

Nigella... I felt under attack after marriage and drugs revelations

By **Harriet Whitehead**

CELEBRITY chef Nigella Lawson says she has still not faced the trauma following the exposure of her marriage breakdown and drug use.

The 59-year-old described the "tough years" she faced when her 10-year marriage to Charles Saatchi ended in 2013 and she was dragged through the courts to give evidence on two former assistants accused of fraud.

During the trial she gave testimony responding to accusations of drug abuse and admitted taking cocaine and marijuana.

Nigella said: "It wasn't just about being in the paper all the time. It was generally about feeling exposed and under attack.

"In a way, it would have been much better for me to be able to speak openly. It goes against my nature not to.

Anxiety

"But I do think that becoming a tabloid story, and everything I went through then - shame, various things - in a way gave me a form of trauma of its own. And I don't think I've addressed that enough to talk about it.

"Besides, I would genuinely rather talk about food."

Nigella's personal life was thrust into the spotlight when paparazzi photos captured her second husband with his hand around her throat, fuelling speculation of domestic abuse.

Just a few months later she was forced to give evidence in the trial of Elisabetta Grillo and her sister Francesca, her and Saatchi's former personal assistants, who were accused of spending £685,000 on credit cards belonging to the pair.

They were found not guilty after a three-week trial.

The cook has published 12 cookbooks and hosted numerous cooking shows.

She has sold more than three million books and is reported to have a net worth of £15.5million.

Nigella said: "I think I am



Nigella split with Charles Saatchi amid domestic violence fears

UNFORTUNATELY for Nigella Lawson, it seems she could still be reeling from a difficult time in her life six years ago.

The thing is you have to confront matters - and the sooner the better because the longer you leave it the worse it will get.

Ideally one should nip it in the bud. But perhaps Nigella left it too long, and herself and Charles Saatchi may have fallen into patterns of behaviour that were destructive to her.

If you feel you are in a difficult relationship you should seek outside help or go to couples therapy.

If it doesn't feel right, you shouldn't go along with what is happening. However, it is

ANALYSIS

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important to accept the past if you want to move on.

Lots of things happen in our past that we don't want to bring into our future.

In order to make peace with a failed relationship you need to fully understand what happened and what role each person played.

But we can only work on ourselves so it's important to take control.

Live in the moment and do whatever it is that is helpful for you.

driven by anxiety. I think that I've had to learn to accept that.

"But I also get so much pleasure in thinking about food in all its manifestations. I'd hate to make it look like it is all a bed of pain. Obviously it is something that makes me happy."

Last year marked the 20th anniversary of *How To Eat*, which was published in 1998.

John Diamond, her first husband and father of her two

children, died less than three years later from throat cancer.

Her second book, 2000's *How To Be A Domestic Goddess*, won her the British Book Award for author of the year.

Nigella admits she has to "cringe" at her self-appointed status. "It was supposed to be ironic," she said. "It's bad enough to be called a domestic goddess, but to be seen as a self-styled domestic goddess is the worst."



Nigella Lawson says her moniker of domestic goddess was a joke

Pictures: ANDREW HAUGHTON / TWITTER



Terrified children at scene after ceiling collapsed at resort

Pontins ceiling collapse injures 18

SIX people were taken to hospital last night when part of a ceiling crashed to the ground at a holiday resort.

Emergency services rushed to the scene at Pontins Brean Sands in Somerset following reports of a "roof collapse" in the main building.

A total of 18 patients were treated, with six taken to hospital.

Mum Lisa Cook, 40, who was hit by falling debris, said: "There was a loud crack and part of the ceiling came.

"It was chaos, people were screaming and shouting and running around. There were a couple of people underneath it, but they managed to get out. Big sheets

By **Hanna Geissler**

of wood came down and scraped my neck. My son hid under the table. We ran outside, we got straight out of there.

"After we got out I went back in and lifted the boards to see if there was anyone underneath."

Guest Michelle Lewis, 47, said: "It looked like a terror attack. People running around, people trapped.

"I know there were children underneath there. They're taking the injured into a separate building."

Another eyewitness said the incident was in the "Fun Factory" venue. He said:

"A big long wall has collapsed from height with lots of lighting rigging and TV screens attached to it, falling onto guests."

Police confirmed that a number of guests had suffered "minor injuries".

The force said: "Shortly before 6.30pm emergency services were called to Brean Sands Holiday Park following reports a ceiling had collapsed inside a building.

"A number of people suffered minor injuries in the incident but thankfully no one was seriously hurt.

"A search of the scene has been carried out and we can confirm no one was trapped under the debris."