



Lorraine Candy

Award-winning Journalist, Editor and Best-selling Author

Lorraine Candy is an award-winning journalist, editor and best-selling author. She has more than three decades of experience interviewing high profile names as well as writing about women's lives and parenting in national newspapers and magazines. The mum-of-four is also co-host of the chart-topping lifestyle podcast Postcards From Midlife, which features celebrity guests, spirited women's stories and renowned experts. Formerly Editor-in-Chief of Sunday Times Style, ELLE and Cosmopolitan Lorraine regularly appears on national TV and radio talking about or interviewing women from all walks of life. Her First book "Mum, What's Wrong With You?: 101 Things Only The Mothers Of Teenage Girls Know" was a Sunday Times Top 10 Best Seller.

In 2023 her second book "What's Wrong With Me; 101 Things Midlife Women Need To Know" was published by 4th estate.

She regularly chairs panels interviewing experts and celebrities for festivals, including Cheltenham Literary festival, Postcards From Midlife live to name a few. She also works alongside commercial partners which have included Dreams Sleep Better festival, ITV Women's Network, La Roche Posay teen skin debate, The Energy Trust, The How To Academy, Estee Lauder.

She is on the membership committee of The Tate art galleries and on the media advisory board for Tate Modern as well as acting as a consultant for The Tate art magazine. She is also on the media advisory board for Sarah Brown's global education charity TheirWorld. Her hobbies include open water swimming (she contributes to Outdoor Swimmer magazine and books on the subject), surfing and yoga. She is from Cornwall and is an active supporter of businesses in the county.