



# FIRST LADY

Club President **Julia Bradbury** on getting back to interacting with everyone at the NEC, Birmingham, and overcoming her health challenges

**Hello again!** I say again, because it was so nice to see some of you after such a long time, back at the Caravan, Camping & Motorhome Show at the NEC, Birmingham in February. The halls were astir with the sound of campers and you could feel the happiness in the air (conditioned halls) after a two-year hiatus due to Covid-19.

Over the course of the show's six days, more than 100,000 camping fans came to check out the latest tents, trailer tents, caravans and motorhomes. I whizzed the comedian Rufus Hound around three tents that have made a big impact in recent years, for Channel 5's 'Today at the Caravan Show'.

Rufus found me in a cotton bell tent from Quest Leisure, which is one of my favourites for festivals (they're so pretty). We were impressed with the Aero TL Pro tent from Zempire, which is made out of high spec polyester material that's used for United Nations crises zone tents and even has tinted windows to protect the peepers from the early morning sunshine (Rufus particularly liked that feature). For tent lovers out there, you know that inflatable beam tents are game-changers, and I showed Rufus one of Outwell's family air tents with inflatable beams, signature neon yellow zip-ties and go-faster stripes. It had three separate bedrooms and silent magnetic fastening systems on the inside, so you can sneak to the loo without waking the kids.

The show's still available on the Channel 5 hub - visit [channel5.com/show/today-at-the-caravan-show](https://channel5.com/show/today-at-the-caravan-show).

And you may have noticed if you came to visit the Club stand that we've had a facelift - I think we're looking great for 2022 and I'm thrilled to say we had a huge number of new members signing up to become part of our family.

Speaking of family, I'd like to thank you so much for all your warm wishes and kindness. As you may know, last summer I was diagnosed with breast cancer. Loads of you came to say 'hi' at the show and some of you even shared your own experiences with

me. It's been a very tricky time for me and the family and coping with a mastectomy has been difficult to process. Anyone who's been through this, or is going through this now, will know how complicated the emotions are, but I took the view early on that I would use my diagnosis to help spread awareness about cancer. One in seven women will get breast cancer in their lifetime and one in two of us will have to deal with some sort of cancer diagnosis.

Together with The Outdoor Guide we launched the 'Boots for Boobs' campaign, with a range of T-shirts (organic and sustainable) available through [theoutdoorguide.co.uk](https://theoutdoorguide.co.uk) and [pinkribbonfoundation.org.uk](https://pinkribbonfoundation.org.uk). I was walking every day right up until the day of my surgery and it's been an essential part of my recovery too.

I'm very much focused on doing what I can to prevent it recurring in me - and the science shows that diet, exercise and stress reduction can all play a big role in this. I'll keep those of you who are interested updated on my social media channels, but I've been sharply reminded

of something that the Club has long been aware of - community and connections are so important to our health, and mind, body and soul are all connected. I call my outdoor time #greentherapy and it's something we've been talking about for quite a while.

Eleven years ago the Club joined forces with Liverpool John Moores University and published the ground breaking Real Richness report. Now we've teamed up with them again, along with Sheffield Hallam University, to see how camping and the outdoors improves our lives by making us healthier and happier. We'll share the latest findings in your Club magazine in the coming months.

Finally, we're all really excited about the Club's all-new Torchlight Festival of Camping at Walesby Forest from 19-22 August. It promises to be a great event with a whole range of activities for the whole family, including entertainment by Sophie Ellis-Bextor, Squeeze and Gabrielle to name just a few, and heaps of outdoor stuff to do.

For those of you who join in the fun there, I may just have a little surprise up my sleeve - watch this space! 🦋

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▲ Julia loved catching up with friends at the NEC, and promoted the Boots for Boobs campaign