

DEAR NATALIE...

'I hope Adam looks after you this time'



exclusive interview
Turn to p43 for our
huge stinging match

In an emotional letter to her pal Natalie Cassidy, Nikki Grahame reveals her fears about Nat taking back her violent ex

Natalie,

You've always been such a good friend to me, giving me advice when my relationships failed. Now it's time for me to return the favour.

I can't lie – I'm slightly concerned that you've taken Adam back. I can understand why people think you're being foolish. I just hope that this time he really has learnt his lesson, because what he did to you made me angry and all I want is for you to be happy.

When you and I met at the National Television Awards in 2006 I was immediately struck by your maternal instinct and sense of fun. We quickly became friends. We went shopping and listened to Britpop

CDs together. We ate sushi and spent hours on your sofa watching rubbish television. You helped me stay healthy and fight my anorexia, telling me to eat the fruit in your fridge.

I'd just broken up with a boyfriend and felt particularly vulnerable. One evening, when we were out, he called so often that the battery on my mobile went dead. You knew he'd be waiting outside my door, so you took me home and sat with me in my kitchen until he was gone.

You met Adam through me, too, at the Isle of Wight Festival in June 2009. I couldn't be bothered to lug our tent to the campsite, so I said we should sleep next to the merry-go-round in the dance tent. Adam was standing nearby and I offered him a beer in exchange for helping us pitch the tent – we were party girls then. But I knew how happy Adam made you and that he had the best intentions. He accepted you for who you were and wasn't bothered by your fame.

When I heard about the awful things Adam had done to you, I was so upset. Your voice on the end of the phone was full of hurt when I called. I told you I was here whenever you needed me and came



Natalie, 29, is has a 17-month-old daughter with Adam Cottrell, 32

round to see you for lunch. You were so strong and determined to be brave for baby Eliza. And you bounced back from the break-up brilliantly, losing weight and getting a gorgeous new haircut. When you walked into the Celebrity Big Brother house last month you looked stunning. I was so proud.

In some ways, I'm not surprised you've taken Adam back. You've always seen the best in everyone and wanted to give people a second chance. Of course, Adam is Eliza's father

and he's getting help for his drink problem. I just hope he looks after you this time. I know he won't want to lose you and he must realise this is his last chance. You're not the type of girl to take shit from anyone.

For my part, I'm more aware of what you've been through now and I'll be keeping a closer eye. All I want is for you to be happy, Natalie. Please don't forget that I'm always here for you,

Nikki x



Adam pleaded guilty to assaulting Natalie last May after hitting her with a slipper and smashing their property. But Nat's taken him back after he said he'd get help for an alcohol problem