Kathryn Rosevale is in her early 40s and decides to move from the city back to her childhood home of Trentham. She returns to the community with her husband and four children. But the town is not the idyllic place that her memory has created. Her marriage is on the rocks, he r children are difficult, and many members of the town are not particularly keen to embark on friendships with her. The town is full of gossips, storytellers and narrowmindedness, and Kathryn herself has a number of ghosts lurking in her past, which she needs to confront.

The story is told through the eyes of Kathryn's 15-year-old daughter Natalie, who documents everything she sees and feels with her video camera.