

# **GAIL PORTER**

**Gail shot to fame in the 1990s with her charismatic and friendly approach to presenting starting with various children's TV shows before moving onto The Top of the Pops, Dead Famous and The Gadget Show to name a few. Gail's world was rocked when in 2005 she developed Alopecia while filming Dead Famous in America. Determined not to let Alopecia dictate her life, Gail embraced the condition and decided not to wear a wig, this made her an inspiration and confidence booster, to children and adults with the condition. It wasn't long before Gail soon took up the role as ambassador for Little Princess Trust, a charity which provides wigs to children with hair loss.**

**Gail's contagious personality and fun-loving attitude has meant that she has been able to engage with many fund-raising charities over the years including ones that are very close to her heart following her own personal experiences with bi-polar and homelessness.**

**It has been well documented over the years Gail has struggled with mental health, anorexia and depression, and in January 2020 the BBC aired the documentary 'Being Gail Porter' which allowed Gail time to revisit the extreme highs and lows of her life in the public eye. Gail shared with the public all the traumas she has faced allowing her to show the world that even when life is a struggle there is still so much out there to explore and be positive about.**

**The emotional tell all documentary was so well received and powerful that it was awarded the BAFTA for best documentary in 2020.**

**In recent years Gail has turned to physical activity to help her manage any insecurities she may be feeling, healthy body and healthy mind are proving to contribute to Gail's optimistic outlook in life. Gail relates to girls who don't like participating in PE stating 'she never got picked' for any of the teams. This fits in with our theme 'life outside of PE'. We are hoping with the support of Gail our ambassador for the project, along with Beverley Park, PE departments and SGOs we can give your children the life skills and inspiration to use the six keys of success and transfer them into everyday life, no matter what is thrown at them.**