PROUD

Paul with his sons

Kieran

## ROWLING NEVER WANTS COMMANDER HAILS SERVICE TO BE A SCENE STEALER

JK Rowling has revealed she is so camera-shy she'donly make a cameo in a TV adaptation of her work if she was in full prosthetics.

The 55-year-old, who lives down a chance to write a ruin the scene. I'm very selfin Edinburgh, said she Doctor Who episode as she conscious, it wouldn't work." would "ruin the scene" if she was too busy writing, and appeared on screen.

was so scared of being Asked if it was true film, shesaid: "The only way recognised she wore a that she made a cameo I'd do it is if I had a lot of disguise to buy her wedding appearance in the most prosthetics on."

dress. Rowling made the TV series, Lethal White, she revelations yesterday in a series of true or false of the filming so I'm just off series of true or false Radio 2's Graham Norton.

She said she had turned unwinds by playing to appear in a crowd scene The author added she computergame Mario Kart. in the final Harry Potter

questions posed by BBC camera.Inevermakecameo appearances. That would be a terrible thing. I'd Asked if she was tempted









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I had been years.. but

allowed me to be

there to support

my boys and give them a good

Boss on turning life around who find themselves on the wrong  $\mid$  three times. I was constantly in

path, like I did, and show them you can change and there is hope."

Paul, who oversees nine stations n Ayrshire, admits it was the death of his mum that triggered his bad behaviour. The former Holyrood High School pupil said: "I was a product of my environment. I grew up the youngest of six and my mum Helen died of breast cancer aged 42, when I was just seven years old.

"It was after she passed that I started to get into trouble. Looking back on it, I realise I was grieving but did not know how to express it.

experiences to mentor young people

"I started getting into fights at primary school and was excluded the rails and at one point I

trouble, so much so that when I was 12 the Children's Panel told my dad Paul now I could be placed in care. "My dad fought the case and

mentors

teens to

saved me

tried to steer me on to the right | help them path but he was on his own raising | fulfil their six kids and needed to work and. when he was out, I would run wild.'

Paul, who lives with his second wife Trish, 51, in Giffnock, added: "The older I got, the more of a tearaway I became and. although I loved high school, I got excluded on twice. As a teenager, there were times when I went completely of

lost two close friends to drugs, which was very tough. "I also married at a young age, 19,

and had my two boys - but the marriage didn't last and at one point I ended up in a homeless hostel.

"When the boys were nine and 12, I found myself as a single father with no real qualifications or skills.

Despite being turned down in the past, Paul kept reapplying to the Fire Service and, after 10 years, he was finally accepted - becoming a wholetime (based at a station rather than being on call) firefighter on March 3, 1999, at the age of 27.

He managed to juggle his job and be a full-time dad to Paul Jr, now 30, and Kieran, 28.

He said: "In the Fire Service, you have great people around you who are willing to support you – from managers down to your colleagues. They all gave me the support wherever possible to balance my shifts with looking after my boys.

"My dad was my rock after mum died and being a firefighter allowed me to be there to support my boys and give them a good start in life.

"My eldest son Paul became a firefighter two years ago after serving in Afghanistan as a British Army sniper and Kieran is a gas engineer with his own firm. I could not be prouder of them."

Paul, who gained a degree after joining the Fire Service, now helps young people through the MCR Pathways mentoring programme.

He said: "What we say to them is what you are experiencing now is not you for the rest of your life - you have options. Joining the service

is one of those options." The service's recruitment campaign – We Are SFRS... You Are SFRS – aims to attract more applications from women, ethnic minorities and the LGBTQ+ community. Director Liz Barnes said: "We pride ourselves on working at the heart of communities to keep people safe so it's imperative we reflect the diversity of those communi-

ties." Paul added:"Look what the service did

for me – was life-