

**BY THE SEA** The sofas are covered in Polperro by william yeoward.com and the blinds in Regatta are from designersguild.com. The colours draw out the coastal theme along with the boat table from nautical-living.co.uk.



# Our DREAM HOUSE by the beach



The Camel Estuary is always scenic as the light changes throughout the day



Sally and Carl Gough swapped the Home Counties for a relaxed, outdoorsy life on the Cornish coast



Four years ago, Sally and Carl Gough were living in the Hertfordshire commuter belt. Carl, a stockbroker, was travelling into the City every day, while Sally, a housewife, was caught up in ferrying their two sons, Frank, 14, and Leo, ten, to school.

"We love outdoor living, but were spending a lot of our time inside or in cars and on trains," says Sally. "Frank and Leo were spending a lot of time indoors and we didn't want them growing up and simply being on their PlayStations!"

She says the family spent numerous holidays in Rock, Cornwall, and had fallen in love with the place. "We wondered if we could have a home here as we all felt it was our favourite place to be."

She adds: "Rock is tiny compared with where we used to live, but that was part of its appeal. It has just one main road, a mile of sandy beach and fabulous views across the Camel Estuary to Padstow." >>



**BESPOKE KITCHEN** The couple's Shaker-style cabinets are painted in Oval Room Blue from [farrow-ball.com](http://farrow-ball.com). Teamed with black iron handles, a slate floor and a cream AGA, it's a look that will last.



*"We love fishing together, perhaps catching a few mackerel, and then bringing them home to cook"*



**STORAGE BENCH**

The bench is where the family sit to take off their shoes when they come in – find similar at [thedormyhouse.com](http://thedormyhouse.com). They found the quirky rabbit lampshade at [cockpitarts.com](http://cockpitarts.com).



**GATHERING TOGETHER**

The open-plan room naturally encourages the family to spend more time together, and is painted in Slipper Satin by [farrow-ball.com](http://farrow-ball.com). The rattan seating adds texture.





**SOFT REDS** Local artist Jethro Jackson ([porthillygallery.co.uk](http://porthillygallery.co.uk)) painted the picture of Camel Estuary that Sally and Carl hang above their bed, while the red cushions are from [moochinteriors.co.uk](http://moochinteriors.co.uk).

Sally and Carl decided to take the plunge in 2008, finding their new-build home by chance. They'd gone to view another property and saw the developer had split the large garden and was also building a new house on the land.

The building was just a shell, but they could see the chance to create the house just as they wanted it. "The location was ideal," explains Sally. Just a short drive from Newquay Airport, it allows Carl to commute to London, flying off on Monday and returning on Friday. "It sounds complicated, but it's amazing how many other people do it too!" says Carl.

With its white rendered walls, the clapboard house has a laid-back beach feel that Sally wanted to continue inside, and interior designer Samantha Johnson helped her pull the look together. "I got Samantha on board because I had used her before and trusted her judgement," explains Sally. "She gave me the confidence to go for a total look, but we have chosen fresh colours with touches of red and lovely fabrics that won't date."

The family have settled into their new life with ease, and weekends for Sally and Carl are often spent entertaining friends at home or down at the local sailing club. Frank has discovered a love of sailing and Leo is into surfing, so they now spend most weekends and summer evenings outdoors.

"Although Carl isn't here during the week, we've made it work and it has improved the quality of our lives," says Sally. "We have fantastic weekends and love the relaxed pace of life." with




**CHANGE AROUND** Sally and Carl were able to design their en suite to their own specification and chose a bath as well as a shower. The tiles are a practical choice and the shutters add to the New England feel.



STAYING OVER

There are two guest bedrooms upstairs, so visitors have their own space when they come to stay. The beach hut canvases are from [johnlewis.com](http://johnlewis.com) and similar Union Jack cushions can be found at [wattle-and-daub.com](http://wattle-and-daub.com).



*"It was lovely being able to choose our own fittings and creating the house from scratch"*