

Club President JULIA BRADBURY reflects on her favourite season and why Britain's coastline is the place to be this summer

First lady



IN THE WORDS of DJ Jazzy Jeff and the Fresh Prince: "Summer, summer, summertime! Time to sit back and unwind."

This is my favourite season. There are plenty of things I like to do when summer arrives but one of my favourite places to be when Helios is shining down is by the beach.

You may have seen the magazine is urging you to go #campingbythecoast this month (page 32) – and what could be better for the soul, eh? Let's not forget you're never more than 70 miles from the sea in the UK, so it's not an impossible adventure.



Julia visited Studland in Dorset for her recent TV series

The National Trust conducted research a few years ago that revealed if you regularly take a walk by the sea you can bag yourself an extra 47 minutes sleep a night, and as countless other studies continue to show us, sleep is one of the most important factors when it comes to our overall health.

If walking by the coast is good for you, what wonders must camping by the coast be doing for us? We know that camping helps with our circadian rhythm and we also know it's the dreaded blue screens that mess most with that, so what to do?

We can't eliminate screens from our lives completely, but we certainly need to curb our exposure to them and the amount of time our children spend with smartphones and tablet devices.

As a mum, in my experience the best distraction for your kids is a bucket and spade.

Have you ever seen a child at the beach with a screen? I bet you haven't – and if you do, chuck it in the sea!

There's loads to do on the beach – rockpooling, building sandcastles, playing racket-ball. It doesn't have to be a balmy 18 degrees either, just a hint of sunshine and you're sorted.

I filmed a walk for my last television series around Studland in Dorset, now probably one of my favourite beaches. It was like the Caribbean that September day. People were out in force with deckchairs everywhere, windbreaks on the beach, kids and adults splashing around in the water.

People were using the whole landscape, from the shoreline to the dunes, scoffing ice creams and doing

everything you're meant to do by the beach.

It's such a beautiful area. Nearby Sandbanks is one of the most expensive places in the world to own a home and just across the bay is Brownsea Island where a predecessor of mine, former Club President Lord Robert Baden-Powell, got the inspiration for the Scouting movement.

We're lucky that we have lots of beautiful beaches in the UK, but I like the fact Studland doesn't have a seaside town or resort attached to it – it just feels like a long stretch of golden coastline. There's no seaside kiss-me-quick culture, not that that's a bad thing, it's just nice to see a balance of environments along our shorelines.

If a £5 million beach pad on Sandbanks isn't quite your thing then why not head to our Corfe Castle Club Site, which is in a lovely location near the village of the same name and it's a great spot to find some cracking walks (head to www.theoutdoorguide.co.uk if you want to download my Dorset walk, as seen recently on ITV's Britain's Best Walks).

So whether it's for the walking, the fresh sea air, a paddle in the shallows, the extra 47 minutes of sleep, or simply to get your kids away from those dreaded screens this summer, give #campingbythecoast a go this year, and use this hashtag to share your adventures with the magazine team on social media.

If you have anywhere near as much fun as I had in Dorset, I know you're on to a winner.

Enjoy the beach, and pray for sunshine! ☀️