

CONSERVATION NEWS

Kent & The Weald

Spring 2026 • Free

Step into spring

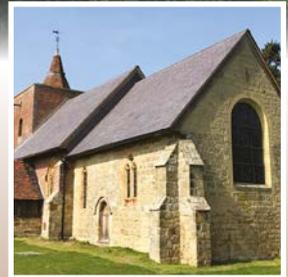


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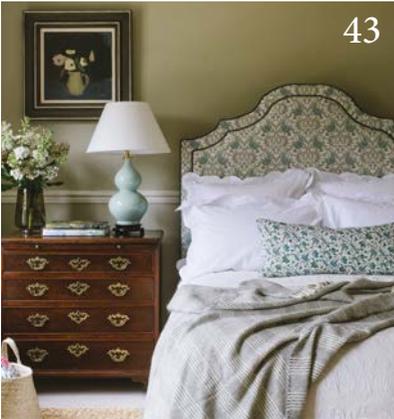
SPRING 2026



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With the arrival of spring we're all feeling that little bit more optimistic, and this is the perfect time of year to make plans for the year ahead. It's a good time to refresh your interiors. Trends come and go, but creating a cosy home is all about choosing what you love.

As usual we have plenty of great features, including period property advice, garden ideas and interiors inspiration.

Few, if any, free regional publications can match us for quality and longevity. The key to our success is our tireless championing of local independent companies, and they have reciprocated by advertising with us. wMake no mistake, without them we wouldn't be here today!

And it's precisely these innovative and enterprising local businesses that keep our communities alive, so please support them.

Conservation News will be back in the summer.

Until then, I hope you enjoy our colourful, informative spring issue, and that you are making the most of the longer, brighter days.

Lynn



CONSERVATION NEWS
conservationnews.co.uk

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GARDEN NOTES

It's a joy to watch nature come back to life as you prune, add fresh compost to plant pots, and plant bulbs and seedlings. It also brings an opportunity to start fresh or re-design your ideal haven by planning what to do in your garden for spring.



NEW NGS GARDENS FOR 2026

It won't be long until the days become lighter and the National Garden Scheme returns with a spectacular range of gardens, including almost 20 new additions in Kent. The list includes:

18 Grange Close, Edenbridge

A compact Japanese-style front and back garden, cultivated over 20 years, featuring mature bonsai trees and a soothing water feature.

Wedgwood House, Ashford

This medium-sized suburban garden has several mixed borders, some of which are colour-themed. Visitors can see roses, Mediterranean gravel areas and large walled patio display.

Visit <https://ngs.org.uk/gardens/near/kent/>



The start of BBQ season

The traditional British barbecue season peaks during the summer months. However, many get their grills out earlier in spring. Not to mention bank holidays like Easter and the early May bank holiday, which are the perfect excuse to whack the barbecue on and enjoy an al-fresco meal in the garden.

Visit northbarbeque.co.uk for a fantastic range of barbeques and outdoor kitchens.



TRUE BLUES

Blueberries are both delicious and nutritious – and with little effort you can easily grow your own. They need acidic soil, so unless your garden has a pH of 5.5 or less, you'll need to grow them in containers filled with ericaceous compost. Blueberries are self-fertile, but each bush will produce a bigger crop if you grow a group of two or three plants. Your local garden centre or nursery will be able to advise you of suitable combinations



Spring star performer

One spring bulb that's guaranteed to attract keen interest from bees and other pollinators is Star of Bethlehem (*Ornithogalum umbellatum*). Planted in full sun or part shade on well-drained soil, it will quickly spread to form carpets of 10cm high foliage, sending up loose clusters of six-petaled white flowers in April or early May. After flowering it will soon die back and become dormant until the following spring.

Get them involved

Children love getting their hands mucky, so gardening can be the perfect activity to do together that will help them more about nature, whilst having fun.

A great way to get started is to plant quick-sprouting seeds – sunflower, cress and salad seeds provide really easy results. Once you've mastered step one, herbs such as basil or mint or vegetables such as tomatoes and lettuce are a fantastic next step.

Planting in the garden is a great way to stimulate a child's senses of touch, sight, sound, taste and smell – soft flowers, bushes and plants that rustle, strong smells and bright colours all help to enrich their experience of gardening; and having a little watering can, rake, trowel and spade can really help a sense of independence as well as physical movement.



Your gardening diary

- Plant lilies and other summer flowering bulbs into pots and borders.
 - Check new shoots for aphids.
 - Deadhead any remaining winter bedding plants.
 - Start cutting your lawn again.
 - Prune your hydrangeas.
 - Divide perennials.
 - Reseed your lawn by the end of May.
 - Give everything in your garden a good clean.
- Other gardening jobs include tying in the new shoots of climbing plants like wisteria; planting out summer bedding and tender annuals. You'll also need to harden off any tender plants that have been raised indoors but don't forget to bring them back inside again at night.

Bee helpful

A bee hotel is designed to provide a home to solitary bees that live naturally in cracks, hollows, and holes instead of hives. Building a bee hotel is a fast and inexpensive process. Materials you can use to construct a bee hotel include: bamboo tubes; clay-packed blocks and pipes; drilled logs; fennel stems. You can also use branches from grapevines, hydrangeas, and lantana.





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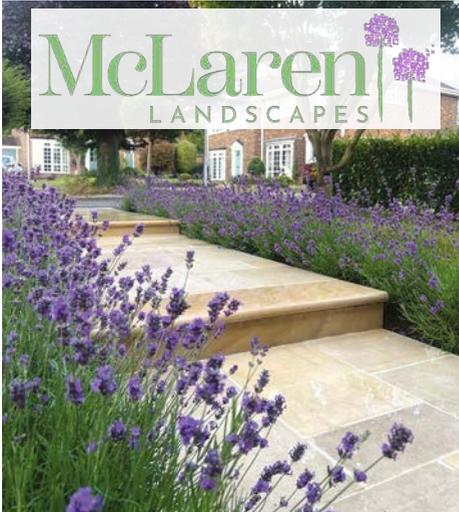


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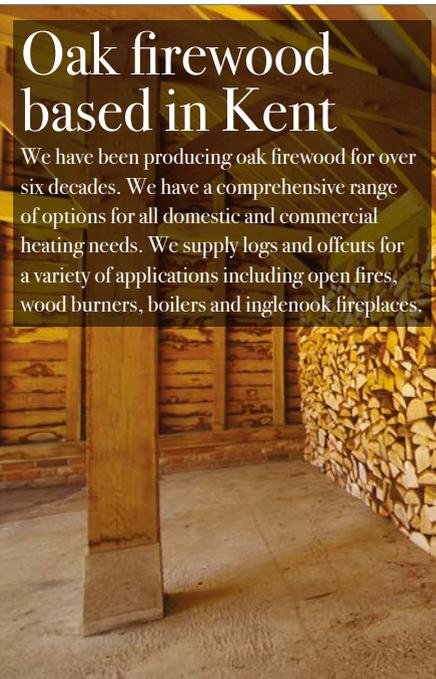
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Scent is so powerful because the part of your brain that handles smell is directly linked to the parts that handle memory and emotion. Nothing else can evoke or create a feeling quite like it. So, just as it's important to consider and enhance scent inside your home, so too is fragrance a vital part of the way you experience your garden. And, in much the same way as you'd vary scents from room to room or according to the time of day inside, you can also orchestrate the fragrances of your garden to enhance the atmospheres you'd like to create.

COMFORT, CALM & SOOTHE

Around doors, windows and seating areas, and along those pathways you take when returning home, position plants whose scents you find most relaxing. Lavender, chamomile, jasmine, honeysuckle and rose are all likely candidates.

Choose lavender, which grows into clumps or can be arranged to create a low hedge, to line paths and the areas directly underneath windows. You can use chamomile, which is lower and spreading, to create a flowering lawn and, although too delicate for kicking a football about on, it would be lovely around a bench or underneath a hammock. Jasmine and honeysuckle are both climbers as, of course, are some varieties of rose, so train them to arch over doorways and around windows so you can appreciate their scent inside as well. There's nothing so lovely as waking up to the scent of roses on a June morning. And a honeysuckle left to ramble over a covered seat is wildly romantic.

If you have a relaxed seating area in your garden with sofas and armchairs, consider planting the space with flowers that release their scent as the sun sets. The sweet, dusky



fragrances of nicotiana, night-scented stock, star jasmine, phlox and, again, honeysuckle are all gently soothing.

While these are plants that most people find calming, comfort is also bound up in our own personal experiences and memories. So think about the plants you could choose to reflect that. It might be a pot of hyacinths whose fragrance reminds you of a grandparent. Or the greenhouse scents of tomatoes and pelargoniums (also often known as half-hardy or scented geraniums) that recall childhood summer memories.

REFRESH, UPLIFT & RESTORE

If you have a dining spot in your garden, or perhaps even a shed where you work, then choose brighter, fresher scents.

Very strongly or sweetly fragranced plants around a dining table can interfere with the food you're serving, so this is the place for culinary herbs. Basil, rosemary, thyme and oregano are all perfect and, of course, you can also then snip leaves straight into dishes. But also include the likes of mint, lemon verbena and lemon balm, all of which are refreshing after a bit too much to eat – both in scent alone



and when infused in hot water as a tea. Rosemary, mint and citrusy smells are all also thought of as energising – there have even been studies into the memory-boosting properties of rosemary – so plant them around the doors and windows of a garden studio if you have one, or even just the outdoor table where you choose to work on a warm day. As well as lemon verbena and lemon balm, try placing a pot of a citrusy scented-leaf pelargonium (such as ‘Prince of Orange’ or ‘Lemon Fizz’) out here so you can reach out and rub its leaves while you work for a hit of scent.

EXTENDING THE SEASON

Autumn and winter in the garden aren't as associated with scent as spring and summer are. In fact, on cold days, we can actually smell less

as the receptors in our nose protect themselves from freezing. And yet, with fewer fragrances competing for our attention, our senses seem heightened.

Wood smoke, fallen leaves and the damp earth are all the smells we probably associate most closely with the colder months in the garden. But there are a surprising number of plants that flower and give off scent in autumn and winter. Try sweet box, winter-flowering honeysuckles and viburnum, witch hazel and wintersweet. Then, place them judiciously where you're most likely to pass them at this time of year. Around the house and garden shed, by doorways and gates and near to seating areas you'll use year-round (just keep them clear of heat from firepits) are all good spots.



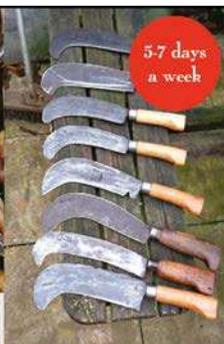
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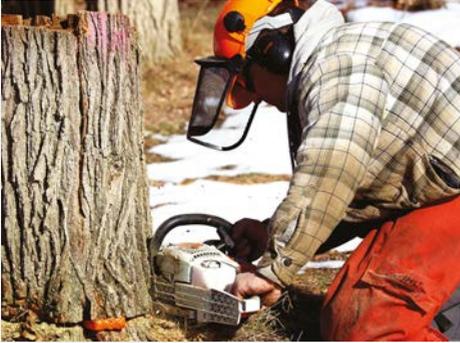
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I had been going through a challenging time in my personal life when I saw a competition advertised in the back of the RHS Garden magazine. It was just what I needed to get stuck into. I had started doing some garden designs for friends having completed a City and Guilds in Garden Design a few years earlier and my goal was to set myself up as a garden designer.

The brief was to design a garden based on where you live. Five years prior to this we had moved to Whitstable. Our daughter was a year old at the time and it was the dream. We loved visiting the coast and couldn't wait to live here. Knowing only one friend upon moving meant that I spent many days walking along the shingle shoreline with my daughter. I fell in love with the beautiful, green West Beach

where so many plants grew, buffeted by the northerly wind, both strong and delicate in equal measure. I loved discovering the many footpaths linking the town, some wild with blackberries, birds and butterflies flitting by. I loved walking the golf course and Prospect field, the overgrown village greens on Island wall, zinging with the acid yellow bracts of Euphorbia in spring and softening into a haze of purple Asters in autumn.

We had been enveloped too, quietly by the community. I had made friends at playgroups run by kindly volunteers at the churches in town. We met musicians and singers at Harbour Day and the Oyster festival, were introduced to artists and makers at exhibitions and open houses. Whitstable had got into our bones, it was part of us.





How could a design inspired by all of this not be a winner I thought. My design for the RHS and BBC local radio was to be for a 'Feel Good' front garden. Walking from the house to the gate was to be like walking from my house to the sea, passing tall, wild grasses and perennials down to the waters edge with glaucous Sea Kale, Yellow Horned Sea Poppy and the Valerian talked of so fondly by locals.

The geometry in the garden was taken from the shape of the wind turbines that grace the horizon to the north of the shore with a pathway made of salt-bleached timber, shingle and the seashells that wash up along the tide line.

When I found out that my design along with five others had been chosen to be shown at Hampton Court flower show that year I was thrilled. I was involved throughout the whole process and it was a giant learning curve.

I knew at that moment that I had to take this

as my call to start my own business in garden design. To put any doubts I had behind me and to use this as a springboard, my confidence was growing. That was ten years ago now and I can hardly believe how that time has flown. For the first few years I continued to gain qualifications and experience in both gardening and design and worked alongside other gardeners and local landscapers, building up a portfolio of work mostly in Whitstable.

As I got busier I took on work in Deal, Rye, Ramsgate, Maidstone, Camber and London, word of mouth being a great advert. The pandemic brought a flood of work as being stuck at home meant that people really wanted to make the most of their outside spaces. And just as the town had done when we first arrived, again it gave me what I needed. Talented and skilled local gardeners began to ask if I needed their help. Yes please! It was time to build a team.

And so here we are ten years on. Having designed many private gardens as well as gardens for hospitals, churches and a trade stand at the Chelsea Flower Show, I create gardens and planting schemes for small urban courtyards through to large rural plots. Working closely with my clients to understand their needs and desires. I have built great relationships with local landscaping firms who build the gardens to my specifications and then our team of gardeners will plant the gardens, carrying out all the soft landscaping.

We are a team of women with a love of plants, wildlife and the natural world. We take care to treat the plants in the correct way to get the best from them while also supporting the biodiversity in the garden. We are very happy to share our knowledge with our clients and to work alongside them or to work independently following the best seasonal schedule for mulching and pruning.

My designs offer a fresh and naturalistic approach to planting, being much inspired by the New perennial movement or 'Dutch Wave' of design as well as by the landscape that surrounds me. So could I have done this anywhere else? Probably, but I'm sure it wouldn't have been half as good. I want to give thanks to this town with its beautiful wild places, please don't change too much. Let's all try and look after what we have here.

I want to also thank my team, Emma, Helen, Naomi and Fiona, and I want to thank all the people that helped me along the way. I hope to have many more years of making beautiful gardens.

If you'd like to speak about your garden I'd love to hear from you. Please email sarah@thegardencreative.com or call 07725055701. Also take a look at my work on my website: thegardencreative.com and Instagram: @thegardencreate





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HEAD IN THE CLOUDS...

*Louise brings some inspiration from sunny climes
to inspire you to try some living sculpture in your garden.*



For the first time in many years the lure of winter sunshine was too strong to ignore and I found myself escaping for a few weeks to another continent, Africa.

My destination was Egypt. What bliss, to not think of work and just enjoy sunshine and temperatures in the mid 20s. However, it's not as easy as it should be, being someone who's always on the look out for interesting things like plants, trees and gardens. The place I found myself in made it impossible for me to not notice many lovely plants, but most of all I was totally captivated by the extraordinary cloud trees that were everywhere on the resort, where I was staying for the majority of the time.

I have to say at this point, these are a type of Topiary, which is the centuries old horticultural art of clipping and pruning evergreen trees and shrubs into sculptural shapes, often precise geometric forms or fanciful shapes like

enormous animals or birds. What also springs to mind is the incredibly formal gardens of places like Versailles, with manicured hedges laid out in complicated intricate designs, these are definitely not my kind of gardening. However, there's something about cloud trees that for me, may be the exception. They feel a bit more like a free-form style of topiary, possibly one that amateurs (like me) could have a go at.

I hadn't thought about cloud trees for years, having first been introduced to their strangely beautiful and quirky asymmetry by the very talented, award winning garden designer Matthew Childs. From then on I've always been fond of them. So imagine my delight to find I'd been transported to a magical landscape where a new and splendid specimen of cloud tree lurked around every bend or corner. Pretty soon I was so enthused that I decided to find out more and bring them home to share with you, in the shape of this article and a few photos of my latest 'fad'.



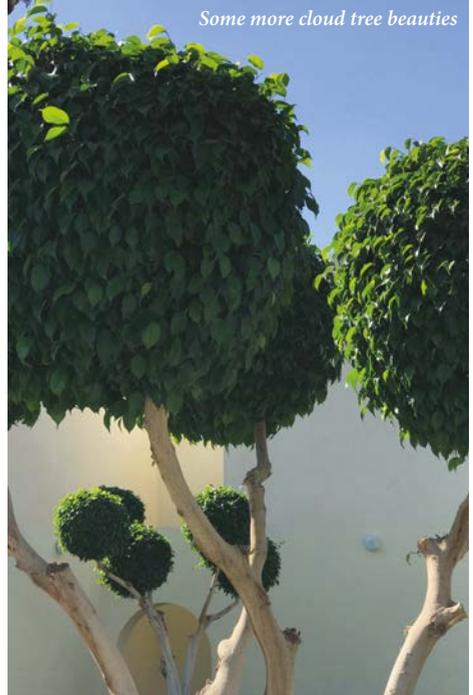
It seems not even the Bougainvillea is safe from the pruning shears!



Ficus microcarpa cloud trees



Some more cloud tree beauties



Spectacular shadows are an added bonus with these trees



The art of pruning trees, shrubs or even hedges into cloud, ball or pom-pom shapes originated in Japan, it's called Niwaki. I must stress though that they can feature in any type of garden, not just Japanese styles of garden. I realised that most of the ones I was admiring were some kind of Ficus, or Fig tree. This was confirmed as *Ficus microcarpa*, also known as Indian laurel fig. They have dense foliage; glossy oval leaves making them ideal for clipping into topiary shapes. Their trunks and stems are pale grey and smooth, which contrasts nicely with their dark foliage. They are very tolerant of heat, which means they are frequently used in landscaped areas in hot places, like Egypt. Unfortunately, unless you grew one in a big pot and brought it in to shelter from the UK winter, they're not really viable for our climate.

A bit disappointing, as I'd had thoughts of how these could be a great addition to garden schemes here, a bit like having a beautiful, living sculpture that would grow and evolve, something that when juxtaposed with other plants, shrubs or structures in a garden, could be a great focal point. Also the thought of actually making a project of creating a cloud tree of your own seemed rather tempting, especially when seeing the prices of some of the larger ones for sale on the internet and elsewhere, we're looking at several hundred, to over a thousand pounds.

Not to be daunted, I researched cloud trees in the UK to find out what species work in our climate, apparently Box (*Buxus sempervirens*), Japanese Holly (*Ilex crenata*), Japanese privet (*Ligustrum japonicum*) and Yew (*Taxus baccata*) and several Pine trees are good candidates including (*Pinus Sylvestris* or *Nigra*) and the Buddhist Pine (*Podocarpus Macrophyllus*).

Most encouraging was that amongst all the very expensive examples that are for sale, there are a lot of instructions for making your own, much more economical versions, sort of DIY cloud tree guides. Apparently you can start off with any size tree, although perhaps nothing too huge to start with, might be a good idea. Also cost has a bearing here, bigger means more expensive.

They suggest, choosing plants with interesting and multiple branch formations that will make a good starting point of a design. If you study some of the pictures, the asymmetrical ones have a quirky charm that is quite captivating. Take your time to work out which branches you want to retain or remove. Once you are feeling brave enough, start removing unwanted twigs and branches from the central part of the plant, so the remaining branches are now bare. The younger the plant, the quicker the scars will fade and eventually disappear.

An important point is, don't cut the growing tips of the plant's branches, until you are happy with the height or length. Now trim the side shoots around the end of branches can start to be shaped into balls, clouds or pom-poms. Trim the tips of the side shoots, this will encourage them to fill out and form the shape you want.

Well it sounds quite simple, I guess. Once you get the idea you could try this on larger existing trees or shrubs. There's a lot more info online if you take a look at Instagram, Pinterest, etc. There may even be courses you can do. I must admit, I'm tempted to have a go.

Well, I hope I've managed to spread my enthusiasm for these lovely living sculptures and that you enjoy the photos of the ones I particularly like and that it might inspire you, even just a little.





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Reclaimed floorboards bring a unique charm and history to any space, offering a blend of beauty, durability, and sustainability.

Reclaimed wood flooring is more than just a design choice – it's a statement. Whether salvaged from old barns, factories, or historic buildings, every board carries its unique charm, with weathered textures, nail marks, and rich tones that can't be replicated with new timber. For homeowners and designers looking to add warmth, authenticity, and sustainability to their interiors, reclaimed wood flooring is a standout option.

WHAT IS RECLAIMED WOOD FLOORING?

Reclaimed wood flooring is timber salvaged from old buildings, barns, factories, and even historical estates. Instead of being wasted, this timber is carefully processed, treated, and repurposed into unique flooring boards. Unlike newly harvested timber, reclaimed planks come with a rich patina, natural wear marks, and even imperfections that double as character traits.



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Each board carries the character of time, with natural wear, rich patinas, and distinctive grain patterns that are impossible to replicate. Whether sourced from old barns, historic homes, or industrial buildings, these reclaimed woods add warmth and authenticity that new materials can't match.

WHY CHOOSE RECLAIMED WOOD FLOORING?

There are several reasons why reclaimed wood is not just a trend, but a long-term investment in both style and sustainability:

1. Sustainability and eco-friendly credentials

Choosing reclaimed timber reduces the demand for virgin logging, directly protecting forests. If sustainability is on your agenda, opting for reclaimed flooring is one of the most responsible choices you can make.

2. Unique and characterful aesthetics

Unlike factory-produced floors, no two

reclaimed planks are the same. They come with rich grains, knots, and colour variations that bring a truly lived-in, bespoke look.

3. Strength and durability

Often, reclaimed flooring is made from slow-grown, old-growth timber. This makes it denser, harder, and more resistant to wear compared to many modern options.

4. Enhanced property value

Homes with reclaimed wood floors often appeal to buyers looking for both charm and high-quality materials. It's not just flooring – it's a feature that elevates your property.

Selecting reclaimed wood flooring isn't just about picking a species or colour – it's about finding boards with the right balance of character, condition, and compatibility with your interior. Because reclaimed timber varies widely in appearance and age, careful selection is key to achieving a beautiful and stable finished floor.

WHAT TO LOOK FOR

Wood species: Oak, pine, maple, and chestnut are common choices. Oak is popular for its strength and uniform grain, while pine adds warmth with its soft knots and colour variation.

Condition of boards: Check for excessive warping, rot, or deep cracks. Some wear is expected (and desirable), but boards should be structurally sound.

Dimensions: Choose a consistent width or embrace variation for a more rustic look. Wider planks may require glue-assisted fitting for stability.

Edge profile: Some reclaimed boards come with tongue-and-groove joints, others may be square-edged and require face-nailing.

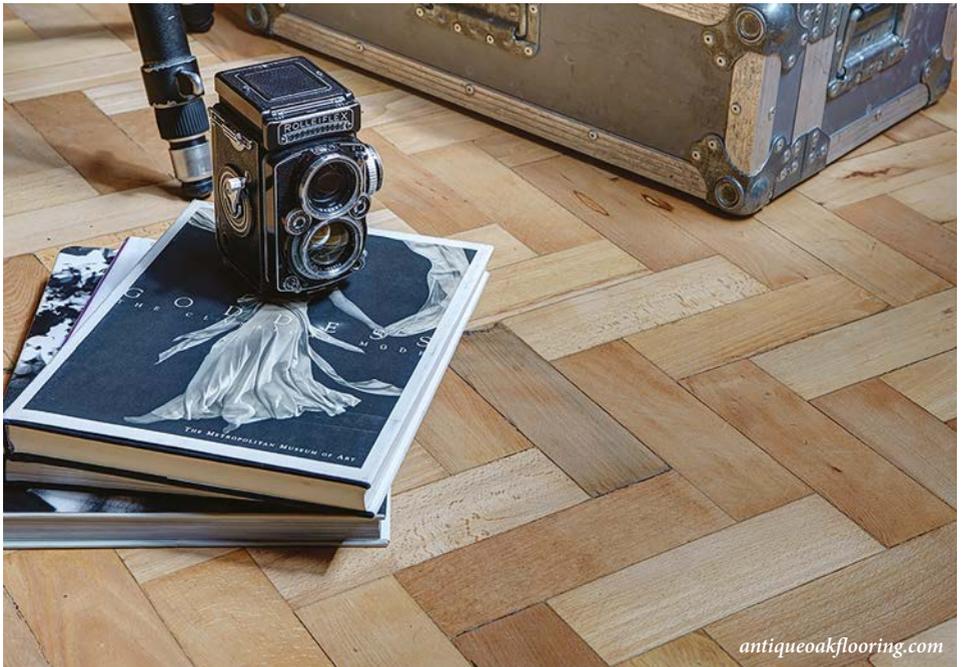
Level of distressing: Decide how much visible character you want. Some prefer heavy markings and aged patina; others seek a more refined, lightly weathered appearance.

Before installation, it's a good idea to sort and lay out your boards in advance, mixing lengths, tones, and character markings evenly throughout the room. This helps achieve a natural, balanced look without overly repeating colours or defects in one area.

INSTALLATION

A beautifully crafted floor deserves expert installation. Make sure you use an approved installer specialising in reclaimed wooden flooring in order to ensure every detail – surface undulation, texture, colour variation, and pattern placement – is considered with precision.

Unlike general contractors and general installers, experienced and expert wood flooring installers fully understand the complexities of installing reclaimed and bespoke wooden floors, preserving their authenticity and integrity.



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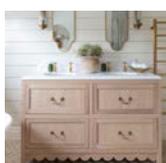
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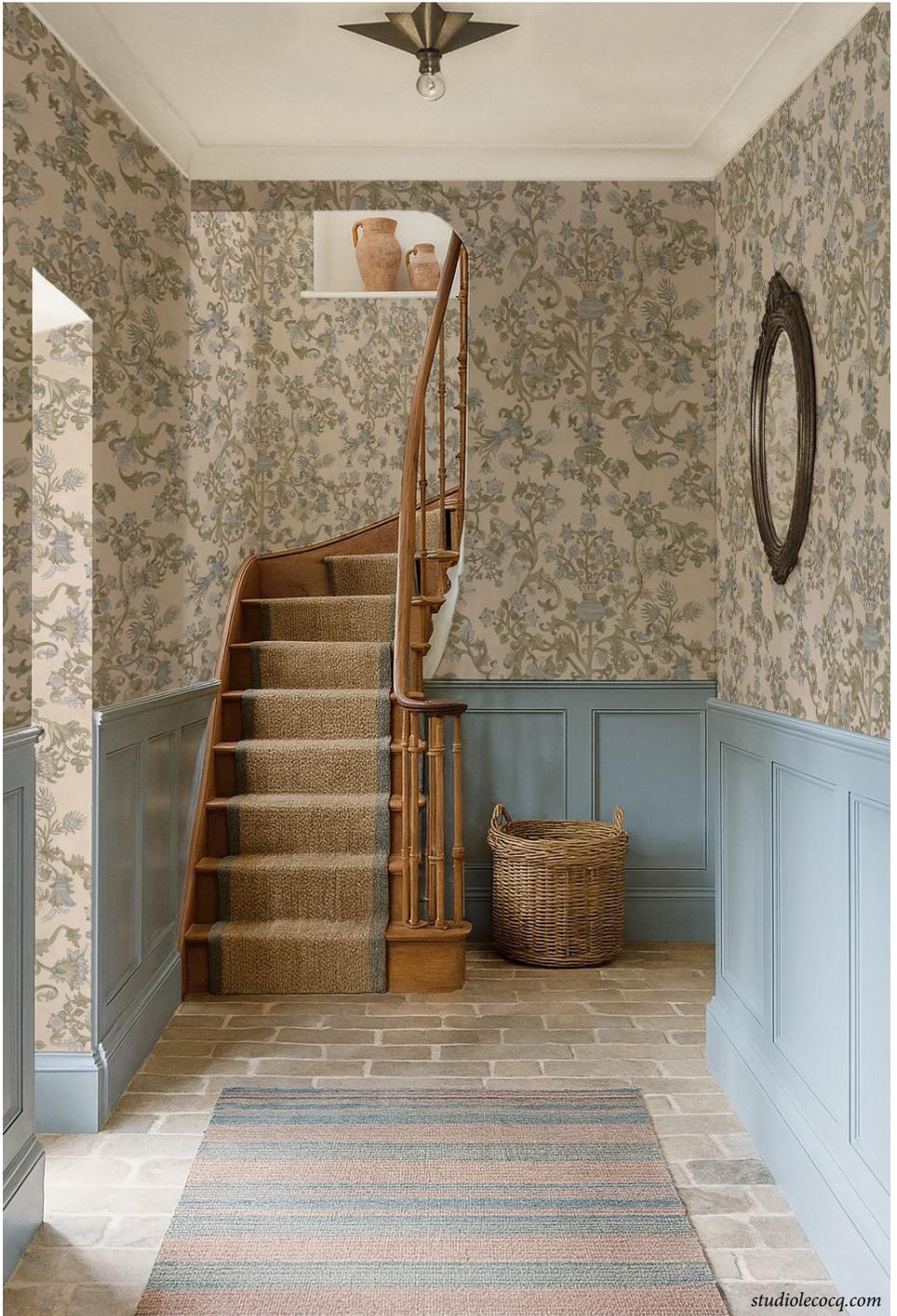


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A home designed with a high level of care rarely happens by accident. It requires a trained eye, a thoughtful process, and an understanding of how beauty and function quietly work together. An experienced interior designer brings clarity to the process – translating lifestyle, preferences, and daily rituals into a space that feels both

intentional and effortless. By entrusting your home to a professional, you gain more than a well-curated interior. You gain a space that supports your life, anticipates your needs, and elevates the everyday. Thoughtful design enhances comfort, and allows your home to become a true reflection of how you wish to live – beautifully, gracefully, and with ease.



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MIX AND MATCH

“I feel that people are scared of mixing different things in case they don’t go, but if you have the confidence to put together what you like and what your eye feels comfortable with then it will work for everybody else too.”



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“Interior design decisions should not happen at the end, when walls are already built and budgets exhausted. They should inform the architecture and the budget from day one.”

Rebecca says “Kitchen layouts, bathroom sizes, joinery depths, panelling and lighting positions all have structural implications. If they are not considered early, you either lose the design you want or pay to retrofit it later.”

SO WHERE TO LOOK FOR SOURCES OF INSPIRATION?

“Whilst a good place to start, don’t get too caught up in the glamorous schemes and ‘design’ must-haves of the glossy magazines. Inspiration can come from the most unlikely of places. History books, museums, postcards, household archives of course, and anything that takes your fancy can all contribute to a design.”

“Try not to think of the rooms you are re-designing as rectangles to be filled with furniture. All rooms should have a focal point to add atmosphere and personality. It can be a period fireplace, the stucco plasterwork on the ceiling, family heirlooms or an art collection. Space planning is even more important in a period home than a modern one.”

“I’m a big believer in walking into a room and letting it tell me what it needs in terms of colour and design. It’s important that you balance what colour and pattern hits your eye when you enter a room. It’s always good to balance out colours and patterns with each other. For example, a colourful linen sofa works perfectly with patterned cushions or a plain room can be uplifted with a patterned ottoman.”

Visit www.littleinteriors.uk for more information and to book an interior design consultation with Rebecca.

HERE ARE SOME OF MY FAVOURITE DESIGN TIPS FOR WORKING WITH PERIOD PROPERTIES:

1 Respect the bones of the building.
Retain and restore original features wherever possible – from fireplaces and cornices to sash windows and parquet flooring. These elements tell the story of your home.

2 Balance old and new.
Combine antique pieces with contemporary design to keep spaces feeling fresh and relevant while honouring the past.

3 Work with the building’s natural palette.
Traditional homes suit rich, layered colour schemes. Embrace deep greens, warm ochres, inky blues, and earthy neutrals.

4 Maximise light without losing character.
Older homes can feel dark, so consider mirrors, soft, sheer window dressings, and well-placed lighting to enhance natural light without stripping away texture and warmth.

5 Celebrate architectural quirks.
Don’t fight uneven walls or low ceilings – lean into them with bespoke joinery and intimate, cocooning spaces.

6 Source with care.
Look for vintage, reclaimed, or artisan-made pieces that reflect the home’s era and add depth and authenticity.

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CELEBRATING THE 60S HOUSE AND HOME

PREVIOUSLY IN OUR PERIOD HOUSE STYLE GUIDE WE LOOKED AT THE 1940S AND 50S, AND THE EMERGENCE OF MID CENTURY MODERN. IT WAS THE MODERNIST MOVEMENT'S RESPONSE TO THE LESS DECADENT POST WAR PERIOD, WHICH RESULTED IN BUILDINGS THAT WERE NOT JUST UTILITARIAN, BUT PRACTICAL AND STYLISH.

SPAN HOUSES

The Span Type K house, a product of the innovative post-war British housing boom, stands as a testament to the architectural ingenuity of the 1960s. Designed by the renowned architect Eric Lyons and manufactured by Span Developments Ltd, these properties were constructed between 1967 and 1969.



Now it's time to look at the next decade, the 1960s, when, although the country was still in the grips of post-war shortages of materials and labour, it was an extraordinary era of courageous change in all aspects of society, including culturally and architecturally. These changes were fuelled by the momentum of the preceding decade's experimental use of new forms of design and construction using innovative and cheaper materials. This was taken to a new and exciting level as the 60s morphed into the 'Swinging Sixties'. Popular culture influenced like never before, with the rise of The Beatles and other British rock groups who were influencing the world by being unconventional, fun and avant-garde.

“YOU CAN REALLY GO TO TOWN WITH THE INTERIOR DESIGN AND DÉCOR, INSPIRED BY THE ORIGINAL SIXTIES STYLE OF YOUR PROPERTY.”

This bold and brave new attitude was coupled with the new and exciting Space Race, as humans reached for the stars and dared to land on the Moon, capturing the collective imagination with 'Space Age' rockets created from sleek, futuristic materials like metal and plastic. It's no surprise that as the decade got going these things had an influence on every aspect of life, from fashion, music and design of every type, including the homes we lived in.





Before we look at the key features of 1960s houses and interior design it's worth mentioning a few factors that you may want to consider if you are thinking of investing in a 60s build house to live in, or do up, or both.

The first point is that when people consider buying and doing up a period property, they are usually thinking of much older properties from previous eras like Victorian, Edwardian and so on. This has meant that the price of these types of properties has necessarily increased. So, by thinking outside the box and looking at more unusual and less favoured periods like the mid century onwards, you may be more likely to buy something that hasn't already had its price inflated by popular demand.

Another point for consideration is the style of these types of properties, even when looking back at them from where we are in the year 2026, they still seem strangely modern, due to the experimental nature of the times they were designed in. Architects and builders were no doubt influenced by Modernism and they dared to be unconventional, this resulted in light interiors, clean lines, bold shapes, open plan layouts and even 'upside down houses'. Also, because these house were built in the much more recent past, they should hopefully be easier to refurbish and require less work to bring up-to-date, than some comparatively much older buildings from the Victorian era, for instance.

However, it's always sensible to err on the side of caution and remember to do your due diligence when considering buying any property and ensure you get a detailed survey done by a professional, don't just trust to luck.

It's interesting that we mentioned in our previous feature on 40s and 50s house that there has been a resurgence of interest in 'Retro' style, as mid-century design trends have become the ultimate in cool, and it continues to grow in popularity. So imagine the fun you could have if this style is what floats your boat, and if you are lucky enough to become the owner of a 1960s house. You can really go to town with the interior design and décor, inspired by the original sixties style of your property. Bargains can still be had at second hand and charity shops, if you go seeking 60s furniture. There's also a huge amount of inspiration for this era's

look on social media sites, so that's a good place to start your initial search if you need some pointers.

Make sure you check out the flooring in your property, there may be wooden floorboards underneath the lino or old carpets, and if you're very lucky you might discover a hidden gem in the shape of parquet flooring, which would be well worth refurbishing.

We're getting into the realms of groovy, funky and psychedelic now, with bold and unconventional colours. I never thought I'd see the day when I'd recommend a shag pile rug, but what could look more in-keeping on your sixties wooden floor than a bright and colourful patterned shaggy rug? Obviously the more vivid it is, the better. If you are tempted, these need not be original and they're unlikely to be fit for purpose nowadays if they are, but as there





are a plethora of companies that sell new items specifically designed for people wanting to create a 60s inspired interior.

I mentioned the Beatles earlier, think of the iconic Sargent Pepper's Lonely Hearts Club Band album cover and many other psychedelic images of the time. They introduced us to colours we'd previously never have dared to put together before – electric yellows, buzzy oranges, acid greens and vibrant purples, that conjure up the energy of the era.

I also mentioned how the Space Race had influenced popular culture at the time by introducing innovative materials that were previously unheard of in our homes. Laminates, plastics and moulded furniture with rounded forms, inspired by organic shapes, became a thing. Typical examples have to be the Space Age Egg Chair or the suspended egg-shaped chair, or still very much in use today the 'Swivel' chair, every office or home probably



has them, but in the 60s they epitomised the futuristic designs that we welcomed into our homes. Popular Science Fiction series like Star Trek came out in the 60s so this and other iconic programmes played their part in raising awareness of these futuristic materials, giving us an appetite for having them in our domestic settings.

And finally, the ultimate statement lighting, the Lava lamp embodies this groovy, out of this world, wonderfully-funky time, with its mesmerizing illuminated globules of ‘goodness knows what’ that rose and fell creating hypnotic lighting, they’re great fun.

However, if you can’t stomach those, there are so many other lighting treats available today, all inspired by sixties design, great hanging lamps, cluster-bubble or Sputnik chandeliers, table lamps and floor lamps (which I seem to remember we called ‘standard lamps’ at the time) all available from online and high street

POPULAR SCIENCE FICTION SERIES LIKE STAR TREK CAME OUT IN THE 60S SO THIS AND OTHER ICONIC PROGRAMMES PLAYED THEIR PART IN RAISING AWARENESS OF THESE FUTURISTIC MATERIALS.

sellers. Many are repro ones that are at good prices that can create amazing focal points or mood lighting to add the finishing touch to your celebration of the sixties home.

I’m definitely showing my age here, but does anyone else remember being wowed by seeing telescopic suspended lights above a dining table? You pulled them down to create specific illumination above your dining area, then just pushed them back up out of the way after, so you didn’t bash your head on them! I can remember thinking they were the ultimate in cool at the time.



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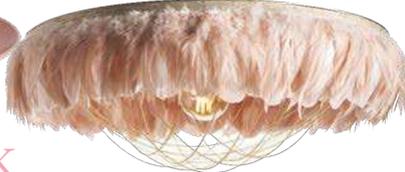


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HOW TO...

CLEAN A FIREPLACE

Ideally clean your fireplace thoroughly at the end of the heating season in spring, and give it a refresh the following autumn, before you light it for the first time. You might need to clean walls, too, if the fire has caused marks, so check these in spring, too.

Not only do fires and their surrounds accumulate grime whenever you start a fire in a fireplace, but they can get particularly dirty from smoke and ash.

Factor periodic care of a fireplace into your living room cleaning regime. As for how to clean a fireplace, it's important to choose products and methods that are suitable for the material you are working with.

CLEANING YOUR FIREPLACE

While the specifics change according to the type of fireplace, the basics stay the same.

Before following the steps below, make sure you wear old clothing, safety goggles, gloves, and a dust mask to avoid inhaling any soot/ash and cover surrounding surfaces with plastic sheeting or dropcloths:

- Use a fireplace shovel or hand-held broom to remove debris like ash and chunks of burnt wood. Use your vacuum to remove dust from the walls and floor.
- Clean the firebox and surround by pouring the cleaning solution into a spray bottle and saturating the firebox, hearth, and surround. Allow it to sit for five minutes before using a stiff-bristled brush to scrub the firebox until it's clean. Rinse and let dry.
- Clean the firebox and surround it with a cleaning product or solution to thoroughly

clean the firebox, hearth, and surround it.

- Scrub the doors with the leftover ash. Dip a damp paper towel into the previously removed ash and scrub the doors. Wipe residue with clean paper towels.
- Wash the andirons and grates use a microfibre cloth to clean these items and apply a small amount of WD40 to protect the steel surface.

If you use the fireplace frequently, aim to clean it once a week. For occasional use, you can get away with a monthly or bi-monthly clean.

INSPECTING AND MAINTAINING THE CHIMNEY

The smoke and noxious gases (like carbon monoxide) generated during fireplace combustion need somewhere to go – and the function of your chimney is to extract these from your house. But if a chimney becomes blocked by soot, creosote, cobwebs, or bird nests, these harmful gases will end up inside, creating a health and property hazard.

To avoid this, keep an eye out for these blocked chimney signs:

- Smoke fills the room when the fire is lit
- Bad odours come from the chimney when the fireplace isn't in use
- Visible tar deposits inside the chimney
- Soot drops back into your fireplace
- Fires take a while to start
- Birds' nests are present.

If you notice any of these, it's time for a professional chimney sweep to visit. They arrive with all the equipment needed to remove any blockages or buildups in your chimney or flue.



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UPCYCLING FURNITURE

The good thing about upcycling is that there really are no limits to what you can create. It's a sustainable, cost-effective option, and anyone can join the upcycling revolution and undertake a range of upcycled furniture projects – no previous skills required.

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Start with something small – maybe a decorative picture frame, storage crate or wooden chair – and hone your skills before committing time and money to tackling a bigger project.

CHOOSING YOUR FURNITURE

If you see a piece of vintage furniture for sale on the high street that you like, the chances are that you can find something very similar in a charity shop, at a car boot sale, or on sites such as Gumtree or Facebook Marketplace.

PREPARATION IS KEY

It may be the less-exciting aspect of upcycling, but all professionals stress the importance of prep before you get out the paint tins, in order to achieve the best finish. Plan ahead and ensure you have the tools and equipment needed for the job. Taking time and care at this stage lays the foundations for a long-lasting finish.

Give all furniture a wipe down before you start. If there are any cracks, fill with wood filler before sanding smooth.

PAINTING

You can use a brush or a roller. Round brushes are ideal for intricate or detailed elements. Always follow the grain and use a light touch. Make sure the brush bristles are soft and malleable and check for loose bristles. Wrap brushes and rollers in tinfoil or clingfilm in between coats to keep the brush moist and then clean them as soon as you've finished painting or waxing.

WHAT PAINT TO USE

This will of course depend on the material of the furniture.

Chalk paint is a favourite amongst upcycling enthusiasts. Offering a matt-finish, the paint is easy to use as it rarely requires preparation. Easy to find too with plenty of striking colours available, chalk paint is a great choice for furniture. A coat of wax is recommended for added protection.

While matt finishes have risen in popularity, especially in shabby-chic and modern interiors, glossier finishes are easier to clean. This makes them a suitable match for furniture that's often knocked and bashed, such as kitchen chairs. A satin finish is an excellent middle ground as it does a better job at hiding imperfections when compared to gloss, and is easier to clean than matt.

While oil-based paint is hard-wearing, we'd always recommend a water-based paint as it's far more environmentally-friendly, dries more quickly and is low-odour.

FINISH AND PROTECT

Once you have finished your pieces, make sure you protect all your hard work with wax or varnish to give it longevity. After putting |so much effort into making something re-loved, give it the respect it deserves by finishing it properly. Clear waxes offer protection without compromising the look. However you could try a white wax for a Scandi look or a dark one for an antique feel.

While it only takes a few hours for paint to dry, the paint and wax need to 'cure'. This can take between five and 21 days, so patience is key.

Don't be afraid to try bold colours or quirky designs. The beauty of upcycling is that you can really stamp your own style on to a preloved item.



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Converting an outbuilding

WHETHER YOU'VE GOT AN EMPTY ANNEXE OR A GARAGE THAT'S SEEN BETTER DAYS, THERE ARE PLENTY OF OPTIONS WHEN IT COMES TO CONVERTING YOUR OUTBUILDINGS. WHETHER YOU OWN OR ARE RENTING, IT'S TIME TO THINK OUTSIDE THE BOX TO MAKE THE MOST OF YOUR PROPERTY.

With over 4 million people now working from home in one form or another, the demand for a good home office is understandably high. But gone are the days of sticking a desk in the living room or working from your laptop at the dining table. These days people want a standalone home office.

Offices are a great use of any additional space as it provides you with an easily accessible and well-equipped professional work space but without the commute to your company's office.

If you're doing this conversion, you'll need to consider whether it's well-insulated, as you'll be spending all-day there, and that you can get all the required services into the building from internet cables to plumbing.

Another option to make your outbuilding conversion work for you is creating room for rent – from high-quality holiday cottages to more basics camping barns. Though if you're taking this step, you will need to get planning permission for 'independent use' and it must meet Building Regulations.

SOMETHING A BIT DIFFERENT

While offices and holiday lets are popular choices, they're not the only one by a long shot. In fact, when it comes to outbuilding

conversions, often the only limit is your imagination.

With nearly half of homeowners spending over a decade in their home, the ability to expand and adapt their property to their meet their changing needs is hugely important. This is especially important for people who buy farmhouses.

While these properties are beautiful they can often lack the space of a modern home or more substantial manor house. This is where outbuildings come into their own.

One popular idea is for a swimming pool. Keeping the majority of the pool indoors means you can use it all year round. But for a bit of added extravagance, why not extend the pool so it peaks into the great outdoors. As long as it doesn't cover more than half the garden area, planning permission shouldn't be an issue. If the property already has a pool, use the nearby buildings as a pool house/party barn.

Other options include an adult games room with pool or table tennis tables, a full-equipped gym for spur of the moment work-outs, a cinema with high-spec projector, comfy chairs and a popcorn machine, or a soft play area for the little ones.

For those more artistically inclined you can create your own library, art studio or shop from which to sell your creations. Though if



Photo: Jane Elizabeth Architects

you are planning on converting your building to a shop, you will need to get planning permission to change the use from residential to retail.

GET PLANNING

While most outbuilding conversions need planning permission, getting it shouldn't be an issue – but there are a few situations that where you might run into trouble.

Planning permissions on the whole are a grey area, differing from council to council and application to application. But there are a few guiding rules, especially when it comes to outbuilding conversions.

Many people use their outbuildings to house their expanding families. One of the benefits of this is that when they fly the nest to university, you can shut down their room, saving money

on running costs, and open it again during the summer holidays.

If you are converting your outbuildings into a home or liveable room, you won't need planning as long as it's for family members. This assumes that the family member living in the conversion still uses the main house for the majority of their needs. This means you can't rent it to your children as their main property without getting planning permission first.

Any expansion of the outbuilding during conversion also shouldn't cover more than 50% of the garden or go higher than single storey or the current main building.

Garages can be converted to a habitable room, but you'll need to check the original planning applications as some state that the garage should only be used for parking cars.

Anthony Swaine

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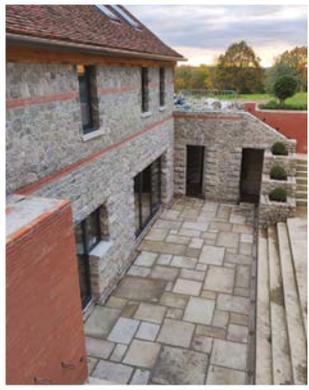
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LIGHT RELIEF...



WE SHINE SOME LIGHT ON THE RECENT DISAPPEARANCE
OF SOME CANTERBURY'S MUCH LOVED CAST-IRON LAMPPOSTS.

Feature Louise Tomlin

Having been a resident of the City of Canterbury for over four decades, I have always cherished the unique historic charm of the place. I'm proud of the fact it is a significant UNESCO World Heritage Site, including not just the spectacular Cathedral, but also the Church of St Martin, notably the oldest church in the English-speaking world, and also St Augustine's Abbey, previously the resting place of the Anglo-Saxon kings of Kent. However there are many other more humble examples of Canterbury's unique past that remain as markers and reminders of bygone times, some undoubtedly a bit more

recent than these more famous ancient and medieval structures, features of our cityscape that are under threat of disappearing, although if thousands of local residents have their way, this will not be happening.

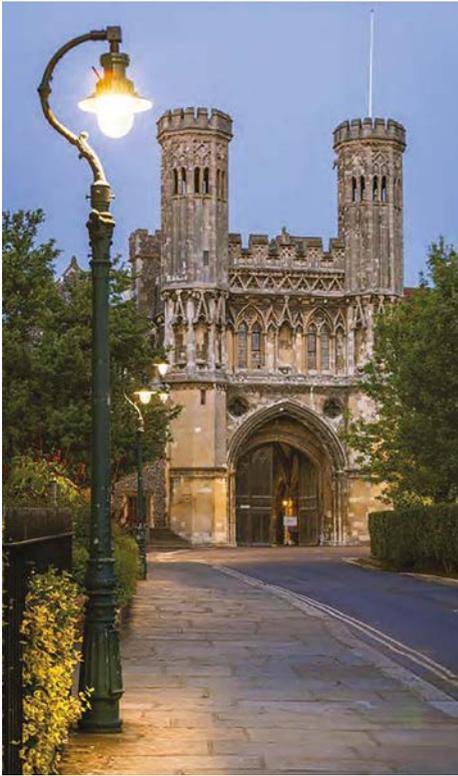
Who would think that there'd be such uproar about something as unassuming as lampposts, but when the residents of Cossington Road in Canterbury became aware of plans to remove their original cast-iron lampposts and replace them with modern, generic steel poles, there was outrage from the people who live in the road and also heritage experts, calling it 'a needless act of cultural vandalism' and a petition to halt the 'removal by stealth' quickly gained support with over 3,000 signatures so far.

Before going into more detail, I'd like to point out I have a personal interest in what is happening. As I write this I can look out of my office window and see one of these splendid lamppost in the road I live in. There are several here and I've always been proud of them, they compliment the Victorian terraced street and add more than a touch of historic charm. To me it's unthinkable that somehow they might be taken away and replaced by generic steel poles, in my opinion these are modern monstrosities.

So what's so special about these lampposts?

Lydia Franklin, Conservation Officer, SAVE Britain's Heritage, is quoted as saying, "Incredibly, Canterbury is one of the last





places in the country to have retained a full set of Victorian cast-iron streetlamps, along with Edinburgh and Westminster.” There are over 200 of them around the city, the cast-iron streetlights were designed and supplied for over a century by Canterbury foundry, H M Biggleston & Sons. They feature decorative ironwork arms, elegant swan-neck curves and some have the Canterbury City Corporation insignia.

There is a lot of chatter online and even national coverage by the BBC. Of course, everyone is wondering who’s to blame and it’s always easy in situations like this to immediately point the finger at Canterbury City Council, or is it ultimately Kent County Council? However with local groups like

the Cossington Road Residents and The Canterbury Society (canterburysociety.org) outlining how the removals have come about and leading the charge to halt it, they have also published this update on the situation on their website:

“Following public concern, national media coverage and a petition signed by thousands of residents, Canterbury City Council has confirmed that no further historic cast-iron lampposts will be removed while options are reviewed.

This pause is welcome. But information shared with the Canterbury Society shows that the loss of Canterbury’s historic streetlights is not the result of a single bad decision or a sudden safety crisis. It points to a deeper issue: the lack of a clear plan for how the city’s historic streets should be treated.”

The Canterbury Society carry on with this useful explanation on their website, about what happens next:

“The campaign has never been about blaming one authority or another. It is about fixing a long-standing weakness that has allowed small, avoidable losses to build up over time. The pause in removals, and the City Council’s recognition of the importance of the Biggleston cast-iron lampposts, address the immediate concern. But the wider issue remains unresolved.

The second part of the Society’s petition calls for the City Council to put in place a clear public-realm design framework for Canterbury’s historic core – setting agreed standards for materials, lighting and street furniture – so that future maintenance and renewal works are guided by policy rather than by default.

The Canterbury Society has secured a meeting with Kent County Council's Cabinet Member for Highways and we have also requested a corresponding meeting with the Canterbury City Council's Cabinet Member for Heritage.

This episode shows that the loss of Canterbury's character is not inevitable, however it will happen when there are no clear rules put in place to prevent it."

Thank goodness the removal of these important and obviously treasured lampposts has been paused for now. Many thanks to everyone who objected, took action and signed the petition. We will hope to update our readers with any news in our next issue. In the meantime, if you want to find out more, search Canterbury Lampposts online, or to sign the petition go to:

The Canterbury Society's website - canterburysociety.org





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OWNERS OF AS MANY AS 80 PER CENT OF PERIOD HOMES RISK LOSING A LOT OF MONEY IF THEIR PROPERTIES ARE DAMAGED OR DESTROYED. HERITAGE EXPERT PETER T J RUMLEY EXPLAINS.



Insuring a listed building against fire is a bit like valuing a piece of history with a modern calculator – it's inherently complicated. For owners of these properties, fire insurance isn't just a legal or financial checkbox; it's a high-stakes balancing act between heritage preservation and modern risk management.

The primary problems associated with fire insurance for listed buildings are the reinstatement vs Market Value Gap (MVG).

The most common pitfall is the gap between what a house is worth on the market and what it would cost to rebuild it. For a standard home, these figures are often similar. For a listed building, the reinstatement cost is frequently double or triple the market value, depending on the type of construction.

In the event of a fire, the owner is legally obligated to restore the property using period-accurate materials and traditional methods (like lime plaster, hand-carved stone, or specific timber species). Insurance premiums must reflect these astronomical costs, and if a property is under-insured, the owner may be left with a massive financial shortfall, which is more often than not the case.

Added to this are the stringent planning and legal constraints. When a listed building catches fire, you can't just send in a modern contractor to "fix" it. Conservation officers from local authorities will be involved from day one. They may demand that charred beams be saved rather than replaced, or that specific materials, such as Kent Rag Stone or





MOST STANDARD INSURANCE POLICIES AREN'T DESIGNED TO COVER THE EXTENDED LOSS OF USE OR THE SPECIALISED LEGAL OR HERITAGE CONSULTANT'S FEES ASSOCIATED WITH THESE PROTRACTED NEGOTIATIONS.

flint, or the type of straw (reed or long straw), be sourced. This adds layers of bureaucracy and time. Most standard insurance policies aren't designed to cover the extended loss of use or the specialised legal or heritage consultant's fees associated with these protracted negotiations.

Listed buildings were often built long before fire safety regulations existed. Timber-framed buildings often have cavities behind walls where fire can spread undetected through the ancient timbers to the thatched roof.

In extreme cases where a fire destroys the building entirely, the owner faces a unique nightmare. While a modern home would simply be cleared for a new build, a listed building owner might still be legally required to reconstruct a replica of the lost heritage asset. This is vastly more expensive than a standard "new for old"

replacement and is a major point of contention during insurance claims.

A building remains on the National Heritage List for England (NHLE) until it is formally removed by the Secretary of State. Even if much of the original timber, brick, or stone is gone in a total-loss fire situation, the "special interest" often resides in the building's location, footprint, and its contribution to the streetscape (Setting).



If a fire occurs, the default expectation from the local council is usually that the building must be reinstated to its former appearance. Using new materials is often a requirement of modern building regulations, but the conservation officer will insist they mimic the original (e.g., lime mortar instead of cement, or hand-made tiles, thatch etc.

To delist a building, one must prove it has lost the “special architectural or historic interest” for which it was originally listed. While a fire helps this argument, the Secretary

of State (Department for Culture, Media and Sport) often argues that the site’s history and the reconstructed form still hold value. The Secretary of State has the final word on delisting. However, they will usually not even consider a delisting application if there is a current planning application or an active enforcement action on the property.

As to major remediation and retrofit programmes accelerate under the Building Safety Act 2022, the Fire Safety Act 2021, historic building upgrades are increasingly flashpoints where fire strategy, accessibility, and heritage and scheduled protection collide with the legacy protection legislation i.e., The Planning (Listed Buildings and Conservation Areas) Act 1990, The National Planning Policy Framework), Chapter 16, and local policies. These can be challenging for sprinklers

or inter-floor fire protection, as such proposals may sometimes be blocked because they damage the historic fabric, leaving the building more vulnerable than it should be.

Insuring a piece of history requires more than a generic policy; it requires an expert heritage valuation expert who understands the historic structure and costs, who will provide the correct insurance valuation.

Peter T J Rumley (Principal of Cornwallis Rumley Heritage Consultants) 01622 278890



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The historical importance of DATESTONES

DATESTONES APPEAR IN ALL SORTS OF HOUSING IN ALL PERIODS, INGENUOUSLY WORKED IN BRICK, MOULDED IN PLASTER, CARVED IN STONE AND INCISED IN WOOD.



Datestones are an essential element of architectural history, providing a tangible timestamp for when a building was constructed, rebuilt, or significantly altered. These engraved or carved stones can be found on a variety of structures, including churches, manor houses, public buildings, and private residences. Their presence offers valuable insight into the past, serving not only as a decorative feature but as a vital piece of a building's historical record.

HISTORY OF DATESTONES

The use of datestones dates back to the medieval period when they first appeared on religious buildings like churches and abbeys

to mark their construction or consecration. Over time, particularly in the 17th and 18th centuries, they became increasingly common across various building types. They symbolised pride in craftsmanship and the enduring nature of the structures. Landowners and architects often included additional engravings such as initials, coats of arms, or family crests, creating a lasting legacy.

During the Georgian and Victorian eras, they were frequently used in urban developments, mills, and factories, representing the rapid industrial progress of the time. In some cases, these stones also commemorated significant historical events.



DESIGN AND PLACEMENT

Datestones can range from simple inscriptions of the construction year to more elaborate designs featuring decorative motifs like wreaths, shields, or scrolls. In grander buildings, you might also find Latin phrases or abbreviations marking the architect or builder.

Typically, datestones are placed in highly visible locations, such as above doorways or high up on a building's facade. The positioning ensures they are easily noticed and protects them from potential damage over time.

DATESTONES TODAY

Valued not only by historians but also by conservationists and architects, they help track the development and modifications of heritage buildings and often offer clues to the original design or purpose of a structure. Even in contemporary architecture, datestones are sometimes included as a nod to tradition.

Datestones appear on all sorts of housing in all periods, ingeniously worked in brick, moulded in plaster, carved in stone and incised in wood. Dates were often combined with the initials of the house builder or first owner, or two sets of initials marked a wedding

and perhaps the beginning of the owners' life in the house. Dates were particularly common on estate cottages, designating the periods during which the landowner improved the lot of his tenant. Very early dates are likely to be optimistic suppositions or results of researching by subsequent owners and are not necessarily contemporaneous with the building. New wings and additions were similarly marked. Some years are more 'date conscious' than others, for example Queen Victoria's Golden and Diamond Jubilee years, 1887 and 1897, frequently appear.



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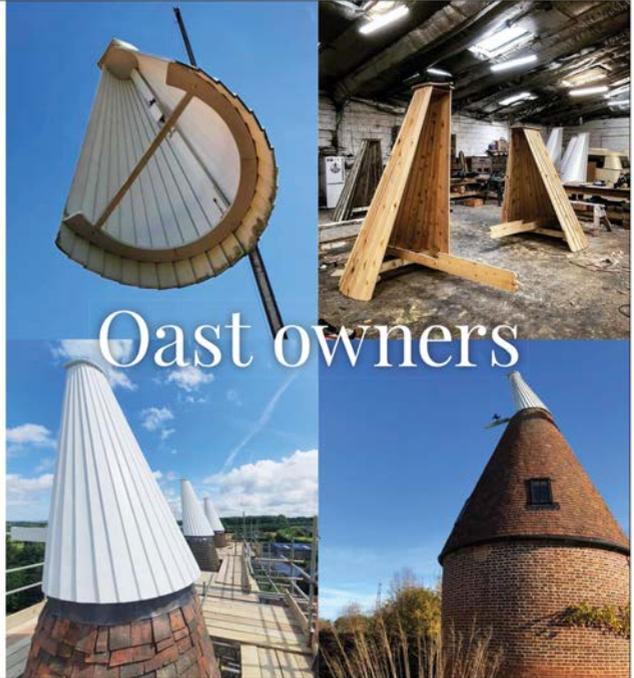
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Extending a period property should enhance, not compromise, its original character. Most owners of a period property wish to retain its character and original features, but the layout of older homes rarely satisfies our modern desire for large multifunctional spaces.

The high cost of buying a new house means that it's often better value – and less disruptive overall to extend. However, when creating an extension to a period property, it's crucial to create careful balance of old and new.

A DEFINED DIFFERENCE

Heritage specialists have a preference for a clear distinction between the original and the modern. Using the same materials in a similar style can create visual confusion. This doesn't mean you have to go with the ultimate contrast – a frameless glass box – but a new extension that's of its time helps us to 'read' a building better.

Nevertheless, according to planning rules, an extension can be built under permitted development only if the materials are 'similar in appearance to the existing house'.

Homeowners are, therefore, being incentivised not to make too much of a clean design break. Some local authorities seem to have a looser grasp of this rule than others; so do seek advice pre-application or employ an architect familiar with your local council's policies.

PRACTICAL CONSIDERATIONS

Extensions to period properties need to be self-supporting, so that they don't put any additional structural strain on the house. Lightweight systems, such as timber frame, can help lessen the load.

But building an extension from modern materials can have detrimental knock-on effects on the older property. For example, if an old external wall, pointed with lime mortar and designed to be breathable, becomes the internal wall of an air-tight extension built to modern building regulations, this could experience damp issues.

It pays to employ a specialist conservation architect who has an intimate knowledge of the pitfalls. If you wish to extend a listed property then you'll need to get listed building consent, because any new addition is bound to impact on the special historic or architectural interest that is being preserved.

RESPECTING THE ARCHITECTURE

Before making any design decisions, spend time understanding your home's existing architecture – the proportions, mouldings, materials, and finishes. In her Preserve Cottage Project, Kate Fryer of Khaya Studio introduced bespoke panelling to both the original hallway and the new extension to create visual continuity. Panelling is a wonderful way to soften new spaces and provide an instant sense of heritage.

Consider echoing original details such as architraves, skirting boards, and ceiling roses. Even if you simplify them slightly for a contemporary feel, referencing these features will ensure your extension feels connected to the main house.

CHOOSING COMPLEMENTARY MATERIALS

Materials tell a story, and in period homes, they've often aged gracefully. When adding an extension, opt for finishes that harmonise with the original property. In The St George House project Kate worked on she says, "We reinstated

BEFORE MAKING ANY DESIGN DECISIONS, SPEND TIME UNDERSTANDING YOUR HOME'S EXISTING ARCHITECTURE – THE PROPORTIONS, MOULDINGS, MATERIALS, AND FINISHES. A TIMELESS QUALITY THAT TRANSCENDS TRENDS AND STYLES.



reclaimed timber flooring, sourced from a local reclamation yard, to immediately inject warmth and character. Using reclaimed or aged materials where possible will help new spaces feel rooted in history.”

You might also consider replicating original flooring patterns, like herringbone or parquet, or choosing stone and tile finishes that echo those found elsewhere in the home.

THOUGHTFUL FITTINGS & FIXTURES

Modern kitchens and bathrooms can still feel at home in a period property if you select fittings with care. In her Farnham Project, Kate used brushed stainless steel paired with grey-washed cabinetry which added a contemporary touch while remaining understated enough to sit gracefully within a classic setting.

She suggests opting for classic-style taps, traditionally styled radiators, and hardware in finishes like aged brass or antique bronze. Lighting too is key – blend period-style wall lights and pendants with a few more modern pieces to create layered, atmospheric spaces.

COHESIVE COLOUR PALETTES

A well-considered colour palette helps tie old and new together. Use tonal variations of colours found in your existing rooms and carry them through to the extension. Soft, muted hues work beautifully in period properties, while the occasional bold accent can bring energy and modernity.

CREATING FLOW

One common challenge in period homes is creating natural pauses and transitions. Kate often recommends defining entrance areas or visual stopping points with a beautiful sideboard, artwork, or rug to break up extended sightlines and guide you gently through the

space. Consider your sightlines from old to new – frame views with doors, panelling or feature walls to encourage a sense of flow and discovery, rather than simply adding a large open-plan box to the rear.

WHY MIX MODERN WITH PERIOD?

Lifestyle and functionality: Many period houses were built with discrete rooms, small kitchens, limited plumbing or wiring capacity. Modern living demands open-plan flow, generous kitchens, natural light, energy efficiency and integration with outdoor space.

Value uplift: Thoughtfully executed additions tend to add value, but only if they harmonise with the original building. A mismatched extension can feel tacked on.

Sustainability/performance: Adding insulation, better glazing, effective heating, smart controls, renewable energy features can modernise the function of a period home while retaining its heritage.

Aesthetic tension: The dialogue between old and new can be visually compelling. A minimalist insert next to original cornicing or exposed beams can make both stand out. But the trick is getting the balance right, too much modern and the building loses its identity; too little and you might be stuck with a beautifully preserved but impractical home.

WHY WORK WITH A SPECIALIST?

This delicate balance between preserving a home’s heritage and introducing modern comforts is something Kate has been fortunate to work on throughout her career. She understands how to sensitively enhance these properties while making them work beautifully for modern living.

With thanks to: www.khayastudio.co.uk



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Spring SUPERFOODS

SPRING IS A TIME OF TRANSITION, WHEN THE GLOOMY DAYS START TO DISAPPEAR. IT'S ALSO A TIME WHEN TONS OF FRUITS, VEGGIES, AND SUPERFOODS START POPPING UP. THIS IS THE PERFECT TIME OF YOUR YEAR TO FOCUS ON HEALTHY FOOD OPTIONS.

LEEKS

Spring is leek season, and that's a good thing! Leeks are incredibly nutritious and are a nice addition to almost any meal. Just like garlic and onions, leeks have the same antioxidant properties as the rest of the allium family. These compounds are great for promoting and protecting heart health. For example, quercetin, one of its antioxidants, has anti-inflammatory properties that may help control high blood pressure and lower cholesterol levels as well.

ARTICHOKES



It's hard not to think about artichokes when you picture spring produce. Fortunately, it tastes good and has plenty of benefits. Artichokes are super easy to prepare and house many benefits. A medium-sized artichoke is only about 60 calories, but packs a ton of nutrition, including 7 grams of gut-healthy fiber, potassium, vitamin C, folate, magnesium, and cell-protective phytochemicals.



RHUBARB

You may hear little about rhubarb for most of the year, but it comes into season as the weather starts to get warmer. This tart vegetable (although its mostly used as if it were a fruit) is full of vitamin A as well as B-complex vitamins and fibre. It's a good source of potassium and manganese. Rhubarb contains vitamin K and calcium, which together are necessary for healthy bones.

ASPARAGUS

Asparagus is rich in vitamins A, C, E, and K5, and it is a good source of fibre and folate. These nutrients benefit the digestive system and promote healthy skin. You'll also find flavonoids like isorhamnetin⁶ in this diuretic vegetable, which helps to prevent chronic illness. Look for the word "local" on grocery store asparagus packaging, or purchase it from your favourite farmers shop.

PARSLEY

All fresh herbs taste even better in the spring, but parsley stands out. Parsley is so underrated! It's a mega source of vitamin C and vitamin A, and provides a good amount of potassium and iron, too. So it's great for your immune system, eyes, heart, and overall energy levels. It doesn't only have to be used as a garnish: you can make tabbouleh salad with parsley, or you can even opt for a parsley pesto.





PEAS

Don't even think about buying bags of frozen peas during the spring – they're best when they're fresh this time of year. Peas sometimes get a bad reputation because they're a 'starchier' vegetable, but they're actually a great vegetable to include in your diet. One cup of green peas has 7 grams of fibre and an impressive 8 grams of protein. They're also rich in potassium and vitamin C. They're also sweet, crisp, and very versatile.



STRAWBERRIES

Strawberries might seem like a summer fruit, but they actually start to come into season in spring/early summer, which is when they're particularly sweet and juicy. Strawberries provide fibre, vitamins A, C and E, and are loaded with antioxidants that we know helps us fight off disease. Vitamin A can support bone health, while vitamin C can boost our immune systems and also promote growth and development of body tissue, bone, and teeth. The best-tasting varieties are often procured from your local farm shop or farmer's market. These berries are excellent in smoothies, oatmeal, chia pudding and yoghurt bowls.



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- Sun 1st March - Roger Hubbard
- Sat 7th March - Coalville
- Sun 8th March - Nightwatch
- Sat 14th March - Miles Cookman
- Sun 15th March - Blue Devils
- Tue 17th March - Rattaz (St Patrick's Day)
- Sun 22nd March - Bill, Dan & The Saxby
- Sat 28th March - Project F
- Sun 29th March - Allstars
- Sun 5th April - Dylan Band
- Sat 11th April - Fiction Party
- Sun 12th April - Venus Switch
- Sun 19th April - Gumboots
- Sat 25th April - Steve Bolton
- Sun 26th April - Bill Clift
- Sun 3rd May - Rock Lobsters
- Sun 10th May - Pirates
- Sun 17th May - Barracuda
- Sat 23rd May - Staggered Ray
- Sun 24th May - Big Orange Head
- Sun 31st May - Blue Devils

Please refer to the website as bands are subject to change.

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LET'S BAKE

Paul Hollywood is a world-renowned baker and celebrity chef, best known for his role as a judge on the hit TV show *The Great British Bake Off*. Here he shares two of his favourite recipes from his new book *Celebrate*.

SERVES
6

YOU WILL NEED

For the pastry

225g plain flour,
plus extra to dust

A pinch of fine salt

60g chilled unsalted
butter, diced

60g chilled lard
or vegetable
shortening, diced

3-5 tbs water

For the filling

2 courgettes, trimmed

100g feta

75g podded broad beans,
skinned

4 medium eggs,
plus an extra 2 yolks

200ml double cream

1½ tbs wholegrain
mustard

1 tbs chopped chives

Salt and white pepper

COURGETTE, FETA AND BROAD BEAN QUICHE

METHOD

For the pastry, put the flour and salt into a large bowl, add the butter and lard or shortening, and rub in using your fingers until the mixture resembles fine breadcrumbs. Add just enough cold water to bring the dough together. Turn out onto a light floured surface, knead briefly until smooth, then wrap in cling film. Chill in the fridge for 30 minutes.

Heat your oven to 200°C/180°C fan/gas and have ready a 23cm fluted loose-bottomed tart tin, 3.5cm deep.

Roll out the pastry on a lightly floured surface to a 3mm thickness and use it to line the tart tin, leaving most of the excess hanging over the edge. Line the pastry with baking paper and then fill with baking beans.

Bake blind for 15 minutes, then remove the paper and beans and return to the oven for 8 minutes. Use a small sharp knife to trim away the excess pastry.

To prepare the filling, using a swivel veg peeler to shave the courgettes into ribbons. Stack a handful of these on top of each other, then start to roll into a pinwheel, continually adding ribbons.

Crumble the feta over the courgettes, allowing it to drop in the gaps between the courgette ribbons. Add the broad beans, gently slotting them in among the courgettes.

In a bowl, whisk the eggs, extra yolks, cream, mustard and chives together. Season with salt and a pinch of white pepper. Pour the mixture into the pastry case and bake in the oven for 25-30 minutes, until the filling is just set and golden brown.

Leave the quiche to cool in the tin on a wire rack for 5 minutes before removing. Serve warm or cold.

SERVES
8-10

YOU WILL NEED

Decorated lime slices

1 lime

Base

200g digestive biscuits

125g unsalted butter, melted

For the filling

4 large egg yolks

400g tin condensed milk

Finely grated zest

and juice of 5 limes

To decorate

250ml double cream

Finely grated zest of lime

KEY LIME PIE

METHOD

First, prepare the dehydrated lime slices for the decoration. Heat your oven to 110°C/100°C Fan/Gas ¼. Line a baking tray with baking paper. Finely slice the lime into 2mm-thick slices and lay on the prepared baking tray. Place in the oven for 1½-2 hours until the lime slices are completely dried out. Transfer to a wire rack to cool.

For the base, place the digestive biscuits in a food processor, and pulse to a crumb-like texture (not too fine). Tip into a bowl, pour over the melted butter and stir to combine.

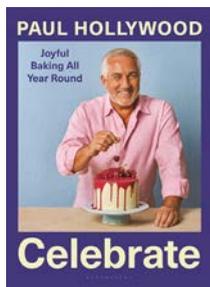
Spoon the crumb mixture into a loose-bottomed rectangular tart tin, 26 x 12cm or a 20cm round tart tin, 3cm deep. Press it evenly onto the base and push the mixture up the sides of the tin to create a crust. Place in the fridge for 30 minutes or so to set.

Heat your oven to 150°C/130°C Fan/Gas 2.

To make the filling, in a large bowl, whisk the egg yolks and condensed milk together until smoothly combined. Add the lime zest and juice and whisk again until smooth.

Pour the lime filling into the prepared crust and bake in the oven for 25-30 minutes until risen and just set. Leave to cool in the tin, then chill in the fridge for 2 hours before serving.

To finish, whip the cream in a bowl to firm peaks, then put into a piping bag fitted with a 1cm plain nozzle. Pipe a decorative cream border on the pie, arranged the dried lime slices on top and finish with a sprinkling of the lime zest. Serve cut into slices.



Recipes taken from Celebrate by Paul Hollywood, published by Bloomsbury Publishing, £26 hardback. Photography © Haarala Hamilton.



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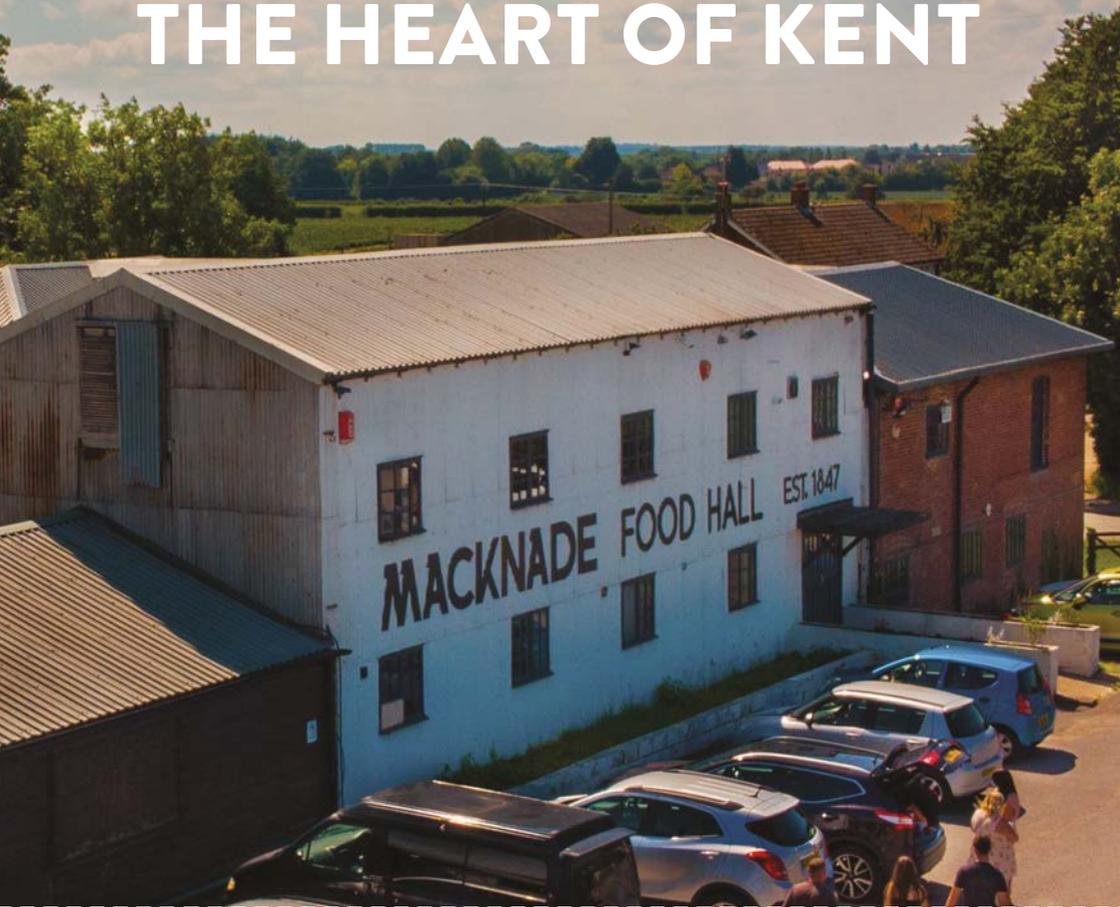
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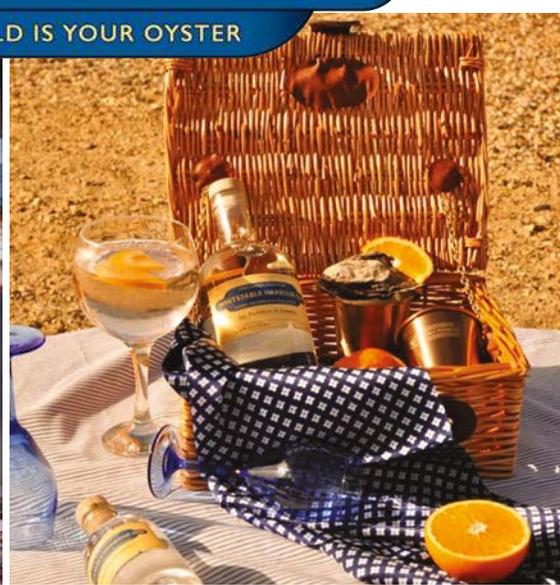


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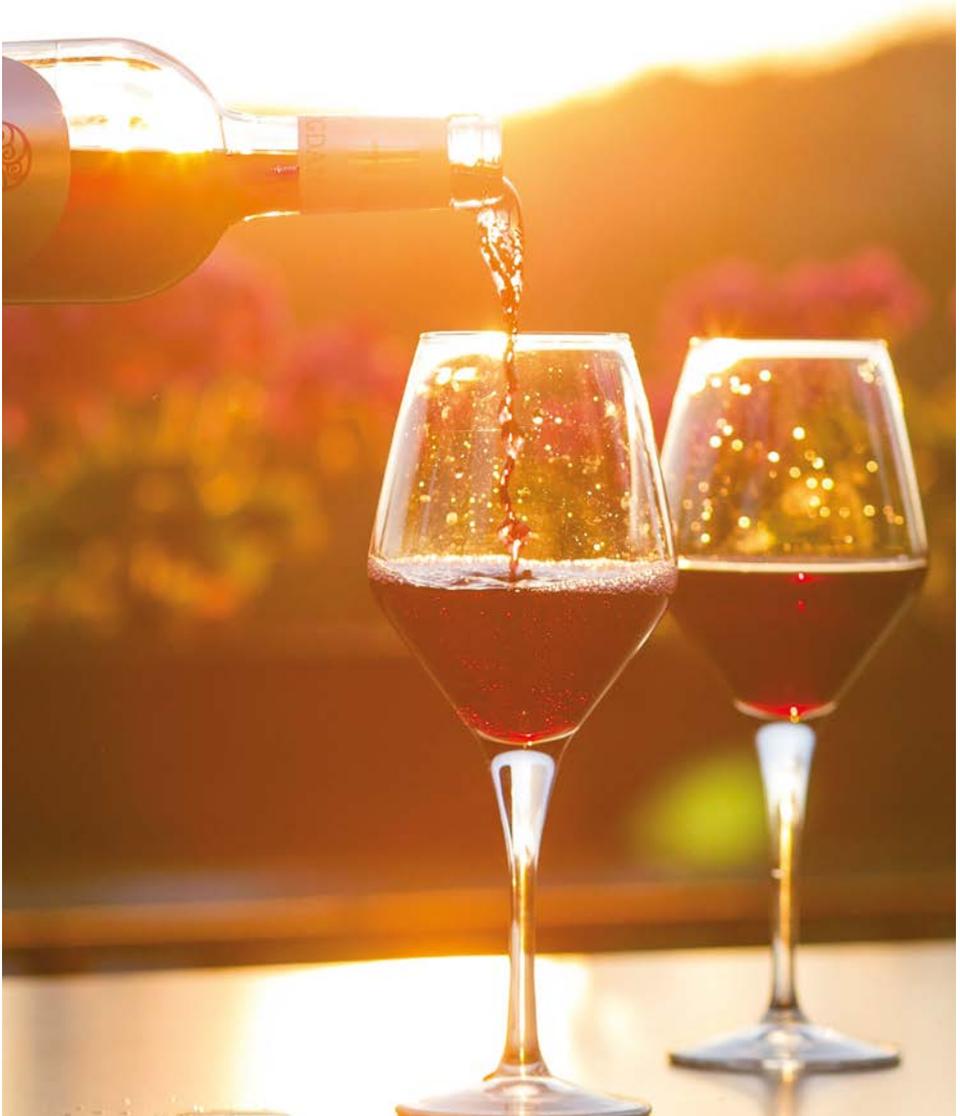
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THE PROS AND CONS OF WINE CLASSIFICATION

There are not many consumer products in the world which are more focused on origin than wine; for some this is really important, but for others it is confusing and doesn't contribute to overall enjoyment at all.

by Rowena Hawtin DipWSET



The place of origin in a wine is known as an 'appellation' and is much more prevalent in Europe than the New World. Its roots began in France

in the early 20th century to put an end to wine fraud – that is producing a wine which indicated it was made in a particular area, but was in fact produced with grapes from a number of different regions and therefore was not the actual wine that was on the label.

So the appellation system was born which guarantees authenticity by specifying which grape varieties are used – where those grapes are grown, yields and production methods as well as winemaking techniques and is used by most of the winemaking regions in Europe to give the consumer an expectation of the quality and 'typicity' of that particular wine.

On the other hand, in the New World, grapes are grown in areas which most suit their characteristics – cool regions for



grapes that thrive in lower temperatures and warm regions for grapes that need a certain amount of heat to fully ripen. There are very few restrictions as to which grapes are grown where, what blends are permitted and how wines are made and they are pretty much free to produce what they like allowing creativity and innovation.

WHAT ARE THE PROS OF THE APPELLATION SYSTEM?

One of the obvious advantages of an appellation is guaranteeing the authenticity of a wine – if it states on the label it is from Bordeaux (for example), then by law the grapes will come from a particular place within Bordeaux and because of the rules it has to be made from a blend of Cabernet Sauvignon, Merlot and Cabernet Franc for red and a blend of Semillon and Sauvignon for white – although the percentages will vary depending on the exact place the grapes are grown. In this prestigious region, this is very important for wine lovers who know a specific region well as it enables the consumer to compare vintages, vineyards and different producers as the wine will vary according to the weather, yields of that particular year as well as the chosen winemaking technique.

Furthermore, the appellation system protects the cultural heritage of the wines which have historically been made in a specific region and therefore are part of history. ‘Terroir’ is a key word in viticulture, but it doesn’t only mean the soil in which the grapes are grown, but the overall environment, climate, landscape, rivers, oceans, wind which have an overall effect on the vines and most producers in Europe strive to reflect the ‘place’ or ‘terroir’ in their wines to

a larger extent than New World wine makers. The appellation system also helps to protect a community and helps to keep the agricultural activity of the community in good health. It could be said that appellations are brands for the brandless – when wine is sold in countries far from the place of origin – that community can be recognised for their contribution to that particular wine.

This system is also a guide to the quality level of the wine with labels such as AOC for a fairly everyday wine in France – to Premier Cru or Grand Cru for top wines and a number of other hierarchies of quality levels particularly within Bordeaux. The equivalent in Italy is DOC rising to a top DOCG such as a Barolo and DO in Spain to DOCa such as a Rioja. The aim is to give consumers confidence and guidance in the quality of wine they are buying and the price should be an indication of that quality as well.

WHAT ARE THE CONS OF THE APPELLATION SYSTEM?

It could be argued that quality is not guaranteed just because it is classified as an AOC or DOC – it only guarantees what grapes are used and how the wine is made. A better assurance of quality is to get to know the producer – an entry level wine from a good producer will likely be excellent value even outside the system so in fact within both systems you can get a good or not so good wine.

Another disadvantage is that there is often a lot of politics within an appellation system; St Emilion in Bordeaux is a good example of local politics interfering in the hierarchy of the appellations and even for many including experienced wine consumers these labels can be confusing as there are so many different

classification systems – even within the same area. In some regions, every village thinks they should have an appellation or a ‘superior’ label on the bottle where the wine might not actually deserve it, but it is a commercial marketing exercise for the producers in order to charge more for their wine. Appellations do work for top players such as those in Bordeaux, Burgundy, Piedmont and Tuscany to name a few, but in the lesser known regions, maybe a loosening of the rules may enable them to sell their wines to a larger audience.

Famous wines such as Champagne, Barolo and Rioja can be seen as brands as most people have heard of these wines and many know they will pay a premium for the best, but the same cannot be said for example of a Minervois or a Nero d’Avola. The New World system highlights the grape variety – broadly displayed on the bottle and over the last 40 years or so has proved very popular for the everyday consumer. For example, people buying a Shiraz from the Barossa valley in Southern Australia have a pretty good idea of what it will taste like and really are not too fussed about what soil it was grown on or for how long it was aged. Producers in the New World take a more practical approach to winemaking – that is they grow particular grape varieties and see what works and many consumers love that straightforward approach.

Wine classification systems, from historical rankings to modern appellations are essential tools that bridge the gap between complex viticultural practices and consumer understanding, ensuring quality



control while protecting regional heritage. Ultimately, understanding these categories empowers enthusiasts to appreciate the nuanced relationship between terroir, grape variety, and the final bottle, turning wine selection into a rewarding exploration rather than a gamble.

But by focusing on labels rather than the final, subjective sensory experience, these systems can overregulate the industry and stifle innovation. It could be said that true appreciation of wine lies in valuing the combination of the producer, the vineyard, and the unique, often non-traditional, characteristics of the wine itself – not in a pre-ordained hierarchy that restricts consumer choice. However, because consumers cannot understand and learn the name of every appellation, it doesn’t mean that they can’t get any enjoyment from these wines at all – most consumers learn a few names of wines they like, and are quite happy with that, and that’s absolutely fine too!



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