**Davina McCall interview with Michael Parkinson: non-technical transcript**

MP: I mean, there you were, a well educated, well brought up girl and and er

DM: A nice girl.

MP: A nice girl. But but, so so so when did the, how, what was the path into drugs what kind of path was taken, how did it start?

DM: Well I've got to say actually that's why one of the reasons why I was very nervous about erm them making cannabis a Class C drug because my first route into drugs was via cannabis and I've spoken to lots of other erm reformed addicts and, you know, often they say the same thing, and I think it's such a Russian Roulette with drugs, like, some people might smoke a joint and never have another drug again, and other people might smoke a joint and end up dead, sort of two years later, so, drugs are bad, I think, erm, in any in any shape or form because they, you know, you don't know whether you're an addict or whether it's in you, and I had a sort of family history with my mum being an alcoholic and everything ... that I had a propensity to it, and I had to be very careful, and it started, you know, youngish, I mean smoking cigarettes, the odd one, you know every now and again?

MP: How old?

DM: 12, 13, erm, then you know, first foray into drugs at sort of 15, 16. Nobody obviously ever knew about it, I'd do it all in secret or, you know, I'd bump into somebody say in Paris when I'd go over there on holiday so nobody in England would know about it, you know what I mean I had these kind of two lives.

MP: What what kind of drug were you on in the end?

DM: Erm, in the end I ended up on heroin and cocaine.

MP: Heroin. I mean that's heavy duty isn't it?

DM: I mean I was, I, erm, you know, the other thing is that I've never injected heroin, and for a long time it made me sort of think that that was ok and that I had a job and that I you know, kept my job together and I, erm, on the face of it I was [smiles] kind of tried to pretend that everything was ok but at the end of the day heroin catches up with you even if you think you've got it under control for a year or two years in the end it'll become a daily habit and that's when I got into big trouble.

MP: I mean it it's when you start into into heroin that's a highly, I mean all these drugs are highly addictive, but they do say that that that once you take heroin, well they do, what they say is once you inject heroin, that's the beginning of the end, you know you can actually count the days from that point on.

DM: Yeah, I mean I think well I'm fortunate enough that I never tried crack cocaine but erm I've heard that's you know, the worst of the worst of the worst. You know, obviously heroin I think is is er is a very powerful drug and I mean I almost sometimes don't even like talking about it cos I think if I talk about it in the public domain I don't want people to look at me and go, well she did it, she's alright, do you know what I'm saying? So I get nervous about it cos I think I what can I say to people I don't want to lie to people and say it's going to kill them on the day they take it all I can say is that the minute you take it you're on a slippery slope so just don't bother starting it.

MP: But what took you off the slippery slope, I mean, what made you decide I'm going to stop it?

DM: Do you know I think it's down to my erm I think it's down to my grandmother and and the morals that she gave me because erm I still had morals, I still felt that I erm I would never steal to support my habit I had to kind of you know keep up this front and eventually I couldn't keep the front up anymore. And I remember I was, erm, round at, er, I'd been away, it's quite a long story, but I'd been away for two months trying to get clean and er I went to stay with my mother, she was living in Morocco at the time for a month, and I came I weaned myself off the heroin and and then I had a month in Florida with some girlfriends and I was totally clean and I felt fantastic and I thought this is it, I've cracked it I've never felt so good, I must never ever touch heroin again, that's gone from my life forever, and I came back to England and I went out partying and somebody offered me a line of coke and I thought well just one, you know I haven't had any for ages and you know you go for me I can't have one of anything I'm I'm just like that, I have to have more more more more, I'm the same with chocolate biscuits. And, erm, so I had this one line, and two days later I had somebody trying to throw me out of their flat because they were like you've got to go home, you know you've been up for two nights and I really want you to leave and I just thought oh god I've got to go outside and face reality you know suddenly it just dawned on me I I don't want anybody to see me and it's that feeling of self-loathing that I'd gone down to really the bottom I was supposed to pick up my sister from school the day before she was 10 or 11 and I'd forgotten, she'd had to make her own way home, erm, you know I was just letting people dow- I just felt awful about myself

MP: Is it

DM: and that's when I changed.

MP: Knowing yourself as well as you do, then, then then it's a daily battle isn't it in a sense, you're saying I ain't gonna do this.

DM: No, I am an addict

MP: precisely you can't assume that you're that you're cured at all

DM: yeah I'm still I'm still an addict

MP: You're you're a very busy addict aren't you

DM: I'm a busy addict

MP: [laughs] I mean you're doing just about everything