

# The ENGLISH HOME

*Fabric &  
Wallpaper*  
SPECIAL

*Celebrating the essence of English style*

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## AUTUMN EDIT

NEW fabric & wallpaper collections

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Actress Kate Phillips  
on her interiors style

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Smart schemes in paprika, nutmeg & turmeric



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**TOP** Create a cosy bedroom atmosphere. Maya bedlinen, from £22 for a pair of standard pillowcases, Murmur  
**ABOVE** Adding a hallway curtain can help prevent unwanted draughts. Curtain, Cumberland Cow, Scarlett Red/Gold, £58 a metre; cushion, Cumberland Cow, Scarlett Red/Olive, £46, Cabbage & Curtainrail  
**RIGHT** Keep the autumn chill at bay with blankets made of natural fibres. Organic wool blankets, £200 each, Naturalmat

# October

## ...in the moment

Connect with the season and relish time at home, whether in the kitchen, the garden, or with a simple project, rediscovering the moods and nuances of nature this month

### Shift in direction

**T**he charms of the changing seasons are many and varied. Outside, autumnal leaves crunch underfoot as foggy mists rise through shafts of golden sunlight whilst a pleasing chill in the air starts the days off on a fresh note. Preparing the home for the transition in seasons and creating a cosy retreat is as much a part of the process as the shift in the weather, whether it is in a single room of the home or more.

"Starting in early autumn will give you the best possible chance," says Verity Mann, head of testing at the Good Housekeeping Institute. "A good time is once you notice the weather starting to change and you need to keep the windows shut and put the heating on." Coinciding with this year's Wool Week, (7-20 October, [campaignforwool.org](http://campaignforwool.org)), thoughts turn naturally to creating a warm, tactile feel in the home.

### Setting the scene

Atmosphere and temperature go hand in hand, maintains Peter Tindall, co-owner of organic mattress company Naturalmat. "A room that looks warm and inviting, with low flickering lights and soft textiles to sink into, will instantly warm you up as the seasons begin to change," he says. "Average night-time temperatures start to fall by a couple of degrees in September, then drop significantly by as much as 50 per cent in

October, so making changes to your sleeping environment can help maintain both your comfort and set the scene for a restful night's sleep."

Much like spring cleaning, focusing on renewing soft furnishings at this time of year brings with it both a functional aspect and a gratifying sense of achievement.

As well as having carpets and curtains cleaned and washing furnishings that endure everyday heavy use, Mann suggests vacuuming sofas, pillows and mattresses, using the upholstery attachment for best effect. She also advises vacuuming "behind and under the bed to avoid breathing in dust whilst you sleep," as well as "turning or rotating the mattress to ensure even wear, plus switching to a higher-tog winter duvet."

As well as feather or silk-filled duvets, look to wool duvets, which as well as being hypoallergenic, provide excellent breathability, helping to regulate body temperature and wicking away moisture come the chillier months.

### Comfort underfoot

For those considering undertaking larger-scale improvements, such as laying new carpets, "the sooner the better is best," suggests Rupert Anton of The Carpet Foundation.

"Autumn is the busiest time in the flooring calendar – most carpet fitters are exceptionally busy during the run up to Christmas and will close their books at the beginning of December." ▶

