

Take five with North Norfolk

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

1 Headlining this week



Don't be late!

Pack up a picnic and join Strange Fascination Theatre company for a journey down the rabbit hole with Alice and friends, on their socially distanced open air East Anglian mini tour of Alice in Wonderland this August.

Venues include Plantation Gardens, Norwich on 8 and 9 August and Raynham Hall on 22nd. Audience numbers are limited at each venue and tickets must be purchased in advance from www.ticketsource.co.uk/strange-fascination-theatre



Bookmarks

The UEA team behind the Unlocking the Archive project have launched Discover Historic Books, a fascinating new website, in partnership with the National Trust's Blickling Estate and Norfolk Library and Information Service.

Visitors to the site can currently explore 24 rare historic books inside and out, from the Blickling, Norfolk Heritage Centre and King's Lynn Library collections, from William Camden's Britannia to In Praise of the Ass, published in 1629. And there are fun creative activities too. It's a great digital resource for the whole family - [read all about it at discoverhistoricbooks.unlockingthearchive.co.uk](http://readallaboutit.atdiscoverhistoricbooks.unlockingthearchive.co.uk)



King's Lynn Public Library: John Foxe, Actes and Monuments (published 1632). Front binding with metal decorations. Image © Andi Sapey

Art and about

North Norfolk-based artist, Mary Blue Brady is running The En Plein Air Experience - socially distanced Artists' Workshops Painting and Drawing in the Landscape - for classes of five this summer.

Each session costs £25 for two hours, with locations including Warham Camp on 6 August and Wells beach on 13 and 18 August.

Contact marybluebrady@gmail.com for more details.



2 Foodie facts

TAKE THREE GLORIOUS GARDENS!

The Kings Head

The Kings Head in Letheringsett boasts a large, enclosed garden (pictured), complete with play area - perfect for dining alfresco with your little nippers. Orders are taken from the Garden Shack and there's no need to book. Maximum 10 children on the play area at any one time, supervised by parents at all times.

There are also tables in the front garden; these, like all tables indoors, are table service and need to be pre-booked on 01263 712691. The Kings Head is open daily, serving food Wednesday to Sunday. www.kingsheadnorfolk.co.uk



Congham Hall

Sit on the terrace at Congham Hall, a beautiful spot to enjoy a glass of rosé, a delicious lunch and wonderful parkland views. After lunch wander through the grounds and admire the beautiful cosmos and other flowers.

A two-course lunch at Congham costs £20, or £23.50 for three courses (Sunday lunch £33). Call 01485 600250 to book. www.conghamhallhotel.co.uk



The Three Horseshoes

The Three Horseshoes in Briston is introducing a new lunchtime menu, just right to enjoy in its beautiful garden, recently designed by Tamara Bridge. On Saturdays, early evening onwards, they're also offering a BBQ menu with steak, mackerel and paella available. To be sure of a table, you can book via www.bristonhorseshoes.co.uk, or call 01263 862312.

3 BOOK CHAT

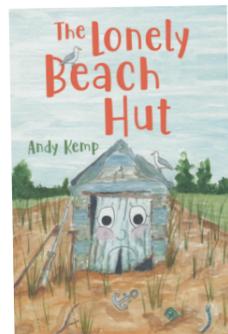
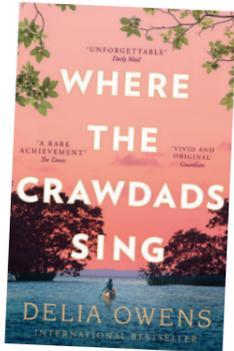
SUMMER READS BY AMANDA LOOSE (AND JAMES)

Where the Crawdads Sing by Delia Owens (Corsair, £8.99)

My lockdown win is that I've had time to catch up on my reading, and this is one of the most exquisite novels I've read in a very long time.

Kya Clark has lived alone in a cabin on the North Carolina marshes since she was a girl, isolated but at one with nature and the gulls she befriends, cut off from the townspeople, who call her the 'Marsh Girl'.

Kya grows into a beauty and attracts the attentions of two young men. But when handsome local, Chase Andrews, is found dead, Kya becomes a suspect. It's a powerful and moving tale - I stopped reading it for a day because I didn't want it to end.



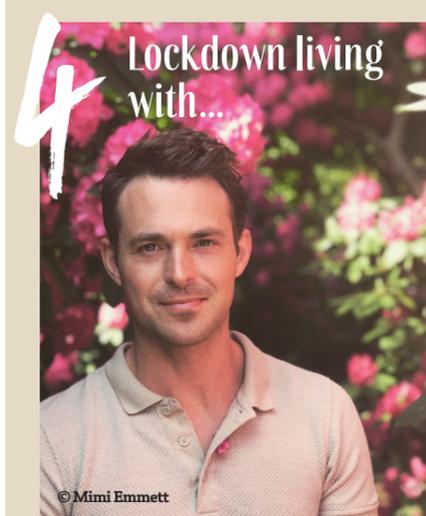
The Lonely Beach Hut by Andy Kemp (Olympia Publishers, £5.99)

Inspired by her walks on Norfolk and Suffolk beaches, local author Andy Kemp has created The Lonely Beach Hut, falling down and forgotten by

those having fun at the far end of the beach, wondering if he will ever have friends, a family and a dog of his own.

I sent this to my four-year-old nephew, James, and it was an instant hit. He reported back: "I love going to the beach and thought it was fantastic. I liked the old beach hut when he needed mending and wanted to give him a kiss and tell him not to worry when he was sad. I also liked him when he was mended because he was happy, so it made me happy."

"I liked that the book had a digger building the new beach huts [surprise, surprise nephew!] and would like to build a beach hut of my own one day."



4 Lockdown living with...

SINGER AND ACTOR, JULES KNIGHT

Previously of the Brit Award-winning vocal group, Blake, Jules went on to play Dr Harry Tressler in BBC1's *Holby City* and starred opposite Liz Hurley in the US show, *The Royals*. Jules works for Barsham Brewery.

Reading

I'm ashamed to say that I haven't been doing any reading recently apart from some sheet music. I'm working on a song at the moment in which I sing multi-part harmony. I've just started recording, and it requires a little bit of concentration, as there are 18 vocal parts to learn.

Watching

I'm re-watching *The Sopranos* for the third time, just because it's one of the best things ever made for TV. And I'm re-watching all of the Ennio Morricone films, such as *The Mission*, *Once Upon A Time in America*, and *Cinema Paradiso*, that have the Maestro's soundtracks. He passed away earlier this month, and he was an extraordinary composer - a true great. His music is so incredibly beautiful and emotional.

Listening to

I have been doing exercise at home whilst listening to *The Royal Scots Dragoon*

Guards. There is an album called *Spirit of the Glen* which is bagpipes and full orchestra playing some great tunes such as 'Last of the Mohicans' and 'Highland Cathedral'. Very motivating when blasted out by a Yamaha amp and a full set of floor-standing speakers and a sub-woofer!

Discovering

The joys of DIY and gardening. We've recently moved into a house with a wonderful garden, and I have been spending a lot of time mowing and building fences and gates to keep Samphire, our black lab, from running out onto the driveway. It's the first house I've lived in where there is always something to fix/improve/decorate and it's nice to be busy. Kind of.

Following

Lots of Instagram accounts that show gorgeous summer destinations such as Portofino in Italy, villas in Ibiza or the South of France. Beautifully laid dining tables with backdrops of colourful hillside houses and azure blue sea. I think lockdown has got me dreaming.

Destressing by

Drinking ice cold pale Provence rosé whilst wandering around the garden with Samphire, watching the barn owls hunting over the barley field and the tiny bats fluttering overhead.

Growing

One single courgette plant that we picked up outside someone's house in the village. We didn't steal it, there was a sign saying "please take". We also entered the village sunflower growing competition, and we are hoping to triumph. It all really hinges on whether the cats keep peeing on it or not.

Barsham Brewery is a micro-brewery near Wells-next-the-sea, which uses its own barley to create a range of six beers. The Brewery is now open to the public on Fridays. www.barshambrewery.co.uk

5 Fab finds... TO STAYCATION IN STYLE!



HAT £8, Relish, Burnham Deepdale; www.relishonline.com

EMILY AND FIN BELLA JUMPSUIT £74.25, Nomad & the bowerbird, Wells; www.nomadandthebowerbird.co.uk



MIRACLESUIT MOSAICA SEVILLE SWIMSUIT £170, Pollard & Read, Holt; www.pollardandread.co.uk



OVERSIZED NATURAL FIBRE TOTE BAG £36, Joyful Living, Drove Orchards; www.joyfulliving.co.uk



JANE IREDALE ELLEN TRIPLE LUXE LIPSTICK £24, The Retreat, Brancaster Hall; email hello@retreat-spa.co.uk to order