

Zita Sattar plays Nurse Anna Paul



From childhood, Zita always wanted to be an actor “but never thought that I actually would, thinking it was a bit of a dream.” However, she applied to two drama schools and, getting into both, decided to go for it. Having spent three years at drama school she found work. “I lived with other actors, which was hard as they all got work before me. While I was waiting for a job, I turned into an exercise freak to amuse myself.”

Things turned around when Zita got her first paying job at the Stratford East theatre in *You Eat With Your Fingers* (the play *Goodness Gracious Me* was based on). “The ball started rolling from there and touch wood hasn’t stopped since.”

Zita then starred in the first episode of *Gimme Gimme Gimme*, moved on to *Heartbreak Hotel* for BBC One and then worked on films.

“I appeared in a Film Four production called *Large* where I played a complete slapper. Just before I got *Casualty*, I played Juliet in *Romeo And Juliet* at the Leicester Haymarket, which was something I had always wanted to do and it was great to get under my belt.”

Before she went to her *Casualty* audition, Zita saw a palm reader who told her that she would be moving west for a job in a soap or a regular drama. Thinking he meant America she didn’t give it a second thought at the audition; it was only afterwards she realised that he had been spot on when she found herself relocating from London to Bristol.

Age: 27

Home town: Birmingham

Similarities with Anna: “I’ve got more stories to tell than her, more goes on in my life than hers! I’ve discovered that she’s really moral, much more so than I. Because she hasn’t got a love life, she’s always passing judgement on everyone else’s. She’s nice with it though and she has grown up a lot recently. I think it had something to do with her haircut.”

Anna’s best and worst traits: “I think that anyone who is a nurse has got to be pretty hardcore. It’s beyond me how anyone can do the job. She is also a good laugh and is forgiving to her friends. On the negative side, she can be disapproving and was very judgmental when she found out that Tony was gay. She made some terrible comments about the gay lifestyle and I found that very hard to portray on screen.”

Zita’s real-life *Casualty*: “I am very accident prone. I banged my arm and head yesterday, it happens so frequently that I’m used to it. But I haven’t been to hospital recently.”

On-screen romance: “She’s had a quiet time romance-wise. She asked Dillon and Tony out in the last series, of which nothing materialised. A surprise flirtation with Harry ends in an illicit kiss but she is set for her own romance in this series.”

Favourite food and music: “I’ve just bought a grilling machine and am experimenting by cooking chicken with it. Joni Mitchell is still up there for me and recently I bought a CD of Aretha Franklin and the new one from Alanis Morissette.”

How do you keep in shape?: “I’ve bought loads of fitness videos and I’m a member of the gym but I haven’t been for ages. I’m going to try and sort myself out and do some yoga. I bought myself a video for it, but haven’t taken it out of the cellophane wrapper yet. I like walking though and I walk a lot in the countryside.”

How do you relax?: “I like to go out to dinner and visit my friends at home to have a glass of wine. Sometimes you’re so tired after work you just want to crash in front of the telly.”

Did you know?

- Zita recently shared her first screen kiss with Simon MacCorkindale for a forthcoming episode of *Casualty*.
- She blew £70 of her first-ever acting pay cheque on vitamins at Boots: “I was a bit health crazed at the time.”
- Zita’s first job after leaving drama school was as a cabbage in a panto: “I got £20 for six weeks’ work.”