# 'I'd pray to be cured of being gay': Nick Grimshaw on sexuality and love



Nick Grimshaw, the former BBC Radio 1 presenter, candidly discussed the challenges he faced regarding his sexuality during his formative years, reflecting on the impact of growing up within the constraints of the Catholic church. At 40, Grimshaw publicly came out as gay in 2012 and later got engaged to his boyfriend, Meshach Henry, in March 2022.

In a revealing appearance on Elizabeth Day's How To Fail podcast, Grimshaw recalled the immense guilt he felt as a young man. He said, "I grew up going to Catholic schools and so I had this guilt about being gay. I'd pray to be cured or [think] why me? I'd be like, I don't want to be gay." He articulated a sense of desperation in his efforts to conform to societal expectations, admitting, "I remember being like if I go and get into football... I thought, well, I'll just learn about this."

Grimshaw elaborated on his attempts to engage with heterosexual culture, recalling flipping through football magazines in a bid to understand a lifestyle he felt alienated from. He reflected, “It was a really unnatural read to me because I was really trying to force it in, so it felt a bit like homework." He also recounted a formative moment when he first noticed David Beckham: "I think with a cup, so he'd won something... and I was just totally transfixed and drawn into it. I think I was too young, or maybe I didn't even realise I fancied him."

In a more personal anecdote, he noted how his father reacted to his request to display a picture of Beckham in their home. Grimshaw shared that while his father expressed concern about the use of Blu Tack on the wallpaper, he did not question the choice of image. This memory highlights the nuanced family dynamics regarding his burgeoning sexuality.

Grimshaw has been open about his relationship with Meshach Henry, a dancer with whom he began dating in 2018. Their relationship has flourished over the years; they moved in together in 2019, a decision that stemmed from their desire to spend more time together, an adjustment made easier by their non-traditional work schedules. In his engagement announcement on Instagram, he shared a snapshot of his sparkling new gold engagement ring, expressing joy in a post that celebrated both their love and the significant milestone.

A source close to the couple revealed to The Sun that Grimshaw appears happier than ever, crediting Henry for bringing joy into his life. The couple first captured public attention at the Soho Farmhouse in Oxfordshire in late 2018. Their relationship, characterised by a shared happiness and mutual support, marks a significant chapter in Grimshaw's life, particularly as he navigated the complexities of his earlier experiences with his sexuality.

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

## References

* <https://www.standard.co.uk/culture/music/nick-grimshaw-sara-cox-annie-mac-radio-angela-hartnett-b1058374.html> - This article discusses Nick Grimshaw's career and personal life, including his departure from BBC Radio 1, but does not specifically address his sexuality or relationship.
* <https://www.youtube.com/watch?v=VIaEqvSbR3M> - This YouTube video features Nick Grimshaw discussing his life, including his departure from Radio 1 and personal stories, but does not delve into his sexuality or relationship in detail.
* <https://www.noahwire.com> - This source provides the original article about Nick Grimshaw's experiences with his sexuality and relationship, but it does not offer external corroboration.
* <https://www.theguardian.com/tv-and-radio/2021/aug/11/nick-grimshaw-leaves-bbc-radio-1-after-14-years> - This article discusses Nick Grimshaw's career at BBC Radio 1 but does not specifically address his personal life or sexuality.