



# Kate's laidback summer

As she focuses on her recovery, the Princess of Wales will be making time for relaxing

After six months out of the public eye, the Princess of Wales is set for quieter summer holidays. Putting her royal duties on hold, she'll be spending the summer relaxing and recuperating after a difficult start to the year.

Kate, 42 – who has been undergoing preventative chemotherapy for cancer – looked overjoyed to be back on royal duty last month, wowing fans with her stunning look as she joined husband Prince William, 42, and children George, 10, Charlotte, nine, and Louis, six, at Trooping the Colour.

And she now plans to attend a few more events, providing she's feeling well enough. She wrote on Instagram, "I hope to join a few public engagements over the summer, but equally I know I am not out of the woods yet."

"I am making good progress, but as anyone who is going through chemotherapy will know, there are good days and bad days. On those bad days, you feel weak, tired, and you have to give in to your body resting."

## 'It's been a challenge for Kate'

picnics, relaxing at home or walking in the outdoors with William and the kids, watching Wimbledon and other sporting events, plus eating sensibly and getting plenty of rest."

Indeed, spending time with her family is a top priority for the usually busy royal – who revealed

Kate's normal summers are often filled with days at Wimbledon, trips to the seaside and time in the garden with the kids. This year will be even more laidback than usual.

Opening up about Kate's plans for the months ahead, a royal source revealed, "It's been quite the challenge for Kate to pace herself and ease back into her work routine, which won't be up to full speed for some time yet, but she's doing so at the advice of doctors and listening to her loved ones."

"She will follow the advice of her medical team, leaning on her loved ones and enjoying a low-key summer where she can continue to heal in a tranquil environment," they add. "She plans on enjoying plenty of fresh air, family time,



William has stepped up since Kate's diagnosis



Kate and William at Wimbledon in 2022

earlier this year that she was undergoing chemotherapy after cancer was found during scheduled abdominal surgery.

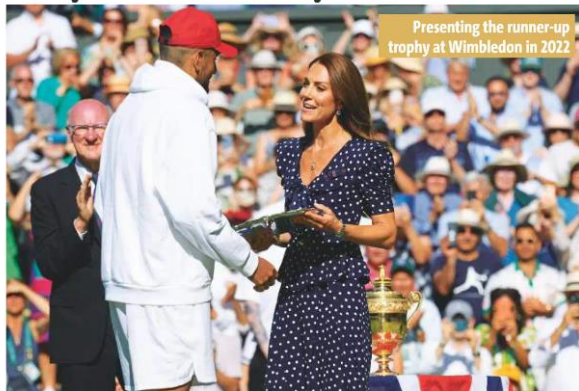
Although Kate usually takes time off during the summer to spend with her young children during the school holidays, insiders say Kate will now be focusing on quality time more than ever. Kicking off her relaxing break, the whole family are

thought to be retreating to the countryside of Norfolk, before heading to Balmoral in August.

According to royal insiders, the Wales family will be heading to their beloved Anmer House in Norfolk as soon as possible to mark the start of the summer holidays, with Kate's parents Carole and Michael Middleton also said to be heading out to help out with their grandchildren.



# royal recovery



Presenting the runner-up trophy at Wimbledon in 2022

Norfolk – which was the couple's main home from 2015 to 2017 – is a safe haven to the royals, offering them peace and quiet.

British Royal Expert Hilary Fordwich revealed, "Kate's asked for privacy, and despite being seen out running errands in the local community, the respectful public in Norfolk have refrained from taking any photos. Being at their summer home, Anmer Hall on the Sandringham Estate, has meant the tranquillity she needs at this time."

Not only is Kate's privacy respected, but their home's sprawling grounds also offer privacy for the young royal children to play. Relaxing in the countryside, Kate will likely fill her summer with an array of low-impact activities she's passionate about – including photography, cooking, gardening and enjoying the stunning Norfolk coastline.

Kate and William also have plans to make this time extra memorable for their family. "The summer is when Kate wants the kids to be kids and get to be a little freer," said an insider, "and this summer, more than ever, is going to be all about the kids."

However, *The King* author Christopher Anderson says the future queen is aware that she may have to be less hands on than

usual. "Kate's always been right in the thick of things when it comes to roughhousing with the kids and participating in their games and races," he says, "but the side effects of chemo are bound to make that level of participation more daunting for Kate."

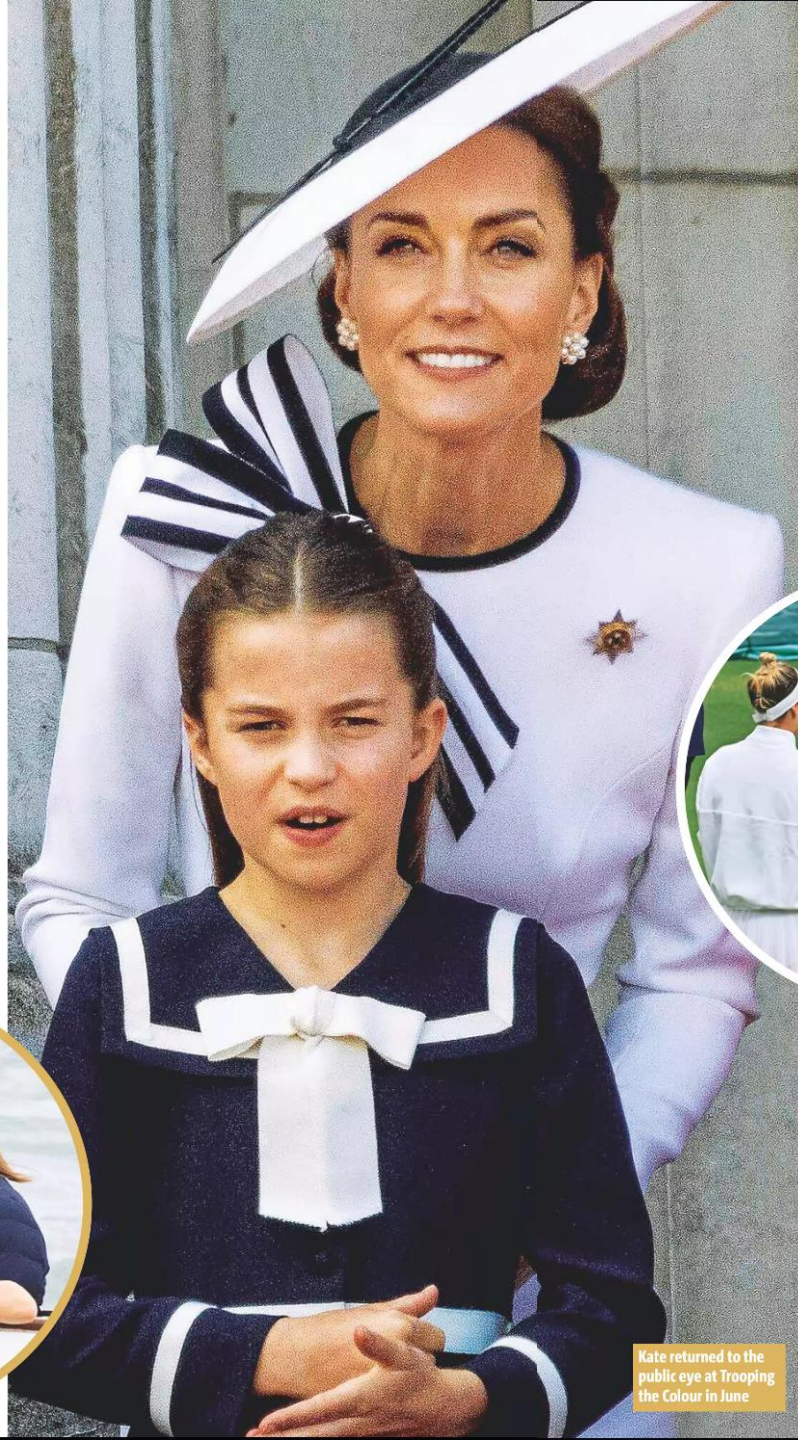
"She's not about to let that spoil her children's summer, though. She doesn't want them to worry about her, and that means keeping more of the summer to themselves. George, Charlotte and Louis busy with the sorts of things – swimming, having sleepovers with cousins and schoolmates – that they always do during their break."

This year, the Princess of Wales is said to be letting her children have a say in summer plans –

## 'Kate's asked for privacy'



Prince George with his grandma Carole (right)



Kate returned to the public eye at Trooping the Colour in June

The family during Trooping the Colour



Kate presents Marketa Vondrousova with her Wimbledon trophy

hoping to keep their spirits high, while also allowing her a chance to relax. "The kids are already talking about the plans, being full of ideas ranging from hiking to horseback riding," a source shared, adding, "there are guidelines, of course, but Kate thinks giving them a say will help to make it more memorable."

Although the school holidays no doubt call for a certain level of chaos, there'll be plenty of quiet time for Kate to focus on recovering – with husband Prince William taking a leading role. The future King has already stepped up amid his wife's health struggles, as well as the cancer

diagnosis of his own father, King Charles. Juggling extra royal duties covering for his father, William has also prioritised his role of Dad – completing the school run every day to allow his wife downtime, as well as entertaining the kids with fun nights out, including to a recent Taylor Swift concert in London.

And as Kate takes the summer to fully recover, she'll also have her closest friends and family by her side to help. Alongside her parents lending a hand, it's said the royal also has plans to have siblings James, 37, and Pippa, 40, along for a visit, with their own spouses and families. "Summer is the best time for them to get together because they all live in different places," shares an insider, "and Kate wants all the cousins to be close."

Family bonds aren't the only reason for the get-togethers though, with Kate's siblings no doubt helping out when it comes to keeping George, Charlotte and energetic Louis entertained.

Towards the end of the summer, it's thought Kate and William may make the trip to Scotland for the royal family's annual Balmoral getaway. However, it may be a quieter royal reunion involving far less hunting and riding than usual as both King Charles and Kate continue their recoveries.

While Kate is indeed focusing on a summer of recovery, sources say that she won't be totally stepping away from the spotlight. Having had a taste of her royal duties at Trooping the Colour, sources say Kate is eager to dip her toes back into work –

albeit at a slow pace.

"Kate will be doing some work in the background," shares a royal insider, "just whatever she feel capable of, and it goes without saying she'll be helped out by her staff, who check in on her daily."

"Her main priority is catching up with friends and family, and perhaps enjoying a short break or two away with William, who is so proud and optimistic about her ongoing recovery."

## 'Her priority is family'

Words: Charlotte Roberts. Photos: Alamy