



MY WEEKEND

Newsreader Julie Etchingam

Broadcaster and journalist Julie Etchingam is the presenter of *ITV News At Ten* and the *Tonight* programme. Julie, 44, who lives in London, met her TV producer husband Nick when they both worked on BBC's *Newsround* in the 1990s. They have two sons, Leo, 10, and seven-year-old James.



"I work alternate Fridays, so my weekend either begins very late or when I collect the children from school. They love cricket and tennis and we're lucky to have a nearby sports club where we meet other families.

"We'll get a takeaway if we're not cooking and the children are allowed to stay up later. Nick's a brilliant dad: he still reads to them before they go to bed and he's done that since they were tiny. Then Nick and I have a glass of wine and sit down to watch a box set such as *House Of Cards*.

"Saturday mornings always begin with a treat when I make pancakes with different toppings. We get the boys started with their homework, they have music practice on the piano and saxophone then we'll take them to cricket or go swimming.

"Nick and I split cooking the dinner between us – he does a good steak – then we'll sit down together to watch a family film such as one of the *Indiana Jones* series.

"On Sundays we attend our local Catholic church where Leo is an altar server. I treasure the church community where we meet other families whose children attend the same school as the boys.

"I believe Sundays are special and meant for the family, so we'll sit down together for a roast lunch and then we'll have a walk in the park or do the gardening while the boys play football.

"I also watch the newspaper review and make a concerted effort to read the Sunday newspapers. The weekend ends when I listen to *The Shipping Forecast*. I always think that I'm tucked up in bed while these people are out at sea – it's very potent."

Tony Padman

Julie Etchingam supports Anchor House in East London, which helps to improve the lives of homeless people through education and training. For more information, see www.anchorhouseuk.org.