

Julia Bradbury

The presenter and author tells Lyn Hughes about staying positive in the outdoors, the joys of Devon and Cornwall, and annoying a lot of people with a spoonful of cream...



You launched a podcast last year – *A Little Bit of Positive*?

Yeah, just like the rest of the planet! It's with Giles Paley-Phillips, one of the kindest people I know. There are so many podcasts out there but we felt that you can't have too many good news stories. It's not too prescriptive or restricting in terms of our guests.

One of the people in the upcoming series is a lady called Julia Baird from Australia who has written a beautiful book called *Phosphorescence*. Essentially, she is obsessed with bioluminescence, a bit like the same way I'm obsessed with moss. She's an open water swimmer and the book is a journey of discovery and it's all about how important nature is to us all.

Another guest is Professor Myles Allen and he is the world leading expert on climate change that is driven by human activity. So he's very interesting, and the positive spin on climate change is that he knows that there are solutions and he knows what they are. This is actually about the top polluters. Just 100 companies are responsible for 71% of global emissions!

I was a little bit surprised when you mentioned climate because of it being a positive podcast!

His message is about making changes and at government level. Costa Rica is a perfect example of when they made that decision over 25 years ago to stop deforestation, and were going to turn to renewable energy, which is exactly what they've done. The world needs to start to value nature in the same way that Costa Rica has done.

Another guest who's coming on is a writer and government adviser called Simon Anholt and he has a movement called the Good Country Index. He lists countries not by how successful they are; it's based on what do they give back to the world? How happy are their citizens?

It ties in with *The Economics of Biodiversity: The Dasgupta Review*, a global report which concludes that we can no longer continue to measure success on GDP alone and that

"The world needs to start to value nature in the same way that Costa Rica has done"

nature and biodiversity must become an integral part of our measurement of wealth in the holistic sense of that word. Essentially this should be the blueprint for how countries are moving forward.

During the last year a wider range of people seem to have realised that they need the outdoors

Yes, they have. I live in London and walk in my local park, and yesterday I saw three young girls chatting to each other in the sunshine. I just thought to myself, 'I hope that people do still continue to take walks in the park with their friends.' I think walking



meetings are a fantastic idea and more companies should be doing it.

I've been working with the Outdoor Guide lately on this project called Outdoor Ambassadors, where people sign up to become the person within their company that encourages the team to take regular outdoor breaks. I hope that people have re-evaluated the time that they spend commuting and that we can do more flexible working and days at home.

A lot of people are realising that they don't have to live within commuting distance of a major city anymore.

Yes, I think Cornwall is number one most-searched for destination for houses for sale! On my Land's End walk in the series [*Cornwall and Devon Walks*] I interviewed Kurt Jackson, who is one of our most successful British artists, and he was a real ambassador for Cornwall as a place to live, not just as a place to visit.

"Dawn French sent me a stern message on Twitter"

The series got a great reaction, although you did stir up a lively debate when you put cream first on a scone...

Dawn French sent me a stern message on Twitter saying, "I think you will find it is jam." As a result of the controversy, I've even had a sea shanty written after me by the lovely Colin Leggo.

So, other than scones, did you have any surprises when filming?

When you think about Cornwall and Devon, you mostly think about the beaches and the cliffs. But I think what I really enjoyed was exploring more of the woodlands and the villages. I loved Dartmoor, Frenchman's Creek, Helford Village,

Totnes and the walk through the Dart Valley. The series was in eight parts and every single walk was very different. The landscape, the story, the atmosphere... and all edifying in their own way.

Looking ahead to travelling again, have you been dreaming of going anywhere?

Yes, I don't want to be melancholy, but last year we were going to return to Greece and introduce the children to their great, great grandmother YiYi Maria. Very sadly, she passed away during the pandemic. She was 103 and she had a great life but I'm very sad that my little ones didn't get to meet her. So, we are dreaming about going to Greece, so at least we can go and pay respect to YiYi and have a swim in the sea just to say goodbye. **W**

***Cornwall and Devon Walks* is on the ITV Hub. The second series of *A Little Bit of Positive* will be available on the usual platforms from April.**

Positive walks (clockwise from this) Julia Bradbury starts her Dartmoor walk at Haytor; watching the sun set at Lands End; beginning her Land's End Walk at Porthcurno Beach