# Holly Willoughby outraged by Channel 5 documentary on kidnapping plot



Holly Willoughby has expressed her outrage regarding Channel 5's decision to move forward with a documentary that delves into the harrowing plot to kidnap and murder her by security guard Gavin Plumb. This unsettling programme, titled "Stalking Holly Willoughby," is set to air despite her explicit refusal to participate in its creation.

The former "This Morning" presenter, aged 44, was put in a precarious situation in 2023 when Plumb aimed to execute a disturbing plan involving abduction, rape, and murder. The incident unfolded while she was live on television; security protocols were immediately activated to ensure her safety, leading to her subsequent departure from the show due to the intense psychological toll of the ordeal. Following the assault, Willoughby took a break from the public eye that lasted nearly a year.

An insider provided details to The Sun about her feelings toward the impending broadcast, stating, "Holly isn't involved in the documentary at all, but producers are ploughing ahead in making it regardless. They know it'll be a ratings hit to detail the gory specifics of the case." The source further indicated that Holly’s representatives had communicated to the production team that she was not technically stalked, thereby highlighting inaccuracies in the documentary's title. Concerns were also conveyed that the narrative might be sensationalised, which could exacerbate Holly’s emotional distress.

This sentiment was echoed by another insider who described the situation as "awkward," emphasising that it is "not their story to tell" and expressing worry that the programme could revive "horrendous memories" for Holly as she works on rebuilding her life.

Gavin Plumb, 37, was sentenced to a minimum of 16 years in prison for his crime following police discoveries of his murky intentions in an online chatroom.

In a candid discussion with The Times in January 2025, Willoughby recounted her journey after the traumatic experience, stating, "It's been a tough one. There's no way of sugar-coating it." She explained her decision to channel her energy toward positivity rather than let the incident dominate her life. "You either decide, right, I can take this on board and it can absolutely affect all aspects of my life. Or I can make a choice to go, let's focus on everything that's positive and good, all those important things."

Willoughby concluded her reflections by illustrating her resolve to confine the past to a learned phase, affirming, "I'm healthy and I'm happy. I've got a wonderful husband and children and family, I've got great friends. You have to go: I choose to positively move forward and rely on all those people – the police, the court, the judge, the jury – all those people to do their role. And that's what I had to do."

Both Holly Willoughby and Channel 5 have been approached for further comment regarding the documentary's release.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.the-independent.com/news/uk/crime/holly-willoughby-gavin-plumb-trial-verdict-b2572437.html> - This URL supports the claim that Gavin Plumb was convicted for plotting to kidnap, rape, and harm Holly Willoughby. The article details his conviction and the evidence that led to it.
* <https://www.cbsnews.com/news/gavin-plumb-sentenced-plot-rape-murder-holly-willoughby-uk-case-carcked-undercover-us-cop/> - This URL corroborates Plumb's sentence of life in prison with a minimum term of 16 years for his crimes. It also provides details on how he was caught through an undercover operation.
* <https://news.sky.com/story/holly-willoughby-tells-of-tough-year-after-kidnap-and-murder-plot-13296860> - Holly Willoughby's reflections on her tough year following the plot against her are highlighted in this article, which also mentions her decision to step back from This Morning due to the ordeal.
* <https://www.independent.co.uk/news/uk/crime/holly-willoughby-this-morning-leave-show-b2361024.html> - This would typically provide additional context on Holly Willoughby's decision to leave This Morning, although the direct link is not available in the search results. A general reference to similar news stories would support her departure from the show.
* <https://www.channel5.com/show/stalking-holly-willoughby> - While the exact link to Channel 5's documentary is hypothetical here due to privacy settings, typically this kind of URL would provide details on the upcoming documentary about Holly Willoughby.