

H A M M O N D S

In order, to live better.

moments

THE SEASON'S PALETTE

Bring richer, warmer colour
into your autumn home.

ART DECO ELEGANCE

The NEW Langton Fret
range exudes an artful
décor aesthetic.

SLEEP SANCTUARY

A curated space for early
nights and laying in.



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The cosy living edition

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FOREWORD

Welcome to Moments



This season we're focusing on the joys of autumn; slowing down, embracing the golden hues of

nature and cosying up at home. From little home additions to an elegant storage overhaul, we're guiding you to your perfect cosy life.

In this issue of Moments we're focusing on curating your own haven, a space you can relax and unwind. The transitional season is ideal for elevated resting, whether it's in your personal sleep sanctuary (pg. 12) or a perfect calm corner (pg. 04). If you're hoping for a whole home overhaul, our three-step guide will help you find your perfect storage (pg. 22) to add organised tranquillity to every space.

Cosy living is the epitome of autumn, whether it's a hearty home recipe or creating a warming and welcoming space for you and your guests (pg. 28). Wrap up and relax with your favourite herbal tea, and dive into a book from our autumn reading list (pg. 34) - for a calming daily dose of mindfulness.

Josh

Josh Hammonds, Editor

Create spaces for *cosying up*

As the days get shorter and the nights get colder, snuggling up and spending time indoors is the go-to. Whether you're a bookworm or a coffee lover, we've curated three edits that will help you get cosy and relax at home this season.

HERE'S OUR PICK OF THE BEST BUYS, TO CREATE CALM AND COSY SPACES IN YOUR HOME THIS AUTUMN...

Soothing sanctuary

Waking up and dozing off; we begin and end every day in our bedrooms. It should be a space that feels like our very own sanctuary - the perfect space to snuggle up and relax.

1. Frill-trimmed bedspread in Greige, £69.99 from H&M Home
2. Brown cotton cushion in check, £75 from Ferm Living
3. Fjord scent diffuser, £50 from Skandinavisk



Calming coffee corner

Whether you begin your day with a peaceful coffee, or like to unwind with a chamomile after a long day, create a calm space just for you.

1. Eat, drink, nap coffee table book, £35 from Soho Home
2. Stoneware cafetière in bamboo green, £65 from Le Creuset
3. Glass coffee mug in green, £12 from John Lewis
4. Hazel rattan side table, £80 from Habitat



Relaxing reading nook

If you love to unwind with a good book, a dedicated reading nook with soft lighting and comforting furnishings is an essential.

1. Beatrice woven stripe snuggle chair in olive, £399 from Dunelm
2. Calm light bulb, £29 from Oliver Bonas
3. Stackelbergs Stockholm mohair blanket in dusty beige, £179 from Arket



The way we live now



Autumn trends for creating a home you'll love, with Hammonds stylist Melissa Denham

Switching up our home style between seasons isn't just about buying the latest products. We're also responding to the change in light and temperature, whether we're spending more time inside or in our outdoor space, and if we're in a cocooning autumn mood or feeling a bright and breezy summer vibe.

Beyond this, the way we want our homes to look and feel depends on the way we want to live now – and we're seeing some big changes in how we organise and use our space. Hammonds stylist Melissa Denham explains the big themes in home design happening this season...

Gather

Autumn is when we start to spend more time indoors, gathering with family and friends in shared spaces. 'Social areas should be the heart of the home and, therefore, the heart of the family,' says Melissa. 'Let all family members have a place in the space – if everyone feels represented, they will be more likely to utilise it, and even the teens might venture out of their rooms! One way to help is to rearrange your furniture. If all of your comfortable seating is facing the TV, you will always be tempted to turn it on. Instead, position seating options so they face each other, with side tables and a coffee table for drinks and snacks. This is one of the easiest ways to encourage conversation.'

Entertain

'Entertaining in our homes has become a big thing in the last few years, and we're seeing a desire to add some small luxuries to make hosting feel extra special,' Melissa says. 'Home bars have become huge, whether it is a vintage trolley styled as a gin cart or a purpose-built cabinet. Either way, we can show off our mixology skills to our friends and family. Seen here is our Cliveden small bar area, which elevates entertaining with its stylish design.'

Create

While we love our tech, there's a trend for putting down our phones and instead getting hands-on with making and creating. It provides a moment of mindfulness and

heartfelt connection in our busy lives, whether that's handwriting a journal, practising pottery or knitting a scarf for those chilly autumn days. But we need a place to keep our kit organised! 'Hammonds' new purpose-built understairs storage provides a designated place for items that might struggle to have a space, whether that be craft items, sports equipment, or even a mini wine cupboard,' Melissa explains.

Escape

The rise of 'quiet luxury' is about creating visual calm, peaceful corners and decor that gives us breathing space, so that our homes truly become a sanctuary. 'One way to do this is to turn a space into a retreat dedicated to relaxation,' Melissa says. 'That might be a window seat where you can read, or a beautifully organised dressing space



for self-care. We have recently created a yoga room display in our new store in Gateshead (opening mid-September). It showcases how Hammonds fitted furniture can be used to store exercise equipment, with a purpose-built design that creates a calm space to help us meditate.' ■





Artful

décor



The elegant Langton Fret range has always stood out with its decadent Art Deco-inspired design. Sophisticated fretwork in a selection of attractive patterns adds showstopping detail to the doors, turning a run of wardrobes or fitted living furniture into a beautiful feature. Previously only available with mirrored doors, Langton Fret has been reimagined in a painted finish, too, offering you two stunning options to choose from. ▶



NEW FROM HAMMONDS

It's the level of personalisation and detail that makes Langton Fret so special. There are different fretwork designs to choose from, including flowing curves, beaded panels and smart rectangular shapes. Plus, you can select from a palette of 14 curated colours to create the mood that suits you and your space – a calming French Grey for the bedroom, perhaps, or deep Cobalt blue for a home office.

One of the most stunning features of Langton Fret is how the look of the

fretwork changes, depending on the doors you choose. Mirrored doors bring a touch of decadent luxury, with the fretwork dividing the reflections in the mirror into dazzling shapes and patterns. The painted finish has its own unique appeal, with the detail of the fretwork appearing to deepen as light moves around the room during the day.

Behind those doors – and with every Langton Fret furniture option – the personalisation continues. Just as with any Hammonds design, you can tailor

the organisation options to suit your needs, so your custom storage can enhance your home and help you live better. And you can feel confident that each piece is expertly crafted to provide long-lasting, timeless design that will bring beauty and practicality to your home for years to come.

Find your nearest showroom or visit [hammonds.co.uk](https://www.hammonds.co.uk) to find out more about the Langton Fret range, and add a touch of Art Deco style to your space. ■



And relax...

Create the perfect early night and lazy morning sanctuary, with a bedroom designed to help you rest easy.

We all know the value of good sleep when it comes to having a great day – but our bedrooms are more than a place to snooze for eight hours a night. They're our reading the paper in bed on a Sunday space; our early night with a podcast place; our cuddle up with the kids zone; and where we chat with Mum on the phone. Here's how to style a bedroom so it invites you to kick back and relax for your personal pyjama party at any time of day.

Soothe the senses

Strong and strident colours make us feel energised and alert. In the bedroom we want a more restful tone, so soft and calming colours are the go-to choice. 'Soft, dusty pastels that create a relaxing Zen vibe and don't challenge the eye. Don't put brilliant white anywhere near your sleep space. Look for warm-toned ones instead, with a touch of brown or yellow to create a hazy filter,' suggest Emma Hopkinson and Robyn Donaldson, authors of new book *All Up In My Space: How to Decorate with Feeling*.

Set the scene

If you're having a lie-in, curling up to read a book, or generally using your bedroom as a retreat and chill space, you'll want comfort that goes beyond the duvet and pillows. Think piles of cushions to lie back on, a throw to pull around your shoulders, a comfy chair and a soft rug. 'Layered fabrics will come together to make a soothing



HOME STYLE

space that still feels rich and cosy. Make sure you keep the textures varied to stop things from looking flat and add touches of muted colour here and there,' say Emma and Robyn.

Get the light right

Adjusting the light in the bedroom is so important, helping you to wind down at night and wake up in the morning. Have blinds or curtains that you can open up to let daylight flood in first thing, waking you up so you can enjoy those early hours. In the evening, use lamps and candles to create a soft glow that illuminates gently, easing you into sleep mode.

Create visual calm

Clutter and mess disrupts a sense of ease. As we look around our bedroom, our eyes 'snag' on items that look out of place, and our minds can't rest when we see clothes to be hung up or laundry to be done. Storage that's designed just



for you solves the problem. Not only can you tidy everything away to create a clean and calming space, you can relax knowing that behind those elegant cupboard doors, everything is organised on hanging rails, shelves, drawers and cubbies planned with you and your possessions in mind. ■

At home with Beth Tomlinson

Fitness influencer Beth Tomlinson turned to Hammonds to create calm and organised storage for her bedroom.



Beth chose our Hatton range in White for her bedroom.

“I can focus on what truly matters without the stress of clutter”



Why did you choose Hammonds?

‘I chose Hammonds for its reputation for delivering high-quality fitted furniture solutions – the attention to detail, craftsmanship and experience in the industry stood out to me. I appreciate the range of design options, customisation possibilities, and the peace of mind that comes with their reliable installation services.’

What was the space like before you had the transformation?

‘The room lacked efficient storage and proper organisation. It felt cluttered and disorganised, with items scattered around and no dedicated spaces for different belongings.’

How would you describe your interior style?

‘I’d describe it as minimalistic and sophisticated, with a preference for furniture that embodies simplicity, cleanliness and elegance.’

Is organisation important to you?

‘Proper organisation not only improves the overall look of the space but also makes everyday activities smoother and more enjoyable. It allows me to focus on what truly matters without the stress of clutter and chaos.’

What did you think of your designer visit?

‘It was an insightful and productive

experience. Mike, my designer, displayed a deep understanding of my requirements and preferences, and his expertise in design was evident throughout the conversation. He actively listened to my ideas and incorporated them seamlessly into the design concepts. His suggestions were both creative and practical.

What is the best thing about your new space?

‘The standout feature is undoubtedly the dressing table. It serves as a focal point within the room, seamlessly integrating with the surrounding elements while adding a touch of luxury and functionality to my space.’ ■

Autumn *tranquillity*

Readjusting your wellbeing routine and finding peace in the new season.



The transitional season brings a host of adjustments, from our wardrobe to our weekly menu. Your wellbeing requires a new angle too, as the months get colder and darker. Yoga and Wellness Coach, Lucy Sesto, shares her tips on boosting wellbeing through autumn and beyond.

Yoga and exercise

Transitional seasons are such a unique and beautiful opportunity for us to make some changes in our yoga practice that aligns with nature around us. Usually, as we move into autumn or winter the days become shorter and colder, we might find this has an affect on our energy and so maybe we fancy more restorative, slow and warm practices to help us feel nourished

and rejuvenated.

I find grounding practices can always help to bring about a sense of calm as seasons and other elements are changing around us. Child's pose is one of the best grounding poses to really come back to yourself, it's one of my favourite poses that I do all the time, especially if I'm feeling overwhelmed or tired.

Another thing that changes is the way



I exercise. In the summer I might go on a long walk or a hike or even swim in a natural body of water somewhere - as it gets colder I love hot yoga classes, pilates and other indoor exercise activities.

Mindfulness and meditation

Mindfulness and meditation are like the cosy blankets for your mind during seasonal shifts. I find these practices really help me to stay attuned to my body signals and brings me into the present moment. I love breath focused meditations and walking meditations and there are so many different kinds you can try. It's also great to be mindful about putting too much pressure on ourselves to change and adapt quickly, allow yourself to go at your own pace and be kind to yourself.

Our energy can shift as the weather and temperature around us shifts. A breathing exercise I love is the 4-7-8

technique. I actually use this before bed to help me get to sleep but you can use it any time to calm the body and mind. All you have to do is inhale for a count of 4, hold for a count of 7 and exhale for a count of 8 for as many rounds as feels comfortable for you.

An energy shift

I definitely feel a shift in my energy as the seasons change. I am a summer baby and so when we start to move into the colder months I start to feel a little apprehensive and uncertain. I love to incorporate wellness activities into my time to keep myself busy and grounded. You could book a yoga workshop or a winter day retreat, do something you usually wouldn't do like a pottery class or a painting workshop.

Try to do as many activities that make you feel happy in this time. That might be having hot baths, journaling, meeting friends for an autumn walk or visiting somewhere in nature to see the autumn colours in the trees. Take time for yourself to do the things you truly enjoy and make space for them in your weekly routines. If you do find yourself feeling down, reach out to a friend and let them know, maybe plan to do something fun together.

Tranquil interiors

A cluttered space can lead to a cluttered mind. I always feel that when I let go of physical items by having a clear out, I'm creating space for renewed energy and inspiration to come through. It also makes me feel way more productive and at ease when my space

is clear around me.

Scent is such a powerful thing. It really sets the mood of your space and can help to bring about certain feelings you desire. I choose warm and earthy scents like sandalwood, oud or cinnamon to enhance the cosy atmosphere of my home. Scents also really complement yoga and meditation practices to clear the space and ground yourself.



Your living space greatly influences your mindset. Filling your surroundings to create a peaceful atmosphere will make you feel so much better when you are in that space. Pick an area in your home and start to incorporate soft furnishings into it. A nice cosy chair, some blankets, cushions and maybe even a small indoor plant and some candles. Put all the things that make you feel happy when you look at them into this space. Let this space be your go-to spot for meditation, yoga or just simply unwinding with a cup of tea. ■

The season's palette

Bring cosy autumnal colour into your home...



As we move into autumn, we embrace the richer, warmer colours that come with it. It's one of the most beautiful things about the season - the organic transformation into a deep golden hue. Carrying the look and feel of nature into interiors is a fail-safe way of creating a sense of calm and tranquillity - autumn's natural palette is no different.

No matter your style or space, there's a perfect colour for bringing a cosier feeling into your home. While autumn is the epitome of richer colour palettes and the desire to snuggle up inside - a cosy home is a year round affair. It goes beyond the look of a colour; focusing on colour psychology, we can pinpoint exactly how different hues can make you, and your space, feel. So whether you always opt for neutrals, or prefer a darker aesthetic, colour is key for creating a home that comforts you.

HOME STYLE



Rust and aubergine tones

Jewel-toned hues are an autumn classic, from rusty terracottas to plummy purples - creating depth with warming undertones. Choose Langton Fret in Juniper (far left) for a classic and elegant look.

Charcoal and dark neutrals

Dark neutrals are a great way to add daring drama to a space, without opting for bold colour - obtain that encompassing feeling of warmth, with a more versatile shade. Opt for Seton in Graphite (left) for a timeless style.

Warm-toned woods

An organic touch is a great way to create a sense of calm, whether that's an indoor plant here and there, or adding beautiful wood grain to your space. Linje in Tuscan Oak and Graphite (above) will give you a contemporary Scandi aesthetic with its warm-toned wood. ■

Boho *elegance*

Chloe's bedroom balances the beauty of her Victorian property, with subtle bohemian styling and layered textures.

We love seeing how your Hammonds furniture has transformed your home, and how each range and finish is brought to life with your own style.

If you have Hammonds in your home, make sure to tag us on Instagram @hammonds_uk



GET @COTTON_AND_ZINC'S LOOK

- 1. Hatton Wardrobes in Cashmere, Hammonds
- 2. Anyday Herringbone Throw, John Lewis
- 3. Frances Rattan Dressing Table, Daals
- 4. Yuma Multicolour Rug, Benuta
- 5. Large Rattan Plant Pot, H&M Home

FOLLOW US ON INSTAGRAM FOR MORE INSPIRATION

Finding your dream storage

The three simple steps to creating your perfect, organised home. Whether you're dreaming of a traditional home office, lusting after a Scandi bedroom, or inspired by opulent living spaces; think space, style and storage.

TAILORED STYLE

CLASSIC NEUTRAL

Hatton's timeless shaker style creates a classically calm look in any area of the home.



MODERN LOOKS

Minimal and contemporary, Linje oozes style with its Scandi look and versatile colour options.



DARK ELEGANCE

Embrace cosy spaces with a deep charcoal colour, paired with the elegant Langton's fretwork.



CURATED SPACE

HOME OFFICE

Create a calm and sophisticated working space, perfect for productive days.



BEDROOM

Wardrobes, side tables, open shelves or a window seat; curate your perfect sleep sanctuary.



LIVING ROOM

Tailored storage is the ideal addition to living spaces - for a calm and organised everyday.



BESPOKE STORAGE

WARDROBES

Shelves, pull out rails and built-in drawers, wardrobes are versatile and flexible to your needs.



TEA TRAY

Get comfortable and enjoy your morning coffee or bedtime tea with ease.



GLAMOUR UNIT

Get ready in style, with a hidden glamour unit. Pair with 180° hinges for effortless access.



At home with Helen Manton

Made-to-measure shelving creates a place for display and hides clutter, transforming Helen Manton's living space.



Helen chose our Hatton range in Cashmere for her living space.

“Our lounge is a welcoming space now”



Why did you choose Hammonds?
'Hammonds' products exude quality and style so it was a simple choice when exploring the market.'

What was the space like before you had the transformation?
'Quite boring and messy!'

How would you describe your interior style?
'I like to think it's very homely and warm.'

Is organisation important to you?
'Yes; it's always good for everything to have a home. We're very lucky that this new unit allows us to hide away our unsightly printer because the

bottom cupboards are large enough to do so.'

What did you think of your designer visit?
'It was amazing – the knowledge and expertise the designer showed us was fantastic and really made our ideas come to life. They went the extra mile sending the final plans with our exact curtains included in the digital design, which meant we could really envision what that final results would look like.'

What is the best thing about your new space?
'It's finally made our lounge feel like a welcoming space and somewhere we can enjoy spending time.' ■

Well

handled

Beautifully crafted in leather or metal finishes, our new designer handles are the perfect finale for your fitted furniture. And because each of our handles can be used on every Hammonds range, your only challenge will be choosing which on-trend look is right for you...

New additions to our collection...

KNOBS

Tactile, rounded shapes that feel perfect in the hand, whether in smooth and shining chrome or ridged gold and black. Knobs give a pared-back look that's all about attention to detail; choose one with a backplate for extra impact.



HANDLES

The long and elegant design brings a sophisticated finish to furniture. Engineered with ridged and knurled details that add texture to the gold, bronze or black metal finishes, and available with a backplate or without.



PULLS

A huge choice of styles, ranging from classic to contemporary. Opt for a looped or single leather strap with gold fixings, traditional drawer pulls with a silver finish, or on-trend half-moon pulls in smooth matt or ridged brass.



The *hearty* home

Creating welcoming spaces and warming recipes, perfect for cosy nights in.



Autumn is the perfect time for cosying up, staying home and enjoying time with your favourite people indoors.

While we love a long walk in the countryside and enjoying all the golden-hued beauty the autumnal British wilderness has to offer, there's something magical about being tucked up at home - whether it's a Saturday night dinner party with friends, or a cosy Sunday movie day on the sofa.

Calming scents

A warming and welcoming space can be created by a number of elements, either alone or paired together - scent plays a huge part in elevating our senses. Whether your preference

is a scented candle, reed diffuser or oil burner, opt for more opulent fragrances during the colder months. Woods, ouds and spices will envelope your home with cosiness - a wonderful welcome home for both you and your house guests.

Cosy layers

While summer is the season of light linens and soft textures, autumn brings a new host of layering possibilities. Bolster your existing jutes and cottons with wool fabrics and wood grains for textural interest. Add a thicker bedspread or throw to your bedrooms for extra warmth - and a basket of blankets to your living space, perfect

for wrapping up on colder evenings. Focus on natural textures for an organic and calming feel.

Warming recipes

Whether you're hosting for friends or simply enjoying a Sunday lunch at home, hearty food is an autumn essential. There are a host of delicious recipes out there - from artisanal bakes to one-pot wonders - sure to warm your cockles after a long day in the colder weather. Celebrity chef, Theo Michaels, has developed an easy pot-roast chicken recipe that you'll instantly add to your stock of comfort food recipes. Find the full recipe on the next page. ■



Recipe taken from:
Theo's Family Kitchen by
Theo Michaels, published
by Ryland Peters & Small

Photography by Mowie Kay
© Ryland Peters & Small

ONE POT DISH

Pot-roast chicken

This is total comfort food and incredibly easy; in fact, this can also be made using a whole frozen chicken (see cooking times below).

Serves 4

Ingredients

Whole chicken 1.3kg
Red onion 1 large, wedged
New potatoes 250g, halved
Carrots 3, halved and sliced
Parsnips 2, halved and sliced
Vine tomatoes 2, roughly chopped
Thyme a few sprigs
Bay leaves 2
Olive oil a generous drizzle
Chicken stock 1 cube
Flat leaf parsley large bunch
Garlic bulb 1, halved
Rosé or white wine 250ml
Dried oregano 1tsp
Lemon 1, halved
Sea salt to season
Ground black pepper to season

Method

Preheat the oven to 180°C fan / 200°C / 400°F / gas 6.

Scatter the onion wedges, potatoes, carrots, parsnips, tomatoes, thyme sprigs and bay leaves over the base of a large lidded roasting pan.

Add a generous drizzle of olive oil and crumble over the stock cube.

Place the whole chicken in the centre, nestling it in to help shift some of the vegetables to the side.

Separate the parsley into smaller bunches of about four sprigs each and tuck these in just under the edge of the chicken, all the way around.

Squeeze in the halved garlic bulb.

Pour the wine over the chicken, then add a drizzle of olive oil and the oregano and season generously with salt and pepper.

Cover the chicken loosely with a small sheet of baking parchment, tucking any dangling edges into

the sides of the pot, then cover with the lid.

Cook for 1 hour (if cooking the chicken from frozen, cook for 1½ hours).

Remove the pan from the oven, along with the lid and parchment (be careful of the steam).

Baste the chicken with the juices from the pan.

Return to the oven, uncovered, for 30 minutes until the chicken is golden or the juices run clear when a knife is inserted into the thickest part of the thigh.

Cover the chicken and leave to rest for 10 minutes before serving.

Carve the chicken, placing slices of it into serving bowls along with the vegetables and bunches of parsley.

Finish by spooning a generous amount of the cooking liquid into each bowl, add a quick squeeze of lemon, a little drizzle of olive oil and a pinch of salt.

Serve fresh from the oven. ■

Curated calm

Chloe's bedroom exudes calmness, with a soft neutral palette, comforting textures and timeless styling.



GET @HOUSEONTHEGROVES' LOOK

- 1. Handmade Cushion Covers, Foxnbee
- 2. Clifton Oval Glass Lamp, One.World
- 3. Croft Wardrobes in Dove Grey, Hammonds
- 4. Malton Whitewashed Rattan Stool, The White Company
- 5. Faux Silk Eucalyptus, Faux Flower Company

FOLLOW US ON INSTAGRAM FOR MORE INSPIRATION

YOUR AUTUMN READING LIST
*for calmer,
 mindful living*

Calm your mind this season, through tranquil interiors, relaxing meditation or an outdoor adventure. Here are our top picks for cosy autumn reading and blissful, content living.

Transition from the bustling busyness of summer, to the slow-living days of autumn. We've chosen five books to add straight to your reading pile - a harmony of homely indoor baking, exploring the wilderness and a reconsidered work/life balance will see you living beautifully and contently this autumn.

BREADITATION
 by MANUEL MONADE

The perfect combination of cosy autumn baking and a dose of mindfulness. Breaditation explores how the different stages of breadmaking can help you to de-stress. Knead, prove, shape and bake your way to calmness and clarity with the help of professional baker Manuel Monade and psychotherapist Caroline Harrison.

JOY AT WORK
 by MARIE KONDO and
 SCOTT SONENSHEIN

We all know Marie Kondo is at the forefront of tidying and organisation trends, but now she's exploring the art of finding peace and joy at work. With the help of psychologist Scott Sonenshein, you'll find tips on organising, prioritising and redefining, for a better work life.

SLOW ADVENTURES
 by TOR MCINTOSH

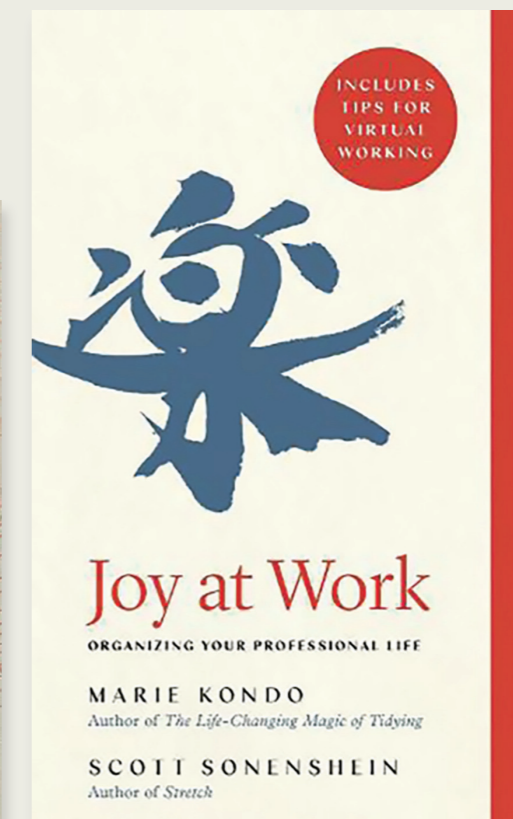
Autumn is a perfect time to unwind and take the day-to-day slower; embrace the outdoors and explore the beauty that the UK countryside has to offer. Slow Adventures will guide you through immersive experiences that will see you unhurriedly exploring the wilderness this season.

CALM
 by SALLY DENNING

As we transition into the colder seasons we find ourselves spending more time at home, embracing a slower lifestyle. Creating a cosy space is key to nurturing your happiness and wellbeing. Calm explores interiors that nurture, relax and restore, and gives us key tips on curating the essentials for a tranquil home.

HOW TO RELAX
 by THICH NHAT HANH

Zen master, Thich Nhat Hanh explores the essential foundations of mindful meditation and practice. The perfect partner to your Sunday morning meditation, this book guides you to achieving a deeper relaxation, to help you de-stress and find clarity after a long week. ■



Follow us on
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 for tips on better,
 mindful living and
 home organisation.



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