

GOOD READING

'It's wonderful to have a day dedicated to love'

Designer SOPHIE CONRAN adores everything about Valentine's Day, and celebrates it with the whole family



I've enjoyed Valentine's Day ever since I was a small child and helped my mum make cards for my dad. I like the fact that there's a day dedicated to love and reminding the people around you how special they are. It can also be a bit of fun - I always send my kids anonymous Valentine's cards, although they've worked it out now, being 17 and 15.

I remarried last year, and my husband, Nick, always makes such an effort. He'll give me a lovely gift and we'll make time for a special meal out. Last year he took me away to a hotel, too. It was a total surprise, and felt really lovely to be having a night away sipping champagne. Ideally, I'd love to take the day off work, go to a gallery and then have lunch followed by a walk in the park. It probably won't happen because we're so busy - but I get to do the things I love in my career, so I'm really lucky. I've even designed a new range of heart-shaped pieces for my Portmeirion cookware range.

You don't have to go out to celebrate Valentine's Day. When my children were small, I would often make a special meal in, like pasta with lobster, or oyster soup. And when I was single after my divorce, I'd stay at home with my son and daughter and we'd make little presents and cards for each other. The best Valentine's Day gift I remember was when I sent a friend of mine a gift-wrapped tongue sandwich! She was single and I thought that was what she needed... Luckily, she thought it was hilarious.

I think it's nice to have special days to celebrate. It's important to look after the ones we love and make a fuss of them. So I find Valentine's Day really charming.

'It's important to look after our loved ones'

SOPHIE CONRAN