

Coast character

GEMMA EARLY, owner of Daisy Moo's Bakehouse, Worthing's only vegetarian and vegan café, on the restorative power of seaside living

INTERVIEW **Barbara Hopkins** PHOTOGRAPH **Lani Castles**

I've lived on the coast all my life and can't imagine living anywhere else. My earliest childhood memories are of family walks along the seashore, absorbing the sights and sounds of the sea. When I grew older, trips to HMS *Victory* in Portsmouth helped to shape my understanding of England's maritime history.

I'm a keen marathon runner and my training runs along the coast are always a joy! As I train, it's so uplifting to see the fishing boats moored on the beach and the fishermen selling their catch, brightly-painted beach huts, the seagulls wheeling above and yachts tacking about out at sea. The Worthing coastline has the most spectacular views: westwards to the Isle of Wight and sweeping across to the dramatic Seven Sisters chalk cliffs to the east, where the South Downs meet the sea.

Last year, I achieved my dream of opening my own vegetarian and vegan café, Daisy Moo's Bakehouse. Naturally, it's a pebble's throw from the seashore. It's

hectic and challenging; I'm always thinking of new recipes and flavour combinations, as well as ideas to continue Daisy Moo's development as a community hub.

Before opening the café, I was unwell and being near the sea was my saviour, offering tranquillity; I'm sure it played a big part in my recovery. Now, those endless, ever-changing seascapes help me to unwind, relax and clarify my thoughts away from the Bakehouse's hustle and bustle. The sea provides sensory bookends to my day: the beach and distant horizons first thing in the morning, while at night I fall asleep to the sound of the waves.

For more details on the café, call 01903 207933 or visit daisymoosbakehouse.wordpress.com

