

# No place like HOME

**JULIA BRADBURY** on touring her birth country of Ireland

## JULIA BRADBURY'S IRISH JOURNEY

**NEW SATURDAY, 8.35PM, C4 TRAVELOGUE (BOX SET, CHANNEL 4)**

Julia Bradbury is in the middle of a whirlwind book tour for her self-help bestseller *Walk Yourself Happy* when *TV Times* calls for an exclusive interview about her new C4 travelogue.

'I have to take my *Walk Yourself Happy* cartridge out of my brain and flip into Irish mode, so bear with me!' she laughs, settling back to recount her adventures across the Emerald Isle for four-partner *Julia Bradbury's Irish Journey*. 'I was born in Dublin, so this is a dream project.'

With an itinerary including Cork, Dublin and Donegal, the mum-of-three tries her hand at activities including seaweed foraging and surfing.

'I wanted to experience as much as possible,' says Julia, 53, who's in remission following a breast-cancer diagnosis in 2021.

Here, she tells us about the place she first called home...



**Were you excited to explore the culture and history of your homeland?**

Yes, Ireland has a very special place in my heart and in our family's life. I did a similar exploration show with my mum [who is Greek] a few years ago [2020 ITV series *The Greek Islands with Julia Bradbury*], which was a beautiful thing to do, so I'm grateful to be able to do this for Ireland. It's a real gift.

**Do you have any memories of your early years in County Dublin?**

I was two when we left, so I can't hand-on-heart say I remember our house in Blackrock, but we have some fantastic family photos. There's one of me in a romper suit on top of Killiney with my dad, my sister Gina, and our

white Pyrenean mountain dog Llara, who was the size of a horse!

**Where do you kick off your journey of discovery?**

We start in County Tipperary, where I explore the famous [archaeological site] Rock of Cashel, while, in the [County Cork] town of Kinsale, I meet French chef Olivier Queva, who embraces local ingredients and eating seasonally, which I'm passionate about.

**What else do you get up to?**

I go seaweed foraging in Castlehaven Bay [in County Cork], where I spot some lovely ladies cold-water swimming in the Irish Sea, so I dart over to have a chat with them about the health benefits of that.

I also have a go at pottery at Rossa Pottery in Cashel, and am thrilled to say that two pots now have pride of place in my kitchen. The owner, Alan Walsh, said I was a natural!

**Could you tell us about your visit to the town of Skibbereen in County Cork, where you hear from people whose ancestors were affected by the Irish potato famine of the 1800s?**

To hear their stories was incredibly moving. The emotional and physical scar that the famine left on the country and Irish people is shocking. Maybe it was a coincidence, but on the day we filmed at the local graveyard, it started to snow. It came out of nowhere and covered the cemetery, just as I was talking about this very moving, sad event. It was spine-tingling.



**Family memories:** Julia as a baby with Llara the dog

**Are there any other special moments we should look out for?**

I pick up an Aran sweater, which is as gorgeous as it is famously itchy! Plus, I get to stand on the famous pitch at Croke Park [the Dublin games stadium] and try surfing at Donegal.

**'IRELAND HAS A VERY SPECIAL PLACE IN MY HEART'**

**Were you as good at riding the waves as you were at pottery?**

You'll have to wait and see. My surfing tutor promised to get me standing on the surfboard – and he did – but I won't tell you how long for!

**JULIA BRADBURY'S IRISH JOURNEY is previewed on pages 36-37**



**Natural potter:** Julia with Alan and Sarah Walsh

WORDS: ELAINE REILLY. PHOTOS: C4, CHRIS BRADBURY



Julia begins a journey through Ireland

## Julia Bradbury's Irish Journey

**NEW TRAVELOGUE 8.35PM, C4, CHANNEL 4 (BOX SET)**

Tough week? Shoulders around your ears? Not on Julia Bradbury's watch! In her charming new travelogue, the popular presenter explores the history, landscape, cuisine and culture of Ireland, which holds a special place in her heart – she was born in Dublin and is married to an Irishman. In this first episode, Julia tours the Rock of Cashel, samples the culinary delights of Kinsale and enjoys a tranquil kayaking excursion in Castlehaven Bay, before inhaling a lungful of fresh Irish air at Mizen Head. It all adds up to a passport to peaceful relaxation... ★★★★★ ER

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Can Ali and Ava overcome the odds and make a go of their relationship?

## Ali & Ava **FILM BBC iPLAYER**

Adeel Akhtar and Claire Rushbrook, both part of a great ensemble cast in last year's BBC drama *Sherwood*, starred together earlier in this heart-warming 2021 film (previously available on Netflix) from award-winning director Clío Barnard. It follows the blossoming relationship between two people from very different backgrounds – landlord Ali (Akhtar) and single mum Ava (Rushbrook). Ali's marriage is over, but he's avoided telling his family, while Ava clearly has a troubled past, and when they become a couple, it seems they encounter resistance from all sides. ★★★★★ JP



As Dr Donald 'Ducky' Mallard in *NCIS*

## Remembering David McCallum

**DRAMA ITVX, DISNEY+**

David McCallum, who died last month, aged 90, found fame in the 1960s in *The Man from U.N.C.L.E.*, but contemporary viewers will know him as one of the longest-serving cast members of *NCIS*. You can find it on Disney+ (limited seasons are also on Prime Video and Paramount+), while another of his popular shows, *Sapphire and Steel*, with Joanna Lumley, is available to stream on ITVX. ★★★★★ JP



Sylvia Robinson, founder of Sugar Hill Records

## First Ladies of Hip Hop **NEW FACTUAL FROM 9.35PM, BBC2, iPLAYER (BOX SET)**

As hip-hop celebrates its 50th anniversary this year, here's a timely look at the role of women in the genre. It begins in the early days in the Bronx, New York, when pioneering MCs such as Debbie D and Sha-Rock, along with DJ Jazzy Joyce, gave the men a run for their money, while the first rap record label, Sugar Hill Records, was set up by a woman,

singer and producer Sylvia Robinson. An impressive roster of contributors includes the singer Millie Jackson, a rap pioneer and clearly an influence on later artists such as Lil' Kim and Lizzo, whose 2023 Glastonbury set can be seen at 11.35pm, while a *Later...* special, *Women of Hip Hop & Soul* is on earlier (8.35pm). ★★★★★ JP

Katya and Nigel wowed in their first live routine

**PICK OF THE DAY**

**Lights! Action!**  
It's time for **Movie Week!**

**LIVE ENTERTAINMENT**  
**6.20PM, BBC1**

Here come the first of the *Strictly* themed weeks! Movie Week is always a big hit as it gives the couples showing early promise a chance to go all out with a jaw-dropping routine – memorable past dances include the as-yet-unbeaten standout, Jay McGuiness and Aliona Vilani's *Pulp Fiction* jive. Pro dancer Katya Jones is no slouch when it comes to Movie Week, having wowed us in the past with great routines including a *The Matrix* paso doble with Seann Walsh and a *The Mask* samba with Ed Balls. This year, she's paired with one of the competition's early favourites, Nigel Harman, topping the leaderboard in the first live show. Will they prove a smash hit tonight? ★★★★★ **JP**

*Strictly Come*  
**DANCING**

**A Royal Guide to... Parks & Gardens**

**FACTUAL 7.30PM, C4**

King Charles' passion for the gardens at his Highgrove Estate is well-documented, and this episode looks at the Royal Family's love of parks and gardens throughout history and their different functions. The hunting grounds of Henry VIII now make up some of London's much-loved Royal Parks, while Queen Elizabeth II and Prince Philip enjoyed reworking the Balmoral Estate, first used as a retreat by Queen Victoria and Prince Albert. ★★★ **JP**



Prince Philip and Queen Elizabeth enjoyed green spaces



**ON DEMAND PICK**

A young David Beckham signs for Manchester United, with manager Alex Ferguson

**Beckham DOCUMENTARY NETFLIX (BOX SET)**

Is there anything about David Beckham that we don't already know? This four-part documentary, new to Netflix earlier this week, claims to lift the lid on the life of the man who was one of the most famous footballers on the planet – as well-known for his hairstyles as his sublime ability with a free kick. While we're familiar with headlines about stories such as a bust-up with Manchester United manager Alex Ferguson, which resulted in Beckham sporting a scar above his eye, the documentary fills in the details culled from many hours of interviews with Beckham himself, while his wife Victoria – the pair celebrate their 25th wedding anniversary next year – joins him to reminisce about their first meeting. ★★★★★ **JP**

PHOTOS: GETTY

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