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BBC Worldwide

Vets in Practice

SERIES 10

The continuing story of 11 young vets and their patients

**National Television Awards 1999
Most Popular Documentary**

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Documentaries

10 x 30 minutes

BBC Worldwide

Vets in Practice

SERIES 10

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Introduction

A prime-time favourite with viewers of all ages, *Vets In Practice* appears regularly in the top 10 British TV ratings and has turned Trude Mostue and Steve Leonard into national celebrities.

The young vets in this series first appeared in the BBC1's hugely successful *Vets' School*, which followed their training. *Vets In Practice* took up their individual stories after college as they set out on their careers. Five years and ten series later, the students are now seasoned vets practising all over the world. But they still encounter surprises, shocks, laughter and hard-to-handle emotions in this most rewarding and sometimes heart-breaking of jobs.

As well as the drama of treating sick and injured animals, viewers are also hooked by the ups and downs of the young vets' personal lives and career moves. Their loves, their hates, their aspirations and the inevitable stresses and strains that go with the job are all captured on camera.

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The Vets

Trude Mostue

Trude was born in Oslo, Norway in 1968. After a varied career working both as a herdsman tending 400 goats and a vet nurse in her native Oslo, Trude decided to move to England and apply to the Bristol Vet School. Viewers took to her from the start, empathising when she nervously tackled a tricky procedure and agonising with her when she thought she wouldn't pass. However, she now has several year's experience behind her and a year ago she joined fellow Norwegian, Maria Lowe, in setting up and running their own practice in Bristol called Viking Vets. Probably the series' most popular star, Britain has followed Trude's love life with interest. She recently became engaged to fitness enthusiast Howard Thomas, whom she met whilst training for the Bath half marathon. They are hoping to marry in 2003.

Maria Lowe

Norwegian born Maria Lowe and husband, Andrew, live above the recently opened Viking Vets in Henbury, Bristol with their two young sons, Jack and Isaak. The practice was set up a year ago with fellow Norwegian Trude Mostue and one veterinary nurse. So far it has been a great success and they have expanded, now employing an additional vet and three nurses. Maria is the most experienced of our band of vets. She qualified eight years ago at Langford in Bristol – her knowledge has been of great value in her new business venture – and is often the vet on call, so has to deal with all manner of injuries and illnesses.

Tom Leonard

Tom started working for a practice in Preston in 1994 and has stayed with the same firm for over six years. Farm vetting in Lancashire provided Tom with an intimate knowledge of the countryside. He was recently involved as a Ministry vet helping to deal with the foot-and-mouth crisis. He is now working as a locum in Alsager, mostly treating small animals. A keen sportsman, Tom spent much of his spare time at Glasgow's Vet school playing for the hockey club and has since continued to pursue many sports and outdoor activities alongside vetting.

Keith Leonard

At 27 years old, Keith is the youngest of the Leonard brothers. He graduated from Liverpool University as a vet in 1997 and started his career caring for large animals in Carmarthen. Working as a locum vet, Keith moved around the country gaining experience in many different practices before travelling to Kenya. Here he explored another side to veterinary care, helping to build a brand new clinic with the KSPCA. Keith has returned to the UK and now specialises in small animals, a far cry from operating in the open air surgeries of Africa. Keith values his spare time and tries to keep a balance between work and play. Regularly climbing and kite surfing, he works to live, finding ways to explore his outdoor activities even in the urban sprawl of London. In the future he would like to work in one practice for long enough to see his patients throughout their lives but for now he has more travelling and exploring to do.

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The Vets continued.../2

Fiona Green

One of the original vets from the series, Fiona was a mature student in veterinary studies at Bristol University and had a first-class honours in physiology when viewers first met her. In 1999, Fiona's great passion (scuba diving) took her to the Bahamas, where she worked as an underwater photographer, capturing pictures of the Caribbean reef sharks at Stuart Coves dive centre – though she also appeared in front of the lens for an American TV commercial, acting as a stunt double in the underwater shark scenes! She used these extra skills to help support her as she worked at the Humane Society, a charity-run practice in the heart of Nassau. Back in Britain, Fiona has now been made Associate Partner at her practice in Hampshire. Working with small animals again and settling in a house is a far cry from her travels around the world, but brings her back to her love of veterinary care.

Mike Sandiford

Mike always wanted to be a vet and after graduating in 1996, went to work at an animal orphanage and ostrich farm in Botswana. He spent a year working and travelling before coming back to England and settling in Malmesbury where he has been working as a large animal vet ever since. Although he is required to work occasionally with pets, he prefers to work with the local farmers and their livestock. He loves his life in Malmesbury but has a desire to travel in the future. Mike still socialises with some of his vet school colleagues, including Emma Milne and Hannah Pollard.

Emma Milne

Emma decided that she wanted to be a vet at a very young age (6-7) because of her love of animals. She graduated in 1996 from Bristol University Vet School with a BVSc qualification. She started off her working life in Dulverton, Somerset before moving to Cheltenham. After working in a number of practices in the area, she is now happily settled at Vets on the Park, treating small animals. It was her romance with, subsequent marriage to and separation from fellow vet school graduate, Joe Inglis, that established her as one of the main characters in *Vets in Practice*. She now lives in Cheltenham with her boyfriend of a year, her two dogs, Pan and Badger, and three cats. She currently has a weekly help column in the Sunday Express.

Joe Inglis

Joe graduated in 1996 and moved to Bideford in North Devon for his first veterinary job. He moved with Emma Milne to Cheltenham in 1997 after their engagement and still lives in the town in a house he has recently bought. Joe works in a small animal practice in Carterton, Oxfordshire and is renowned for his participation in extreme sports, from snowboarding to his new love of motor bikes.

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The Vets continued.../3

Hannah Pollard

Hannah graduated in 1996. Since then she has worked in a number of different practices in Nottinghamshire and Southend. Currently, she works at a busy, small animal practice in Oxford. Hannah likes all aspects of small animal vetting so the variety the job offers is perfect. To extend her skills she is doing extra study in surgery. She has recently bought a house on the outskirts of Oxford, which she is renovating. She lives with her dog Hester and has an active social life based around her practice and her love of keeping fit.

Sally Kingsley

Sally qualified at the vet school in Liverpool in 1999. She has recently moved South to take up a veterinary post concentrating on horse work. Sally is a keen horsewoman outside working hours too. Her first love is her horse Polaris who was bought for her as a 16th birthday present by her parents. Her dream is to compete at Badminton, the biggest three day event in the world. If Sally gets any free time she likes to spend it either working out in the gym or out clubbing with friends.

Steve Leonard

One of the original graduates from *Vets School* and one of four Leonard brothers. Since appearing on television, Steve has been inundated with fan mail and was voted one of the United Kingdom's 50 most eligible bachelors in *Company* magazine. Like his co-star Trude Mostue, Steve has gone on to star in several spin-off programmes and also presented the BBC series *Ultimate Killers*. Steve does not appear in Series 9.

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Production Credits

Directors

Hamish Beeston (Episodes 1, 5, 10)

Debbi Moore (Episodes 2, 9)

Colin Napthine (Episodes 3, 6)

Isabel Pritchard (Episode 4)

Dee Ryding (Episodes 7, 8)

Series Producer

Miranda Steed

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Episode Synopses

1. Close To Home

At Viking Vets in Bristol, partners Trude Mostue and Maria Lowe have an unusual situation. Maria's first patient is Linda, the cat, who belongs to Trude and her fiancé, Howard Thomas. She is bleeding heavily from a mystery wound in her side and they rush her to the surgery. Once she has Linda under sedation, Maria has a shock – a huge abscess gushes yellow pus. It looks like a dog bite and the poor cat is in a very bad way. Maria injects a special liquid which shows up white on X-rays and reveals whether the infection has reached any vital organs. If the abdominal wall has been breached, Linda could have only hours to live.

Across the country, Sally Kingsley is still thoroughly enjoying her new job as a Home Counties horse vet. Her first call is to examine a seven-week-old foal called Kara for insurance purposes. Sally is missing her eventing horse, Polaris, whom she left behind in Yorkshire because of foot-and-mouth restrictions. She brings him back to Marlow and recognises that it is going to be hard work to get him back in shape. His new nickname "Lardy" is all too appropriate.

Back at Viking Vets, Trude has another cat to worry about. Beamer is a big, black bruiser, with a huge hole in his eye. Trude decides to do a procedure in which the cat's third eyelid membrane is pulled across the eye and stitched shut. This acts as a natural dressing, hopefully allowing the wound to heal beneath.

Outside, in the practice garden, Maria's next patient is making her own way to the surgery. Maddy, the Labrador, belongs to Andrew Lowe, Maria's husband and the practice manager. Maddy has been sick over the last few days. Is it serious, or have the kids been feeding this notoriously greedy breed of dog too many treats?

2. Born To Be Wild

It is now 15 months since Emma and Joe Inglis went their separate ways and they have both moved on with their lives. Joe is now the proud owner of a motorbike and working at the Jackson's surgery in Carterton. His latest patient is a very sick Jack Russell terrier called Mickey, whose owner can't bear to be without him. Joe runs tests and finds a tumour in Mickey's abdomen. The only hope is to operate, but the prognosis depends on which organ has been affected, whether the cancer has spread and whether Mickey can recover from the surgery.

A year into her new job at Cheltenham, Emma Milne is getting busier. The practice has just taken on a new client and she has become the new vet for a local wildlife rescue centre. Here her patients include a deer in need of a vasectomy and an injured buzzard. A close examination reveals that the wing has lost its blood supply and the claw is swollen. Emma has to decide whether to put the bird to sleep or risk it being unable to fly for the rest of its life.

In Wiltshire, Mike Sandiford is still enjoying life as a large-animal vet. He also gets the chance to visit a local sanctuary to collect an array of hand-reared animals, including a snake and a badger, to take to St Mary's pre-school, where the children are eagerly awaiting his arrival. Mike's aim is to introduce them to the idea of what it is like to be a vet, but they are far more interested in the animals than in him.

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3. Mind and Body

Fiona Green treats an extremely nervous Swedish Walhund who is not living up to his name of Conan the Barbarian. There are drugs to help him relax but he needs a course of behavioural exercises to help deal with his fear of car travel and meeting other dogs.

After the trauma of slaughtering animals for the Department of the Environment, Food and Rural Affairs, during the foot-and-mouth crisis, Tom Leonard is now doing farm checks to ensure the disease doesn't make a comeback. He is also running blood tests on sheep.

Tom's youngest brother, Keith, is back from Kenya. While working for an agency involved in the conservation of Colobus monkeys, he met and fell in love with Julie Anderson. Julie has now arrived in London to study and, to be with her, Keith has taken a job as a locum in a small animal practice in Chadwell Heath, Essex. His latest patient is a Yorkie leaking mucus from her rear end, probably as a result of her recent pregnancy. Keith discovers her bladder is packed with calculi – stones created from the salts in her urine – and one is as big as a chicken's egg.

Fiona has a much more straightforward problem. Treacle, the guinea pig, has a cloudy eye. Fiona quickly finds the cause – a tiny piece of straw. Later, she judges some very well-behaved dogs at the local Guide Dogs for the Blind Gala Day. Choosing the winner is not easy, so she goes for the one with the cutest smile.

4. Collision Course

"I don't think I've ever seen a dog in so much pain," says Maria Lowe as she treats an emergency patient on her day off. Flint is the victim of a freak accident, having collided with his owner's other dog, Lady, during a late-night walk. Lady broke her neck and was killed outright. But how bad are Flint's injuries? Meanwhile, Trude is examining Puppet, an 11-year-old Labrador/Staffordshire cross with a lump on her stomach which Trude suspects may be the equivalent of breast cancer. She immediately removes the lump, which is found to be less attached to its underlying tissue than feared, and Puppet makes a promising recovery. Trude and Puppet's owner feel more hopeful, but they must wait for the lab results.

Keith's patients are Meg, a six-week-old boxer pup with a bad stomach, and Snowflake the rabbit, whose eye has become infected by an abscess. Keith decides to remove the eye completely, but rabbits are notoriously difficult to anaesthetise so it's a tense operation. With their busy working lives, the vets recognise the need for down-time. Keith unwinds by riding on a mountain board, pulled along by a kite. Trude invests in a new scooter and heads off on a trial run.

After a long, hard year in business, Trude and Maria are feeling the strain. Although business is booming, both of them are very tired, especially Maria who several times has had to run the business single-handedly while Trude has been busy with her media career. Now it's Maria's turn for some time off. Leaving Trude and nurses Liz and Lisa to run the practice (and cope with the chaos caused by an injured pigeon and its attendant host of flies), Maria takes a family holiday in Cornwall. With two small children to look after and family gatherings to attend, however, it is not very relaxing, although it gives her time for reflection. Trude is optimistic that things will become easier in the next 12 months, but Maria is more apprehensive: "I don't think I could do another year like the one I've just had."

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10 x 30 minutes

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5. Summertime Blues

Joe Inglis has a fight on his hands in the Cotswolds as flesh-eating maggots threaten the life of Daisy the rabbit. Flies lay their eggs in the rabbit's mucky rear end and the hot weather does the rest. They can appear in an instant, and catch an unsuspecting owner, like Eric Pearce, off-guard. The sight makes Joe squirm, but he must extract all the maggots. Daisy has several big open wounds, but Joe is hopeful she will pull through.

Horse vet Sally Kingsley, spends much of her time diagnosing problems. Any serious ones she then passes on to a specialist. But today she has a patient she can sort out on site. Lucy Thomas' pony Micky Blue Eyes has a nasty wart on her leg. Not only is it growing, it is ulcerated and bloody, which will attract flies. With no operating theatre at the yard, Sally has to improvise but is confident of a successful removal.

Joe's next patient is Alice, a large, 50-year-old tortoise with a prolapsed womb. The uterus is badly swollen and damaged. After cleaning and stitching her up, an x-ray reveals that Alice has nine eggs wedged inside her. Obviously straining to push them out will induce another prolapse. Joe wants an expert opinion, but next day Alice solves the problem for him.

In Oxford, Tommy and Jane Carol are hoping Hannah Pollard can help Buster, their English Springer spaniel with a damaged foot. Another vet diagnosed arthritis, but they want a second opinion. Hannah finds a swelling and must determine the cause. An x-ray confirms that there are no broken small bones, so out comes the scalpel and moments later out comes the offending article – a simple grass seed, just as Hannah had suspected.

Meanwhile, still at the stables, Sally's last patient is Cisco, a four-year-old pony who keeps throwing 13-year-old Emma Riley out of the saddle. Sally suspects the bit is pushing against the horse's molars, which is the case, but a look under his top lip also reveals two baby teeth where there should be adult incisors. This could cause huge problems later so Cisco is referred to a specialist equine clinic.

After five jobs in five years, Hannah is finally settled in Oxford. However, she is spending a week's holiday in South Devon, as a volunteer with the National Trust clearing undergrowth from a viewpoint overlooking Salcombe. Sally also has taken some time off work – to check out a tempting offer from an old friend: more money and faster progress in a practice that's one hundred per cent horse work. Sarah Randall founded the Chiltern Equine Centre 18 months ago and Sally likes what she sees. The downside would be uprooting herself after only seven months from a job she adores. She has a week to make up her mind, but is unprepared for the reaction back at her practice.

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6. Duty Calls

Sally Kingsley is starting her new job at the Chiltern Equine Centre in Chalfont St Giles, Buckinghamshire. Her new boss, Sarah Randall, knows how difficult first days can be, so she eases Sally in gently, giving her a variety of cases to treat: a foal who needs the dressing on his leg changing, a liver biopsy and a mare who has injured her leg showjumping.

Keith Leonard is also moving on. He is quitting his locum work on the north-east outskirts of London as his girlfriend, Julie, is about to begin field work in Africa for her PhD on Colobus monkeys, and Keith is going with her.

Fiona Green has been working at the Ancell's Farm surgery in the Hampshire town of Fleet for over a year and a half, helping to build up the practice. Her efforts have been rewarded and she has been made an associate partner. A whole new side of the veterinary world has opened up to her and she's having to develop new skills to manage the practice staff and finances. But she still treats animals and switches back into vet mode when Tracey Ewen brings in her elderly dog, Max, who has a nasty bare patch on his neck.

People are often prepared to spend fortunes on their pets, but sometimes all the money in the world just isn't enough. Bob Box wants Keith to do everything he can for his gerbil, Commando, who has been manhandled at a children's birthday party. With an animal that size, Keith's choices are limited.

Keith's last day in Chadwell Heath arrives and his mother, Bet, has come to help him pack. It's an opportunity for him to show her off around the practice and to say goodbye to all the friends he has made.

7. Family Favourites

For Norwegian pals Maria and Trude, the strain of running Viking Vets is beginning to show. Trude has to be away from the surgery for another long stretch, leaving Maria holding the fort once again. It's a particularly busy week and the working mother has a family celebration to prepare for.

After a night on duty, Maria starts her day with an appointment to see Pointer-Cross Scotch, a dog with a very sticky problem. Before Maria can assess what is wrong, she needs to get Scotch sedated.

Meanwhile, vet school colleague Emma Milne is enjoying her work at the new Cheltenham practice, Vets On The Park. She has been working there since it first opened a year ago and clearly enjoys her job. Her surgical skills are put to the test with Tyson, a five-month-old Staffordshire Cross with a broken femur, who has been brought in by his owner, Donna Davidson. Emma needs to remove the offending bone that has been stopping Tyson from leading a normal life. It is an operation she has only completed once before, and that was some time ago.

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8. A Tale OfThe Unexpected

Trude and Maria both find themselves treating cats with a mystery illness. Crunchie has been brought in by owner Jane Mansfield. He is no stranger to the practice and is one of Maria's more difficult patients. Trude's patient, Buck, is suffering from an abnormally high temperature, a terrible eye infection and weight loss. Trude is concerned he may have contracted Feline Leukaemia, a highly infectious disease. Unfortunately, if his blood tests prove positive, he is not the only one in danger – owners John and Julie also fear for Buck's sister, Fizz.

Trude and Maria are also concentrating on preparations for the first anniversary of the opening of their practice. It's a big milestone for them and it looks as if Trude has made a decision which will make the next year just as eventful as the previous one.

9. Attachments

Emma is in London, to observe a specialist surgeon at the Royal College perform an operation on one of her patients, a young dog named Pippa. Pippa is incontinent and her bladder is in the wrong position. Despite five years in practice, this is one operation Emma has never attempted or even seen before but it is essential if Pippa is to lead a normal life.

While Emma is in London, she has asked Joe to fill her shoes at her Cheltenham practice. They have remained on friendly terms since their separation 15 months ago and Joe is quite happy to step in. As an added bonus, he gets to spend some quality time with their shared dogs, Pan and Badger. Joe's first client is a cat called Minkey with a history of kidney problems. He decides to give him antibiotics and keep him in for observation.

Over in Hampshire, Fiona is presented with an owner who is very attached to his pet rabbit named Coffee. The six-year-old rabbit is losing weight and struggling to breathe. Fiona fears the worst when she feels something solid in her abdomen and an x-ray shows it is a tumour. Under normal circumstances it might be operable but, in Coffee's case, the tumour appears to have spread to her chest and lungs.

The next day, Joe returns to his own practice in Carterton, where there is a neglected cat very much in need of his attention. An over-active thyroid gland is playing havoc with its metabolism. He is eating a great deal but still losing weight. The only answer is to surgically remove the gland. Joe rather likes Mankey and toys with the idea of taking him home, "if he turns out to be friendly". Fed up with renting, Joe has put in an offer on a house in Cheltenham and decides a little cat around the place might be rather nice: "I wouldn't want another dog; it would feel like I'm being unfaithful to Pan and Badger."

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10. All Change

In Bristol, Trude has announced that she is leaving Viking Vets. There are four weeks left until she actually goes, but for now it's business as usual. Her first case of the day is one that will test both her veterinary and client care skills. Twelve-year-old Karl Whittaker has brought in his sick pet chicken, Onion. Karl is well known to Trude; sadly, she had to put his rat to sleep just a few months ago and she's hoping for a happier outcome this time.

In the next consulting room, Dave and Pat Hall have brought in their 20-year-old cat, Katy, to see Maria. The ends of Katy's ears have been eaten away by skin cancer and Maria decides to amputate. Melanomas are a common problem in white cats and Maria advises the owners to use high-factor sun cream on white ears during the summer. The operation is a very simple procedure, but any elderly animal is at increased risk from the anaesthetic and few cats live beyond 15...

Trude's other patient is a youthful bull mastiff called Max. He may be only a year old but his facial skin folds, a trademark of the breed, are already engulfing his eyes, causing an entropion. This is a very painful condition in which the eyelashes are turned inwards and rub away the very surface of the eyeball. Trude decides to stitch the skin folds back from the eyes to give Max instant relief and prevent further damage. It's a complicated operation involving some very nifty stitching.

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Ratings

Episode	UK Txn Date	Channel	Time On	Viewers	Audience Share
1	03.01.02	BBC1	19.00	4.7 million	22%
2	10.01.02	BBC1	19.00	4.8 million	24%
3	17.01.02	BBC1	19.00	4.9 million	23%
4	24.01.02	BBC1	19.00	5.4 million	24%
5	31.01.02	BBC1	19.00	4.8 million	22%
6	07.02.02	BBC1	19.00	4.7 million	22%
7	14.02.02	BBC1	19.00	4.3 million	21%
8	21.02.02	BBC1	19.00	4.1 million	18%
9	28.02.02	BBC1	19.00	4.4 million	21%
10	07.03.02	BBC1	19.00	4.5 million	21%

What The Papers Say

"Created in 1996 to follow veterinary students as they took their final exams and began working life, the documentary is showing no signs of flagging – and why should it, with its intoxicating blend of kittens falling into milk bowls, irresistible characterisation (look what the vet's boyfriend looks like!) and death at one's elbow? It's *Holby City*, *ER* and *Animal Hospital* rolled into one, and this was a vintage episode. Norwegian Trude – she of the waist-length locks who has always stolen the show – and her fellow Scandinavian vet Maria were both faced with ailing cats." **Guardian**

Documentaries

10 x 30 minutes

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Press Feature

Express, 4 March 2002

I've had to accept life won't ever be the same again after my stalking nightmare
Vet Trude Mostue talks for the first time about the legacy of fear, the man she loves and the joy of pregnancy

She is 5ft 4in and he is more than a foot taller. She has a five-month pregnancy bump but he is still twice as wide. With his massive arm slung protectively around her, Trude Mostue looks as though she could fit into fiancé Howard Thomas's pocket. And recently there have been times when she might have wished she could hide there.

Last year, the *Vets In Practice* star became the latest victim of a dangerous stalker who has terrorised women for more than 30 years. Two weeks ago, at Teesside Crown Court, 55-year-old John Maynard admitted making threats to harm Trude in a series of malicious calls. He began his campaign soon after he was released from a five-year jail sentence for threatening to kill a woman. In one call to Norwegian-born Trude's Bristol surgery he told her colleague: "She will know who it is when she hears the message. When I meet, I will harm her." He was caught because Trude alerted police and then managed to stall him when he rang her from a public phone box. Maynard, a builder from York whose first conviction for making abusive calls was in 1970, also admitted harassing four other women. The judge requested a psychiatrist's assessment but made it plain that Maynard could face being locked up for life.

Although Maynard can no longer harm her, the experience has left Trude clearly rattled. "I've changed a lot," she says. "Before, I was very blasé but I've put up a firewall now. I'm much more careful and much more wary about who gets my phone number. Suddenly I felt very vulnerable. I'd always tried to differentiate between my veterinary job and my media career, and that got all mixed up. I realised that I'm not a normal vet and being in the public eye does have its negative side." That negative side had already shown itself in the form of spiteful letters that accused Trude of sleeping around during overseas filming for *Vets In The Wild*. The letters would arrive hand-delivered at Trude and Howard's former home in Bristol.

Moving to Bath seems to have thwarted the hate-mailers, but then there were the kiss-and-tell tales from former partners. Trude's ex-boyfriend Brian Povlsen branded her a love cheat with a taste for bondage; Howard's ex-wife Karan Cockburn claimed he assaulted her. "I don't want to talk about anyone specific, but when anyone does that sort of thing it defines them more than us," says twice-divorced Howard, 44, of having his name dragged through the mud. A less solid couple might not have weathered the storm. "When you're in the public eye you do come to expect that sort of stuff," says Trude, 33. "But I agree with Howard – it says more about them than it does about us. That's why we don't respond to it. That would just bring us down to their low level." And, flashing a beam at her beloved, she adds: "We are very much in love."

Howard scoffs at their physical disparity. "It doesn't bother me at all. I can't control that. All I know is what we have together."

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Press Feature

Trude Mostue continued.../2

Trude is in especially perky mode, laughing because her husband-to-be has to get up most mornings at 5.30am to train for the Flora London Marathon this April while the mother-to-be gets to have a lie-in. "I admire Howard so much for doing this," says Trude in perfect English with just the faintest hint of a Norwegian accent. "He gets up to run before he goes to work, whether it's raining or sunny. I know I should be accompanying him on a bike or something to support him, but at 5.30 it's more tempting to turn over and go back to sleep." The London Marathon means a lot to the couple. They ran it together last year to raise cash for the Children's Society and it was fitness that brought them together in the first place. She hired Howard, a personal trainer and life coach, to help her get into shape and they were engaged within a few months.

As expectant parents, the Children's Society has even greater significance for the couple this year. "Children are the future," says Trude, then backs up the cliché: "I know I was very fortunate to have supportive parents and plenty of opportunities to realise my dream, which of course was to become a vet. But there are so many children who don't have those opportunities. The Children's Society helps them and it also helps the children you see in the street – the homeless, school drop-outs – children who are right in front of you, not in some other country." She is pleased but surprised that Howard has decided to do the marathon again this year. "When he reached the finish line last year he said, 'I'll never do this again!'" Howard grins and admits the problem is that he is "just too damn big for this running lark" at 6 ft 6 in and 18 stone.

The Mrs Motivator to his Mr Fitness, Trude is frustrated that she cannot join him on the run this year. "But I wouldn't trade it for being pregnant – it's such a miraculous thing and men should be envious," she says with that special glow you get only from expectant mums. "I'm not even exercising at the moment. The problem is I'm getting bigger and bigger, so it's more and more uncomfortable to move about. I should take it easier food-wise. I walk a lot but I also eat everything I shouldn't, like chocolate and cakes. I'm very fond of carbohydrates. I have a friend who keeps giving me these pregnancy and birth magazines. I flicked through one this morning where they said how much weight you should put on and I realised I'm two months ahead of myself!" She would not buy those magazines herself – and not just because the close-ups of women giving birth scare her. She does not want pregnancy to become the be-all and end-all of her current existence. Glancing over at a mother and screaming baby at the next table, she puts on a mock grimace and says: "If you're not careful, being pregnant is all you end up talking about, which is exactly what I'm doing now."

Contrary to rumour, though, Trude will not be quitting television after her baby's birth in July. There is already another TV series in the can, filmed in America last year and tentatively titled *Vets In The Wild West*. She also has some work lined up for Norwegian TV. "But I can't charge around the jungle any more, chasing rhinos and elephants," she laughs. "I'd like to do more wildlife programmes but in a different way. More conservation issues, perhaps, or taking a scientific approach. Being a vet is what is closest to my heart. Television work is interesting and, no, I'm not giving it up, but I want to do different things."

Documentaries

10 x 30 minutes

BBC Worldwide

Vets in Practice

SERIES 10

Press Feature

Trude Mostue continued.../3

Those things include doing a PhD in feline medicine and setting up a new practice. It was always her dream to be a vet so she left Norway to study in England, was chosen to appear in a BBC documentary and has seldom been off our screens since. She also ran her own veterinary surgery, Viking Vets, in Bristol with good friend Maria Lowe but quit last September. At the time she said the workload had left her burned out, but speaking for the first time about the real reason why she quit Trude confesses: "I was forced to resign as a partner because it didn't work out between me and Maria. We were good as friends but not great as business partners. I left Viking with absolutely nothing left from that year apart from the experience and a broken childhood dream."

While we are in the business of scotching rumours, Trude and Howard are not selling up and moving to Norway when the baby (a girl) is born and are not getting married before the birth. "I don't want to go up the aisle pregnant," Trude laughs, waving to a couple of old dears who have just spied her through the cafe window.

The baby will be bilingual. Howard is struggling to learn Norwegian from tapes but has not done well so far. Trude ribs him about this, then jokes about downloading Norwegian pop tunes on to Howard's new MP3 player. They joke a lot, although Trude admits it sometimes gets her into trouble – like when she quipped that they were rushing to have a baby because men over 45 are more likely to produce schizophrenic kids. It's a bit like Victoria Beckham joking about David wearing her knickers, then seeing it in print the next day. "I don't think Howard's got golden balls, though," Trude laughs, nudging him and eliciting a coffee-quaking guffaw from her doting fiancé.

Another of Trude's recent quips was that Howard told her that if she wanted bigger boobs she needed to get pregnant. Her wish has been granted. "It's like going to bed with Dolly Parton at the moment," Howard says. "They're just enormous." "Well, I'm up to a D now," Trude laughs, although her apparently ample bossom is hidden under loose winter clothing. "When you're pregnant you have to change your bra size every week. I've gone from 'oh dear', to 'oh my God' to 'that's ridiculous' in the space of a few weeks."

Documentaries

10 x 30 minutes

BBC Worldwide

Vets in Practice

SERIES 10

Press Feature

Mirror, 26 January 2002

I love my mean, green machine

Joe Inglis, 29, has had his ups and downs as the star of *Vets In Practice* but, being a positive kinda fella, he's a big one for silver linings. After all, splitting up with his wife Emma led him to his bestest thing ever – his racy motorbike

'My bike is a Kawasaki ZX6R in green and white. I was told that green ones go faster. When I got married, Emma and I lived next to a motorbike shop and every time I went past I'd say, "I really want a motorbike, I really want a motorbike." But she said, "Oh no, they're too dangerous." After we separated I thought, "There's no one to tell me not to now." So I bought one, for £6,200 brand new.

'And it is so much fun. I got it in March last year. It's my baby and will do 160mph. It's scary how fast it is, but it's quite exhilarating – I hope to start doing some racing soon. I've had the odd accident. I ran into the back of my brother's car, embarrassing really as I was only doing 10mph and fell off.

'I've come off on the racetrack once in the wet too and that was a bit more exciting. Fortunately, I had leathers on and slid across the tarmac unbruised.

'I don't want to hurt myself, and someone did tell me you're more likely to kill yourself in one year of riding a bike than in a lifetime of driving a car, but there's no point living if you're going to worry. I do think there's some kind of male thing about motorbikes, all that power and speed between your legs. I love the sound it makes – at 10,000 revs, it almost barks. And the noise and acceleration when you change up gears is very addictive.

'And the leathers. I can't say I feel immediately sexier when I put them on, it's normally 7.30am and I'm going to work, but there's something about when I'm on the track in them, riding fast. You kind of hope maybe you look a bit sexy. Probably just a vain hope.

'I also use my bike for work. It's not practical at all and when I make house calls people are a bit shocked to see a vet on a motorbike, especially if I have to take their sick Jack Russell back to clinic. I've got these little goggles and mini leather jackets... No, not really! I've never tried to transport an animal on it. God, that really would be the end of them.'

Documentaries

10 x 30 minutes