

Just don't call me a 'geriatric', says mum Julia, 50



GREAT OUTDOORS:
Julia Bradbury takes her young children camping every year

TV PRESENTER Julia Bradbury has no regrets about being an older mum, but she is incensed at being labelled “geriatric”.

The 50-year-old TV presenter had her first son Zephyr aged 40 and her twin daughters Xanthe and Zena at the age of 44, after five IVF attempts.

They were much-wanted pregnancies for the star who suffers from endometriosis, a medical condition which often leads to infertility.

“I realised that when I had Zeph at 40 and the girls at 44 I was pushing it – I’d had miscarriages before,” says Julia.

“Obviously I was thrilled when I knew I was having twins.

“Naturally, the risk of multiples is so much higher on every level, having a miscarriage, carrying them, the birth and being old.

“I tried so hard to stay optimistic and happy about it, but I was also just very aware that it was a

By **Olivia Buxton**

riskier situation that I was in. But labelling me a ‘geriatric’ mum was a horrible thing to say, because while doctors are meant to be frank and honest in the medical profession, they are also meant to be comforting. I think it’s a very uncomfortable term to laden women with if you are in any way sensitive or worried, it doesn’t really reassure you.”

Julia admits she is still feeling the after effects of having twins, much more than she did with her son Zephyr. “It really put my body under pressure in a way that having Zeph didn’t,” she says.

“And because of the enormous weight I was carrying, I got varicose veins in my feet. I had to have surgery because they could have become dangerous.

“Our bodies aren’t meant to go through all of those hormonal changes at this stage of our

life – we are supposed to be going through the menopause in our 40s, not having babies. But I wouldn’t have it anyway and motherhood has been life-changing in the most unimaginable way.”

The past year has seen Julia instil her love of nature in her son and twin daughters. To build up their stamina and resilience, Julia takes them camping every year. “It is a real bonding time and gives them a sense of independence and responsibility,” she explains. “They quickly develop roles like who is going to be in charge of setting up the tent and who is in charge of cooking or bedding. Camping allows for quality family time.

“And you can unzip the door in the morning and be wherever you want, so there is

freedom as well.”

Julia has been president of the Camping and Caravan club for 15 years. She says: “Being in lockdown for 15 months has been really tough on the kids.

“They can’t wait for the summer holidays, to get outside and pitch their tents, whatever the weather.” She adds: “Everyone tells you to enjoy this time with your children because it speeds by so quickly. It’s absolutely true.

“Not only will I embrace every milestone moment, I want us to have big adventures together that I can look back on in years to come.”

Julia is supporting National Camping and Caravanning Week which begins tomorrow: campingandcaravanningclub.co.uk



New charges hope over Barrymore party death

ESSEX Police has asked for guidance from the CPS as it looks to bring charges in the 20-year investigation into the death of a man found dead at the former home of Michael Barrymore.

Stuart Lubbock, 31, was found dead with injuries that indicated a serious sexual assault at the former home of the TV star in Roydon, Essex, after a party there in March 2001.

The initial investigation was botched after detectives said there were no grounds to continue a murder probe just eight months into the inquiry.

Essex Police re-opened the case as a rape and murder investigation in February 2020.

Last month



By **Jon Austin** CRIME EDITOR

Stuart's father Terry Lubbock, who is terminally ill with cancer, welcomed reports that a charging file was about to be sent to the CPS in connection with a man, 50, from Cheshire, who was arrested on suspicion of murder in March.

However, the CPS announced on Friday that Essex Police has only just made an approach and it is for early advice, which will not yet lead to a charging decision.

A CPS spokesman said: “We are assisting Essex Police and have

provided ongoing support. Essex Police has now referred a case to us for early advice.”

According to the CPS, this stage of the process will not end with a charging decision and further work could be required by Essex Police before a full evidence file is submitted.

The spokesman added: “We will only make a decision on whether the case meets our legal test once a full file has been submitted to us by Essex Police.

“In complex cases, such as this, officers can ask for early advice to help advance their investigation and provide guidance as to what will be needed to complete a full file of evidence for submission.

“This can include seeking advice on distinct legal issues or evidential questions. “This stage could last a few weeks.”

Mr Lubbock remains hopeful a charge will

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