

H A M M O N D S

In order, to live better.

moments

**DREAM
BEDROOMS**

Design secrets to style
your space

**FUR
REAL!**

Pets make us happier,
it's official

**MORNING
GLORY**

Expert tips to
power up your day



VOLUME 15 | THE BETTER MORNINGS EDITION

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Welcome to Moments



Great days start from the moment you wake up, so this issue is dedicated to all the sleepyheads

and snoozers who'd rather hide their head under the pillow than get on with the rise and shine! Even early birds can benefit from re-setting the way they start their day, which is why the theme of this issue is Better Mornings. Because, who doesn't want to leap out of bed in the morning feeling fabulous – and looking forward to a day that's fun, productive and filled with feelgood moments?

Hammonds Fitted Furniture can fast track the way to your perfect day. From organised bedrooms filled with positive energy, desk spaces that put flair into flexible working, and boot rooms to inspire you to pull on your wellies and get outdoors, we've tons of design expertise for your home. Plus, flick the pages to find indulgent brunch ideas for relaxing weekends and style insight from our favourite influencers.

Wake up to better mornings with Hammonds.

Kerri

Kerri Amos, Editor

The better mornings edition

A kitchen for everyone

WITH KEESHAK DOWNIE, HAMMONDS KITCHEN DESIGNER

Create a kitchen that feels like
a member of the family



A space to eat as a family, socialise with friends and simply enjoy some me-time, this stylish kitchen is made to measure to match the owner's lifestyle perfectly.

'The design of a new kitchen starts with a visit to the customer's own home; it's the best way to understand what they really want,' says Hammonds kitchen designer Keeshak Downie. 'Rather than just looking at the measurements of the room, we can see where it's positioned in the house and see how the design needs to complement the adjacent rooms. We can also find out what's missing

from their current kitchen, whether that's adequate storage, lots of space to cook, or an island that becomes the hub of the home.'

This stylish kitchen contains lots of clues to the owner's lifestyle – like the induction hob on the island, which means they can cook without having their back to family and friends. The easy-to-care for laminate worksurface shows they need something stylish but also super-practical, as it's easier to maintain than wood. There are lots of pan drawers which are a brilliant option for busy cooks, as it means everything you need is to hand – and you don't

need to bend down and reach into the back of cupboards.

'What really sets this kitchen apart though is that it's full of character,' says Keeshak. 'Often customers can fall into the symmetry trap – they want everything to be identical and match across the kitchen. As designers, we can show that having a curved end to the island, or balancing a plate rack on one side of the central point (here, that's the tall larder cupboard and ovens) with open shelving on the other, brings balance without looking stiff.' It's all about creating a kitchen that feels like a member of the family... ►



Highbury in Mussel



Highbury in Mussel and Boat House



Real Wood Work Surface with Curved End



Design details we love...

- 1 **The wow island** Painting it blue really makes it a focal point, and the colour is picked up on the walls for added personality
- 2 **A place for everything** Wine shelves, a plate rack, deep drawers and wall units – every storage need is catered for
- 3 **Sleek surfaces** When your hob is on an island and the sink beneath a window, you don't need splashbacks. The on-trend look is to have subtle upstands that match the worksurfaces instead
- 4 **Ceramic sink** Bright and white, we love its fresh take on washing-up style!
- 5 **Lovely lighting** From under-cupboard lights to the shining trio above the island, the right lighting creates a welcoming glow.

“A curved end to the island brings balance without looking stiff”

KEESHAK DOWNIE
Hammonds Kitchen Designer

Highbury in Mussel and Boat House

Power^{up} your day



Give your body the feelgood fuel it needs to take you from wake up to lights out, with nutritionist Jane Clarke's top five tips.

Nutritionist and cordon bleu chef Jane Clarke

has worked with David Beckham, Benedict Cumberbatch and Jamie Oliver, and is founder of nourishbyjaneclarke.com



Liverton in Limestone

2. Have an apple a day

Cooked apple is naturally sweet and tastes fantastic with Greek yoghurt for breakfast, plus it's rich in fibre, which means the energy from the fruit is released slowly after eating – so no sugar crash that will have you reaching for biscuits by 11am! Apple also contains a substance called pectin which soothes and settles the gut – great if you're feeling stressed about that morning meeting. Simply peel, core and cube apples, then simmer in a little water, orange or apple juice until soft.



1. Healthy kick-start

A shot of spicy, warming ginger is just the thing to wake you up in the morning, especially if you don't like coffee or tea but want something to give you a kick! It's renowned for settling the stomach and is also packed with antioxidant and anti-inflammatory properties. Just peel and grate a knob of fresh ginger into a glass, pour over hot water, then add honey and lemon to taste.



3. Eat some eggs

Super-quick to prepare and containing every amino acid your body requires, eggs are the perfect way to power-up your day. And because they're protein-rich, they help to balance blood sugar and keep your energy stable until lunch. Prep ahead by making a frittata and cutting it into slices on a Sunday night and you'll have breakfast ready to go for the first few days of the week.



WELLBEING

4. Feel the beet 4

When you're feeling sluggish and your digestion seems out of sorts, give your liver some TLC by starting the day with a fresh juice. Beetroot and carrots are liver-loving vegetables and can support this major organ to break down fats and clear toxins (including alcohol!) from our blood. Whizz up a medium fresh beetroot, 1 medium carrot, a handful of kale, 1 apple and 1cm ginger and a little water in a blender and serve.



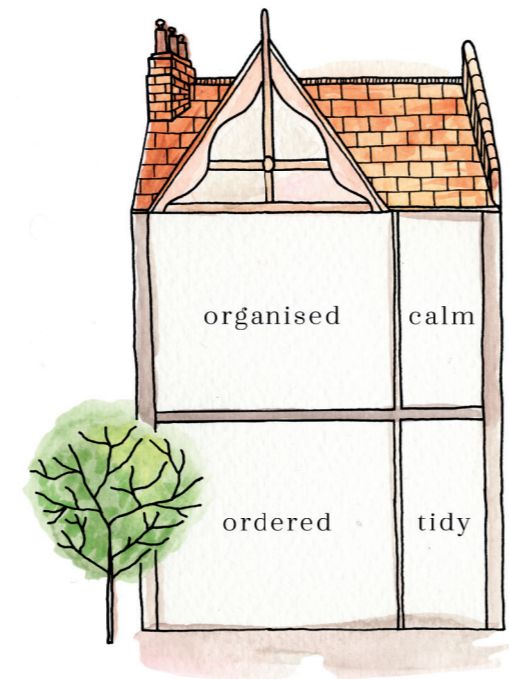
5. Doze off with warm milk

Milk is rich in magnesium, a mineral that helps muscles and mind relax. A cup of warm milk at bedtime will help you feel sleepy and ready to nod off. ■

What a feeling!

The best bedrooms don't just look good, they have a positive energy that helps us spring out of bed in the morning.

We asked Feng Shui expert Sarah McCallister how to create a dreamy space that's brimming with good vibes.



“The look of a room is really important, as our mind far prefers a clutter-free space”

SARAH MCALLISTER
Feng Shui consultant



Sarah McAllister is a Feng Shui consultant and author of 5D Wellbeing: How to Design your Life and Home to Support your Inner Luminosity. Find out more at fengshuiagency.com

in mind, so architects unwittingly put bathrooms in the good energy areas and bedrooms where there are more negative vibes. Luckily, we can use interior design to improve energy flow and help us live, feel and sleep well.’



Does the position of the bed or type of cupboards we have make a difference?

‘Definitely! A cardinal rule of Feng Shui is always to protect your back, which means putting a bed so there’s a solid wall behind it. We want a nesting atmosphere, so try to position the bed as far away from bedroom and ensuite doors because chi energy is too

stimulating near entrances and won’t encourage deep sleep. Well-designed fitted furniture is great, especially if it’s placed in the least favourable Feng Shui part of a room so that you can actively use the best part. It’s also ideal for keeping surfaces clear.

So for good Feng Shui, we should clear away our clutter?

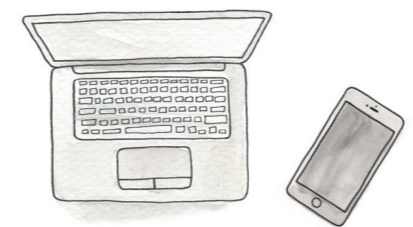
The look of a room is really important, as our mind far prefers a clutter-free space. We also respond subconsciously to the symbols around us, so make sure the pictures in your space are positive and not paintings of shipwrecks on stormy seas! It sounds obvious but it is amazing what people have in their homes.



What feelgood Feng Shui colours do you recommend?

You want to keep your colour palette

soft in the bedroom as bold colour is too activating. You definitely want to avoid a large amount of red, bright orange or really bright green. Usually pastels are preferred, so think about a palette of pale pink, stone, apple green, lilac, yellow or soft grey.



Tech vs nature: what’s the Feng Shui way?

‘Connecting with nature is really important, so it’s best to avoid technology in the bedroom (I advise my clients to stop watching TV or looking at their phones late at night, as the blue light they give off can keep you awake). Choose natural materials such as wood, wool and cotton, as they don’t cause as much electro-static as

synthetic fibres, so your home feels much nicer and you don’t get nasty little shocks when touching a metal door handle, for example.’

Will houseplants add to the positive feels?

‘It’s okay to have a few small houseplants, but don’t go full-on jungle in the bedroom as the chi they create is too stimulating for restful sleep. Moth orchids and scented cut flowers are ideal – choose soft blooms, delicate trailing plants and ferns, not spiky plants or cacti. ■



Purify the air and bring in good feng shui...



Three beautifully Feng Shui spaces

Langton in White

Langton in Light Praline

Marden in Dove Grey

The perfect Sunday in bed

WITH AMY NEVILLE, MODEL & BLOGGER

“My bedroom has never been so organised and clutter free. Before I had fitted wardrobes there was never enough space to put things away tidily”



International model Amy Neville wanted her new, modern London home to look sleek, stylish and well organised.

After seeking help from Hammonds to turn an empty bedroom into a bespoke walk-in-wardrobe, Amy booked a second design visit to transform her master bedroom, which she shares with fiancé Will. With the assistance of a

Hammonds designer they chose a trio of built in Willesley fitted wardrobes and matching bedside cabinets.

Amy comments: “I am naturally quite messy so our bedroom was constantly cluttered with clothes, randomly left on the floor or piled up in a corner. I’m so pleased with the wardrobes, they’ve transformed our bedroom and offer a lot more storage than a stand-alone

wardrobe. Everything is now hidden away tidily. Will is really pleased too, it means we can relax in bed now without feeling stressed about having an untidy space. The matching bedside units are the perfect finishing touch. Having proper fitted wardrobes really has made all the difference – my new neighbours have all been around and couldn’t stop commenting on them!” ■



Get the look...



Range: Willesley
Colour: White
Handle: Traditional Pewter Knob
Extras: Mirrored door



Marden in Dove Grey

Wake up to wow!

Say goodbye to sluggish starts with these good night, better morning tips from sleep expert Stephanie Romiszewski



Stephanie is a sleep physiologist and director of Sleepyhead Clinic in Exeter. Find out more at sleepyheadclinic.co.uk

Switch on to a 'light schedule'

'Light is a brilliant "time keeper" as it reduces how sleepy we feel by manipulating melatonin, our "sleepy" hormone. If you can get yourself onto a "light schedule", you will start to feel much more alert, awake and even happier during the day. Try to wake up at the same time each morning, open the curtains and turn on the lights. Tell your body it's time to wake up and, quite automatically, you will start to feel refreshed and alert at a time when you thought you could only feel groggy and tired. During the day, have plenty of breaks in sunshine or bright light. Then in the last third of the day, turn the overhead lights off, reduce the brightness of TV, mobile and computer screens, and allow your body to wind down.'

Go to bed when you're sleepy

'Good quality, short sleep is better for you than striving for eight hours, so rather than worrying about what you "should" do, listen to what your body is saying. Are you really sleepy (can't hold your eyes open) or are you just feeling fatigued, like you need to

rest? You need to learn the difference and build up that sleepy feeling before bed (even if it means going to bed late a few nights to start with). You'll soon have a regular sleep time that won't involve staring up at the ceiling wishing for sleep to come.'

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Change your alarm time

'If you're happy with the quality and quantity of your sleep but you're still waking up feeling foggy, set your alarm a few minutes earlier or later. This should wake you in a different, lighter stage of sleep, so you feel better when you're woken up – being dragged abruptly from a

deep or dream state can make us feel really uncomfortable! Light alarms, which wake you gently by gradually increasing the amount of light in the room, can be hugely helpful here.'

Set the scene

'The bedroom should be associated with peace and relaxation, so take a look around and see how it makes you feel (piles of clothes or discarded shoes aren't necessarily restful!). Research shows that a slightly cooler room (around 17°C) is ideal for sleeping but if there's a temperature you're happier with, stick to that. Bedding made with natural fibres such as cotton and bamboo tends to keep your temperature more consistent, so tends to be more comfortable to sleep in. When making changes, introduce one at a time so you can get an idea of what works for you.'

Use tech smartly

'We can definitely sleep without the aid of technology but if you enjoy listening to a relaxing audio in bed, for example, and it doesn't interfere with a peaceful and dark environment, it can be turned into a helpful tool. Allowing yourself to drift off with an eight-hour audio running in the background may disturb your sleep later on in the night, so short audios or timer devices for switching off electronics are best.' ■

Small Wins

WITH LYDIA MILLEN, LIFESTYLE INFLUENCER

A sneak peek at Lydia Millen's
gorgeous Boot Room...



Get the look...



Range: Langton
Colour: White
Upholstery: Vienna Bone

Making use of a space that was completely redundant with something practical is one of those small wins when transforming a home. Lifestyle influencer Lydia Millen has done just that with the help of a Hammonds designer to create a fashionable boot room, instantly decluttering her hallway and making a real statement. Lydia wanted a classic yet stylish British look, and chose our new Langton range in white, to create a bespoke

storage area inside the entrance of her beautiful Buckinghamshire country home. She now has a place to store her coats, shoes, umbrellas and outdoor essentials. Together with one of our designers Lydia created a personalised space with a double wardrobe each end, a high sitting shelf with coat pegs and a bench with four individual, underneath storage areas, two with fitted doors. She finished the look with a bespoke upholstered grey seating pad. Lydia

comments: "This bright, light and practical space has been used so much since it's installation. I'm so happy to now have a place to store our muddy boots and warm coats so they don't clutter the entrance hall. This area of the hallway was previously a complete waste of space. Making a feature of this space is the best thing we did. We are over the moon, more places for baskets is always a win for me!" ■



It's a beautiful morning...

WITH LUCY GOUGH, INTERIOR STYLIST

Designing a bedroom that's restful at night but ready to go in the morning is key for interior stylist Lucy Gough.

She shares her knowhow here...



Lucy Gough is an interiors stylist who describes her signature look as 'bold, elegant and maverick'. Her work has appeared in numerous magazines, including Livingetc, Homes & Gardens and Marie Claire.

A bedroom should be a retreat; somewhere you can unwind and switch off from the outside world.

It doesn't matter whether your personal taste is minimalist or maximalist; it's about creating a look that makes you feel comfortable. Our room has a two-tone dark grey

and off-white scheme, with a dado rail around the room. It makes me feel calm, even though I have two toddlers who wake me up at 5am every morning!

We settled on built-in wardrobes as I think freestanding ones waste so much valuable space around them.

We had them built into the alcoves, which looks neat and means all our clothes can be organised and shut behind closed doors. I don't like excess clutter in the bedroom and it makes for a much simpler start to the day when I know exactly where everything is. Plus, I think a clear room gives you a clearer mind, so you sleep better. I know that's true in our case!

Good lighting makes such a difference. A dimmer switch means you can have a softer light in the evening, which is perfect for unwinding before sleep. Or put some fairy lights around the room and switch them on at night instead. I also wanted lamps beside the bed but reading lamps gathered dust around the base, so

I've found lights that clamp on to the bedhead instead.

Comfort is super important. We have a thick-pile rug by the bed that covers our 150-year-old floorboards for our little ones, and makes it a pleasure to jump out of bed in the morning! ■

Lucy's 'better morning' styling tips

- 1 Make bed-making a breeze 'We only sleep in white bedding, so changing the sheets and duvet cover is simple.'
- 2 Don't forget a mirror 'A full-length mirror means you can give your outfit a quick check before you head out the door.'
- 3 Make it meaningful 'Family photos and artworks you love will make you smile every day.'



Langton in Pebble Grey



home/work

The trend for flexi-working is driving the trend for stylish offices that truly feel a part of the home.

Here's how to make yours work harder...

If 'working nine-to-five' is just a Dolly Parton lyric, not a description of your job status, then welcome to the 21st century career crew.

With an estimated half the UK workforce dialling in their day job from outside the office, and 94 per cent of businesses offering some form of flexible employment, home working is one of the hottest lifestyle trends right now. Which means we need a place

to get productive without making our home look like a boardroom – or the office stationery cupboard!

The great news is you don't need a dedicated room to have a fully functioning and stylish home office. Fitted furniture means you can make the most of small or unused areas, such as the spot under the stairs, a window bay or alcove, a kitchen corner – and even the inside of a cabinet –

to make room for a desk, cupboards and shelves for all your essential work kit. Our unique home office furniture comes with a selection of ready-made storage solutions, or can be custom made to suit your space. And because each of our hardworking ranges spans bedroom and kitchen furniture, too, you can coordinate your home office set-up with the rest of your room, for a smart finish. What a result... ►



Vigo in Light Pine & Vanilla Matt



WORK SMART creative thinking

Mix and match with the Vigo range – you can combine colours and textures to create a style that's all your own.

finishing touches

Range: Vigo
Colour: Light Pine
Handle: Slimline
Brushed Nickel
Desk: Light Pine





Harpsden in Light Praline



WORKING FROM HOME

Harpsden in Rich Praline

Make your home office work harder

- 1 Task lighting** As well as overhead lighting, add a desk lamp to illuminate your best ideas.
- 2 Open & shut case** A mix of open shelving and closed storage will allow you to keep most-used objects in easy reach, with larger items hidden away in draws and filing cabinets.
- 3 Personal touch** One of the joys of working from home is that it's truly your space. Show your personality with photos, colour and accessories.



WORK SMART flexible approach

Fit our home office furniture anywhere in your home to create a study space that works as hard as you do.

finishing touches

Range: Harpsden
Colour: Light Praline
Handle: Modern Square
Black Nickel Knob
Desk: Dark Pine
Contrasting Wood



WORK SMART calm and focused

Handpainted finishes, elegant lines and sophisticated colours come together to make a chic and comfortable setting, so you can focus on the task in hand.

finishing touches

Range: Harpsden
Colour: Rich Praline
Handle: Traditional Pewter Knob
Desk: Dark Pine
Contrasting Wood



The great outdoors

Getting outside in nature is proven to make us feel better and relax more – and the weekend is the perfect time to get our wellness fix...

A walk in the woods

‘Forest bathing’ is a Japanese wellness ritual that’s finding its feet here in the West (Kate Middleton is said to be a fan). Proven to boost immunity, decrease anxiety and increase happiness, the aim is simply to get out into the woods and immerse yourself – or bathe – in their atmosphere. Walk slowly, wander where your feet lead you, and savour the sounds, smells and sights of nature.

A run around the park

That happy-looking crowd of people jogging around your local park on a Saturday morning are probably taking part in Parkrun – the free, 5km timed runs that now take place in more than 2,000 locations worldwide. It’s not just the runners who benefit from the endorphin rush of exercising outside; 60 per cent of Parkrun volunteers, who help to organize and marshall the events, say taking part makes them feel happier.

A dive in the water

Wild and open-water swimming is seeing a surge in popularity as people experience the chlorine-free pleasures of, literally, diving into nature. As well as the physical benefits of swimming (a report from Swim England found that swimmers feel 12 years younger than non-swimmers and feel more satisfied

with life), there’s also the immersion in wildlife. Swim outdoors and you’ll be up close and splashy with animals, birds and insects, and you’ll be able to watch the seasons change each time you dip your toe in the water.

A look at the sunrise

Swap your weekend lie-in for a dawn start and you’ll reap some surprising benefits. Researchers have found a link between early morning light and better sleep – and lower body weight! Plus, you’ll gain the benefits of vitamin D from the sun (be careful not to look at the sun directly or to stay exposed to the rays for too long). Try getting up early and watching the sunrise, the clouds in the sky and listening for the sound of birdsong, and keep a journal of all you see and hear. Journalling is another feelgood way to start the day! ■

The power of pets

Animals are a real happiness booster, here’s why...

They may hog the bed or wake us up early in the morning, but our furry friends are actually doing us a favour when it comes to health and happiness.

Studies show that stroking and playing with our pets can lower blood pressure, reduce stress hormones and boost feelgood hormones, so we feel happier. They offer unconditional love and are great at distracting us when we feel blue. Pet owners are more active and social, too.

The only down side? Experts say we should keep pets out of the bedroom to reduce sleep disturbances (let’s pretend we didn’t say that). ■



Harpsden in Light Praline

“Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company”

JESS BROWN
Nottingham



Let's do brunch

WITH LOLA MILNE, COOKERY WRITER AND PHOTOGRAPHER

A late and lazy breakfast is the perfect way to start the weekend. Saturdays were made for this...



Lola Milne is a cookery writer and photographer. *Take One Tin* is her first book and focuses on making delicious meals from store cupboard ingredients.



Cherry tomato toasts

These are a quick, fresh fix, perfect for brunch or lunch. The delicate creaminess of the ricotta is delicious with the tomatoes and punchy green sauce.

Serves 2

Ingredients

400g tin cherry tomatoes
2 slices of bread
75g ricotta cheese
salt and freshly ground black pepper

For the green sauce

2 tablespoons olive oil
1 garlic clove, finely chopped
handful of basil, leaves picked and finely chopped
3 sprigs of mint, leaves picked and finely chopped
20g Parmesan, grated
1 teaspoon white wine or cider vinegar

Method

Preheat the grill to high.

Tip the cherry tomatoes into an oven tray and grill for 5–10 minutes until starting to blister.

Meanwhile, combine the olive oil with the garlic, herbs, Parmesan and vinegar, season and set aside.

Toast the bread, then pop a slice on each plate.

Top with the grilled tomatoes and ricotta, spoon over the green sauce and tuck in.



Pear & yoghurt pancakes

Delicious fluffy pancakes are a great brekkie. I like adding frozen raspberries or blackberries to the pears and drizzling everything with a crazy amount of maple syrup.

Serves 4 (makes about 12 pancakes)

Ingredients

320ml yoghurt, plus extra to serve
2 eggs
200g plain flour
1 teaspoon bicarbonate of soda
pinch of ground cinnamon
1 teaspoon sugar
410g tin pears in juice, sliced into wedges and juice reserved
juice of 1 lemon

pinch of ground nutmeg
1 tablespoon butter,
plus extra for frying
salt

Method

To make the pancakes, combine the yoghurt and eggs in a jug. In a large bowl, mix the flour, bicarbonate of soda, cinnamon, a pinch of salt and half the sugar, then whisk in the contents of the jug to make a smooth batter.

In a small saucepan, add the pears and the reserved juice with the lemon juice, remaining sugar and the nutmeg. Bring to the boil and cook for about 5 minutes until the pears are soft and the liquid has largely evaporated. Stir in the butter, then set aside.

FOOD

Melt a little butter in a large frying pan over a medium heat, then dollop in a heaped tablespoon of the batter for each pancake and cook for 2–3 minutes per side until golden and springy. You will most likely need to do this in batches.

To serve, divide the pancakes between four plates and top with the pear compote and a little extra yoghurt, if you like.



What's in store...



A radical revamp of Hammonds' Hinckley store is wowing customers old and new. Manager Vicki Wainwright gives us a guided tour.

'Hinckley is the company's flagship store, just down the road from head office and the factory where all our fitted furniture is made. It makes this revamp extra special and there's a real wow factor to the store now as customers step inside. We're the first showroom to have the new Abbey kitchen installed, as well as the new Marden and Langton bedrooms, which makes us very proud.



Being able to see, touch and try out the furniture is what makes shopping instore

different to online – plus you have the team on hand to answer all your questions. If a customer needs advice on fitting wardrobes in a room with sloping ceilings or finding space for a dressing table in a small bedroom, we can show them cabinet combinations that fit their needs. It provides them with options they may never even have thought of. Plus, we give them a cup of tea or coffee and biscuits!

It makes such a difference to be able to walk around a room set and imagine how the furniture might look in your own home. I've worked for Hammonds for seven years and what sets us apart is that we combine practical storage solutions with eye-catching design. At the moment, it's our brand new, cobalt blue Highbury kitchen that's getting all the attention. Customers love it! ■



Loxley in Ash Grey, Smoke House Grey & Rustic Grey Oak



Abbey in Cashmere



Highbury in Cobalt

“There's a real wow factor to the store now as customers step inside”

VICKI WAINWRIGHT
Manager

*Hinckley
showroom*



Marden in Pebble Grey

Find Hammonds Hinckley at
Trinity Lane, Hinckley, LE10 0BJ
01455 631902

Opening times:
9.30am-5.30pm Mon-Sat
10.30am-4.30pm Sun



Walk-in wonderful

Bring Art Deco glamour to your dressing room with the elegant new Langton collection.

GET THE LOOK



NEW Langton in White



NEW Langton in White

Make a fashion statement before you've even opened your wardrobe doors, with our new Langton collection. Inspired by the elegance of Art Deco, the cabinets feature mirrored fronts and intricate fretwork detailing in three decorative styles. And inside, you'll find all the elegance and smart storage solutions you'd expect from Hammonds, from illuminated dressing areas to pull-out shoe shelves. Life is more beautiful with Langton. ■

To request a **FREE** brochure
and subscribe to *Moments*
call 0800 251 505
or visit hammonds-uk.com

H A M M O N D S
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