

Down-and-out TV newsreader finds a home

Seven weeks after the former ITN and BBC newsreader Ed Mitchell, who admitted a decade of heavy drinking, was found sleeping rough on a seaside bench in Brighton, he has moved into a flat.

Using funds from a confessional newspaper interview he gave before Christmas and with the promise of forthcoming television work, Mr Mitchell has rented a one-bedroom apartment in Shoreham, East Sussex.

The former television anchor has just completed a five-week stint at The Priory rehabilitation clinic in Roehampton, south-west London. He claims the intensive treatment he received has removed temptation, but admits he still faces a tough battle.

"There are pubs and off-licences everywhere but the craving for drink has left me," said Mr Mitchell, 54, whose new flat is above an off-licence. "I still take each day as it comes and have to be vigilant because there is no cure. Being able to give up drink and no longer being homeless means I've got my life and self-respect back.

"It's very difficult to give up alcohol when it has a grip on you but after 28 days I feel lighter of step. It makes you see more clearly and appreciate things."

At the peak of his distinguished, 20-year broadcasting career, Mr Mitchell, who was married with two children, earned 100,000 a year. His time as a business reporter for ITN, where he formed close on-screen relationships with the news anchors Carol Barnes and Alistair Stewart, made him a familiar face to many Britons. But an insatiable thirst for alcohol and mounting debts brought ruin. Divorced from his wife Judy and forced to live with his mother, he began drinking a bottle of vodka a day. The family home, in Portslade Old Village, on the outskirts of Hove, had to be sold to pay vast debts.

He continued to drink heavily and eventually his mother asked him to leave, after which he found himself homeless. He says he walked the streets by day and avoided gangs by night.

Mr Mitchell's story came to the attention of Dan Butcher, a former City trader who founded a self-help organisation for addicts called The Recovery Network. Mr Butcher had been interviewed by Mr Mitchell when he was working as a foreign exchange trader. He agreed to pay for his treatment at The Priory if he would make a video for Mr Butcher's website. That video is in the pipeline.

Mr Mitchell, the son of an Army officer, says the severity of methods used at The Priory, where patients frequently have to work for up to 12 hours a day, were invaluable. "It wasn't a holiday camp or a health spa," he said. "It was very rigorous. I went into rehabilitation about 10 years ago but I had the wrong attitude then. I thought I knew more than the therapist at that time but this time was different; I was willing to listen."

This week, Mr Mitchell's 25-year-old daughter, Alex, and 22-year-old son, Fred, saw him sober for almost the first time in a decade.

His story was the subject of an ITV documentary on 18 January, *Saving Ed Mitchell*, in which Carol Barnes was reunited with her old colleague. "For me it was harrowing and raw to watch," Mr Mitchell said. "I had hit rock bottom and it was watched by millions of people. It was a very public wake-up call."

He is in talks with television companies to make a series on international homelessness with his son.

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Skiing: Ski Resort are limited to the military three hours, including: Tickets, snow a lease, the use of the tramway, Chiqian costs.

2006-2007

Duration: 2006-2007 Xueji. Ski votes to the Spring Festival in early Chuqi restricted, Spa Open-Golf)

Hot Springs: Hot Springs Jiuhuashanpeng include swimming, sauna, steam room, medicated bath, bath here, Tang-Quan projects. Tickets only can be playing East-chuen West-chuen, and a new open-air hot springs swimming. Winter is the best time for bathing, especially for the open-air hot springs. Enjoy the winter sunshine at the same time, there is no Bieqi flu.

Zijia: 1. From North Second Ring or tricyclic on Badaling Expressway to the north east after six Central (north direction), to the high-speed Xiaotangshan Beiyuan mouth, then north (Xiaotangshan direction) about 2km, Tai Willow roundabout, turn right that is yes. The entire process takes about 35 minutes.

Bus: 984 can reach Jiuhuashanpeng, 912 Willow arrived at the roundabout, taking 500 m East is yes.

Golf: Golf Club Gallant, the same day the Open-ball three hours a few Cheong, including: Driver leasing, not for the ball. The practitioners, or experience a good place for beginners Address: Changping District of Beijing Xiaotangshan Town East Willow roundabout 700 meters, 200 meters Jiuhuashanpeng East.

Gallant, golf driving range near Jiuhuashanpeng Hot Springs, covering 68 acres, the venue of 300 yards, with the upper and lower two floors of a total of 64. Taipei side of a putt greens, the venue begins to target greens, artificial lake, a bunker. Practice venue is set leisure areas, coffee shops, bathhouses, stores, etc. into a professional golf centre. Driving ranges in the northeastern part of the Composite Hall can provide accommodation, Chinese catering, entertainment and conference services.

Beijing forces have Ski Resort, located in Changping Xiaotangshan famous scenic hot springs resort, the city is from the recent skiing (30 km). Snow making the resort area of 150,000 square meters, and 6,000 square metres of integrated services and facilities, Beijing is the largest ski areas of the field. Strictly in accordance with international standards and design characteristics of the Chinese people s physique early in the High Road mountain snow built with a total length of 4000 meters. Two nearly 1,000 metres with 20 different gradient changes Intermediate Road, the junior high school level and above level skiers have enough ski action display addiction; relative differences High Road 247 m, length 1200 m, the largest slope 40% , to test the level of senior skiers ideal snow Road.

Asian Games Village, a 400,000 square meters of modern classical imperial garden buildings, Huguangshanse, Qujing, Wan Yan, the brilliant wall, Beijing Jiuhuashanpeng international health club, this past spring Royal palace development has been a well-known international leisure happenings Spa resorts, and the health of people Xinchishenwang park.

Jun-ho, Jiuhua Hill address

Duration: 2007, Ski-1 to the Spring Festival votes Chuqi restricted, Spa Golf Open -

About the Author

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