

social media helped save the
ation. Can you remember what
e was like before Twitter?

remember working in radio before obviously, but sometimes our vitter will break down now and it's e losing your arm. Especially now, aving a four year old, his conception i things is totally different to how it as when I was growing up. When u try and explain the idea of e-internet, when you actually ough things from a physical shop, kind of blows his mind. That's weird thing. I remember when I first oved to London, I got a pager and elt like I was from the future. But for omeone like me, who has moved ay from the place they grew up, [witter means] I get to chat with y family and friends all the time. specially having young kids, it can e hard to get out and see people, specially when you have a busy ork life. I feel like it's made the orld into your living room where eople can just pop in and out and o. "Hi, you alright?" That's all you eed when you can't have that ig night out.

ou feel like you're connected... eah. But it's important to do both nd meet up with people in real life o! [Social media] is an amazing, agical, wonderful thing but it's kind f like the old Spider-Man situation, n't it? "With great power comes reat responsibility." You have to hoose to use the power for good istead of evil. It's important not to e too reliant on it.

o you have a 'bucket list' of things
ou want to do this summer?

eah, but it's so wet it's turning into an ctual bucket list! Domestically, e have a lot of sorting out to do. ur record room is an ongoing roject - we're finally thinking bout merging collections. After o children, 11 years together and marriage, we're thinking that ctually, well, maybe, things could ork out so we'll take the final step of merging music. I've got a few festivals n the calendar; I've been working with merican Express covering the BFI ondon Film Festival, the National heatre Inside Out Festival and The ondon Restaurant Festival at the end f the summer.

ny time set aside for a holiday?

'es, we're heading to the Isle of Wight. DJ and Festival founder] Rob Da ank is very kindly lending us his lace. We won't need to pack any toys is they've got kids and it's all there ildready. The perfect way to travel is to ravel light. I'm really looking forward o some seaside action.

A lot of your job is preparation.
Does having to scour news media
and discover new music rob you of
the pleasure of just experiencing it?

Yes. It's changed my relationship with it. It's a strange feeling, especially from a music perspective - making it something that I do for a living, rather than just enjoy. But you know, I also get to meet my heroes. From a news perspective, it's been a real eye opener. I was interested in current affairs before 10 O'Clock Live but kind of thought [the country] was run by grown ups. But then the more you know, you realise they are just these acutely fallible bags of human flesh like the rest of us. It's a bit scary. You think, 'Surely these people know what they're doing on some level?' Films are the only thing I've chosen to allow

to be magical for myself. I choose not to know too much about them.

You hosted a screening of *Life Is Sweet* with actress Alison Steadman this month. Why is that one of your favourite films?

I love [director] Mike Leigh and I love Alison and the combination of the two is just brilliant. It's a real London film but a London that doesn't usually make it to the screen. It's the un-iconic, domestic London that people really live in and that's just so fascinating. I love the domesticity of it. It says that the most profound things in the world are the everyday things: life, birth, love, death, sex. It's just fabulous really.

Do you get to the cinema much?

Yes. The Rooftop Film Club [in Hoxton] is one of my favourite nights out. And

I've got The Phoenix near me in East Finchley; it's amazing and old-fashioned. I'm super lucky to have that.

What do you want from a film?

Since my life has got busier and I've got older, my time off is so precious and I just don't have time for any rubbish. When I see a film, I go to something I really want to see. That could be a big blockbuster or it could be something others might think is a bit too high-brow. I'm definitely not a snob but you've just got to search out something that you love, haven't you? There's a lot of Pixar in our house. I interviewed Pete Doctor, who co-created and animated *Toy Story* and based Buzz Lightyear on his own face. That went down very well at home.

Is there anything in particular you're looking forward to this year?

I'm really looking forward to the documentary about [Seventies folk singer] Rodriguez called *Searching For Sugar Man*. He made two records and became a cult figure but I don't think he ever knew. He went back to work in this factory in Detroit or something. Then these two fans try and find him, which is the film. It sounds amazing. I'm also really looking forward to seeing *Iron Man 3* next year. One of my best friends, Drew [Pearce], has written it. On that sort of high-kicking front, this year is all about Baz Luhrmann's *The Great Gatsby*, isn't it? I can't wait to see what that's going to be like.

Can someone as busy as you ever switch off?

I'd definitely love the chance to do nothing a bit more but I enjoy my work and I feel so lucky. Sometimes I get overloaded and have to take a 'time out' and stop. I'm good at scheduling time to just be off and be with my family. When I'm at work, I'm so there that when I'm at home with my kids I don't even think about it. It balances it out. I think anybody who has a really full life would say the same thing. There's never a perfect balance so you have to juggle and try to stay sane but also enjoy what you do. A lot of it is attitude. Sometimes, there'll be periods where I'll have a really busy day and realise that I'm not breathing in [laughs]. I'm getting really stressed. Then I have to remember that life isn't an emergency. Well, not my life. I'm not a paramedic or a brain surgeon. I think when you make that kind of mental shift it's a lot easier.

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THE EVOLUTION OF LAUREN LAVERNE

The road from indie rocker to news presenter

WITH KENICKIE IN 1996:
THEY MADE THE TOP 30
WITH IN YOUR CAR

CO-HOSTING CD:UK WITH
MYLENE KLASS IN 2005: SHE
INTERVIEWED PAUL MCCARTNEY
ON HER FIRST SHOW

Nationwide
MERCURY
PRIZE

JUGGLING HOSTING HER
MUSIC DAY JOB WITH GIGS
LIKE THE 2008 MERCURY PRIZE

LINING UP FOR 10 O'CLOCK
LIVE IN 2010 WITH DAVID
MITCHELL, CHARLIE BROOKER
AND JIMMY CARR