprise people. And that will be the sad day. When people go, yeah, you look 55.

**Sam Baines:** I'm the opposite. People always think I am older than I am. People are always [00:05:00] like, so how old are you? Like, fuck. Normally whoever I'm talking to will think that I'm their age. So they'll be like, yeah. So you're in your forties, right? So I'm 35 next year in the after new years.

**Helen Thorn:** Oh, exciting. I'm going to be 44,

**Kerry Howard:** 44. That's so good. I would say Sam, it's not about your appearance is you have a very, um, authoritative voice. You're measured. You hold yourself with such class and it just you're sophisticated. I think people think I'm younger because I'm genuinely immature.

**Sam Baines:** And you have beautiful skin. Look at this. We're just all complimenting each other for new years. This is so nice. Helen, you are a

wonder, you write beautiful things in your book and you're so stylish and I love your Instagram and all the dresses and call outfits that you wear.

**Helen Thorn:** And I like having sex with very. Uh, much younger men. And I find that that helps, with my age issues.

**Sam Baines:** Another top tip

**Kerry Howard:** Do you wild swimming [00:06:00] Helen.

**Helen Thorn:** No, no, I do running and weightlifting. That's my thing. So, uh, yes, in 2021, I ran the marathon and I do a lot of yoga. They're my things. I'm like, if I don't do yoga or run or lift some heavy shit, then I think that's been my saviour for divorce and, and feeling amazing. And, and this year in 2021, I lost 15 kilos and that wasn't even an AME, but I just made choices. And I lost the weight really slowly and I haven't put it back on and it was never a weight loss thing, but also I just, I feel really good, but it's interesting having a social media account called Helen wears a size 18.

**Kerry Howard:** You don't wear a size 18.

**Helen Thorn:** No, I don't anymore, but also I've kept the Instagram handle. But I'm starting to get some negative comments. Like you're leaving us behind. You're not who you said you were. And I find those negative comments about when you start to change after you become divorced or you, you look [00:07:00] better or you feel better, then there's something about that - I don't know what that is and some people are with you. Some people like own it, sister, you know, you're great. And you know, you're glowing and all that sort of stuff. And then other people like. Why do you have to change yourself? And it's like, well, now I'm evolving and it's not, like I said, now that I'm divorced, I have to be two dress sizes smaller or all that sort of stuff. And it was never intentional, but I'm just making choices that are good for me.

**Kerry Howard:** And I think people take a personal attack. Don't they and it's like, no, no, no. It's not about you. It's my journey. It's always about mental health. Like if I didn't run and do weights I will be on the floor because I'm not having sex.

Like my auntie was like, oh Kerry you got to stop running all you're doing, is running, she's running, she's running too much. And I'm like, Sue, I don't have sex. This is how I get my happy hormones. Like this is, you know, this is the cleanest way get my endorphins going. And I feel great after a run. And maybe

if I was getting fucked every day, I wouldn't be running as much, [00:08:00] but it's the easiest way I can do that.

**Sam Baines:** Well, just to, just to offer the other side of things, I've put on weight since my divorce and during lockdown. And I've never been happier. Yes. I swim and walk the dog and I tried to do yoga, but I haven't for a long time, but I feel much less worried about what I look like, body size. I've got my nose pierced. Like, um, I feel like I'm in a much healthier mental health body image place since I got divorced.

**Kerry Howard:** It's all about that. It's getting those chemicals out and feeling good. Like it doesn't matter what you look like. If you're not getting those chemicals, you can be the skinniest person in the room and just want to go kill yourself. You genuinely need to activate those hormones, it's so important, especially as we get older because our hormones deplete. And it's just one of those things like Davina McCall was like my icon at the moment. [00:09:00] Cause you know, she's bringing things like the Perry menopause forward. I had no idea that that existed and I'm like looking into my forties going, okay, I need to mentally and physically prepare for that. Now we should have the conversation about what our future is going to be and how we can maintain that, sorry, I'm going on a loop. I'm just going to drink.

**Sam Baines:** She said two mouthfuls prosecco. I loved it though. That was a great little Prosecco influenced mental health tirade. I loved it. No, but it is true. And same. I'm a big fan of Davina because she's like brought it to attention. And actually on the podcast Divorce Social, a number of my guests have talked about the menopause and even someone said that their divorce brought on perimenopause. So it's something I've been thinking about. And I went to my GP and said, oh, you know, what are the symptoms? Like, I want to be aware of this. And, um, the GP said, well, does early menopause run in your family? And I realized like me and my mom are super close. I don't know, like I've [00:10:00] never asked her questions like that. And I doubt she asked her mom questions like that. So yeah. All of this talking about stuff is so, so important. And I think, you know, when you're on your own as well, it gives you the space to think, oh, I'm going to look after me and I'm going to concentrate on me. And the things that, you know, I might need to know moving forward. Well, we're going to be bringing a man in shortly. So it'll be interesting to get his ideas on kind of body confidence, menopause definitely. Um, but also body confidence after you're single. Um, but I also just wanted to pick up on what we were talking about with kind of weight loss. Cause obviously Adele has been in the news a lot because she got divorced, had a new album out, but lost a lot of weight because I think she said, Pilates she was really into, and that just helped

her get through the divorce. And, uh, I saw an interview with Rebel Wilson who's recently lost a lot of weight. And she said, "I didn't know that the way to get noticed as a woman was [00:11:00] just lose a lot of weight". I find it really interesting because after the break up or divorce you're expected to kind of have this revenge body where you suddenly do all this work on yourself and it's so the idea is that you can show your ex what they're missing. And I felt a lot of pressure on that because I didn't get the revenge body. I went the other way and just was happy. So I ate stuff. And then I felt like people were looking at me like, Oh, well, she's not got a revenge body. Is she okay? Did you, because you both work out, did you feel the pressure of that or did other people call it that and were you annoyed?

**Kerry Howard:** I was really, really thin and it wasn't a revenge body. It was a nervous body. It was a body in pain. Um, so when I see there's pictures of me with the boys and my legs look like sticks and it makes me feel, I didn't, I remember at the time feeling fat, but I look at those pictures and I'm [00:12:00] smiling, but I just look at the body and I think, how did you manage? You were running on nothing. I was eating, but I was burning up the nerves, like the nervous energy. Oh. So for me, the revenge body wasn't a thing. I was just trying to recover.

**Helen Thorn:** You know, I've been separated since March last year and for the first year, um, I was just booze and fags and take away, oh God, sorry. My son is trying to call me.

**Sam Baines:** Well, it's a perfect time actually, to bring in the brilliant Paul Roseby OBE. Welcome.

**Paul Roseby:** Hello, they've not stripped me of the OBE yet, but give it another day or two. And I might have to send it back.

**Sam Baines:** I love introducing you as OBE. It makes me feel important that I have an OBE person. Okay. You know, I've been drinking Prosecco. I can't put words together an OBE person on the podcast.

**Paul Roseby:** You've gone legit. Finally, you've gone legit. No, thank you. It's just a title. [00:13:00] Please kneel please kneel everybody.

**Sam Baines:** Always, um, I'm kneeling right now. Just can't see my knees. Um, welcome. So we're here with Helen thorn and Kerry Howard, and it was the perfect time to introduce you, Paul, because we're talking about revenge bodies after, um, after a breakup and in fact, I'm saying I didn't get a revenge body

because I was happy and not anxious anymore. So I wasn't shitting everything out. And I just started eating things. Um, but Kerry and Helen have a very fit people and they do running and keep fit. But, but it wasn't a revenge body. It was a way of, you know, mental health and coping. How do you feel, do you feel like you've got a revenge body?

**Paul Roseby:** Yeah. Do you know what it's so interesting, actually, yes. And I didn't set out to have that because I thought to be honest with you, I was okay while I was married, but clearly not and I'm a lot fitter than I was in terms of my middle part. Uh, I don't mean the appendage. I mean, my waist I've actually, let me [00:14:00] look, let me just see, let me just show you. I'm not showing off. I'm not doing, I'm not doing abs. I haven't got six pack but I've probably got two and half, three. But I do this, I do this planking thing every morning. Yes. I said, planking. Thank you, planking. When you're divorced on your own, you can only plank, but actually it is seven minutes of planking in different positions. Yeah. That's about all I can muster and I do 120 squats as well. If I don't do my training out of the park with a, with a PTA from the army. What's it called? You know, that bit where you have that line?

**Sam Baines:** That's the sexy hip bit that you can see.

**Helen Thorn:** Oh yes. Very nice.

**Sam Baines:** Oh Paul, this is very exciting showing us your sexy hip bits!

**Paul Roseby:** Uh, cause during lockdown you didn't buy any clothes or anything at the beginning of the autumn, I sort of went and thought, do you know what? I need a new pair of trousers or possibly two. And I'm sort of slightly tight in them. And the shop assistant said. No, sorry, slightly loose. And he said, do you want to go down a size size that I'm telling you, this is as skinny as I'm going [00:15:00] to be, a month later they are falling off me. So in fact, so much, so I was a bit worried. I went to the doctors and said, what's wrong. He said, you're just fit which is the first time somebody said that to me! So, so actually, yes, I have to say it's turned into a bit of a, uh, uh, a revenge laugh forward slash fitter body. But I don't know really whether that actually for people listening, whether that's really that important. I think, um, as somebody said to me the other day on texts that I've been trying to get back together with, but failing, abysmally, just said, it's not about that. It's about the eyes. And the attitude. So I've obviously got really crap eyes and an appalling attitude but I'm fit! But thank you for asking and for getting me to show my bits.

**Sam Baines:** And Helen, you were going to talk about your running cause you ran before you had your breakup though, didn't you?

**Helen Thorn:** Yeah. Yeah. So I, I had started running and I had [00:16:00] just very ever so slowly. Uh, as an Australian, I was always kind of like meant to be sporty and has played lots of sports, but I've, I've always been a curvy girl.

And so my body didn't fit the type of athleticism that, you know, I wasn't a stick thin girl, but I love my netball and football and things like that. And then, you know, like lots of people heading into their forties. I thought I'll give running a go. And then I was asked to do the marathon and I thought, oh fuck it I'll give it a go.

**Sam Baines:** That would not have been my response. I can say that so casually. If someone asked me to do the marathon I'd be like, oh no, no, no, no.

**Kerry Howard:** I feel like everyone has to do the marathon. Yes, I've done the marathon and you've got to do it once in your lifetime. You have to. It's brilliant.

It's absolutely extraordinary.

**Helen Thorn:** And I, I loved every minute of it this year. It was absolutely glorious, but it, you know, there's something everyone's like, we can just put your shoes on and run. But for a lot of people, who've had body confidence issues. It's not just about that. You've got to overcome lots of things. And, and often when [00:17:00] I was running, when I was a lot bigger, I still got like men go, alright, go on, keep running. Getting abuse and things like that. And would you as a woman, it's a horrible thing. And then that really puts you off. But I think doing strength training was one of the most revolutionary things that I got into like lifting heavy weights and doing, um, proper weight training and having a personal trainer was a really brilliant thing. And also, I just remembered when I was in the depths of the shitty bit of the divorce, like doing some proper light punching and stuff like that was really medicinal. Um, as well. So yeah, I think, it just gave me confidence. The fact that I thought I can set a task and then do it. And this body that's now, you know, 43 can run 26 miles. And I think all those sort of bits of self-confidence lead on to other things they're not in isolation. Like when you, when you feel fitter and you feel stronger, then you make better choices about yourself. How you live your life. So, um, yeah, I can't get by now without a run in the week and doing something for myself and it makes me a better [00:18:00] parent, I think just being fitter and active and, and I don't want to be the sidelines mum. I never wanted to be,

even though I'm terrible at a lot of sports, but I just want to be involved in my children's life in every way I can.

**Paul Roseby:** You want to win in the sack race. That's what you want to do. You want to be frontline!

**Helen Thorn:** I want to win on the sack. Yes. But I don't know about the sack.

**Sam Baines:** It's all a race. It's always a race. Well, as I mentioned, I'm the other side of this court and you're all talking about being like really healthy and like getting fit since your divorce and I've done the opposite, but actually I've had anxiety for so long that I think I was never fit during my marriage or, or even during the run-up to my marriage, but I was so anxious for so long that I would just eat and then shit it out because I was so anxious or like, it was like, my body didn't even process it. It was like an hour and out. So I feel like now, I'm in such a better place mentally that my body's like, oh, we're going to take in the nutrients from that chocolate bar. [00:19:00] And then like, you know, I'm eating well, I'm not just eating crap, but like, my body is actually working now and that's meant that I've got bigger. And I'm now the biggest I've ever been. But I have to say, I'm the happiest I've ever been. And you know, and I have a lovely dog now, Custard. And so I do go for walks, our walks every day and I do go swimming. So it's not that I'm not doing anything, but I'm not forcing myself. I think there was definitely a phase where I was like forcing myself to do yoga every day. And I had to go swimming twice a week. And it was because I wanted to lose weight. Whereas now yeah, like Helen's said, I just want to feel stronger, but I am bigger. And actually in the bedroom. Men seem to love it. They're like, how big my bum is they love. And you know, I've got a tummy and there's some stretch marks there, but they're like, I've been told actually twice when I've been naked that I had an incredible [00:20:00] body and I thought that was, you know what you say to people when they have like six packs, and look like the Instagram people that we say, and actually. I think it's just because I'm confident, like, yeah, I got a belly but you're not going to be looking at my belly when we're doing other stuff.

**Paul Roseby:** And it's also attitude. I've seen you on Insta and you look amazing at the moment because you, you ooze happiness, you ooze contentedness. So it's absolutely all in the face and the eyes. So, uh, and also in the arse. And I'm sure your arse is fantastic. And we put these restrictions on ourselves all the time about what we think, how we think we should feel and look, and actually it is in the eye of the beholder. Is it not? And that is something very different.

**Kerry Howard:** A hundred percent. I'm always shocked when someone's like, oh my God, you look really fit because I'm like really? I've low self esteem. So, I think most people do don't they, unless you're a narcissist. And you're looking at yourself, go, I am fucking brilliant. Most people have a little bit of contempt for themselves. [00:21:00] I think it's a very much a British thing. I don't know Helen is this it's a British thing?

**Helen Thorn:** Absolutely. And I've got an interesting anecdote. I went to buy some makeup in Selfridges and um, the first thing the young lady said to me when I was buying the makeup was "tell me something you want to change about your face"? And how I responded was I said, "nothing. I really love my face". And, and she broke, she kind of broke. She just lost the power of speech. And because she was trained to ask women what they hate about themselves, in which to sell them products. And the fact that I said, no, I really love my face" she didn't know how to respond at all. And I thought that was really, really interesting because she's playing on the fact that people are riddled with insecurities, I hate my eyebrows or, you know, or I look too old, I looked too this and she didn't know what products to give me based on the fact that I liked myself. And so I thought it was a really, I didn't do it in the cunty way. Like I just said, I [00:22:00] actually think I look quite nice and I didn't think that was particularly revolutionary.

**Sam Baines:** It's not a cunty by the way to say that you like your face is kind of cunty for her to ask you what you don't like about your face is a bit like, well, I can see a couple of things, but what do you not like?

**Helen Thorn:** Yeah. And that's yeah, I thought that was quite interesting as a British thing, because it was like, you know, she was probably going, right. I know that if Helen's a woman at 40, she's going to say, oh my wrinkles, my this my that, but I didn't. So I thought it was sort of a really interesting British kind of cultural thing to do that. Not that I would say that Australians are particularly arrogant or self-assured, but it was, it is that, that apologetic thing that I have noticed within this, you know, I've lived here for nearly 16 years. Oh gosh. This old dress. Oh, sorry. I look a mess. You know

**Kerry Howard:** But I've taken five hours to look like that mess. But yeah. Did you, did you? Yeah,

**Sam Baines:** I think it's so apt that we're talking because I didn't expect this [00:23:00] conversation to come up in the new year's episode, but I think it's so apt that we're talking about this because I think the holiday season is a time when there's, you know, lots of food and drink around and people might be

worrying. You know, dieting or, or body. image you're also like dressing up to go to Christmas parties or just take a Christmas photo for Instagram or whatever it is, and, and makeup and all of that. And there is all this pressure of like, what am I putting out to the world of like my happy newly single Christmas. So I think this discussion is really important about, you know, body image and just being happy.

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And one time I was in the charts next to Michelle Obama. No, it was really thrilled about it. So it'd be nice to do that again. You can also join in the conversation on [00:24:00] social media. We're on Twitter and Instagram @divrocepod. We have a website, [thedivorcesocial.com](http://thedivorcesocial.com) and you can also join us for our like 90 style divorced chat room experience over on Patreon. So just go to [patreon.com/samanthabaines](http://patreon.com/samanthabaines) B A I N E S and it starts at two pounds a month. And we all have lovely and awful and amazing chats. See you there.

We've talked about Christmas in our previous episode being a difficult time. Do you think New Year's Eve is harder if you're single than Christmas or easier? Cause I think it's harder.

**Paul Roseby:** I think it's harder. I mean, actually I'm sort of, it's very interesting isn't it? With all this pressure of happy families. And actually when it gets to new year, it's about happy couples. Who are you spending New Year's Eve with is the question not where are you invariably. And I think because of that, there is that sort of weird peer pressure or social pressure. Um, are you having a great [00:25:00] time? Um, and of course, most people admit that they don't have a great time at new year. Quite frankly, whether you're with somebody or not, it's always a bit of a let down. Uh, it really is. You've seen one firework. You've seen them all. And what else is there to do? You know? So every day it goes past midnight. I mean just every day should be new year. It is, it's a new day. So why are we putting so much pressure on ourselves the whole time to have the best fun on one night at the end of the year, when it's invariably pissing down with rain and you've got some lukewarm beer and you feel crap, but it is, it is a pressure.

And I go, oh, no, another new year where I'm not holding the hand of a new loved one where I feel content, contained and, um, socially acceptable.

**Sam Baines:** And Kerry why did you, you might've changed your mind now, but why did you think it was easier?

**Kerry Howard:** First of all, I think it's easier because I don't buy into that fucking, I have to go and have a party FOMO bullshit. I haven't for a long, long time, my ex was always like hungry, so thirsty for the New [00:26:00] Year's Eve experience. I know it now. It doesn't fucking exist. It's not there. Um, for me now I don't have that pressure of the other person going "it has to be great". Cause I remember being in Australia. And we were going to be on Sydney Harbor, watching the fireworks. Wesley was only 18 months and Russell flew us all out and paid for everything. And I was just like, do you know what I want to stay in the hotel with my 18 month year old baby? Because it's late. The fireworks are too loud. It's too crowded. I'm not going to be happy. He's not being happy. I just want to be snuggling up with him. My ex was enraged that I didn't want to spend time with him for new year's Eve. And I was like, no, no, no, you go, you have fun with my family. Um, and he went and had fun and, but he just got really angry at me for not deciding to choose him over my son. Um, so for me, new year's Eve is about gathering. I snug in because often enough I have the children [00:27:00] and I write a big old list of all the things that I've achieved that year. And I pat myself on my back and then I just write out projections of what I want to achieve. And yeah, I kind of like, I look into the next year and I'm really excited.

**Sam Baines:** That sounds nice, Helen, what do you think harder or easier?

**Helen Thorn:** I think it's easier. Like last year I went and did it at a friend's house and we got a Curry and I had my kids with me and we watched the - cause I live in forest hill in Southeast London. So we walked up the hill and watched the fireworks and yeah, I don't, I don't feel that pressure. I think this is a different kind of, it's not like the snuggly family scenarios, all that sort of bullshit you get fed for Christmas and I'm really looking forward, I don't have any plans and I'm quite happy about that actually. Um, and I'm just going to have my kids and I watched a bit of Jools Holland and pretend that they actually recorded it on the night. I love that. That's the lie in the UK. We all pretend that Lenny Henry and Craig Charles are going to get together on New Year's Eve [00:28:00] and it's recorded in bloody July, but, um, yeah, so I do love the start of the new year. And also for me, it's such lovely memories of growing up in Australia. It was hot and that's when I had my beach holidays with my family. The last New Year's I had as a married woman, I actually spent with one of my best friends in Australia, just with her. And we went to her caravan and watched like the kangaroos and all the wildlife from this rural caravan. And it was one of the nicest New Year's I ever had. Just with the best mate. So I I'm kinda hanging

on to that and it must've been a bit of a sign that things weren't great between us anyway, because he went off with his best friend and I went off with my best friend and I didn't really want to spend it with him anyway. So I've got such fond memories of that last, um, new year's before I got divorced. But yeah, I like new beginnings. I liked writing new lists and like, I was saying at the beginning of the podcast, I'm just about to buy my house. So this lovely three bedroom house is going to be mine. And, yeah, I like the feeling of hope. I'm a really optimistic glass, half full kind of person. So, [00:29:00] um, it's nice sort of looking forward in that way. I kind of get buoyed by that. You know, ofcourse it'd be nice to have a shag at the end of it, but you know, we're always too pissed and too tired and full of cheese.

**Sam Baines:** Yeah. I don't think I've ever had a shag on New Year's Eve night. Cause it's always like, but I think I find New Year's Eve harder because for me it's always been like a romantic day. So I feel like when I was single New Year's Eve was always about going out and trying to find someone to snog at midnight. Like that was always the thing, me and my single girls, like trying to find someone to snog. And then when I was with my ex, it was always about like getting cozy together with some champagne and like, how are we gonna, what are we going to do next year? What are all of our plans? So for me, the like lack of romance is a big thing. I'm like, oh my God, what do I do on New Year's Eve if I don't snog someone at midnight, like what? And actually my saving grace at the moment is that my [00:30:00] sister is also single. So not that we're going to snog at midnight because that'd be weird and Game of Thrones-y, but we're gonna, you know, we're going to spend it together and, and do something. I don't even know what I'm going to do yet, but I know that I'm going to be with her. So I sort of feel calmer about it. How early do you plan your new year's when you're single, compared to when you're in a relationship. Do you think that differs paul?

**Paul Roseby:** Oh gosh, listen. It's really interesting. So in my world of social and, you know, I'm lucky I get invited to things a lot and I'm a problem child now because invariably, I get invited for weekends away, to houses, people with much more money than me. And because I'm single that means they are a person short within the bedroom scenario. So actually I'm a problem guest and we always used to as a couple and as sort of a, you know, a gay kind of happy go lucky, great entertaining double act. Um, we got invited everywhere and we would stay, get immensely [00:31:00] pissed of a night and then immensely pukey the next morning over brunch, which I always loathed but that wasn't happening anymore. In fact, there are two friends of mine. I'm definitely off their list because I am a problem guest. There's only one of me and they have big beds big rooms, and I'm not feeling it.

**Helen Thorn:** Paul get new friends!

**Sam Baines:** I'll say, stop doing the plank. And then you'll fill it!

**Paul Roseby:** There's a real dichotomy there isn't there. I'm failing on every front. I really, so I think that's the issue, you're right, get new friends, which I have. I don't know their names, but I've seen their dicks on app profiles, but, you know, it's like, which is also another issue that I want to eradicate next year, but it is interesting. You do realize that, you know, you become a problem guest if you're on your own in those certain scenarios and no more, no more. Yeah. celebrate the single.

**Sam Baines:** The holidays really bring that home don't they? Because when you're in a couple, you get the nice spare bedroom with the big bed, but when it's just you on your own, you get like the child's bedroom with the single...

**Helen Thorn:** you get the [00:32:00] bunk bed or the sofa,

**Sam Baines:** Yeah the camp bed. Yeah. Like bends in the middle and you'll sleep and kind of sitting up with your bum on the floor. this is the worst! Helen are you planning your New Year's Eve further ahead, now that you're single?

**Helen Thorn:** Um, no, well, my children come back to me on new year's Eve. So, I think after they've had a week with their dad, they'll just want me, so it would probably just be pizza and videos and, you know, Skittles and, and all the sweets and things like that. So actually I'm quite looking forward to it. And my current, my current squeeze will be away. So, I won't be like pining for him. What, how many apps are you on at the moment Paul? How many, how many have you actually got going?

**Paul Roseby:** I've actually narrowed it down to one active one, which is called Scruff, which is what's known as a niche market. So I have some body hair. And once upon a time in the gay world, you could only ever be smooth and slightly pubescent, which used to really turn me cold. No, thank you very much at all. And it says so much about a certain section [00:33:00] of our world that is more than inappropriate. So the least I'm delighted to embrace the inner and outer body hair, but it is also a not only a dating app, but a sex app, which means that invariably, you don't get words, you get pictures straight away. And I think I touched on this last time Sam but you know, it's still something that's very prevalent and it is this incredible willingness to show every single part of your body before you've even bothered, opening up the app and, you know, I've got a penis. I know what they look like. I mean, mine's kind of all right, so it's a bit

like tell me and show me something I don't know. You know, and it, it gets really tedious. It's really boring. It's honestly, Dick pics are boring, enough. I'm going to do a protest March about this around the Mall.

**Sam Baines:** I'm just imagining you flicking through like a Dick catalog, just being like, I'm bored, look at the hairdresser. Like, do you have anything else? Anything I can read.

**Paul Roseby:** It is exactly that. Actually, it's funny, you should say that because [00:34:00] I'm talking to some guys, my generation, um, which is 50 something, because you couldn't access any sort of male nudity or whatever um, uh, we used to just always sneak up and see our mum's catalogs or those kinds of furniture, but also closed catalogs and the back, there used to be men in underwear so that, you know, wives traditionally in a very sexist environment, um, would of course then buy their husband's underwear. Uh, and invariably, they were quite hairy bodies I seem to think. So I think my attraction to hairyness came from something called a John England catalog. And when I talked to guys about exactly, I know exactly the page, this overly fingered page. Surreptitiously looked on an afternoon when you're skiving off school. And that was our reference for any kind of male nudity other than our own, anyway it's really interesting. So now how it's moved on is it's pretty crude and you get like anal shots.

**Helen Thorn:** No, I haven't had a bum hole.

**Kerry Howard:** No I've never [00:35:00] had a penis, I've had a couple of penis, but I've never had a sphincter like an anus

**Helen Thorn:** but I find it really interesting with the hair cause I love a hairy chest. I really, really like it. And so many of the, cause I quite like a young man, uh, so many of the, like the 29 year olds I've been with that. They're very shaved. And I said, I don't want that. I don't want that. And also there's this sort of misconception that it makes a little bigger on like, I don't want to fuck a Brillo pad thank you very much. It's so scratchy. It is awful. And it looks funny. I remember it was the first man I had sex with after I got divorced and he shaved from head to toe and I thought you look ridiculous. As my, as my dear friend said, looks like a dolphins nose I mean, like,

**Paul Roseby:** that's it, it's not attractive is it

**Sam Baines:** The stubble! The stubble. Remember when you were younger and you used to snog someone with a beard and your friend would be like, did they

have a beard because your whole mouth will be red. Now it's like, did you snog someone with a beard? No, he had [00:36:00] stubbly pubes.

**Helen Thorn:** Oh, yeah. It's all very Chafee. No, thank you.

**Sam Baines:** So, um, I mean, I was going to say on that note, but not really, um, New Year's resolutions, they might relate to dating do your new year's resolutions change when you're single, because I found that I haven't really made any since I've been single. I felt like in my marriage, I used to make loads of New Year's resolutions. And maybe that showed that I was, you know, wanting something more. Um, and since I've been single, I haven't made any, cause I sort of feel that obviously I have shitty days, but I sort of feel. Happy with how things are going. What'd you think Kerry?

**Kerry Howard:** Well, I think like divorce kind of kicks the naivety out of you. So the idea that like making these little wishes is going to change your life like that, it's just the slow game. Isn't it just doing a little bit incremental changes every single day. Then that will change your mindset or whatever, but often it's [00:37:00] very hard to change who you are. You are who you are. So I think really new year's Eve is just like learning to have a reflection, look at yourself and go, you're fine. I like you. And that's okay because we're constantly trying to sell this concept that you need to change. You have to be better than you. You're going to be miserable because you can't ever, um, stand up to that big expectation of yourself, what you should be. Oh, I'll be better if I've got five jobs instead of one job, you know, all these things like you're never fucking happy.

**Paul Roseby:** I think don't set yourself up for failure and that's the problem with resolutions is by week two, you've failed most of them and you feel dreadful for the rest of the year. So I think that's for sure. Think careful what you wish for, because sometimes you do invariably get it as well. So there's a weird twist of fate there, but I think my resolution one way is actually to get divorced because I feel a bit of a fraud still. The last time I spoke to you Sam, I wasn't divorced and your podcast has been so popular. Everybody wants to get divorced so that they can be on your podcast. [00:38:00] And there's such a backlog. I got an email from the lawyer today saying actually there's such a backlog the judge hasn't looked at it yet, so hopefully end of January, um, I'd forgotten about it. I'd completely forgotten that actually I wasn't formally a divorced, but I would say. Um, look after yourself and maybe take cold showers. That's one thing we can all do. And then the rest of the day is a hundred percent better after you come out of that freezing bollock shrinking shower.

**Kerry Howard:** I do the cold shower thing. It's fucking, brilliant.

How long

**Helen Thorn:** do you have to be under for newcomers? Just a minute. And like full cold. No hot

**Kerry Howard:** Full cold. There's an outside shower where I go and swim and I stand outside. Like I smile and people look at me, like I'm a fucking idiot, but I'm smiling because it's fucking ridiculous having an outdoor shower in England. And I just think you're a fucking idiot, it makes me laugh, and then I get in and I get changed and [00:39:00] my skin is like you have that tingly sensation of your alive, I'm alive! And it's just, honestly, I'm such a fan of cold showers. Like bring it into your life. It will change your life. But there's a bar. There's a bar by me. And there's like people that drinking their coffes, looking at me,

**Helen Thorn:** saying she looks happy. She looks ready to go.

**Sam Baines:** Helen, what about your New Year's resolution? Was getting divorced ever on your New Year's resolution, because it sounds like it is on Paul's for next year

**Helen Thorn:** Yes well, my, yeah, mine just came through my decree absolute came through a couple of months ago, so that was good. And, I'm finally buying him out of the house. So that feels like all the admin has been done and, and I've had lots and lots and lots of sex and one night stands and, and lots of like teeny relationships or like, you know, seeing someone five times and then kind of running away and my resolution and I hope this is not too sincere, but I want to know what it feels like to [00:40:00] be someone's number one. And have that reciprocal love. And, and I have put up with sort of slightly bad behavior because I've been fucking young men and it's lovely and they're pretty. And then they're really flaky and all that stuff. So I, need to now be a little bit vulnerable and find someone that I can kind of fall for and also be a little bit choosier. Cause at the moment I just go, oh, he's pretty, or yes, let's have sex. And then it doesn't really matter. And then I'm keeping half of myself back. So I think that's my nearest resolution is to find someone who, who just thinks I'm fucking awesome because I know I am because I've got amazing friends and I've got a great career and I've done lots of lovely things, but I don't think I've ever experienced that in my life. And I would really like to know what that feels like to be sort of held in that way. Um, but, but I won't be disappointed if I don't find it because I'm fulfilled in so many other aspects of my life and I've created

a life in which I feel great in all these other aspects, but I'm really curious to what love feels like, but I don't [00:41:00] know but look it'll happen when it happens and I can't force it. And I'm enjoying all the other sort of, I'm enjoying, discovering what I'm like around men. Because I think because as my friend said, because you're in a shit relationship before when someone offers you something, that's okay, you kind of go, oh God someone likes me, Um, you know, and then you accept the breadcrumbs rather than the cake.

**Kerry Howard:** I'm definitely feast or famine. And I'm in famine mode because I feel famine mode is healthy for me right now. But if there's a great cock ground me, I'm straight on to feast. And I don't have that, like into re like that, that nice, healthy, like space where it's like slowly dance to the cock, you know, you know, chill out, I don't know what that is and I need to learn that. Um, but at the moment I'm in famine and I'm fine with it.

**Paul Roseby:** It's so weird. It's so brilliant. It's what you're talking about. You're talking about being in love. Isn't it? What's so weird happened to me this year is that I met somebody and [00:42:00] who was good, fun. And the second time we met him, the first time we kissed, it felt very different. And I couldn't identify that it was love until I lost it and it's such a cruel twist because I've gone oh my God I can feel love again after divorce, actually, it's probably better, but I pushed it away and I can't get it back. Um, having said that I'm shagging a amateur trapeze artist tomorrow between one and six, uh, is our shop window. Thank you. Life is a circus! No, but I just hope that when we all find it again, we know what it is when it happens to us. I think that's the trick I've learned, sadly, the hard way this year.

But also

**Sam Baines:** maybe that relationship Paul was a kind of eye-opener as a, more of a light lesson relationships, so that you're ready for the next love, which will hopefully be [00:43:00] amazing. Um, so we've had Helen you're taking over your house. You want to find love, um, Paul, you want to officially get divorced next year. Um, Kerry any, we're not going to call them resolutions. We're going to call them anything you might be looking forward to possibly happening next year.

**Kerry Howard:** Uh, starrng and strictly and winning it.

**Sam Baines:** Yeah.

**Helen Thorn:** Yes. Good

**Kerry Howard:** About time. That's what I want.

The whole

**Sam Baines:** of the divorce social team would be behind you.

**Kerry Howard:** Yes. Um, I just feel like the show will be better with me in it. Hundreds. Um, I've got some really great projects. I feel like next year is a relaunch of my whole career. Like I've been divorced and I've done four years of full-time mumming, like I felt like I had to, and now I've come up to air and I'm now I'm putting my career back in place and I'm really excited about it.

**Sam Baines:** And I think I am looking forward [00:44:00] to more The Divorce Social, yeah. More podcast, there will be another series. It's official there'll be another series.

**Kerry Howard:** Will there be a film?

**Sam Baines:** And there'll be a film starring me and it would mainly just be shot in my spare room. Thank you so much. All of you for joining me for the new year's special.

Thank you. Paul Roseby and Carrie Howard and Helen thorn have a wonderful new year. And we'll see you in 2022.

Woo

**All:** Whoop Whoop, Happy New Year!

**Sam Baines:** Thank you so much for joining us for the Christmas and New Year's specials. I hope you enjoyed them. I hope we were able to give you a bit of company at this weird time of year. Don't worry. There will be another series of The Divorce Social. It will be starting at the [00:45:00] end of Jan. So give me a few weeks to have a little lie down and I'll be back with you.

Thank you so much for your support and we'll see you soon.