



With summer here and the sun smiling, the magnetic pull of the beach is stronger than ever! June's scorching heatwave was perfect for cooling dips, water sports and beach barbecues and with festivals and fairs in abundance, it's easy to make the most of leisurely evenings - so soak up the sun's rays by the sea and grab a happy boost of serotonin!

From Art Deco lidos to fish 'n' chips, coastal resorts are synonymous with nostalgic family fun. The Seaside Heritage Network has just launched its 2024 Bucket and Spade List and is asking you to vote for your favourite coast classic. Choose from 20 iconic picks including Punch and Judy on Swanage beach, Great Yarmouth's Hippodrome or Blackpool rock. The 20 contenders will be whittled down to a Top Ten, so vote for your favourite [here](#) The winners will be announced in a Big Day Out in Weston-super-Mare in September.

This month you also have the chance [to win](#) a glitzy night out to see Oliver! at the Chichester Festival Theatre, you'll enjoy dinner with wine and an overnight stay at the wonderful Millstream Hotel in Bosham, West Sussex. [Enter now](#) for your very own Midsummer Night's Dream!

Good luck!

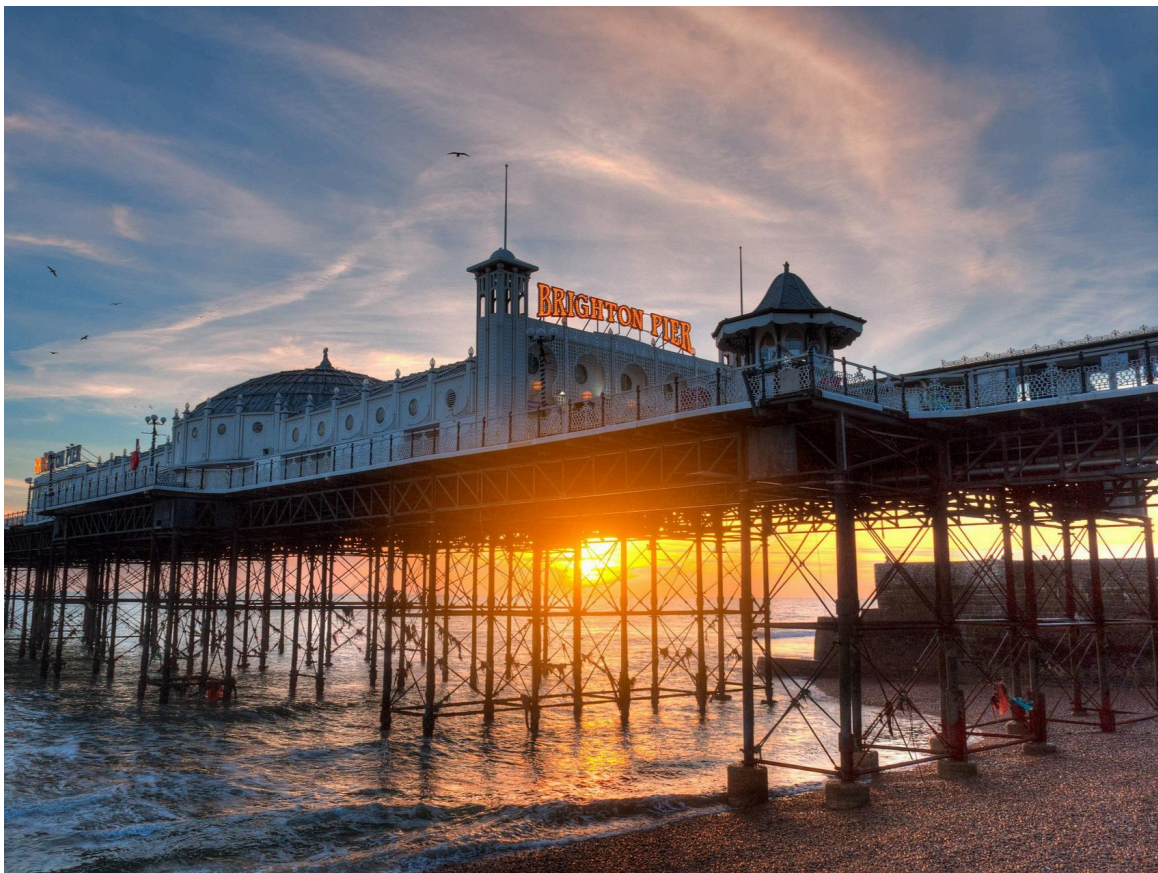


Coastal chic in Morecambe Bay

Dramatic views to the Irish Sea and Lakeland Fells await at Morecambe Bay, head to Walney Island for a diverse species of seabirds and maybe seals if you're in luck. Tuck into the local speciality Morecambe Bay's chowder served from a solar-powered tricvle from the prom or at weekends from The Bath Tap, a character-packed pub with rooms which opened in May this year.

With its wide-open skies, sandcastle-worthy beaches and the iconic Midland Hotel for afternoon tea, this gem on the Lancashire coast is not to be missed. [Explore more here](#)

[Explore Morecambe Bay!](#)



Find your Brighton vibe

Looking for summer in the city? Get down to Brighton, relax on the beach by day and pulse to the buzzing nightlife after dark. Arrive by train and you're steps from vintage shops, live music and one of the biggest choices of dishes, from Morocco to Mexico.

Beside Brighton Pier you'll find a clutch of galleries in the Artists' Quarter, stroll along the arches by West Pier and the i360 for independent outlets, ice-cream and show-stopping seafood. Enjoy water sports, cultural attractions and non-stop entertainment packed into this cool, legendary city. Plan a visit here

[Discover Brighton](#)



Family fun in Essex

Blessed with a huge, 350-mile coastline, scores of islands and great family-friendly resorts and attractions, Essex makes a brilliant summer getaway. Southend alone offers Adventure Island, tagged the UK's Number 1 free theme park with more than 40 rides, plus Sealife Adventure and the UK's longest pleasure Pier and railway as well as great beaches.

Visit Maldon and you'll find Promenade Park, this 100 year-old Edwardian park features a vast Splash Park, a galleon play ship and zip-wire. On 17 to 18 August, it's the venue for the Smoke and Fire Festival, a colourful event for all the family with BBQ championships, Kid's Zone, bouncy castle and scores of street food traders.

[Find out more here](#)



WIN A 1-NIGHT BREAK AND THEATRE TICKETS FOR TWO

Win a night out at Chichester Festival Theatre and a stay at The Millstream Hotel!

Treat yourself to an overnight stay for two this summer at the delightful [Millstream Hotel](#) in the historic West Sussex village of Bosham plus a night at the [Chichester Festival Theatre](#) enjoying Lionel Bart's iconic musical Oliver!

The Millstream is a relaxing retreat known for its excellent 2 AA Rosette food and set in landscaped gardens in Bosham, a short drive from Chichester. The village features a charming quayside which is great for watching a huge variety of birdlife just five minutes from the hotel.

You'll stay overnight in a beautifully presented Classic double or twin room and enjoy an award-winning full English breakfast in the Sea School Restaurant, the perfect start to your day.

You'll also win two top tickets to the spectacular new production of Oliver! at Chichester Festival Theatre. Produced by CFT and Cameron Mackintosh and directed by Matthew Bourne, its sensational score includes Food Glorious Food, Consider Yourself, You've Got to Pick-a-Pocket or Two and many more. Before the show you'll enjoy a two-course meal at The Brasserie along with a bottle of house wine, plus programmes and ices.

To be in with a chance of winning this wonderful prize, [enter here](#).

A winner will be picked at random on the

T&Cs: Tickets to Oliver! at Chichester Festival Theatre on **Saturday 3 August at 7.30pm only**; prize is non-transferrable; tickets already purchased cannot be refunded. Tickets will be sent via email and by text if mobile number is supplied.

The Millstream Hotel: Overnight accommodation in a Classic double or twin guest room, includes full traditional breakfast and must be taken between **Monday 8 July and Saturday 7 September** and is subject to availability

[Enter now!](#)

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Sporting events, live music gigs, open air festivals and markets, the Tees Valley has a packed calendar for all the family. Check out when and where to go in our latest blog

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School's very nearly out but the sun doesn't always shine, discover where to take the kids when rain stops play on three very different coastlines

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England's Coast

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