

Compiled each month by Caroline Wheeler

CATCH OF THE DAY



1 THIS COSSIE

The Somerset-based designer Pearl Lowe is a queen of cool and her 1950s style, candy-striped Betty swimming costume will brighten up any beach. There's a swim cap too. (£195, pearllowe.co.uk)



2 THIS HANDBAG

Investing in a stylish, sturdy handbag is a summer treat and the Cambridge Satchel Co offers all sorts of British-made options, such as a Saddle Bag in pale parquet colour. (£130, cambridgesatchel.com)



3 THIS CHOPPING BOARD

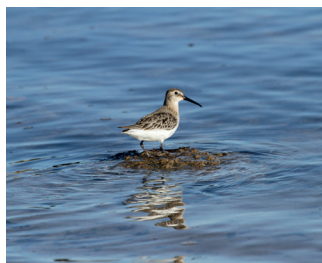
Lottie Murphy's studio collections are fresh and fun like ocean-blue Agapanthus, available as a tea towel, apron, oven glove and handy small chopping board. (£12.50, lottie-murphy.com)



4 THIS POSY VASE

Arrange sprigs of sea lavender and sea holly in a cute, cobalt blue vase which stands 13cm tall and is part of John Lewis's Anyday range of affordable modern designs. (£8, johnlewis.com)

WHAT'S FLOATING YOUR BOAT? Let us know on our Facebook page, facebook.com/coastmagazine, or email us at coast.ed@kelsey.co.uk



SALTMARSH SUCCESS

Record numbers of two protected species of overwintering wetland birds have been spotted on Northey Island, a saltmarsh haven on Essex's Blackwater Estuary, after overhead electricity cables were re-routed underground. Working last winter with National Trust rangers, volunteer Chris Tyas of the British Trust for Ornithology recorded 1,710 dark-bellied Brent geese and 3,875 dunlins (on the red list of Birds of Conservation Concern).



SURFING FIRST

The first official adaptive surfing hub has opened in Croyde, north Devon, offering people with disabilities the chance to try the sport for the first time or to improve their skills.

Highly trained surf coaches and the latest adaptive surfing equipment enable people with all disabilities to take part in the sport, giving participants greater independence and confidence.

The initiative is the result of a partnership between national governing body Surfing England, charity The Wave Project, and surf school Surf South West. waveproject.co.uk

PLYMOUTH'S CELEBRATED SON

The renowned 18th century artist Sir Joshua Reynolds was born in Plympton, a suburb of Plymouth, and had a lifelong friendship with the Parker family, owners of Saltram – the gorgeous Georgian mansion which overlooks the River Plym.

Now, his association with Saltram is being celebrated in *Reynolds 300 at Saltram: Exploring Identity, the Painter and the Painted*, with 13 of his paintings of the Parker family on display throughout the house until October 31.

One of his greatest works, *The Hon Theresa Robinson, Mrs John Parker*, is on loan to The Box museum and art gallery in Plymouth where the Reframing Reynolds exhibition runs until October 29. Plan a visit at nationaltrust.org.uk and theboxplymouth.com.





PICTURES OF PEMBROKESHIRE

Photographer Rachel Mullet grew up on a farm on the Dale peninsular in Pembrokeshire and has always loved the spectacular beaches nearby such as Marloes and Newgale. “Pembrokeshire has a world class coastline, with an abundance of wildlife, and my favourite places to spend time with my camera are Skomer Island and the beaches along the coast path,” she says.

Rachel holds a commercial licence issued by the South West Wales Wildlife Trust to run overnight and day photography workshops on Skomer Island where she shows how to photograph coastal birds. She also offers landscape and bespoke photography tours. pembrokeshiremoments.co.uk

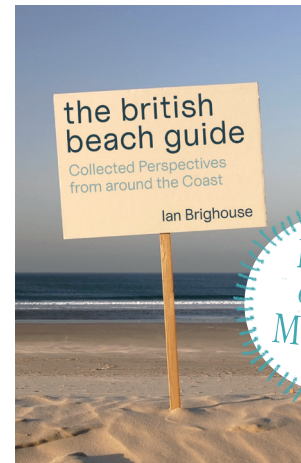
HOT SWIM SPOTS IN GUERNSEY



The Bailiwick of Guernsey offers an abundance of wild swimming spots around the bays and coves of its five islands, places such as Les Amarreurs beach on Guernsey’s west coast for a sunset swim and Marble Bay to the south, a small rocky cove with views towards Herm and Sark.

Island ambassador Jayne Packham recommends that visitors contact one of the wild swimming groups, such as her own, Mental Tentacles, or Guernsey Open Water Swimming (both on Facebook), to discover the best locations.

On August 12, Guernsey Swim Adventures will be running the Herm 360 Swim – a 6.5km swim or swim/walk around the tiny, shell beach island; book a place via guernseyswimadventures.gg. For more activity ideas and accommodation special offers go to visitguernsey.com.



Sand and sea breezes

The subtitle of Ian Brighthouse’s labour of love, *The British Beach Guide*, is *Collected perspectives from around the coast*, which is why it’s a good read as well as a useful book.

He visits 130 of Britain’s best beaches, from Cullykhan Bay in Aberdeenshire to St Ives in Cornwall, and provides visitor information, photographs, maps and charts. Ian says: “This is a celebration of us as an island people and an acclamation of the beach itself, this unique place where the land, sky and sea meet.”

The British Beach Guide by Ian Brighthouse (£18.99, Whittles Publishing)

PEMBROKESHIRE: RACHEL MULLET;
 GUERNSEY: VISIT GUERNSEY; WHITBY: WHITBY WELLBEING



AND BREATHE...

Heading to the Yorkshire coast this summer? Check out Whitby Wellbeing’s timetable of activities designed to help you destress and reconnect with nature. Founded by Daniel O’Conner, WW’s menu includes pop-up saunas; breathwork and meditation mornings and evenings; and yoga in nature sessions.

Locations include Saltburn-by-the-Sea, Scarborough, Whitby and Robin Hood’s Bay, with one-hour breathwork sessions from £6, and saunas from £12 per person. whitbywellbeing.com