Nicola Thorp is a broadcaster, actor, podcaster, equality campaigner and proud northerner from Blackpool.

A passionate broadcaster, Nicola is a regular correspondent on This Morning and has also made regular appearances on Lorraine. New for 2026, Nicola has been announced as the host of 'Sense Check' for The Mirror, a show where she will bring a real understanding and much needed conversation to the current discourse in the country's news agenda, with new episodes released twice a week.

Nicola is back this year with another true crime investigative podcast 'Al Fayed: Who Looked Away'. This is Nicola's second major investigation and launched this September with further episodes to follow as new evidence emerges. She is putting survivors at the heart of her investigation, while she examines the people, systems and culture around Mohammed Al-Fayed that allegedly allowed a pattern of abuse to continue for decades.

In her investigative true crime podcast debut, Nicola spent three years investigating the shocking disappearance of 14-year-old Charlene Downes from her hometown, Blackpool. Nicola was the same age as Charlene when she went missing, but the truth about what happened to her has never come to light. All episodes of her podcast series 'Charlene: Somebody Knows Something' are available now on The Crime Desk where you can join Nicola as she returns to her childhood town 22 years later to uncover the truth, and the lies, about what really happened to Charlene.

Nicola gained national attention for her campaign to end sexist workplace dress codes which led to a parliamentary inquiry and lasting policy change, and her successful campaign to give stalking victims the right to know the identity of their stalker, dubbed 'Nicola's Law'.

Nicola also had a weekly column in the Metro, covering topics such as mental illness, women's rights and social justice. Having initially trained as an actress, Nicola is also known for having had a regular role in Coronation Street as Nicola Rubinstein, and appearances in Doctor Who, The Guilty and Father Brown.