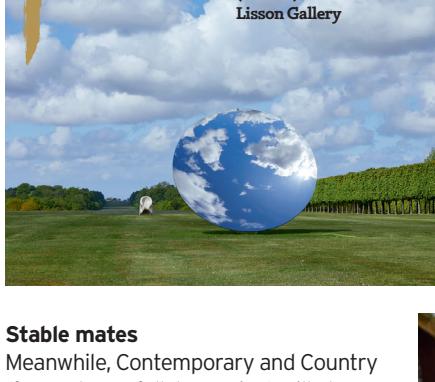


# Take five with North Norfolk

WHAT'S ON, WHAT'S GOOD AND WHERE TO GO! LIVING

## 1 Headlining this week



Anish Kapoor, *Sky Mirror*, 2018 and *Eight Eight*, 2004 (behind) © the artist and Lisson Gallery

### Stone and mirrors

'Anish Kapoor at Houghton Hall' opens this Sunday 12 July, the largest UK exhibition of outdoor sculptures by this celebrated British artist.

Seminal works will go on show across the grounds and inside the hall, including 24 sculptures as well as a selection of drawings and smaller works. The exhibition, open on selected days, runs until 1 November.

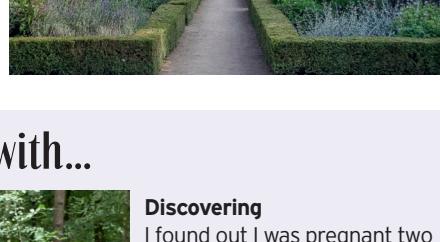
**Tickets must be pre-booked at [www.houghtonhall.com](http://www.houghtonhall.com)**



### Go wild!

Pensthorpe have just launched their brand new Hootz & Friends Big Summer Trail which will get young families and children exploring around the nature reserve, lakes, gardens and woodland walks. Hootz the owl will be joined by some of his friends like Queenie, the bossy bumblebee, to help you discover all about pollination. And to top it off, WildRootz, Pensthorpe's outdoor play area has just reopened, along with their Wader Aviary.

**Tickets need to be booked online at [www.pensthorpe.com](http://www.pensthorpe.com)**



### By royal appointment

Limited timed entry tickets are now available to pre-book to visit the 60-acre formal gardens at Sandringham House at weekends during July and August. Make a beeline for the North Border, which will be looking particularly lovely with delphiniums in July.

**Visit [www.sandringhamestate.co.uk](http://www.sandringhamestate.co.uk) to book.**

## 3 Lockdown living with...



Bec Newstead, owner of The Retreat salon at The Old Stables, Brancaster Hall, shares a snapshot of her life during lockdown, which included a double dose of exciting news!

### Reading

Recently lots of information and guidelines on getting the salon re-open!

### Watching

Disney+! I'm reliving my childhood with my little boy William.

### Listening to

The Beauty Edit Podcast. I'm a bit of a work geek and love all things beauty.

### Discovering

I found out I was pregnant two weeks before lockdown. We had a bit of a shock at our 12 weeks scan and discovered we're having twins!!

### Following

Lots of nail and beauty pages and now anyone blogging about life with twins! I can lose hours on Instagram.

### Destressing

I subscribed to the Calm app - it really helps when I can't get my brain to switch off.

### Growing

We were growing some sunflowers, but as soon as we transferred them from their pots into the garden they got eaten! So I've concentrated on growing the twins in my tummy, as well as my eyebrows! Not seeing anyone has given me the perfect opportunity to go on my own little brow journey and get my brows a little thicker.

[www.retreat-spa.co.uk](http://www.retreat-spa.co.uk)

## 5 Fab finds...

To keep your little nippers busy outdoors



## 2 Foodie facts

ALFRESCO FUN



© Holkham Estate

### Feast in the Park at Holkham

New for 2020, Holkham will play host to an array of local street food stalls every weekend this July and August from noon to 4pm, plus an outside bar from Adnams. Enjoy tasty treats from The Vic's Belted Beef Bar, The Bucket List and more, whilst looking over the lake and parkland. And during the week, there'll be beverages, cake and ice cream to enjoy alfresco.

[www.holkham.co.uk](http://www.holkham.co.uk)

Marshside at The White Horse



### Marsh side moments

The White Horse in Brancaster Staithe has a new outdoor Marshside Bar and transparent Marshside Marquee, both offering spectacular views across the salt marshes and harbour. Enjoy the tempting options on the local seafood menu at the socially distanced tables (you can't have much more local than the yummy smoked salmon from neighbouring Staithe Smokehouse) or just a drink. Open daily from noon to 9pm, walk-ins only. Speak to the host on duty, who will find you a table.

[www.whitehorsebrancaster.co.uk](http://www.whitehorsebrancaster.co.uk)

### Take it away!

NoTwenty9 in Burnham Market has a smart outdoor bar out front, built and supplied by Black Shuck Gin, the distillers behind the new NoTwenty9 Gin. Open daily, the team can serve drinks out on to the bar from a sash window so offering a safe serve, including wine, beer, soft drinks and of course the NoTwenty9 Gin, which you can enjoy in their walled courtyard, at tables on the front terrace, or on the green.

The team will be introducing a takeaway food menu too, offering "a unique style street food theme," says Front of House Manager, Rachael Parke.

[www.number-29.com](http://www.number-29.com)

## 4 Book chat

SUMMER READS FROM THE NNL TEAM



A Theatre for Dreamers by Polly Samson

(Bloomsbury Circus, £14.99)

In 1960, the beautiful and unspoilt Greek island of Hydra was a magnet for a circle of writers, painters, musicians and poets, including the singer/poet Leonard Cohen. Polly Samson sets her novel against this Bohemian backdrop, when a teenage girl and aspiring writer, Erica

arrives to stay with her boyfriend, Jimmy.

Mourning the recent loss of her mother, Erica throws herself into the tangled web of complex relationships, creative feuds, and the hedonistic lives of the artists.

There are ravishing descriptions of island life, with white-washed houses, crumbling stone walls, scented jasmine and spectacular sunsets but despite the idyllic setting, the book exposes the fragile egos, patriarchal structures and harsh realities of life in a kind of paradise.

It's a fascinating snapshot of a moment in time, evocatively written, and while the characters are not necessarily likeable, they are intriguing. I enjoyed being transported from Covid-torn UK to the sun-drenched shores of this little Greek island, even if I wouldn't want to share my sun lounger with the protagonists!

Fiona Cumberpatch

Sisters by Daisy Johnson

(Jonathan Cape, £14.99, published 13 August)

I've heard nothing but praise for Daisy Johnson's new novel, Sisters - and it is top of my pre-order list. It's a haunting story of sibling love and envy, as we follow the lives of sisters July and September after they move to an old, remote family house in North Yorkshire. As both girls navigate the paths of adolescence in these new, unsettling surroundings, we're promised a dark, atmospheric read that's "taut, transfixing and profoundly moving". Everything you'd expect from the youngest ever shortlisted author for the prestigious Man Booker Prize (Daisy was just 27 when she was tipped to win for her debut work Everything Under).

Harriet Cooper

Daisy Johnson

Sisters

