

My Haven

HELEN GLOVER

The double Olympic rowing champ, 30, in the living room at the home she shares with husband Steve Backshall in Berkshire

1 OUT ON THE WATER

My husband Steve, the TV naturalist, and I – that's us in the picture – moved into this house on the Thames last year, and we always breathe a sigh of relief when we get here after we've been away working. It's so peaceful. We have a pair of kayaks and we love coasting down the river early in the morning. We found this skeleton of a piece of cactus after we kayaked to a remote island off Mexico on our honeymoon last October. It reminds me of an amazing trip full of adventures.



2 A BICYCLE MADE FOR TWO

The tandem outside was a wedding present from Heather Stanning, my rowing partner, pictured below. It says a lot about her, she's imaginative, fun and generous. It reflects our friendship perfectly because Heather's been vital to so much of my life. We've been through a lot and enjoyed great success so we have a deep bond. Steve and I use the tandem quite a bit, but I don't get to see much because I sit at the back and Steve's so broad!



3 BEST FRIEND

This is my teddy called Friend – I got him for my first Christmas when I was six months old. I'm very disorganised, so he's the only thing I have left from my childhood. I even took him with me to university in Wales, so he's a bit battered now. His head's been stitched back on, he has a rip down one side and I don't think he's ever been washed. I had a wonderful childhood growing up in Penzance, Cornwall. I come from a family of five children, and Friend reminds me of happy times.



4 GOLDEN MOMENTS

These are my two Olympic golds, for the coxless pairs at London 2012 and Rio 2016. I'm not overly precious about them because I'm not materialistic, but they mean a lot because they represent years of hard work. Most of all though, I love the impact they have on people. When friends come to our little house and see the medals amid all the clutter they get very excited about touching them.



5 PROUD PARENTS

This photo is of my parents Rachel and Jimmy, who've always been a huge support. They encouraged me constantly with my rowing and drove me all over the country, yet they were always there for my two brothers and two sisters. I still rely on them for advice even though they live in Cornwall. The photo collage by the window was given to me by my bridesmaids – my sisters and four best friends. It's full of special memories.



6 BANANAS!

Heather and I started playing the word game Banagrams to occupy us during training. In the last moments before our final at London 2012 we were in a room under the grandstand, which held 40,000 people waiting for us to race, hoping we'd win Team GB's first gold of the games. We started a game of Banagrams to take our minds off it and when our trainer Robin Williams came up with the word 'trumpety' we had an argument about whether to allow it. But it did the trick because it kept us relaxed and we went out and won.

As told to Rob McGibbon. Helen and Steve are raising funds for World Land Trust's Saving Kinabatangan appeal to protect the Borneo rainforest. Visit worldlandtrust.org.

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Oprah Winfrey on taking the lead role in a new TV drama about a medical scandal that ended up saving countless lives

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Alexander Armstrong on the challenge of getting seven stars to re-create the classic film's iconic striptease for charity

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FABULOUS FAMILY RECIPES

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KING GONG OBEs and MBEs were created 100 years ago this week by George V for civilian contributions to the war effort