

Time for the family to indulge in films and food

Myperfectweekend

Gone are
Meg Mathews'
days of partying the
weekend away
with her infamous
Primrose Hill set



My weekend starts on a Friday night at my house in Primrose Hill – it's an American movies and munchies night. There'll be five of us in my oversized emperor bed – my daughter Anais, 10; my fiancé, Peter; Pugalicious the pug and Oxford the Boston terrier. Our favourite thing is this cheesy popcorn from Villandry on Portland Street and, continuing with the American theme, beforehand we'll have gone to the American section of Selfridge's food hall and bought giant hot dogs with squeezy cheese and AJ steak sauce.

I'm a real early bird now – I get up every day at 6am, even on weekends. I'm fully awake and have to force myself to stay in bed if the others aren't up. My life is completely different from my hazy party days, when weekends were lost in a hangover. I don't drink any more. I get so much more done and my life has really changed.

I'm normally out in Primrose Hill by 6.30am, seeing the same dog walkers. I really should write a book about all the local characters I've known and come across. Then

once the others are up, I'll ask my amazing cook Sean Paul to rustle up some naughty Tex Mex food for us or some southern fried chicken because that's where he's from. He can do the full range of food from healthy vegan and macrobiotic to fry-ups. Good food is a major part of our weekend. We're very spoiled.

I don't like to plan Saturdays too rigidly as it depends on the weather, but if it's a nice day, I might go for a bike ride and do a bit of shopping, followed by a browse around an art gallery or a drive to the country for a long pub lunch.

Saturday evening, Anais usually goes around to her best friend's, Cammie, for a sleepover. It's a ritual they've been doing for two years now. They don't go to school together, so it's their time to see each other. For me, it's another DVD on the flatscreen – I've probably watched more DVDs in the past two years than I have in my entire life.

I'm 45 now and I used to have a ridiculously hectic social life – it was all about dressing up to the nines, who you knew and going to cool places. Now, I so appreciate my down time. I'm not obsessed with my

weight anymore, whereas before I was quite strict – I was always on some regime or another. It's not that I've let myself go, but rather than being really hard on myself, I do things in moderation. I knew I had to lighten up because life's just too short.

I love my lazy Sundays. In the morning come rain, snow or shine, Anais, Cammie and I will head over to the stables at Mill Hill so she can go riding on her pony, Megastar. Meanwhile, I'll be huddled in the car with all the Sunday papers spread out around me. My local newsagents laugh at me because I buy pretty much every single tabloid and broadsheet – it can take me all day to read them.

When I get back from the stables, I like to put on my pyjamas and lie on the sofa because I've been up since such an early hour, before we all gather around the table for a good old-fashioned roast dinner.

I was brought up on a wine farm in South Africa, just outside Stellenbosch. Weekends I led a very outdoorsy life – I never had my shoes on, I rode bareback, went swimming in dams and boogie boarding at the most amazing beaches. I want to instil that enthusiasm for nature and the outdoors in Anais.

Last weekend, Anais was at surf school and Peter, who's an art professor at the Royal College of Art, was working during the day, so I hung out with one of



my girlfriends. On Saturday, we went to the last day of the sales at Selfridge's shoe department and probably annoyed the hell out of them when we tried on every new pair of Gucci boots they had. Then we headed down to the food hall and I had a massive scone with cream before having a cosy evening in with Peter.

The following morning, a dozen of my girlfriends and I converged on a greasy spoon café in Camden for a fry-up, but when I got home just before noon I realised I'd locked myself out. So rather than spend the afternoon watching my box set of *Hung* while I had the house to myself, I had to wait until Peter came home later in the afternoon.

Interview by Sarah Ewing



• Meg's own-designed scarves and wallpapers are currently on sale at Liberty

DAVID PEARSON/ALAMY: REX FEATURES



London calling: Meg Mathews loves walking around Primrose Hill

My favourite things...

- Selfridges food hall
- My big family bed
- DVD box sets
- English fry-ups
- Weekend newspapers

