

My weekend...

JULIA BRADBURY

TV presenter Julia Bradbury, 50, tells us about getting outdoors with husband Gerard Cunningham and children Zephyrus, nine, and twins Xanthe and Zena, six

I'd love to say Friday is a wind-down day, but it's normally a scramble to make sure all the work is finished. We treat ourselves to a takeaway - it's nice not having to put my cooking head on. We really love Lebanese food and we're trying to go vegetarian. After we've eaten, we'll spend some time reading together. I like to read a book out loud to all the kids as it's a chance for the whole family to catch up.

I'm trying to train the children not to wake up early on Saturdays, but our son is a naturally early riser. I've never loved the mornings and that hasn't changed, even with kids. The children have been working hard at school all week so they're likely to be in their pyjamas until as late as possible. I normally cook pancakes around 11am for us all, then we head out to see friends. One of my best friends lives in Oxfordshire and our kids are similar ages. Her husband is an amazing cook and will normally knock up a



She loves a family barbie

On Sunday morning, we watch a family movie in bed. I'm trying to show the kids the films I watched when I was growing up. We've done

E.T., *Big*, *Splash* and *Back To The Future*. It's nice to talk about our childhoods with them and rewatch those great films. But they will spend a good amount of time outdoors as well, if it's a nice day. I have a passion for being outdoors, and the kids absolutely adore it too. We might set up a tent in the garden so they get to do a bit of camping at home. At the end of the day we have a barbecue. They love experiencing that bit of adventure and always ask to camp out at night in the summer.

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roast or a traybake. The kids will then spend all day outside, either on the trampoline or climbing trees. In the evening we eat a lovely meal together then we pile into the car and drive home.

NB: Julia supports National Camping and Caravanning Week from 31 May to 6 June. To find out more, go to campingandcaravanningclub.co.uk

WORDS: ELLIE KIRWIN-JONES PHOTOS: ADAM GERRARD/DAILY MIRROR

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