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TAKE A BOW

Michael Grandage, the man who puts the biggest stars on stage

SUGAR RUSH

Diabetes: a pandemic for the 21st century

FOOD & HOME

Cooking with lavender; furnishing the great outdoors

A celebration of Britain's pleasure piers



Children's notebook by Daisy Bridgewater

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WILD WEAR Among the logos at a recent childrenswear show, the considered prints on a new range of clothes by Old Rectory, set up by the sisters Joanna and Stephanie Sloan (oldrectory.ie), caught my eye. Printed on organic cotton with organic dyes, the designs are inspired by the sisters' memories of growing up in Co Wicklow, and by the childhood sketchbooks of their grandfather, Dr Wolsey Sloan, an avid wildlife watcher. Now with six sons between them, the sisters, who also run a screen-printing studio, have a keen sense of what works for both parents and children: their pyjamas (£24), long-sleeve T-shirts (£20), babygrows (£24) and blankets (£42) are all hard-wearing, machine washable and super-soft.



IF YOU DO THREE THINGS IN EAST SUFFOLK... **1** A stone's throw from the delis of Aldeburgh is the **Long Shop Museum** in Leiston. Once home to the Garrett engineering works, makers of steam-powered threshing machines in the mid-19th century, the museum is now the perfect, low-key location for small people to get up close to the history of steam engines, and to see how the industrial revolution affected the lives of the people who worked there. Open every day; adults £5, children £2.50, under-5s free (01728-832189; longshopmuseum.co.uk). **2** On the edge of the village of Orford, with its antiques shop, new bakery, smokery and fish restaurant, stands the perfect storybook **castle keep**. It is small enough to race around in under an hour, and fascinating with its maze of passageways and panoramic views. Open every day; adults £5.60, children £3.40 (english-heritage.org.uk). **3 The Meare** at Thorpeness (pictured) is a 64-acre manmade lake, built at the beginning of the last century, with more than 100 rowing boats and dinghies for hire. Open every day; boats from £11 for 30 minutes (01728-453771). **Next week: Cambridge**



TAKE A BITE Although it has been more than a year since Sharky and George ran a birthday party for my boys, they still swoon whenever the children's party entertainers are mentioned. A new beachwear range – chunky hoodies (£30), board shorts (£22) and T-shirts (£15), each carrying a trademark shark motif and bite detail – is bound to be a hit with S&G's groupies (sharkyandgeorgeclothing.com).



BIG SOFTY If you can cope with cake crumbs and Ribena stains on pure lambswool, then you will love this new picnic rug, £70, from the Stripy Company (thestripycompany.co.uk) whose button-on waterproof backing will stop your bottom getting damp while the children fight over the last Fondant Fancy.



BOYS' SUNHATS UV-protective **military baseball cap** 2-10 years, with a detachable flap for neck protection, £20 (sunuva.com); **white straw trilby** ages 2-10 years, £23 (kangol.com); **Peter Storm** boys' Hibiscus reversible hat, £5.99 (millets.co.uk).

THREE OF THE BEST