

Take five with North Norfolk

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

1 Headlining this week



Get baking!

There's still time to take part in Heritage House's Bake, Donate, Nominate fundraiser. The Wells-based day care centre is asking people to bake a cake, upload a photo of it to Facebook or Instagram, tag Heritage House and use the hashtag #bakedonatenominate. Next, nominate two friends to take part by tagging them and then donate via Heritage House's Facebook page or their website, www.heritagehousewells.org.uk.

Galton Blackiston of Morston Hall will judge the photo bakes and the winner will receive a Monica Vinader bracelet, worth £295. Pictured: the NNL team's effort!



Shopfront

Two new shops are opening in Burnham Market this week. Local florist, Jo Thomas will be launching the Constance Rose Floral Studio, located above Aurina on the green, this Friday 17 July.

It'll be a great place to get your floral fix, stocking a large selection of fresh flowers loose and made up, plants, faux florals including Abigail Ahern, plus vases, planters and more. The Studio will be open initially on Fridays, Saturdays and Mondays, 10am to 2pm. www.constancerose.co.uk

And on Saturday, Harriet Cranmer will be opening Little Sunshine Toys in Emma's Court, selling eco-friendly and ethical toys. Located next door to her mum's shop, Boudicca Design, Little Sunshine Toys will be open daily. Follow Harriet on Instagram @littlesunshinetoy to find out what's in store.

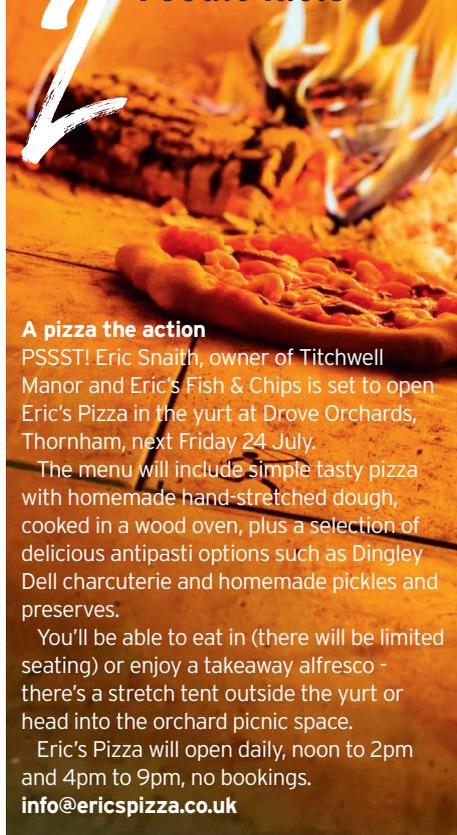


Plug in to Pilates

Husband and wife team, Gary Newstead and Hannah Nicol (pictured) of The Old Stables Pilates Studio at Brancaster Hall, are launching a brand-new Online Pilates Hub this summer, with classes for all abilities.

They'll release 10 new 30-minute classes per month for subscribers, who will also have access to the complete back catalogue of Hannah and Gary's lockdown classes. Subscribe for £20 per month, or £210 for a year. Keep an eye on their Instagram @oldstablespilates for the launch date!

2 Foodie facts



A pizza the action

PSSST! Eric Snaith, owner of Titchwell Manor and Eric's Fish & Chips is set to open Eric's Pizza in the yurt at Drove Orchards, Thornham, next Friday 24 July.

The menu will include simple tasty pizza with homemade hand-stretched dough, cooked in a wood oven, plus a selection of delicious antipasti options such as Dingley Dell charcuterie and homemade pickles and preserves.

You'll be able to eat in (there will be limited seating) or enjoy a takeaway alfresco - there's a stretch tent outside the yurt or head into the orchard picnic space.

Eric's Pizza will open daily, noon to 2pm and 4pm to 9pm, no bookings. info@ericspizza.co.uk

Cheers

Calling all gin lovers! Fakenham-based Black Shuck Distillery has just launched a Pink Grapefruit Gin, which sounds like a delicious summer tippie. Distilled with traditional botanicals including juniper, Angelica and coriander, and plenty of pink grapefruits, the Black Shuck team recommend serving it in a chilled Copa glass with several ice cubes, to which you add one measure of the gin. Pair with Fever Tree Aromatic Tonic and garnish with a slice of Pink Grapefruit. Cheers!

The gin is available to buy on their website, or from local stockists including Thornham Deli, Walsingham Farms Shop and Back to the Garden.

www.blackshuckltd.co.uk



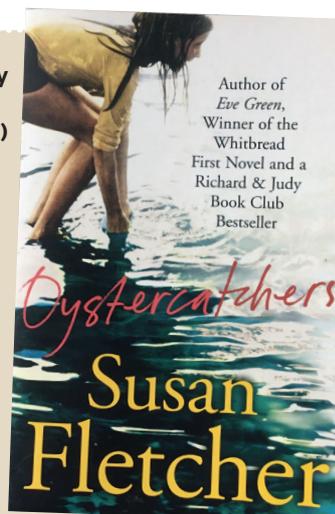
4 Book chat

SUMMER READS FROM THE NNL TEAM

I confess I'd never heard of Susan Fletcher and picked this up only because a friend had sent it to me. I was instantly hooked. Fletcher's writing is remarkable - poetic, dark and powerful. Moira spends her evenings sitting beside her younger sister Amy, who lies in a coma in hospital. As she recalls their childhood and revisits her life, emotional bombshells await. And if that isn't enough, North Norfolk is the setting for many of Moira's memories.

Alison Huntley

Oystercatchers by Susan Fletcher (Harper Perennial)



5 Fab finds...

TO GET YOUR TABLE ALL SET!



SET OF FOUR NAPKINS £30, Sprout, Holt; www.sproutinteriors.co.uk



AMELIE CUP AND SAUCER £12.50, Bayfield Interiors, Bayfield Brecks; bayfieldinteriors.co.uk



BORN ENAMELWARE SMALL NEW MARBLE MUG £12.95, Stiffkey Stores, Stiffkey @stiffkeystores



LUCKY FISH SALT AND PEPPER SHAKERS £21.50, Thornham Deli, Thornham; www.thornhamdeli.co.uk



70s STYLE BOWL £10, Bringing the outside in, Wells; www.nomadandthebowerbird.co.uk

3 Lockwood's lockdown...

Local artist, Rachel Lockwood, shares a snapshot of her life during lockdown



Working

I'm lucky in that I have my own wilderness bubble; over the last 12 years I've been planting for wildlife on the three acres surrounding my studio. I've been observing the natural world moving through this quiet wildness which has fed into my work.

Reading

Wildwood by Roger Deakin, Out of the Woods by Will Cohu, Feral by George Monbiot, and The Book of Joy by the Dalai Lama and Desmond Tutu. All have taken me on journeys in their various ways and helped me through lockdown.

Watching

So after watching roe and red deer, barn owls and buzzards, I couldn't help but become completely addicted to Better Call Saul and Ozark.

Listening to

Designer, Aldous Harding, for her eccentricity, The Last Summer by Rollo Armstrong for escapism and Moonsung by Sheila Chandra for spirituality.

Discovering

I decided to identify every tree on my lockdown walks, which has given me an even deeper love of trees. I've now realised my utter passion for forests which I want to show in a greater way through my work.

Following

I've never been a follower of anything! But I'm really excited by the rewilding projects happening around our great county. Wild East for example.

Destressing by

Lying on the floor outside.

Growing

I've taken cuttings for the first time and now they're beginning to grow. So far, I've grown buddleia, mallow and a tiny rowan tree I found on the land.

Rachel's work is exhibited at Pinkfoot Gallery in Cley; www.pinkfootgallery.co.uk