

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cast:

Cathy Mason

Rachel Mason

Cheryl Hole

Gina Underwood

[I Wish I Was An Only Child Theme Song]

Cathy: So basically how it happened was my friend who lives on the street with her son who is the same age as Buzz, phoned and said 'I'm buying a dog, you need to buy the sibling.' And my friend who also has a nine-year-old child has bought the other sister. So we've bought all three. So we hang out together, the siblings hang out together all the time so it's a sister thing.

Rachel: They were on the heath last night at the kite festival and they got tangled up in a kite.

Cathy: Yeah that was really embarrassing.

Rachel: The three of them were on one lead, so that was quite funny.

Cathy: That was quite funny.

Rachel: For us.

Cathy: We put them all on one lead so we've started letting them off now but they were getting a bit hectic with the kids and the sandwiches and ice creams and stuff. So we put them on one lead and they ran at a kite and just got completely tangled in the kite so we had to placate the kite owner. So yeah that's it. She's amazing, I've completely fallen for her and I don't know why.

Rachel: Welcome to I Wish I Was An Only Child with me, Rachel Mason.

Cathy: And me, Cathy Mason.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Rachel: Where we speak to other siblings about the dynamic of their relationship so we can see where we're going wrong.

Cathy: Today we spoke to drag superstar Cheryl Hole and her sister, soon to be midwife, Gina.

[I Wish I Was An Only Child- Interim Music]

Cathy: Who's the funniest?

Gina: Me.

Cheryl: Gina without a shadow of a doubt.

Cathy: Go on, tell us.

Gina: People say I'm a bit quirky or a bit eccentric sometimes.

Cheryl: A bit? [Laughs]

Gina: [Laughs] But I just think I'm me and I just go with the flow. Some people don't like it they're like 'What is going on?' But yeah I just think I'm a bit jazzy. That's probably the word I would use to describe. Just a bit jazzy.

Rachel: Oh I like that.

Gina: Yeah [laughs].

Cathy: Can I just check the age difference? So I think Cheryl's 28 and I think Gina's 22?

Gina: 22 yeah. Five years between us.

Cheryl: I'll be 28 in October thank you very much [laughs].

Rachel: So not quite there.

Gina: [Laughs]

Cathy: I'm sorry. They've aged you. That's like the worst thing I've ever done.

Rachel: I know that's not fair, we need to get that right.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cheryl: Get me the Zimmer frame!

Cathy: That's going to be taken out, that will be edited out.

Cheryl: Oh don't be silly.

Rachel: So tell us a bit about the family dynamic, about where you grew up? Because that's quite a big age difference isn't it?

Cathy: Mm.

Cheryl: Do you know what? I don't think we've ever noticed the age difference. Like obviously when Gina was like growing up as like a little baby, then there was like the main difference. But when she got to having like her personality and like playing games in the garden and stuff, I never really noticed a big age jump. And I think it's just as we've gotten older, we've got even closer and closer. Like it's so funny because we've got an older brother as well, who is two years older than me. So there's seven years between them.

Cathy: Right.

Cheryl: And we always take the Mick out of him and really bully him because he's like 'Richard' [laughs].

Gina: He's like the outsider.

Cathy: Oh is he, what's he like then? Is he not like you guys?

Gina: No. He's an introvert.

Cheryl: Normal.

Gina: He's just normal that's the thing. He's normal. He's very sensible like he has a son, so we have a little nephew and whenever we see our nephew we are just like the crazy aunty and uncle, we get him all fired up. We're running around playing games.

Cathy: Aww.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cheryl: We feed him Oreos.

Rachel: Give him loads of sugar.

Cheryl: Yeah.

Gina: Well, there was a wedding recently and all day it was just another Fruit Shoot perhaps? And he was just off his head all day, had so much energy. But it's fun, we're the fun ones and then he goes back to dad and he has like the tellings off and whatnot. But I've never noticed the age difference really, like Cheryl was saying, when I was a baby probably more so. But then as I grew up I would play Barbies with Cheryl and play dress-up and do dances and then with our older brother I would do like the sports with him. So for me I had literally the best of both worlds.

Cathy: Oh you really did.

Gina: Yeah it was brilliant so the age gap hasn't really been an issue ever. I haven't really noticed it.

Rachel: But were you all three? I mean you two ganged up a little bit on your older brother, right?

Cheryl: Yes you could say that [laughs].

Gina: [Laughs]

Cheryl: We still do it now.

Rachel: Perfect. Any good examples from childhood though? Any sort of funny examples that you can remember?

Gina: I've got a good one.

Cheryl: Oh OK.

Gina: So I wasn't actually born when this happened, I was six months in my mum's belly. So my mum and dad, obviously two brothers, my mum's like 'We're going to Wembley big day out, woot, woot woo!'

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cheryl: [Laughs]

Gina: And they lied to our older brother and said they were going to a football game to see England play at Wembley. It wasn't. It was a Spice Girls concert for Cheryl.

Cheryl: [Laughs]

Cathy: No! That's awful.

Gina: And I was in the womb, my mum said I was kicking the whole time so clearly I was having the best time of my life and I love the Spice Girls now so everything worked out. But yeah, looking back now I probably do feel a little bit bad that my mum did do that and lied the whole time [laughs].

Cathy: That's terrible.

Rachel: That's unbelievable.

Gina: He was a child, it was fine, he probably doesn't even remember [laughs].

Cheryl: He doesn't remember last week. He's got the worst memory in the world. Like you'll go 'Richard, what did you have for dinner yesterday?' he'll go 'Oh I don't know!' [laughs].

Cathy: But how does he feel about you two? Is he ever embarrassed?

Cheryl: No [laughs].

Cathy: Because Rachel is very embarrassed by me...

Rachel: Yeah.

Cathy: ...because I'm quite a bit more voicey than you.

Rachel: Yeah, yeah, you're quite mouthy.

Cathy: So she's really embarrassed by me.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Rachel: Yeah.

Gina: I don't think he's embarrassed.

Cheryl: I'm not going to lie, something has changed, something has changed with him recently hasn't it?

Gina: Yeah.

Cathy: Oh!

Cheryl: And he's suddenly getting more like quirky like us. Like he'll send us funny voice notes, he'll be like 'Hey, hey' and stuff like that and we're just like, what? [laughs] But it's so funny because he does like some odd things like he'll be in a restaurant and he'll go 'I'll have a macchiato' and I'll be like 'Why are you saying it like that?' [laughs].

Gina: Yeah it's just normal but just to us we're like, what's going on? What's wrong with him?

Rachel: So it's a bit infectious, you're lightening him up a bit, right? Which is a good thing.

Gina: I think because he's been around us. Because he lives two minutes up the road as well, we're all on the same estate.

Cheryl: [Laughs]

Cathy: Aww.

Gina: So he can't escape us.

Cathy: That's lovely.

Gina: It is really nice to be fair.

Rachel: And where are your parents?

Gina: Ten minutes away.

Cheryl: Five minutes down the road.

Gina: They're not far either.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cheryl: [Laughs] We're very different on like our gauges of distance and time aren't we Gina? I'm like, 'A few minutes down the road'.

Gina: Because I said two minute walk away, you said 30 seconds. I said ten minutes up the road, you said five. They're all wrong [laughs].

Rachel: But you're obviously a close family, do you get together a lot as a big group?

Gina: Yeah.

Cheryl: Oh yeah for sure.

Gina: Like our parents are separated but like for example I FaceTime my mum every other day, I'm like 'Mummy I miss you'. I just love chatting with her and then our dad we try and see him at the weekend and we go to the pub all together, have dinner. So we do try and meet up as much as we can. I'm basically at Luke's house, or Cheryl, all the time anyway. Like I say, I just trot up. I'm getting a key cut as well, because I'm just here all the time.

Rachel: Aww.

Gina: It makes sense. I'm feeding the fish soon as well, I'm just here all the time. I'm a lodger, a permanent lodger.

Cheryl: [Laughs] But the thing is, as the world's reopening so like we're hardly home these days so when we're at home, Gina is always up here doing something or I'll just message her and be like 'Do you want to have dinner with us?'

Gina: Yeah I'll just trot up the road.

Rachel: Lovely. Do you think you could ever work together?

Cheryl: No. No.

Gina: No.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cathy: Why?

Rachel: Cheryl that was very clear.

Cathy: Why?

Cheryl: No it is...

Gina: We both have very big personalities.

Cheryl: And we do clash.

Cathy: Do you?

Cheryl: [Laughs] What are you saying?

Gina: [Laughs]

Cheryl: No I mean I love and adore being around my sister but in a fun social setting. In work, I'm not going to say I'm a bit of a monster but like things have to be done, they have to be right. Like I'm very OCD, like I'm a perfectionist. So the last thing I want to do is taint a family relationship by bringing in a working relationship. Saying that my finance works with me 24/7 so ruined that one.

Gina: [Laughs]

Cathy: Oh I was going to say, that's a bad move.

Rachel: Well let's see how that goes. You're not married yet right? So...

Cheryl: Roll on September.

Cathy: It will go wrong [laughs].

[I Wish I Was An Only Child- Interim Music]

[Promotion for Here to Judge]

[I Wish I Was An Only Child- Interim Music]

Rachel: So as kids in terms of your parents, because you're quite big personalities in that sense, were you competing for

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

attention with your parents? I'm not including your brother in this because I'm presuming he was just chill all the time.

Gina: Yeah he was just off doing his sports and his cricket and whatnot, doing his own thing. I wouldn't say we were competing for attention. For a very long time we both went to the same theatre school in a weekend and that was kind of like our thing. I suppose I kind of felt like I had to try a bit harder because it came so naturally to Cheryl, like from three or four, he was always the lead role in every single production and I was almost there. Like I was almost the lead role and I never quite made it. So yeah in some ways.

Cheryl: Always the bridesmaid, never the bride.

Gina: Always, always.

Rachel: How did that feel though Gina? How did you deal with that?

Gina: I would just try harder I suppose [laughs] I would just keep doing the auditions and whatnot. But no, it was still good fun, it was something that we had together, we would rehearse our lines. And I was always happy for him but sometimes I was like 'Oh god, I'm never the star here am I?' And everyone was always so proud of him but then I have my things now that I'm good at so.

Cathy: What are your things? What's your path?

Gina: Well I'm going to uni in September, I'm doing that later on in life. Obviously I didn't go when I was 18, I had no idea what I wanted to do so now that I'm doing that, I don't think that anyone kind of thought I was going to do it. Because I was very anti it, and now that I am, they're like 'Oh my god, you're actually going to university' so that's quite a cool one for me but.

Rachel: What are you going to study?

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Gina: Midwifery.

Cathy: Oh lovely. That's great, that's great.

Gina: Complete change for me because the only jobs I've ever really done is either in property or retail. So it's all like customer service. I hated all of them, so yeah complete change for me.

Rachel: And how did you make that jump?

Gina: I always wanted to do it but again it was a confidence thing for me growing up, I was like, I'm not smart enough, I can't do it, I'm scared to go to uni, what if I fail and all of this. And like I say with Covid and stuff I was just like 'What am I doing with my life? Like this is not what I want to do'. Had my furlough and I emailed my work and was like 'I'm leaving, I'm handing in my notice'.

Cheryl: Bye!

Gina: And then I went back to college, I've just finished that, so yeah going to uni in September.

Rachel: That's really brave!

Gina: Woot!

Rachel: Don't you think Cheryl? You must be really proud?

Cheryl: I'm ridiculously proud. Like I remember when she first did that and I was just like, 'Go for it'. Like life's too short to be second guessing every single move. You should just be in the driver's seat and just go full force down the motorway because I'm very fortunate in the sense that I've always known what I've wanted to do at every moment of my life. Like I think the only time was when I graduated uni and I didn't really know what path I wanted to do. And then I'm a firm believer in everything happens for a reason, you've just got to let everything follow out naturally. And it wasn't until I was just sitting in the restaurant that I was working in going 'You need to

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

go and put a wig on your head' and then lo and behold I got into drag.

Rachel: And the rest is history, obviously.

Cheryl: And the rest is drag.

Rachel: Yeah. So you were very close growing up, what makes you really laugh together?

Cheryl: [Laughs] Right I've got one.

Gina: What doesn't make us laugh?

Cheryl: I had a very stressful start to the year with a few projects I was working on. And Gina, like my fiancé Haydn would literally message Gina like God love him, he couldn't do anything to get me out of my funk. And it's something that Gina does, just gets me out of my funk.

Gina: I know what you're going to say.

Cheryl: [Laughs] So she came up to our house and was just like cheering me up and then we have a, I'm not going to say its name but that device that has a name that you speak to and it does things, because I don't want to set her off.

Rachel: Yes.

Cheryl: But she went...

Cathy: Oh!

Cheryl: 'Play Heaven Must Be Missing An Angel' [laughs].

Rachel: Aww.

Cathy: Aww.

Cheryl: So we're then dancing in our living room and she was on the sofa at the time underneath the weighted blanket because Gina's 22, but she's also 82 at the same time.

Gina: [Laughs]

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

- Cathy: Yeah she's wise isn't she? She's wise, yeah, yeah, yeah.
- Cheryl: So she was like Grandma Georgina in bloody Charlie and the Chocolate Factory [laughs] Underneath the blanket.
- Cathy: Oh that's lovely.
- Cheryl: And she's dancing to Heaving Must Be Missing An Angel, I'm dancing around the coffee table doing laps like it's a bloody Olympic track. And she's on the sofa going, waving her arms and like from the waist down an 80-year-old pensioner [laughs].
- Gina: [Laughs]
- Cathy: Aww.
- Cheryl: And there's a video of her that always makes me die every time I see it. It's just her, pissing herself laughing going 'Heaven Must Be Missing Angels' [laughs].
- Rachel: Aww.
- Cathy: But if either of you have problems, is the other one the first person you'll turn to?
- Gina: Probably yeah.
- Cheryl: Yeah most likely.
- Gina: We FaceTime every day.
- Cathy: Oh Cheryl, yeah?
- Rachel: Cheryl there was a slight pause there.
- Gina: Yeah there was a pause actually [laughs].
- Cathy: Yes, come on.
- Cheryl: Well no, between Haydn and you, you are the first ones I go to. Like obviously for things that I go straight to you and then other things I go to him. Like for me I've got that

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

perfect balance like you would always come to me because Jamie's useless [laughs].

Gina: Yeah my boyfriend.

Cathy: Oh is Jamie your partner? Oh OK, yeah, yeah, yeah.

Gina: He's amazing but sometimes he just doesn't know what to say. He's a typical bloke you know. And he's very just says it how it is and sometimes as girl I'm like, I don't need to say it how it is, I need support and nurturing and obviously Luke can...

Cheryl: Come to the gays [laughs].

Gina: Yeah go to the gays.

Cathy: Always. Always.

Gina: And I get that but yeah I do get support from my boyfriend as well but just certain things I'm like 'There's no point, just going there, just go straight in'.

Cheryl: Jamie's a lovely boy, I'm just pulling your knickers.

Gina: I know, I know.

Cathy: So do you like each other's partners? You like each other's partners?

Cheryl: Oh yeah [laughs] We go on like double dates.

Gina: Yes, we're all very close.

Cheryl: And like Jamie and Haydn will always play like on their computer games and talk shop about football and that's not me in the slightest.

Gina: We both hate football and whenever they're playing we're like 'What's going on? I don't understand' but they have their fun together so it's great.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cheryl: And then we just annoy them. Sometimes I worry about Gina that she's got like mild Tourette's because he just comes out with like the most random noises. Like during the Lockdown 3, because we've had so many lockdowns, we used to go on like hour long walks and we'd past dogs and she's be like 'Oh look at the little beep beeps!' and I was like 'What's a beep beep?' And she's be like 'A dog, it's a little beep beep!' And then what was the noise that you did earlier just before we jumped on the podcast? She was like 'Oh I'm scared they're going to abandon the podcast because I'm just going to be like' what was the noise?

Gina: [Makes the noise of a police siren] Wee woo, wee woo! I don't know something like that probably.

Cheryl: [Laughs]

Cathy: [Laughs] OK.

Gina: Is that in my brain? You know that monkey with the things that chime?

Cathy: Yes.

Gina: And you bang them together. That's what goes on in my head all day, I just hear these things and I'm just like oh my god.

Cathy: All day?

Gina: Well not all day but most of the time. And I'm just sat there and I'm like, no one knows what goes on in my head [laughs].

Cheryl: She also hisses.

Gina: But sometimes it just comes out subconsciously. No, well yes I do.

Cathy: Hisses?

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

- Gina: I can't even deny it [laughs].
- Cheryl: [Laughs]
- Cathy: What do you hiss at?
- Rachel: Because we wanted to ask about bad habits or weird habits. So what is that? Gina what is that?
- Cheryl: [Laughs]
- Gina: [Laughs]
- Rachel: No Cheryl you're going to have to explain.
- Cheryl: She's hot under the collar! She's all flush! Um honestly.
- Rachel: Come on Cheryl step in.
- Cheryl: If she doesn't like something, so say if I'm being honest and real with her, being like 'No you're talking to Jamie like a piece of shit' she'll be like [hisses] [laughs] And it's like...
- Cathy: Really?
- Cheryl: Yeah. And she'll like if she's driving and like somebody cuts her up she'll be like [hisses] [laughs].
- Rachel: And that somehow makes you feel better does it Gina?
- Gina: Well I suppose it's just my little thing. I don't swear at them. I'm not being abusive or anything.
- Rachel: Yeah.
- Gina: They don't know I'm hissing at them.
- Cheryl: [Laughs]
- Gina: I don't even know why I do it, I can't even explain it. You're probably like oh my god this lady is crazy. But no.
- Rachel: That's unusual. So OK Gina, what about Cheryl's weird habits? Any that you?

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Gina: Um?

Rachel: Cheryl's looking terrified.

Cheryl: I'm a perfect little angel, I don't know what you're talking about.

Gina: Well? I wouldn't say perfect. God I must sound like such a weirdo, I can't even compete with the hissing for something with you.

Cathy: He drinks something very odd for breakfast, that's what I've noticed. I want to know what you're drinking for breakfast Cheryl because it looks like something from a funfair. Sorry it's just coffee isn't it?

Cheryl: I did a little Costa run [laughs].

Gina: Yeah I think that's totally fine.

Cathy: When you picked it up it looked like a Tooty Frooty or something for breakfast.

Cheryl: Yeah that strange thing, coffee [laughs].

Rachel: Yeah.

Cathy: Oh sorry.

Rachel: Oh weird, weird.

Cathy: But are you completely honest with each other? Is there any areas that you will not talk to the other about?

Gina: Um?

Cheryl: You were very open about your sex life the other day [laughs] I never thought we were going to get there.

Cathy: Oh.

Gina: Obviously I don't go into nitty-gritty yeah to be fair, I never thought we would delve into that part of our lives. But occasionally we might say 'Oh I haven't done it in

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

ages' or 'Oh god I finally did it the other night'. Like I say, we don't go into details but we are very, very open and there's no secrets or anything like that so, just lay our cards on the table.

Rachel: Growing up were your parents very open?

Gina: No really no.

Cheryl: No.

Gina: Not about their relationship no.

Cheryl: [Laughs] So I think that just sort of flipped the script for us.

Rachel: Yeah, yeah. So they weren't...

Cheryl: If we're asked we've always just been like we'll talk about anything. I'm a very open book, I'll chat shit all day, every day. I mean that's why I love doing podcasts because I can just gossip and talk all day.

Gina: Yeah [laughs].

Rachel: Was it a happy childhood together growing up?

Gina: Yeah.

Cheryl: Oh ridiculously happy.

Rachel: Aww.

Cheryl: I think for us, I was at that more mature stage when our parents separated so I was in Year 8 at school, whereas Gina was, what's 8 minus 5? 1?

Gina: I was eight-years-old so.

Cheryl: OK so she, it didn't come as a shock to me but to her it was a bit like 'What? What's going on?' But like the writing was on the wall for me, like I could see it. So it was like OK that's cool. So like every other weekend we'll

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

be at this one, then we'll be there. Actually I think when they first separated we were at dad's every weekend weren't we?

Gina: Yeah it was Monday to Friday mum's, weekends at dad's.

Cheryl: And like it was just fun for us.

Rachel: Right so it wasn't traumatic? And again, did you feel protective towards Gina because you were that bit older, you understood it, you said it was kind of on the cards.

Cheryl: I don't think I was protective. I think it was that initial shock and the she was fine. I think when she realised how fine it was.

Gina: I was all right, we got a cat after so that was a bonus.

Rachel: [Laughs]

Cathy: A bribing thing.

Gina: Our dad's allergic so.

Cheryl: Oh yeah our dad's allergic.

Cathy: Oh right.

Rachel: Perfect, so it all worked out.

Gina: As soon as he moved out we went straight to the pet shop and it was the best day ever.

Cheryl: Little puss-puss.

Gina: There we go [laughs].

Rachel: So I wanted to ask about childhood pets. Did you have anything before the cat?

Cathy: No because the dad was allergic.

Rachel: No any other pets before the cat? Because we've got guests who you know.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Gina: Did we have any fish?

Cheryl: We had some fish.

Gina: No I don't think we?

Cheryl: It was before your time we had fish because I named them all after the Spice Girls so yeah, you were not of age yet to really appreciate the Spice Girls. But I named mine Baby and then there was the sporty one, and then there was Scary etcetera, etcetera but other than that we didn't really have pets.

Gina: No.

Cheryl: I don't know what it is, I'm not really a big pet person. I'm just, I'm a lot of responsibility and I don't think I can take responsibility for another thing as well [laughs].

Gina: Yeah.

Rachel: What about nicknames for each other?

Cheryl: [Laughs]

Gina: I call Cheryl Lukey Dingall.

Cathy: What?! What's that in reference to?

Gina: So we used to go to Cornwall every year, when we was like younger, that was like our childhood holiday place in the summer. And I was a baby or very, very young when this nickname came about. And as far as I know, there was a van that drove past where we were like staying and it said Lukey Dingall on it. And then we were like 'Oh Luke look, Lukey Dingall' and then it just kind of stuck so he's now just Lukey Dingall. It's a weird one I know but.

Cheryl: I'm going to jump in.

Cathy: Yeah.

Rachel: Yes please.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cheryl: I'm going to jump in. So it was every time we were driving into Cornwall there was a house that had a big like sign next to the house, it was advertising for this person's plumbing business and it was Luke Dingall Plumbing. So obviously my real name is Luke. So my mom would be like 'Oh Lukey Dingall Plumber' and I was like, 'I'm never going to be a plumber darling' [laughs].

Gina: [Laughs]

Cheryl: Me twirling on the beach to Spice Girls.

Cathy: To your mum?

Cheryl: Yeah. So that's how Lukey Dingall came and like Dingall as in a nickname came around. But I call Gina, and this is a very recent nickname, I call Gina Bing Bong [laughs].

Cathy: Why?

Cheryl: Because we used to have a doorbell that sounded like Big Ben and then it reminded us of that girl on This Morning that wanted to be the new bell for Big Ben. And she was like 'Bing bong, bing bong, bing bong'.

Cathy: I've never heard of that.

Cheryl: Do you not remember that?

Cathy: No.

Rachel: No.

Cheryl: OK go onto YouTube when we've finished recording and go watch the girl that wants to be the new Big Ben and like it's ridiculous because she sits on the sofa...

Gina: She was a very young child.

Rachel: Oh OK.

Cheryl: Bing Bong, Bing Bong, Bing Bon, Bing Bong. So when Gina comes in I'm like 'Bing Bong?' [laughs] It's just ridiculous,

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

like honestly BBC3 really needs to pick up like a fly on the wall documentary of us, like Big Brother, cameras on the walls, like just capturing us being at our absolute weirdest.

Rachel: Just Lukey Dingall and Bing Bong, it would be amazing.

Cathy: Yes.

Cheryl: [Laughs]

Cathy: I'm guessing you're never embarrassed by each other?

Gina: No.

Cheryl: No.

Gina: Well what's there to be embarrassed about?

Cathy: Isn't that interesting? Yeah.

Cheryl: Even walking around the High Street and we're like [hisses].

Cathy: No Rachel is always embarrassed about me.

Rachel: I am. I am. Let's not go into it. So what are you?

Cathy: Thanks.

Rachel: Sorry. So what was your best childhood holiday? Do you have any good childhood holiday memories?

Gina: Childhood holiday? I'd probably say Cornwall. Cornwall because we went surfing, it was a place called Harlem Bay and again so I'm quite sporty, our eldest brother Richard, he's very sporty. Luke, not so sporty.

Cheryl: [Laughs]

Gina: But Luke's very good at dancing and whatnot, so we went to this surfing place, I was like, oh yes I've stood up, I'm doing it. It felt like something out of Charlie's Angels. Richard stood up, Luke the whole time, flat on the board.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

As if it was a boogie board, just couldn't do it. And the pictures are just phenomenal from that holiday of us trying to do it. So that was quite a good one that I can remember but again I was quite young. I was probably I don't know? Nine? Ten? So quite a while ago.

Cheryl: Well we went to Cornwall every single year until I was 14, so that was like religion every August, we'd go to the same villa, the same place, go to the same places like Padstow and whatnot. There was a place called the Shire Horse Centre which is now called Crealy and it was like an adventure park, but I remember one year I spilt my Callipo lolly down me. And I used to be petrified of bees and wasps and everybody used to take the piss out of me because I was like this flouncy little boy, like very fruity and I was like 'The bees! The wasps!'

Gina: [Laughs]

Cheryl: And my nan had to run to the gift shop and go get me a new t-shirt which was yellow which also draws bees and wasps to you so.

Rachel: Oh of course yeah.

Cheryl: So the entire day I was like 'Eww the bees'.

Cathy: [Laughs]

[I Wish I Was An Only Child- Interim Music]

[Promotion for Who Are You Wearing?]

[I Wish I Was An Only Child- Interim Music]

Rachel: Gina who's your hero?

Gina: My hero?

Rachel: Because you mentioned Charlie's Angels back there where you were talking about surfing. Who's your hero?

Gina: Please don't laugh. Alexander O'Neal, he is my hero.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cathy: Interesting.

Rachel: Wow!

Cathy: That's very interesting.

Rachel: Please tell us more.

Cathy: Wow.

Cheryl: I told you she's an old soul.

Rachel: Yes she is!

Gina: I am really an old soul. So when I was younger and this is going back to when VHS tapes were like all the rage. My dad came home from the city one day, hard day at work and he was like 'I've got a present for you' and I was like 'Oh OK'. And it was the best of Lionel Richie's biggest hits on VHS tapes and it was like all of his music videos. And I'm just standing in the lounge just like popping along [laughs] And then as I got a bit older, bearing in mind when I say older I mean like about six-years-old, I was introduced to Alexander O'Neal as well and I was like 'Oh my god, he is just the king of R&B, the king of soul'. I've never heard a voice like it. And I'm just, I can see Cheryl laughing.

Rachel: [Laughs]

Gina: I'm just well and truly obsessed with him. And I literally, I'll go on YouTube and be like Alexander O'Neal, live Hearsay Tour, 1989 and just watch it all and I'm like I wish I was born 40 years ago so that I could have been there and appreciated it. But he is my idol.

Rachel: Hero.

Gina: Yeah he's my hero [laughs].

Cheryl: Well Gina works in a shop and honestly the stories she tells me. She's in charge of the music so she'll go from

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

like the High School Musical soundtrack to Alexander O'Neal the full album to Take That and it's just like what? [Laughs] Like it's just the most...

Gina: I would never play Take That Luke, don't lie. I hate Take That [laughs].

Cathy: Oh right.

Gina: Not a fan of Gary Barlow.

Cathy: No. Cheryl hero? It's got to be Cheryl Cole?

Cheryl: Girls Aloud, Cheryl, I think Gaga as well. But do you know what? I think any strong female artist that inspired me through my childhood is a hero to me. Because they really shaped me into the person and the artist that I am today because there's something so fantastic about a female that is so strong and doesn't give up. Can we swear on this podcast?

Rachel: Yes.

Cathy: Yeah you can say anything you want, you can even say the 'c' word'.

Cheryl: That doesn't give a fuck.

Rachel: Oh.

Cheryl: Oh, we're dropping the c bomb left, right and centre. But like any female that doesn't give a fuck about male energy I absolutely love and adore and I think just needs to be absolutely shone a light on because there's too much like, I'm a cis gender male but I live fluidly through my gender identity through my drag. And really everything that I love and want to celebrate and uplift about females and women, I get to do through my drag and just really live my girl group female pop star fantasy every time I'm in drag.

Rachel: That's amazing.

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cathy: I was absolutely obsessed with Kate Bush as a child.

Gina: I loved Kate Bush.

Cathy: Aww, she's like beyond because she broke the mould. She's the one who just was you know, she got me through a lot of shit. A lot of shit.

Rachel: Yeah that's amazing. So talking about shit we've read that Cheryl you...

Cathy: [Laughs] Talking about shit?

Rachel: Sorry talking about shit that's awful.

Cheryl: Back to me! [Laughs]

Rachel: Yeah sorry. Cheryl when we talked about in terms of research that you were bullied at school.

Cathy: At primary school I think, yeah?

Rachel: At primary school you were bullied, is that right?

Cheryl: So yeah when I was in Year 6, I think that was the cusp when everybody was getting to realise that you know everybody is different and unique and sometimes that scares people. So what do they do? They're going up and pick on the people that are unique and individual. And from the jump I was 100% me, there was no denying that I was this little fabulous creature that just wanted to twirl and dance in the playground and pretend to be Sabrina the Teenage Witch. But it was in Year 6 that everybody started to gang up on me. But I think that gave me the thick skin to go into senior school and go 'I don't give a fuck. You can call me names, you can say whatever you want. I know who I am. I'm confident and strong in who I am'. And the minute that people realised that and it doesn't affect you, they stop. And like yeah it can break you down a couple of times but when they realise they're wasting their time because what they want to do is not working, they go 'Oh OK'. So that's why during senior

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

school year I had a few moments in senior school but I had thicker skin and the acne to go with it to go 'I don't give a fuck, you can try it darling, you can piss right off'.

Cathy: Yeah that's an amazing way to respond to bullying.

Rachel: Yeah.

Cathy: That is incredibly rare. But did it make you very protective of Gina? Because if you had a shit time when you were at primary school, did you sort of worry about her going through any of that?

Cheryl: Gina always had that air of confidence about her. Like I was a very confident exterior and I sort of had imposter syndrome because I wasn't as confident in social settings inside. So like at theatre school I was in my element. Around my family I was in my element but in a new group of like say for example I got invited to one of the boys birthday parties at school and then there was a new group of boys there that were like 'Who are you?' like in Year 5. I'd be like eww, but then I'd amp up the confidence to 120 to compensate. But Gina always had 100% confidence in her that I wasn't really worried. I knew I had the skills and the tools to teach her to be like, this is how you deal with this, this is how you deal with that. And I think having all the siblings, it's great to helping the younger siblings.

Cathy: Totally.

Cheryl: I've always wondered what it's like to be an only child, but then again you sort of navigate that with your friends more...

Cathy: Totally.

Cheryl: ...if you don't have the siblings to bounce off of.

Cathy: Totally, totally.

Rachel: Yeah well we both have...

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cathy: We both have only children. And the only thing is I don't think either of them can deal with conflict very much. Because I think Gina you have an air of calmness about you.

Gina: Do you think?

Cheryl: [Laughs]

Cathy: Very much so actually, do you not think?

Gina: Hmm?

Cathy: No I do. When you said about her having the confidence at school, I can sort of sense that you definitely have an air of calmness.

Rachel: What you mean if like an inner calm so energy but...

Cathy: It's nothing to do with energy, it's like the wise that you talk about Cheryl and say she's sort of got a wiser head, an older head.

Cheryl: Oh for sure.

Cathy: I think that's probably why.

Rachel: Is that just because she sleeps under a weighted blanket?

Cheryl: [Laughs]

Rachel: And likes Alexander O'Neal?

Gina: Yes, I'm very chilled out, a very chilled person. I just think I only stress, or I try to, I need to practise what I preach sometimes. But I only try and stress about things that are genuinely things that concern me in that moment. I used to suffer with anxiety quite bad like a few years ago, like on and off. And I just got to a point where I was like why am I worrying about things that 1) sometimes hadn't even happened, I've just conjured up scenarios in my head. But no as a child I was very headstrong in some ways. Like where Luke did get bullied some people knew

that I was his sister and I did get bullied a bit myself because of it and they would be horrible to Luke, but I just would not have any of it. They would call him like a faggot and a girl and this and all of these horrible things. And even as a child I was just like 'What the fuck are you on about?' Like obviously I wouldn't swear when I was a child.

Cathy: Yeah, yeah, yeah.

Gina: But I was like this is just ridiculous, like why are you having a go at me because my brother is happy with who he is? You're clearly not happy with who you are because you have to pick on someone else so you're the one with the issues. And I think going back to my other brother Richard, he taught me a lot of that as well. Because not to have conflicts with people but to just be proud of your family, protect each other. And not take any shit from anyone because people don't deserve it. So when I was going through school, yes I had people pick on me but I just wouldn't have any of it because I was like there's no need to for it. And I just to a certain extent didn't really care. Because I knew that I loved my family and whatever they was going to say to me, it didn't matter, you know so.

Cathy: But that's an incredible level of you know, I think you might be Buda [laughs] I actually think you might be.

Gina: Maybe [laughs] I do love a bit of yoga and whatnot so [laughs].

Cathy: Oh OK.

Cheryl: When have you ever done yoga?! [Laughs]

Gina: I have a yoga mat in my house.

Cheryl: [Laughs]

Cathy: But have you done it?

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Gina: Um? A few times yes [laughs].

Cathy: Have you ever hated each other?

Cheryl: No.

Gina: No.

Cathy: Aww.

Gina: Not hate, I've disliked him very much at times but I can honestly never say I've hated Cheryl, ever.

Cheryl: We bicker like there's no tomorrow but like that's any family, that's any siblings. Like I think for the queer community it's very prominent to have your own chosen family because there's a lot of people that get pushed away for their identities from their biological families that they have to build up a brand new circuit of family. But I'm very fortunate in the sense that I have a chosen family and I also have my real family that are just there no matter what. And I think friends can be so fickle and they come and they go. But these people have been there from day one and they'll be there until the end. And I think having my sister literally down the road there. My brother over there. And my family like ten minutes down the road, it's so fantastic to me because things are busy. Things are mad. We've gone from being locked in our houses to then suddenly everybody thrusts you out the door because they want to see you again. So I'm trying to get that balance back again with my work at the moment because it is really hard. But it's just so great to literally walk through the door and have Gina burst through the door five seconds later being [Police siren noise].

Gina: [Laughs]

Cathy: It's a comfort. So your rows, is there any rows that you can remember that you can tell us about that were ridiculous?

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Gina: Oh yeah I can remember one. So this was when we lived with our mum still at home. And I had one of my friends over and I can't even remember what it was about. But Luke just got very, very annoyed with me and was not having it and it was a very hot summers day as well might I add. And he had a class of Coke in his hand and he just got so annoyed that he stood over me and just poured the whole thing over my head.

Cathy: No!

Gina: And the I had wasps chase me. He's saying about wasps but I had wasps.

Cathy: No that's awful.

Gina: I know and I was just sat there in front of my friend and I was like, what do I do? I'm sticky now? [Laughs] But again, probably five minutes later we were absolutely fine.

Cathy: What?! I would have ruined her for about seven years if she'd done that.

Rachel: Yeah I would have paid for that but.

Cathy: Why did you do that?

Cheryl: I don't remember? But my thing is, it's like I'm the nicest person you will ever meet until you cross me and it takes like three wrong buttons pressed and it like activates like Hulk mode and I'm just like, don't mess with me, don't cross me. And it only really comes out these days when people mess with the people I'm protective of. So I will just go from zero to a hundred and be like 'Don't fucking dare do that!' And I remember once I was having an argument with somebody and they were like 'I've never seen you like this' and I went 'Yeah don't fuck with me and don't take the piss out of me because you don't fuck with me and my crew [laughs].

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cathy: Yeah totally. But Gina have you ever been scared of Cheryl when you've seen that side?

Gina: Oh yeah definitely. I think anyone if they're like shouting and you've never seen that side of them and then it comes out. It's like if me and my partner have an argument, even though I'm very headstrong, sometimes I'm like a little mouse and I'm like 'Oh my god please don't shout at me, like I'm so sorry'.

Cathy: [Laughs]

Gina: But no, I have been scared. Not that I think he would ever like hit me or anything like that but it's just like oh my god the shouting, it's not the person you know in some ways. And then like I say five seconds later it's turned off and he's back to normal, so I'm like 'Oh OK it's fine again' but yeah in that split moment it can be a bit triggering almost and you're just a bit like 'Oh my God, this is not who I know'.

Cathy: But I can't imagine what Gina would do to wind you up? I genuinely can't imagine Gina winding anyone up.

Rachel: Yeah but as kids...

Cathy: Yeah I know but still.

Rachel: ...with arguments it can be anything it can be ludicrous.

Cathy: Yeah exactly.

Cheryl: It's one of those things that like everybody has those things that just really gets them and winds them up. And everybody has their Hulk moment if you will. I'm a very calm and happy person. And I just think, one small thing and I'll be like, no, no, no. And then another thing and another thing. And I couldn't tell you the last time I had like a full on Hulk moment but yeah [laughs] It's very few and far between but when it happens you don't want to be in the same room as me [laughs].

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cathy: But I want to know what irritates you about each other. So what would set those things off? Is there something that just really irritates you about the other? Cheryl first.

Cheryl: I don't think there's anything that truly irritates me. Sometimes she's a loud eater. So like when we're eating dinner I have to put the TV on.

Cathy: Oh that is annoying.

Cheryl: I have to put the TV on in the background just so I don't hear [eating sounds] I'm like 'Gina close your mouth!'.

Cathy: That's annoying yeah.

Cheryl: But that's about it.

Cathy: Yeah.

Gina: I wouldn't say this is a very rational thing that annoys me but when we was younger and this is again because of Cheryl, I had this irrational fear, please don't laugh, of salt and vinegar crisps. And they are his favourite flavour and he has them all the time, and every time he has them I'm just sat there and I'm like cringing so bad because I just feel like I can't be around crisps. And when I see the way he eats them and all the salt is on his fingers and I'm just like, oh I can't deal with it. There's just something about salt and vinegar crisps that freaks me out. But I'm getting over it, I can just about eat one crisp now of them so.

Rachel: And is it just salt...

Gina: Yeah it's just salt and vinegar.

Rachel: We drove to Disneyland Paris and we're on the Eurotunnel and obviously it's like a very long time sitting in your car waiting to come out the other side in the Eurotunnel. So I open a bag of crisps in the front seat and she starts hysterically crying in the back seat. So I'm stood outside the car eating my crisps until she calmed

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

down and then I get back in the car, just because she doesn't like bloody Walkers salt and vinegar crisps!

Cathy: Is it the noise? What is it?

Rachel: But it's the salt and vinegar as well so where has that come from?

Gina: Yeah, no it's the salt and, I honestly do not know, it's just something about those crisps. Maybe it's the smell or something like that. Because I can eat other crisps and it's not an issue, I love crisps, I love a Pringle, pass me a Pringle, I'll eat the whole thing. But it's just salt and vinegar and like I say they're his favourite and he has them all the time and I'm just like oh like I just can't be around him when he eats them, they make me go a bit funny. It's probably the Disneyland thing, it's triggered something in my brain, I really don't know. But like I say it's the most irrational thing I think I've ever heard in my life but I just can't explain it. Like I probably need to see a therapist or something about this because it's just crazy.

Cathy: [Laughs] Yeah.

Cheryl: She could never do a tour at the Walkers Factory could she?

Gina: No.

Cathy: That's very weird.

[I Wish I Was An Only Child- Interim Music]

[Promotion for Welcome to Spooktown]

[I Wish I Was An Only Child- Interim Music]

Cathy: Who is the happiest?

Gina: I'd say me.

Cheryl: I don't think you can really define happiness and be able to answer that truly because there's lots of things in life

that bring people joy and make them happy. But you could be the richest person in the world and be the most miserable man in the world, you know? I'm not a materialistic person, things and objects and money does not bring me joy. What makes me happy is knowing the people around me are looked after, protected, happy, safe and well. And I think being given this platform and this opportunity through Drag Race, I've been able to look after my family. Like if Gina ever needs anything I'm able to look after her. If she drops me a message like the amount of things that will be conversational and she'll be like 'Oh I really need this' and I go straight onto Amazon and get it delivered straight to her house. And she goes 'Oh, oh, oh'. And I'm like yeah, because I want to make sure, I'm a provider and I really want to make sure that everybody is living their best lives. Like I always put myself on the back burner [chuckles] which is not a bad thing but also I have to remember to look after myself but then I have people like my fiancé Haydn that are looking out for me. And then Gina always lifts me up when I'm down because I do go through ebbs and flows of being happy and then not being so happy. But that's just natural in life isn't it?

Cathy: Yeah exactly, exactly. I think we're all aiming to be happy 24/7 and that's not what the human condition is. You can't be.

Cheryl: No, not in the slightest.

Cathy: I don't think anyone can be.

Cheryl: And if they are...

Cathy: So it's a crazy thing to aim at, we just have to yeah there's something wrong.

Cheryl: Give me the pills [laughs].

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

Cathy: I was just going to say they're definitely on drugs, definitely.

Rachel: So Gina because you immediately said you are happiest is that because you don't have the highs and lows quite so much?

Cathy: You're more balanced.

Rachel: Well yeah it's funny you say that because I definitely have highs and lows. Like I said before, I've suffered over the years with my anxiety, depression to a certain extent. So I've had my ups and downs. But when I have my highs they're so high that the lows don't even seem like they're there. Because in my head I'm just so happy, don't worry about that low you just had. And I just try and erase it. So when I say I'm happy, because more or less I am happy all the time. But obviously like you guys were saying we're only human. Like if someone was happy all the time, I don't think that's physically possible, it's not. And like I get very stressed out about things. Like I said I'm going to uni, I've got a lot of changes in my life. New jobs, getting a second job, I've just moved out of my family home, well I say just moved out, six months ago. So it's a lot of changes happening at once. But no it's all good changes. They're all really amazing things that I'm really grateful for. So yeah.

Cathy: What were your parents? Because I'm thinking you're both very positive, you sort of seem to twist things around. So were your parents very positive or how have you become this positive?

Gina: I think my dad, he's such like a joker and always sees the light in everything. And even like when bad stuff has happened like recently our nan passed away, so his mum. And even then he really didn't want us to see him at his lowest. Not that he would make a joke of the situation but he was trying to see the light in everything. So I think we get a lot of that from our dad and just try and be as

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

happy as we can, see the good things of the situation. It's like when we talk about our nan it's like, oh remember when she did this? Oh it was so funny. Things like that, it's like we can't dwell on all the sad things. Obviously we have our sadness but then we just remember those good times as well. Our mum, bless her heart, she is a lot more of a worrier, she's definitely a worrier. But I feel like we try and ground her a bit more. And we're just like, it's fine, we always call her a little delicate flower bless her.

Cathy: Aww.

Gina: Like one petal falls off and she's just like all over the place.

Cheryl: Oh, oh, oh!

Gina: Yeah she's very much a worrier.

Cathy: [Laughs]

Gina: But she's so calm and chilled out but yeah, I'd say a lot of it we get from our dad, our like positivity.

Cheryl: You Gina specifically you're very much like dad. Like you'll jump straight to the positive and try and avoid worrying and the negatives. Whereas I'm like the hybrid of both. So like it will be like the absolute extreme of just making a joke and light of every situation to then absolutely going like stressing balls to the walls about the smallest thing. Like me yesterday, I was being picked up by a taxi after finishing my photo shoot and I couldn't find where the taxi was and I'm like on my phone trying to find the details and Haydn is going 'Calm down' and I'm like 'I need to find it! He's trying to get to us'.

Cathy: [Laughs]

Cheryl: So like it's little things like that that people don't realise like I get really worked up and stressed out over like the smallest little things. But like the big things I'm like 'No

that's fine'. Like going out on stage to 2500 people, I'm like yeah that's fine let's go out, let's have fun.

Cathy: But you're very, very driven aren't you? You're just very driven. From listening to you on various podcasts you really are very focussed and driven.

Cheryl: I think I always have been my entire life. I think I've always had like an older sense around me. Not that I didn't really have a childhood, because I really did have a childhood, I'd play, I'd have fun. But when it got to like the serious stuff in life, I was always like, 'Let's knuckle down, let's get this done'. Because life is too short to be not taking every moment and every opportunity that life gives you. So I'm very much a hard worker, a grafter and I've never in my life been given anything to me. I've always been either second guessed or been passed off for certain opportunities that have fuelled me to go harder and fight harder for these opportunities. And granted I was very fortunate, out of all the drag queens in the UK to be one of ten on the first ever season of Drag Race UK, that was a huge opportunity. But the three years that I worked prior to starting in drag to getting on the show, I was hustling. I was in nightclubs and bars six/seven nights a week just letting people know I was there. Offering to perform for free. Doing turns, doing shows. Because I was like you're not going to get anywhere sitting on your ass waiting for people to go 'Oh we saw you perform three months ago do you want to come to a show?'

Cathy: Exactly.

Cheryl: Nothing in life happens like that. If you want things to happen you need to get out there and do it. And I think that's one thing I pride myself on, is just really absolutely going for it. And even now, I could be a bit more select with the work that I take on, but no, an email comes in, somebody goes 'We'd like to work with you, would you

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

like to do this?' Of course I do. You want to come to little old me and work with me?

Cathy: Yeah, yeah, yeah, yeah.

Cheryl: 100% I'm there, let's make it work.

Cathy: So what was it like watching Cheryl do that Gina? Watching that kind of drive and that you know.

Gina: At the beginning it was such like almost a shock because he took me to Cambridge to see one of his gigs and this was quite early on in like as his career was sort of picking up, well pre Drag Race. And I was standing there and I was like, oh my god people have paid to come and watch my brother just like lip-synch, do a little dance, a little number. And I'm like, it blew my mind. Not that I think, why would people pay for it? It wasn't that at all but I was like oh my god, he had fans! He had a fan base and people would come up to me and be like 'Oh my god is he your brother? Is he your brother?' And I'd be like, 'Yeah he's my brother, we're going to get a McDonalds later, how can I help?' Just little things like that. It just never registered in my head that like people genuinely were almost like obsessed with him. You know when people have like a cult fan following, especially now.

Rachel: Yeah.

Gina: Like occasionally I still get tagged in stuff on Instagram or whatever, like 'Oh my god your brother's amazing. Oh my god I made this collage' this, that and the other and I'm just like OK like he's just my brother. It's absolutely fine but it was so surreal watching it for the first time, I was like oh my god.

Cathy: Yeah.

Gina: Because I was one of the ones that like helped Cheryl in the beginning with like makeup and things like that. Not

that it probably looked great because drag makeup is so different to obviously like girly makeup.

Cathy: Yeah.

Gina: But it was just amazing seeing from what he was then, to now and obviously his fans are growing, it was incredible. Such a proud sister moment.

Cathy: And you've never envied that?

Gina: Not because I think what's the point in envying your family?

Cathy: No.

Gina: Why be jealous of them? You want to be proud of them. It's like I can't imagine he's sitting there going 'Oh I envy you, you get to deliver babies, oh my God I'm so jealous'. Like he's just proud that I'm doing my achievements, I'm proud of his achievements as well. And like I say I get to go to the shows, I get to experience it.

Cheryl: I'm jealous of the gas and air.

Cathy: [Laughs]

Gina: But no he has his things which I'm proud of and vice versa. So I would never be jealous that he gets to do these things because he's worked hard for it.

Cathy: Aww.

Rachel: So on that note, Gina is there anything you'd like to say to Cheryl that you've never said before?

Gina: I'd probably just say thank you. I don't think I've ever actually said 'Oh thank you for this, thank you for that'. Because it's family, it's what you do. But he genuinely has been my best friend since I was like a little bubby growing up playing. It was always Bratz dolls because we were sassier, Bratz are much sassier than Barbies, but we

I Wish I Was An Only Child- Cheryl Hole and Gina Underwood

would play that together, do our dress up. Be like 'Mum do our dance routines, do this'. So he made me the person who I am today. Yes our little dances in the kitchen. So yeah I would just say thank you for just being my person that I can always go to throughout my life.

Rachel: That's lovely.

Cheryl: Aww.

Rachel: Cheryl?

Cheryl: Please don't forget to take the recycling out tomorrow please [laughs].

Gina: Here we go, yeah I'm out at a show.

Cheryl: I'm joking. No honestly I think you've hit the nail on the head. It's just saying thank you for always being there. Like a lot of people put like pressure on support being financial and stuff like that. For me, support is just being able to pick up a FaceTime call when I want at like three o'clock in the morning. Like sometimes she'll FaceTime me at like nine o'clock when I'm literally about to walk on stage and we'll like laugh for two seconds and I'll be like 'I've got to go, thank you so much'. And that will just get me in like an absolute mindset to go. So like again thank you for just being the rock support and life and soul of the party Gina.

Gina: Oh it's all right [laughs].

[I Wish I Was An Only Child Theme Song]

Melanie: This has been a Little Wander production. Local artwork from Cathy Mason. Voice from Melanie Walters. Music from Rhodri Viney. With special thanks to Beth Forrest, Steve Pickup, Sam Roberts, Henry Widdicombe, and Jo Williams. Other podcasts from Little Wander include: Here to Judge and Welcome to Spooktown. Subscribe

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Cathy: Rachel we've got ten minutes.

Rachel: Yeah OK sorry I know, we've got to get...

Cathy: It's not though because I've got to go to the loo and make a coffee.

Rachel: Can you give us some more light hearted questions?

Cathy: No Rachel we're fine!

Rachel: Anyone got any good ideas?

Cathy: I've given you loads!

[End of Podcast]