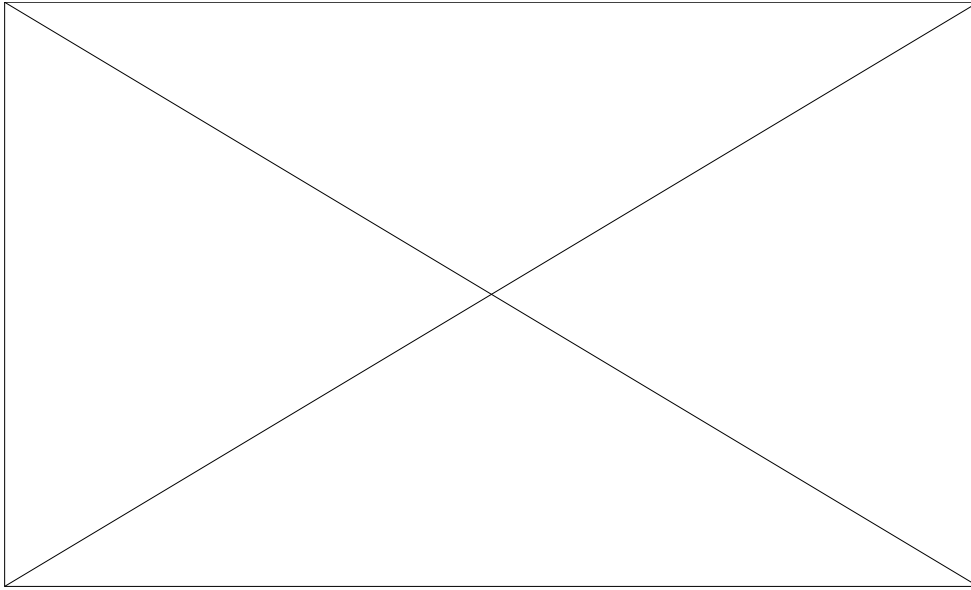


Coleen Nolan on leaving Loose Women and her sex life: "I have no hang-ups about myself any more"

by Rachael Bletchly, Daily Mirror [29/07/2011](#)



Coleen Nolan crying on her last episode of Loose Women (Pic: Rex Features)
IN an emotional show filled with laughter and tears, Coleen Nolan yesterday said goodbye to her time as one of ITV's Loose Women.
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Her eyes welling up, the 46-year-old watched highlights of her 11 years as a panellist and promised to stay friends for ever with the other Loose Women. Coleen said: “More importantly, I want to thank you the audience and you at home – you have been through my life with me and you’ve stood by me for 11 years. You have made me what I am today. And to my family...

“I’ll never forget this show. It has been my life. It will always be my life and I’ll always be grateful for it. I love every one of you and all of you at home.”

She then closed the show with a surprise performance of Carole King’s Say Goodbye Today, accompanied by her husband Ray Fensome on guitar.

Afterwards Coleen, who quit to pursue other TV opportunities, was due at a farewell party at the ITV studios. The drinks began flowing at 1.30pm and were expected to carry on late – in keeping with most Loose Women nights out.

Although these days, Coleen reckons she has a wilder time on nights in with her second husband, musician Ray.

Speaking of their 10-year relationship, she reveals: “Our sex life now is better than ever. I have no hang-ups about myself any more.

“As you get older you get more confident. When I was younger I used to worry, ‘Does he like what I’m doing?’ or ‘Do I look fat in this position?’ whereas now I don’t give a **** how I look as long as we’re both enjoying it.



“Ray and I are very well-matched sexually. He says I’m like a bloke sometimes because I say, ‘Oh, don’t worry with all the foreplay, let’s just get on with it!’

“I could never have said that to a man when I was younger and spent many a time lying there thinking ‘Just get on with it!’”

Then with a cheeky chuckle she adds: “Well, sometimes you want a sprint not a marathon – and if he can manage it in the ad break when we’re watching telly, even better!”

Yesterday Coleen, the Mirror’s much-loved agony aunt, told how Loose Women helped her through the breakdown of her first marriage to EastEnders’ Shane Richie, with whom she has two sons, Shane Jnr, 22, and 18-year-old Jake.

Today she reveals how the scars left by Shane’s cheating resurfaced last year when she and Ray suffered a blip in their relationship.

Coleen, who has a daughter Ciara, 10, with Ray, says: “I had been spoiled for nine years – I was working and Ray was always at home for me. Then he got this great gig touring with Rick Astley and Peter Kay and he was away a lot.

“I started thinking, ‘He hasn’t rung or texted me... he’s going to meet someone’.

“I realised how affected I had been by what had happened with Shane and I’d convinced myself that it was going to happen again. Ray thought I was being pathetic. He just kept saying ‘I’m not f***** Shane Richie!’

“Eventually we talked about it. All I wanted was a hug now and again that told me everything was fine. Now it’s fantastic. He goes off, he’s loving the work and it’s given him a whole new lease of life. And I love that for him.

“And when he’s been away there’s that extra frisson when he gets back!”

She will have lots of time to devote to her man now her days as a Loose Woman are over. In all her years on the show, outspoken Coleen never expected to please everyone all of the time. But she is still amazed at the controversy she sparked by speaking her mind in 2005.

During a heated debate about prostitution, she revealed she had promised son Shane Jnr, then 17, that if he passed his GCSEs she would pay for him to go on a sex trip to Amsterdam.



Coleen Nolan given gifts on her last episode of Loose Women

Ex-husband Shane heard about it and insisted his son would NOT be visiting the infamous red-light district. Then everyone else wanted their say.

Coleen says: "It all just blew up. I was really, really shocked at the fall-out.

"Every single newspaper reported it and phoned me non-stop. I was even asked to go on the lunchtime news.

"I thought the world had gone mad – I'd just made a few comments about prostitutes and sex on a TV programme. I'd promised Shane a long weekend as a reward and he'd often talked about Amsterdam and the red-light district.

"I'd far rather know he was having safe sex in a controlled environment than getting drunk and having unprotected sex somewhere else.

"But the reaction made me scared to go out. I thought, 'God, the nation thinks I'm vile'.

"When I did go out both men and women were saying, 'I totally agree with you'. I was delighted. I don't regret saying it. It was, it IS, my opinion. The beauty of being on Loose Women is that you say exactly what you think. I hope that honest, unpredictable edge to the show never gets worn away.

"But my son wishes I hadn't said it – because all the fuss meant he couldn't go!

"His dad said: 'No son of Shane Richie is going to pay for sex!' That's what it was about – his macho image. He said to Shane Jnr: 'If you want to s*** around, I'll pay for you and your mates to go to Magaluf.'

"I said, 'So you think that's more sensible, do you? They all get p***** and sleep with equally p***** girls with no protection instead of having safe sex?' And he said: 'At least they're not paying for it.'

"I do think sex is different for men. It is more emotionally based for women. When men are absolutely slaughtered the one working brain cell they have is the one controlling their ****!"

Coleen also said she wouldn't mind if Ray went on the Amsterdam trip, too.

She sighs: "I didn't mean I wanted him to go off and do it. I just meant I'm no longer naïve enough to say, 'My man would never do that'. I was naïve when I

was with Shane. He said he couldn't understand why men would risk their marriages by being unfaithful. But he was doing it all the time."

Health is a constant worry for Coleen whose sisters, Anne, 60, Linda, 51, and Bernie, 50, all battled breast cancer.

She says: "I've had my own scare, too. In 2009 when I did Dancing on Ice I found a lump... Thankfully, it turned out to be an infected gland."

Coleen, who will be back on This Morning to present The Hub, is facing life after Loose Women with a mixture of anticipation and trepidation.

"I'm excited about what's round the corner, but I'm still scared about leaving Loose Women. But my motto is: 'Feel the fear and do it anyway.' Wish me luck!"