The prized possession you value above all others... A red Russian Communist Party banner I picked up in Moscow in the 1990s as Communism collapsed. I was there producing The World At One with Nick Clarke, who died a few years later. The banner reminds me of an extraordinary time working with a remarkable man.

The unqualified regret you wish you could amend... Not spending more time with my mum [Katherine]. She died from cancer in 2009 when she was only 70. We used to speak every day. The way you would spend your fantasy 24 hours, with no travel restrictions... I'd wake up at Saundersfoot beach in Pembrokeshire, Wales, with my husband Paul and my children [Joss, 20, and Alex, 18, from her first marriage, and Seth, five, and Eve, three, with Paul]. I'd have salmon and bagels for breakfast at a New York diner, then walk around the forest at Applecross in the Highlands. We'd have lunch at Knoll House in Dorset, where Enid Blyton was inspired to write Noddy. They have a big pudding table and I usually go for white cherry fudge cake and a crème brûlée! I'd spend the afternoon ambling round Paris's Latin quarter, then have supper at Gualtiero Marchesi's restaurant in Brescia by the Italian lakes. I'd close the day with a brandy, then get into bed with a book.

The temptation you wish you could resist... Too much dark chocolate. The book that holds an everlasting resonance... Me Before You by Jojo Moyes. It's about a carer looking after a man and a brandy, then get into bed with a book.

At Enid Blyton’s favourite hotel they have a huge pudding table – I usually go for white cherry fudge cake and crème brûlée!

We ask a celebrity a set of devilishly probing questions – and only accept THE definitive answer. This week, it’s BBC presenter Sian Williams.

The piece of wisdom you would pass on to a child... The same piece my grandmother gave to me: Pick yourself up, dust yourself down, start all over again. The unlikely interest that engages your curiosity... Helping BBC news crews who’ve returned from wars or natural disasters. I’ve done a course with the Marines which helps you spot PTSD. I’m not a counsellor, but I can assess if people need professional support.

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