

# Fabulous

MARCH 31, 2024

GET UP EARLIER  
AND CHANGE  
YOUR LIFE

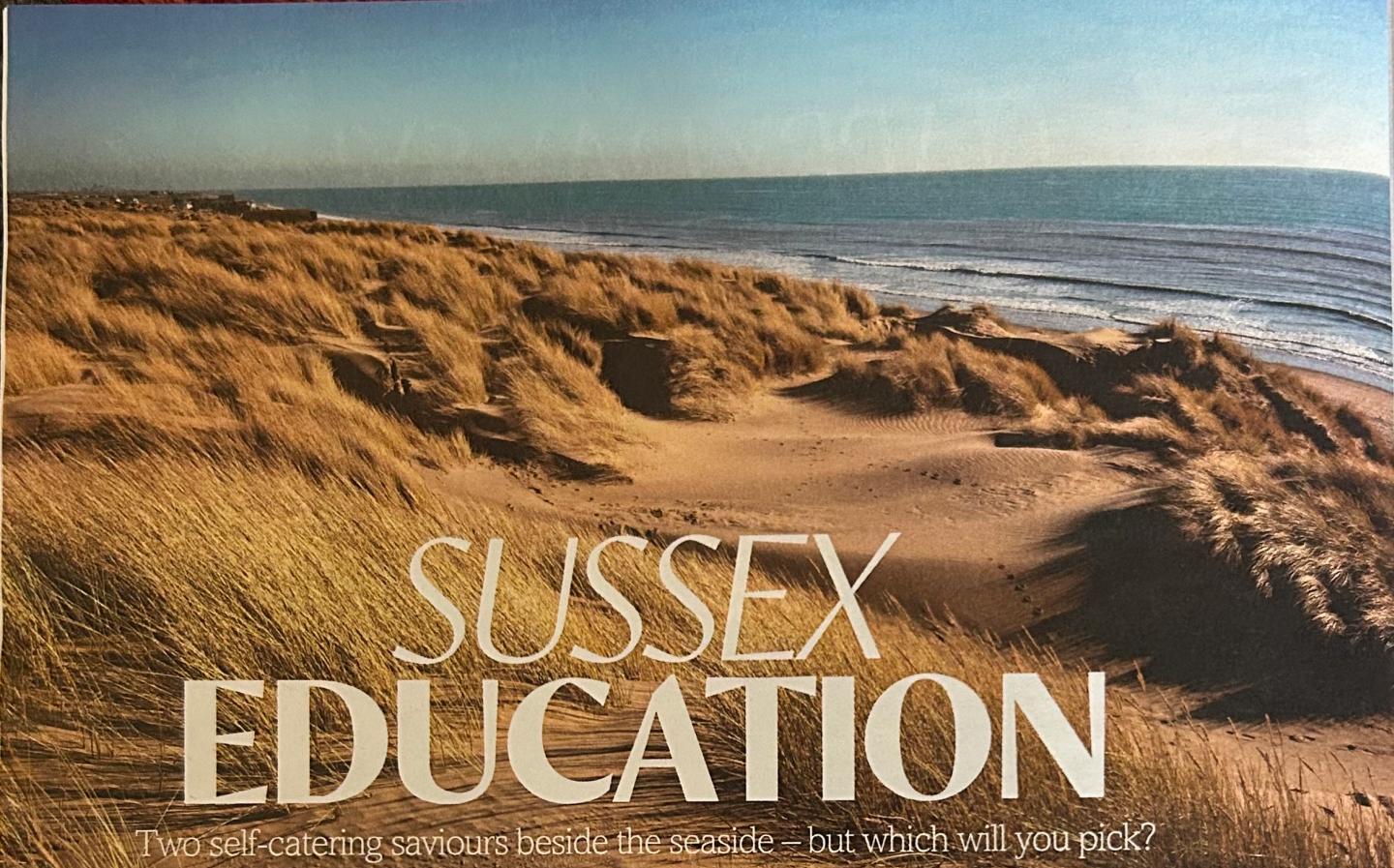
I DATED A  
CHATBOT -  
HERE'S WHAT  
I LEARNED'

## 'I love Simon Cowell, he's like my surrogate dad'

**LUCY SPRAGGAN** on picking up the pieces after *that* X Factor sex attack, healing her rift with Simon and why he's walking her down the aisle

PHOTOGRAPHED  
FOR FABULOUS  
BY MARK HAYMAN





# SUSSEX EDUCATION

Two self-catering saviours beside the seaside – but which will you pick?



**SEAGRASS,  
CAMBER**  
Lifestyle Editor  
Catherine  
Bennion-Pedley  
gathered friends  
for a foodie break.

**THE PAD** Welcome to one stylish Tardis. This pimped-up bungalow, hidden down a sandy lane, has a lust-worthy kitchen, dining room and pantry, plus a luxe snug with huge velvet corner sofa and pretty pink bathrooms complete with rain showers and a bath. Three double bedrooms and a double bunk bed room sees it sleep 10, plus two canine companions. A hamper of local treats awaits, too, along with board games and a small garden. It's worth flagging that this place sits between other homes, so lacks idyllic views.

**EXPLORE** The glorious sands of Camber beach stretch for miles, and scrambling up the dunes is a must. The town itself is less pretty, but new lifestyle shop/deli/coffee bar Camber Landing serves negronis, £9, alongside handsome pastries and



Whitehouse treats (below); kitchen goals!



Camber's dunes (top); wine-d down at Chapel

quiches, £3.75. There are three vineyards within half an hour's drive, too. Stroll around Chapel Down on an entertaining tour, before trying its moreish Bacchus white wine. Tours with tastings cost from £30 per person (Chapeldown.com).

Meanwhile, historic Rye is just 10 minutes away, with cute shops and a crazily good antiques scene. For gorgeous gifts – both modern and vintage – call in at Lola & Sidney (Lolaandsidney.com). For eclectic local art and organic beauty picks, seek out Ethel Loves Me (Ethelloves.me).

**REFUEL** Drop into the Whitehouse in Rye for fluffy pancakes with blueberries and vanilla mascarpone, £12, and breakfast quesadillas with black beans, chipotle salsa and lime pickled onions, £13. Only fools would skip the cakes, like the cherry

crumble, £3.50 (Whitehouseserye.co.uk). Book The Fig for a cosy dinner of delicious small plates, such as cheese soufflé tart, £11, and spicy prawn tacos, £11. Finish off the night with a vodka-and-vermouth-based Turkish Delight cocktail, £10 (Thefigrye.com). Staying in? Stock up on supplies, including Romney Marsh lamb, from Salts Farm Shop, just minutes from Camber (Saltsfarmshop.co.uk). **DON'T MISS** Rye's quirky Waterworks micro-pub is housed in an old pump house. Order a pint of the house IPA and a Red Love cider, £4 each, as well as a home-made Scotch egg, or three (Ryewaterworks.co.uk).

**BOOK IT** A stay at Seagrass, sleeping 10, costs from £311 per night (Camberholidaycottages.co.uk/seagrass).

