

FRANK.WELLNESS AND BRAIN HEALTH

Specialists in dementia prevention and healthy living, Tom & Amy will be in the knowledge hub throughout the weekend. In addition to their Saturday afternoon slot in the advice centre, drop in and chat to them about movement, nutrition and simple lifestyle changes to keep your body and brain healthy while travelling.

WELLNESS CLINICS FRIDAY

09:30-11:30 What are you REALLY eating?!

Ultra processed foods dominate the supermarket shelves, where labels can read like a foreign language and we are being sold the convenience of meals as drinks... This is your chance to get clarity on UPF. What dirty tactics is the UPF industry pulling? What makes a product ultra processed? How do you identify them? What should you even be eating? Ask away!

11:30 - 13:30 Breaking the sugar cycle

If we're all being honest, cutting out sugar is something many of us commit to doing but struggle to sustain. Why? Well, it's not your willpower. You are being set up to fail! We can give you a step by step plan to reduce your sugar intake once and for all.

13:30 - 15:30 Ask us anything!

This is an open session for you to ask us anything health related that's not covered in an above topic. Fitness, injury rehab, sleep, fat loss, GLP-1s, supplements, health gadgets; ask away!

SATURDAY

9:30 - 11:30 Protecting your brain for life

Cognitive decline is not a given as we age; it's largely dependent on diet and lifestyle. In fact, neuroplasticity allows the brain to rewire at any age. If you want to learn how to build resilience against cognitive decline, this drop-in session is for you!

11:30-13:30 How to add life to your years

We might be living longer, but are we really living weller? The preventable disease rates in this country suggest not. Ask us about practical daily behaviours that are proven to reduce chronic disease risk, increase vitality and maintain independence.

13:30-15:30 Ask us anything!

See Friday's description

SUNDAY

09:30-11:30 Protecting your brain for life

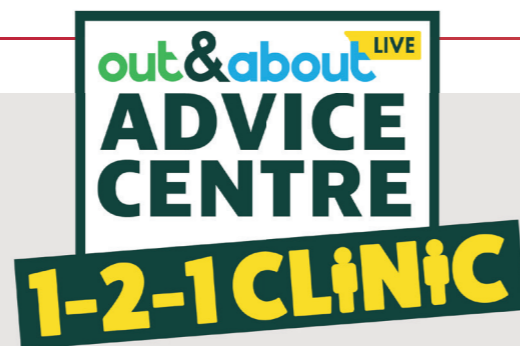
See Saturday's description

11:30-13:30 Breaking the sugar cycle

See Friday's description

13:30-15:30 Ask us anything!

See Friday's description



Whatever your question, drop into the 1:1 advice clinics for tailored guidance from experienced motorhome and campervan specialists. It's the perfect chance to get answers specific to your own plans. All of our guests have travelled extensively and have accrued years of experience so are well equipped to answer most questions, but there might be one that you think would particularly suit your list of queries! You can find out more about our experts on p6.

FRIDAY

- 11:30 - 12:30 PETER VAUGHAN
- 12:30 - 13:30 DARRAN (URBAN MOTORHOME) & RIKKI (HILLS EXPLORE)
- 13:30 - 14:30 KAT (WANDERING BIRD)
- 14:30 - 15:30 RICHARD & JACKIE (EARLY RETIREMENT WANDERLUST)
- 15:30 - 16:30 MARK & LUKE (BLUEFIX ENERGY)

SATURDAY

- 11:30 - 12:30 PETER VAUGHAN
- 12:30 - 13:30 ROBBIE (ROBBIE ROAMS)
- 13:30 - 14:30 HARRISON (FELL FOODIE)
- 14:30 - 15:30 GEMMA & CAMPBELL (HIGHLANDS2HAMMOCKS)
- 15:30 - 16:30 MAX MCMURDO

SUNDAY

- 11:30 - 12:30 GEMMA & CAMPBELL (HIGHLANDS2HAMMOCKS)
- 12:30 - 13:30 HARRISON (FELL FOODIE)
- 13:30 - 14:30 TASH (LIFE BEYOND BRICKS) & DARRAN (URBAN MOTORHOME)
- 14:30 - 15:30 KAT (WANDERING BIRD)



Solar, batteries, WI-FI systems, smart power solutions...whether you're new to the hobby or you've been clocking up miles for years, the tech side can still be mindblowing! Our experts are here to demystify your queries... see equipment explained and gain practical know-how to make touring easier.

FRIDAY

10:30 - 11:30 BLUEFIX ENERGY | Off-Grid Power Made Simple: Batteries, Setups & Staying Charged

Thinking about going off-grid or upgrading your current setup? Join the experts in the Tech Room for practical advice on leisure batteries, power systems and staying charged on the road. Drop in to ask questions about lithium vs lead-acid, solar setups, power management and how to build a system that suits your travel style.

11:30 - 12:30 MAX MCMURDO | Smart 3D Printing for Your Motorhome or Campervan

Discover how 3D printing can transform your setup with clever, solutions you didn't know you needed. Join Max McMurdo in the Tech Room to explore innovative, space-saving and problem-solving ideas you can print yourself—perfect for functionality and personalising your van.

12:30 - 13:30 MOTORHOME MATT | Never Lose Signal Again - Understanding WiFi on the Road

Motorhome Matt is on hand in the Tech Room to help you make sense of your options. See equipment up close, ask questions, and get straightforward advice on improving your signal and staying connected wherever you travel.

13:30 - 14:30 VANLIFE EATS | Clever Cooking Gear for Vanlife

From space-saving kit to game-changing gadgets, explore the cooking equipment you didn't know you needed. Mark will be on hand to showcase his favourite tools and answer your questions about cooking in a compact space.

SATURDAY

10:30 - 11:30 TASH & BETH | Women in Vanlife: Tech & Confidence

This welcoming session creates a space for women to explore motorhome and campervan tech, ask questions and build

confidence. Friendly, practical and supportive—come along and get the answers you need.

11:30 - 12:30 BLUEFIX ENERGY | Stay Safe: Understanding your van's electrics

Practical demonstrations—including how to correctly crimp cables—you can see key techniques up close, ask questions, and get expert advice to help you use and maintain your system safely.

13:30 - 14:30 MAX MCMURDO | Tools, Tips & Van Maintenance

Not sure what tools you really need for life on the road? Explore essential kit, learn simple maintenance skills, and get advice on keeping your motorhome or campervan in great shape.

14:30 - 15:30 DARRAN (URBAN MOTORHOME) & RIKKI (HILLS EXPLORE) | Travel Tech You didn't know you needed

Looking to upgrade your setup? Darran and Rikki share their favourite travel tech—from smart gadgets to practical essentials. Drop in, explore the equipment and get advice on what can really make a difference on the road.

SUNDAY

10:30 - 11:30 JON (LIFE BEYOND BRICKS) | Everyday Electrical Know-how

Not sure how your electrics work day-to-day? Jon is on hand to help you understand your setup, avoid common mistakes and use your system safely when you're out on the road.

11:30 - 12:30 FELL FOODIE | Outdoor Cooking Kit for Life on the Road

Join Fell Foodie in the Tech Room to explore the cooking equipment he uses to create incredible meals in the outdoors. From simple setups to essential kit, you can see what works in real conditions, ask questions and get practical advice on cooking wherever your travels take you.

12:30-13:30 MOTORHOME MATT | Essential Tech for Touring Europe

Planning a trip to Europe in your motorhome or campervan? Drop in to see Matt explore the must-have tech for travelling abroad. From navigation and connectivity to safety and power, see the kit up close and get practical advice on what you really need for a smooth trip.

14:30 - 15:30 GARY HUCKIN - AIRIDE | Safer, Smoother Travel : Levelling, Suspension & Safety

Explore how levelling systems, air suspension and puncture control can improve safety and comfort on the road. See the systems up close, ask questions and get practical advice on upgrades that can make a real difference to your motorhome experience.