

TOP HOLIDAY DESTINATIONS

HOLIDAY TRENDS TO INSPIRE YOUR TRAVEL THIS YEAR

DECLUTTER & DESTRESS
GET YOUR HOME IN ORDER
READY FOR THE NEW YEAR

BOOK RELEASES IN 2023
FANTASTIC READS FOR
THE YEAR AHEAD

NEW FILMS FOR 2023
STRAP IN FOR A FANTASTIC
YEAR OF CINEMA

MAJOR SPORTING EVENTS
THE 2023 SPORTING
CALENDAR IS JAM-PACKED

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WELCOME TO THE JANUARY ISSUE!

Congratulations and Happy New Year! You made it through another one, and what a year we now have in front of us. I love the start of a new year; everything is fresh and new, and we look forward and not back.

In this month's magazine, we have a bumper selection of previews covering everything from annual holiday destinations through to top TV coming in 2023, and everything in between. Staying closer to home, on pages 2&3 we kick-off with home décor trends for the year before, on pages 4&5 we look at ways of starting fresh with our guide on decluttering.

Moving through, we all love entertainment of many types, so on pages 6,7, 12 and 13 we guide you through the hottest TV, books, movies and music to keep an eye out for throughout 2023 and which are

sure to keep you thrilled moving forward.

It's been a long, cold winter, so we know you're all looking forward to your summer holidays, which is why, on pages 8&9, we look at some of the hottest trending destinations to soak up some sun and enjoy some vino this year.

Another bumper year of sport is ahead of us too. On pages 14&15 we delve into some of the biggest sporting events in the upcoming calendar, and on pages 10&11, we have your usual monthly gardening guide to help you get on top of your outdoor space early this year.

So grab a blanket and a hot chocolate, light the fire and cosy up with this month's magazine.

Jonathan Wheatley
Editor

BEST TRENDS

2023 is fast approaching, and since over a third of the UK population is now working remotely, the care and attention we ascribe to our homes has also intensified. We are at home more often, and therefore take more pride in its condition and décor. With the new year just weeks away, now is the time to think about possible new décor trends to consider, which could transform the feel of your abode.

HOME OFFICE

The workspace can be one of the most personal spaces in the entire home. Your work defines much about who you are and your character, so designing your own home workspace can be an important process. Whilst you want comfort, of course, individualised designs can help establish your working personality and make you feel like the professional you are each time you start work in the morning.

NATURAL LIGHT

Speaking of home working spaces, allowing in as much natural light from outside, in a home office or any room in the home, can have enormous health benefits and open up the space. Trendy of late has been big, bare windows, along with whites and reflective surfaces, all of which help flood the internal space with natural light as much as possible, for natural light can improve our sleep patterns, focus, mood, and even help produce vitamin D.



HOME DECOR

FOR 2023

New and exciting ideas for home décor themes can transform the living space in more ways than one



WATER

Tranquillity is another theme that has shot up in popularity during recent years, and water represents that effectively. Calming blues can show off themselves in the form of a turquoise-like hue for a more soothing effect. The relaxing nature of the cool tone makes it great for spaces of serenity and calm. Studies, home offices, and meditation rooms are perfect for this kind of décor.

THE OUTDOORS

We have all appreciated the great outdoors more than ever over the past few years, and home decorators are steering away from artificial colours as a result, instead moving toward the more natural colour of green. Hues are becoming gentler and easier on the

eye and thus interiors flow seamlessly from and to their outer surroundings. Furniture design also reflects the surrounding setting. Wool, sheepskin, and wood, for example, can reflect a snowy environment, whereas stone and fabrics can represent a different kind of external environment.

LIGHTING

Some say lighting is the second most important design element in your home, after colour. Lighting can take on all kinds of décors, old and new, from different materials to sculptural shapes, and we are seeing an increase in layering. Layering lighting adds warmth and cosiness to a space, and it also provides an opportunity to have fun with different lighting designs, some experts claim. Layering your lighting with illuminated pockets on the walls, striking linear lines in your floor lamps to zone areas for their function and style, and oversized pendants hanging from the ceiling, can add plenty of character and mood to your home.

CURVES

Arcs and rounded shapes have been around for decades, such as crescent sofas, tulip and egg chairs, and circular rugs. But oblong mirrors, architectural details, and mushroom lighting all feature in modern day living requiring

a bit of quirkiness. Cabinets, credenzas, and night stands also have a curvier outlook for the future, proving to be popular among those looking for something different.

BOLD COLOURS

Bold colours are a great way to establish confidence and soul in your living space, and using bold, fun colours can make a space even more ideal for entertaining guests and family as it can lift the mood of a room. They can act as accessories and accents in the home, and the three primary colours of red, blue, and yellow represent the body, mind and emotions, some experts claim. Dominant and unapologetic, bold colours are high saturation and will add a playful charm to a space, bringing with them unmistakable energy.

NOIR

A gothic design is a character-rich and individualistic expression, and having a home décor theme which reflects this feel could add that extra spunk you've been looking for. Dramatic and fascinating, the gothic theme is richly layered, and such interiors can be both memorable and highly liveable. The great thing is that you can add as much or as little drama as you want. Either way, there will be an impact, with or without black.



The care and attention we ascribe to our homes has intensified



START AFRESH IN THE NEW YEAR

Our guide to decluttering your home and life for a stress-free start to the year

Now Christmas is behind us, we can look towards this brand new year. Wouldn't it be nice for this year to be as stress free as possible, after everything 2022 threw at us? While we can't control what goes on in the wider world around us, the state of our home and personal life is very much up to us! Dedicating this January to decluttering the home and ensuring you have a healthy mindset would be a great way to kick off a productive year, so let's look at some ways we can go about achieving just that!

Make sure your whole family knows about your desire to keep things organised

SORT AND SELL

You may remember that we spoke about using second-hand selling apps and websites in a previous issue—this is very relevant again now. The most obvious answer to the problem of decluttering your home is to simply get rid of the clutter! If you have the time to spare, listing the more valuable items of 'clutter' on Vinted or eBay would give you the bonus of generating a little extra cash. However, what do we mean by clutter

here? Anything that annoys you or gets in your way is clutter, be that mountains of clothes in the bottom of a wardrobe, pairs of shoes that no longer fit on the shoe rack or storage boxes full of old household items. The golden rule we use is this: if you haven't worn or used it in over a year, chances are you aren't likely to at all! This process will take some time, but once you have sorted through all the clutter and you know which items you can sell, it will be very easy to see your progress around the home.

STRUCTURED HOME AND LIFE

Now, we can look at this simple mindset that will ensure your home stays tidy and uncluttered. Your beautiful home has many rooms, all with unique functions. Our advice is: make sure the items in a room match its function. For example, we are fans of occasionally eating dinner while watching television in the living room. However, if the sauce bottles or plates don't end up back in the kitchen, then they become clutter. In order to keep your house looking as



organised and tidy as possible, it is always best to return every item to its intended room. Of course, this will be a team effort! Make sure your whole family knows about your desire to keep things organised, so you don't keep finding belongings everywhere despite your best efforts.

This sort of structuring can apply to one's schedule as well. We will discuss this more in the next section, but one secret to good mental health is to declutter your daily life and schedule in dedicated rest periods. During these, you ought to be able to stop thinking about work or whatever stressful thing you have going on—try to just sit down with a good book for 30 minutes and see how much it benefits your mood. This method of portioning out your day also works the other way—by allocating specific blocks of time to the tasks you need to get done, it is much easier to tackle them without feeling daunted and you're less likely to procrastinate. This is all about creating a healthy work-life balance, just like the different rooms of your house.

MENTAL CLUTTER

We use the phrase 'mental clutter' to refer to anything in our lives that gets on our nerves or takes up a lot of energy negatively. This could be anything, from a messaging app that you instinctively check every minute to a mobile game that makes you think 'why am I playing this?' every time. As we start this new year, we're keen to cut out every source of negativity in our life, so that we can enjoy every day to the fullest. Depending on the situation, it's difficult to get away from it, but even working towards removing a source of mental clutter can make you feel better. Slowly start phasing out a negative person in your life, hide that messaging app behind an app locking program, replace that game with a book or a walk... There are always positive steps you can take towards decluttering your mind so you can stride into the new year a happier version of yourself.



BOOKS THAT WILL BE RELEASED IN 2023

Bookworms are in luck, as there is a fine selection of novels on the way

2023 promises some wonderful novels from some very talented writers. Bookworms should be excited, as there is an entire library of novels set to be released in 2023 that are sure to get us gripped and reading every page. We have done the hard work for you and gathered a bit of information about four books that we cannot wait to get our hands on.

THE HALF MOON - MARY BETH KEANE

Mary Beth Keane, the brilliant mind behind *Ask Again, Yes*, will release her latest novel *The Half Moon* in May, 2023. A bartender must juggle his working and personal life, after taking over *The Half Moon*, while his marriage is in crisis. The bartender uncovers a secret about his wife, just as one of his patron's goes missing and a blizzard strikes.

CHAIN OF THORNS - CASSANDRA CLARE

The conclusion novel from the *Last Hours* series, from New York Times bestselling author Cassandra Clare, is set for release on January 31, 2023. James and Cordelia must save London and their marriage in this highly anticipated book.

THE CORONATION YEAR - JENNIFER ROBSON

Fans of historical fiction are in luck with the imminent release of *The Coronation Year* from Jennifer Robson. This promises to be an enthralling novel investigating the lives of three different residents of London's historic Blue Lion hotel in 1953, the year when a new Queen is about to be crowned. This book is expected to be released on January 31, 2023.

YOU ARE NOT ALONE - CARIAD LLOYD

Comedian and writer Cariad Lloyd's *You are not Alone* will be released in January 2023. This book dives deep into society's reluctance to speak about death and what impact it can have on the people who are left behind. Lloyd lost her own father when she was just 15, which she claims to have inspired her beloved podcast, *Griefcast*.





FANTASTIC SHOWS COMING TO THE SMALL SCREEN IN 2023

It is shaping up to be a fantastic year of television

A new year brings along a wave of new hopes, dreams and aspirations. While many of us will be gearing up to be overwhelmed with inspirations to better ourselves, it is also important to remember to sit back and relax. To do this, it is always worth knowing what new or returning programmes will come to the small screen. To give you a helping hand, we have gathered a bit of information about some of the highly anticipated shows coming to television in 2023.

WATERLOO ROAD

Beloved BBC school-based drama series Waterloo Road is finally returning to television after an eight-year hiatus. The popular show ran for ten series' from 2006 to 2015 and boasts a cast of many recognisable faces of British television. Waterloo Road is set in a comprehensive school of the same name and follows the trials, tribulations, and pure drama that teenagers and teachers experience on a day-to-day basis. It has already been announced that we expect the show to return to our screens on Tuesday, January 3.

BIG BROTHER

2023 is shaping up to be the year when popular shows from the naughties are making a return to our screens. Iconic reality show Big Brother will return for a new series in autumn 2023 on ITV. After the success of Love Island, ITV is hoping the new series will be a smash hit too!

WHAT IF...

A second season of the popular Marvel series What If... is coming to Disney+ in 2023. The show follows an intriguing premise of reimagining major moments from the Marvel Cinematic Universe, with slight tweaks, to see how the incidents would unfold.

YOU

Flipping over to fellow streaming service Netflix, audience members will be excited to hear the release of the latest series of You is just on the horizon. The first section of the fourth series of the American psychological thriller is set to be released on February 10, 2023, followed by the second part on March 10, 2023. The show follows an American man's battle with an unhealthy obsession with women, and the deadly consequences which seem to follow far too often.

TOP HOLIDAY DESTINATIONS FOR 2023

If you haven't already, it's time to start thinking about your holiday destinations for the year. The last few years have been very unpredictable for travel, but studies have shown that we are now optimistic about jetting off and enjoying a well-earned break. If, like us, you're excited about having a change of pace but find all the options overwhelming, why not look at some trending destinations for 2023? Included in the list below are several exciting locations that will impress your friends and family should you choose them for a family holiday or personal break. We hope we can kick-start your holiday planning with a little inspiration!

WELLNESS RETREAT: UK

Let's start off close to home with a domestic travel idea. There has been a vast increase in interest for new types of wellness holidays, moving away from the traditional yoga or spa holidays and embracing the outdoors more. Data from Experia Group has shown that people are getting more and more into forest bathing as a way to cleanse the mind while on holiday. This is an ancient Japanese practice that sees individuals spend time in forests, quietly taking

deep breaths and connecting to all the sights, sounds and smells of the woods. They have proven that being amongst greenery can have noticeable effects on one's mental health, so it's no wonder that this type of activity is gaining traction as a type of holiday. The UK has lots of beautiful woodland that would be perfect for a trip like this – why not look for locations in Cambridgeshire or Leicestershire in England, or South Ayrshire and East Lothian in Scotland? These places have been growing in popularity as hidden gems, so you could be trendy by seeking a wellness retreat in one of these fantastic areas of the country.

DIFFERENT CULTURE: SEOUL

For anyone looking to dive into a completely distinct culture and environment, Seoul is the go-to destination for 2023. TravelNest has placed it at the number one spot on their 2023 list, and with good reason. South Korea's capital represents the point of collision between West and East, boasting beautiful shrines with incredible cultural significance alongside soaring skyscrapers. Korean food is a goldmine which is underrepresented on the global

The last few years have been unpredictable for travel

Let's take a look at some holiday trends to inspire your travel this year!

stage, but more and more people are waking up to its incredible flavours. Also, the bustle of the city allows for a vibrant and exciting nightlife, which is unlike anything you'd find at home.

UNWIND: BUDVA

This picturesque town in Montenegro is skyrocketing in popularity among those looking for a more relaxed getaway but are bored with all-inclusive packages and poolside breaks. The staggering coastline and turquoise water are attracting beach-lovers and chasers of pristine views, while the various hiking routes and rafting opportunities will appease those looking for a bit of adventure on the side. There is even a unique party scene by night, completing the all-round experience that this small and beautiful town offers. Montenegro is a very recent inclusion in the discussion surrounding European holidays, so this year is a great time to capitalise on the excitement and visit a country that your friends and family might not have even considered.

CITY BREAK: BERLIN

While Berlin has always been a popular continental destination for us Brits, the city break is exploding in popularity once

again, so now is a better time than any to take a trip to the German capital. It is awash with history, with landmarks such as the Brandenburg Gate, and the city remains a powerhouse in the arts and culture scene as well. For those of us who love having something to do every single day you're on holiday, city breaks are a wonderful option, and Berlin is still sitting near the top of the list of trendy destinations.

ALL-ROUNDER: SANTA FE

Booking.com has presented this unexpected city in their list of desirable destinations in 2023. The New Mexico city is a microcosm of the United States, offering breathtaking natural sights, deep cultural experiences and its own regional menu. You can enjoy skiing in the winter months or trekking through the Santa Fe National Forest when it's warmer. We recommend visiting the US for nature-based experiences, as it is a place of astounding beauty that often goes uncredited, but of course that is not the only reason Santa Fe is trending – it really does have something for everyone!



PLANNING FOR GROWTH

It may be cold and damp, but the gardening year starts now

It's a new year on the calendar as well as in the garden. A time for fresh starts, renewed hope and lots of plans... and numb fingers if you venture out to do the odd job or two.

January is perceived to be the month for keeping things ticking over; cleaning tools, pots and water butts; clearing away fallen leaves from ponds, gutters and early-rising bulbs; and, if you have one, stripping down the lawn mower to sharpen the blades or service the engine.

And that's about it. Right?

Well, no. Much of what you do now will determine how spectacular and productive your plot will be in the year to come. So make the most of the long winter evenings by planning what you want to do and ordering all the right plants and seeds to enable you to do it.

And once you've had enough of the hypotheticals, sharpen up your secateurs and take advantage of what daylight there is to deal with a few practical issues.

THE FLOWER GARDEN

While the plants are still dormant, cut back and tidy up climbers such as wisteria and honeysuckle to ensure healthy spring growth, while roses can be pruned back to just above a bud and any crossing or dead branches can be removed.

Frost-free days are best for tackling any overgrown rhododendrons - although heavy pruning and shaping is best done over a few seasons - while ornamental grasses can be clipped back to just a few centimetres.

And if you have planted some winter pansies, keep deadheading the faded flowers to prevent them setting seed and getting straggly.

THE VEGETABLE PLOT

Harvest time may seem a long way off but there's quite a bit of groundwork that can be done this month, for example preparing your site for early peas by placing a cloche over the



Growing from seed is cost effective, easy and extremely satisfying



soil to warm and protect it from frost. Similarly, if you are using potato growbags wrap them in frost protection fleece if your greenhouse is unheated.

Also remove yellowing leaves from winter brassicas as they can harbour pests and diseases.

THE FRUIT GARDEN

If you haven't already done it, prune apple and pear trees, creating an open frame in a goblet shape, while currant and gooseberry bushes can be cut to promote healthy - and productive - growth. However, leave stone-fruit trees (plums, cherries etc) until later in the year as trimming them now will leave them open to diseases.

Elsewhere, put an upturned bucket or bin over rhubarb crowns to help tender pink stems form. They can be removed in eight weeks, unless night-time temperatures remain sub-zero.

INDOORS

Growing from seed is cost effective, easy and extremely satisfying. All you need are seed trays, compost and a light windowsill which is not exposed to cold draughts. Cosmos, California poppies, sweet peas and sunflowers can be given a head start by sowing them later this month ready for transporting into borders in early spring.

If you have lifted dahlia tubers to store indoors, check them to see if any are drying out and remove any that show signs of rotting. And get your seed potatoes ready for chitting.



A collection of seed trays or egg boxes will be enough to house them in a cool, frost-free area until they have good strong sprouts and can be planted out.

AND FINALLY...

Avoid walking on your lawn, particularly during a spell of night-time frosts, after a heavy snowfall, or during a prolonged wet spell. Grass stems are durable but can be easily damaged in arctic conditions, whereas foot traffic can easily leave roots exposed if the soil has been loosened by heavy downpours.

If a natural Christmas tree has taken pride of place in your home, shred it into a high-quality mulch. If you can't do that, plenty of charities will take it off your hands for a donation, while most council recycling depots offer the same service free of charge.

And don't forget to feed the birds. If you can keep them interested in your garden, they will repay you by devouring the pests that can make your labours fruitless.



STRAP IN FOR A
FANTASTIC YEAR
OF CINEMA

MOST ANTICIPATED FILMS COMING OUT IN 2023

Several fantastic films will be released in 2023. The year is gearing up to be a memorable one for film buffs, with a return to beloved childhood franchises and another Marvel flick, all on the cards. Here are a few films we cannot wait to see.

ANT-MAN AND THE WASP: QUANTUMANIA

A listicle about upcoming films would not be complete these days without a new title from the Marvel Cinematic Universe. Superhero films come along as often as buses these days, with *Ant-Man and The Wasp: Quantumania* set to be released on 17 February, 2023. This is the third instalment in the *Ant-Man* franchise, starring Paul Rudd, Michael Douglas and Evangeline Lilly. *Ant-Man and The Wasp* find themselves exploring the mysterious and terrifying Quantum Realm.

WONKA

December is expected to see the release of *Wonka*. Fans of Roald Dahl's 1964 children's novel will be able to return to the world for the third time, following Gene Wilder's *Willy Wonka and the Chocolate Factory*, in 1971, and Johnny Depp's 2005 reimaging, *Charlie and the Chocolate Factory*. *Wonka* will focus on a young Willy Wonka and how he first met the brilliant Oompa-Loompas during one of his earliest adventures.

THE HUNGER GAMES: THE BALLAD OF SONGBIRDS AND SNAKES

Another highly anticipated flick on the way is a prequel to the popular *Hunger Games* series, which is expected to be released in 2023. Based on a novel of the same name by Suzanne Collins, *The Ballad of Songbirds and Snakes* takes fans of the series back in time to meet a young Coriolanus Snow and learn about his involvement with the games in the years before the original series.

THE SUPER MARIO BROS. MOVIE

Anyone who has ever played a video game will recognise the iconic red-hatted plumber, Mario. Now, the mascot of Nintendo will feature in his very own animated film with a stacked cast of voice actors, including Chris Pratt, Anya Taylor-Joy, Jack Black and Seth Rogen. This film is set to be released on 31 March, 2023.





THE SONGS AND ALBUMS WE'LL ALL BE LISTENING TO IN 2023



Some of the globe's most well known and recognisable bands and singers will release new music in 2023 - and we cannot wait. Marking your calendar for the release day of a new album and counting down the days in the run-up is a great feeling and makes that first listen even more special. Lewis Capaldi, Paramore and Gorillaz are amongst the global acts that are expected to take the album charts by storm in the new year, so here is when their latest works will be released.

LEWIS CAPALDI - BROKEN BY DESIRE TO BE HEAVENLY SENT

Scottish singer-songwriter Lewis Capaldi has become one of the globe's music superstars, thanks to his powerful songs and unmistakable voice. Now, he will release his second studio album, Broken By Desire To Be Heavenly Sent, on May 19, 2023. This will be a follow-up album to his popular first album, Divinely Uninspired To A Hellish Extent, which has spent over 40 months on the Official Albums Chart. Capaldi will also mark the year with a huge tour across the United Kingdom and Europe from January.

PARAMORE - THIS IS WHY

American rock band Paramore will release a new album on February 10, 2023. This Is Why will be the trio's first album in six years and will act as a follow-up to After Laughter. 2023 will mark a phenomenal year for Paramore fans, as they return to the United Kingdom in April for several arena shows.

GORILLAZ - CRACKER ISLAND

English virtual rock and pop band Gorillaz is another beloved act that is set to return to the charts with the release of a brand new album. Cracker Island is expected to take the music world by storm, upon its release on February 24, 2023. This will be the band's eighth studio album and will boast several features, including Thundercat on title track Cracker Island, Stevie Nicks on Oil, and Bad Bunny on Tormenta.

WE WILL ALL BE NEEDING
A NEW SOUNDTRACK
FOR THE NEW YEAR





MAJOR SPORTING EVENTS TO LOOK OUT FOR IN 2023

There are several major sporting events taking place in 2023 to keep an eye on, in many different sports, whether you're a fan or not

FOOTBALL

The UEFA Champions League is one of the most prominent sporting events in the world, and has been taking place yearly ever since the 1955-1956 football season. Real Madrid and Barcelona both have qualified for the competition the most times, with Real Madrid having won the tournament the most with 14 titles under their belt. Real Madrid won last season's Champions League, beating Liverpool 1-0 in the final at Stade de France, just outside of Paris

2023's Champion's League final will be held at The Atatürk Olympic Stadium, in Istanbul. The knock-out stages of the competition are set to begin in February 2023, with English sides Tottenham Hotspur, Liverpool, Chelsea and Manchester City, all still in the competition.

Lyon won the last women's Champion's League, who are also the most successful club generally at the tournament.

SNOOKER

The good news for snooker fans is that two of the three triple crown events (which are the most prominent in the annual tour) take place within the first half of the year, the Masters in January and the World Championship in April. In 2022 Neil Robertson won the Masters, beating Barry Hawkins 10-4 in the final at Alexandra Palace in London. Back in April, Ronnie O' Sullivan beat Judd Trump 18-13 in the final in Sheffield to

win his record-breaking seventh title. Will he make it an 8th in 2023?

The Masters 2023 will begin on 8th January and last until 15th January, with Robertson looking to defend his title, and with Ryan Day making an appearance having won the British open earlier in the year. Meanwhile, Ronnie O' Sullivan will be looking to clinch an 8th title, having won it seven times already which is the highest of any player.

In November 2023, we will get the UK Championship, which is the other triple crown event of the year. Mark Allen, having won it earlier this year, will be looking to defend his first ever UK Championship.

CRICKET

The Cricket World Cup takes place every four years, with England having won it last in 2019, New Zealand being runners-up. England will certainly be looking to defend their title at the next World Cup which will take place in India. England are automatically through having won it last time. Jofra Archer, Tom Banton, Jos Buttler, Sam Curran and Tom Curran all have an excellent chance of making the England squad for the 2023 Cricket World Cup. The tournament will take place throughout October and November. Australia are the current champions of the Women's Cricket World Cup, beating England in the final.

GOLF

We have a bunch of major golf tournaments taking place throughout the year, all of which form what is called the Grand Slam, including the following four competitions which all occur yearly. The 2023 Masters Golf Championship will take place at Augusta, Georgia, through early April, being the first to arrive in 2023. American Scottie Scheffler won the tournament last year, with a three stroke margin of victory, winning it for the first time. He will be looking to defend his title in 2023. The 2023 PGA Championship will take place in mid May, with America Justin Thomas winning it in 2022. The 2023 US Open will take place in mid June, with Matt Fitzpatrick from England winning the competition the last time. The Open Championship is the oldest golf tournament in the world, having started all the way back in 1860, and taking place in mid July each year. Aussie Cameron Smith won it last time, who will be looking to defend in 2023. The latter three tournaments all have equivalent women's competitions, but the Masters have yet to have a female version of the tournament.

RUGBY

Japan hosted the 2019 Rugby World Cup and France will host the next in 2023, with the current champions being South Africa, and England being runners up. Will 2023 be the year England will win the World Cup? They have won the competition once before, in 2003. The Rugby World Cup 2023 is scheduled to take place in France from 8th September to 28th October 2023. New Zealand beat England in the Women's Rugby World Cup back in 2021, so England, much like the men, will be looking to make that extra step next time to win rather than fall second.

TENNIS

The Grand Slam of tennis throughout the year comprises four major competitions. The Australian Open always takes place in January. Rafael Nadal won it in 2022, for the second time. He will be looking to make it a hat-trick in 2023. With this win, Nadal now holds the record of the most singles major titles won, at 21, which was previously tied at 20 between himself, Roger Federer and Novak Djokovic. The Australian Open will take place in Melbourne Park in Melbourne, Australia, as always. Nadal also won the French open in 2022, which takes place annually late May to mid June at the Stade Roland Garros in Paris, France.

Our very own major tennis tournament, however, Wimbledon, is what most of us here in the UK will be looking out for in the summer. Held in Wimbledon, London, we will be anxious to see how the likes of Cameron Norrie and Dan Evans (the two top British tennis players on the circuit at the moment) will perform in the upcoming Wimbledon tournament in 2023. Due to injuries and surgeries, Andy Murray is now ranked 4th best British male player. Likewise Emma Raducanu and Harriet Dart will likely make an impression in the women's side of things.

The US Open will be the final of the four Grand Slams in the year, taking place annually at Flushing Meadows in New York on the last Monday of August.

ATHLETICS

Hopefully, the punishing schedule will not affect the likes of Laura Muir. Buoyed by a bustling silver medal in the Olympic 1,500m, the 28-year-old Scot has already admitted she has "unfinished business" with the Commonwealths having finished 11th in Glasgow in 2014. The main obstacle to her deservedly occupying the top step of the podium will be Kenya's all-conquering Faith Kipyegon, the gold medallist in Tokyo who, bar injury, will oppose in both Oregon and the Midlands.

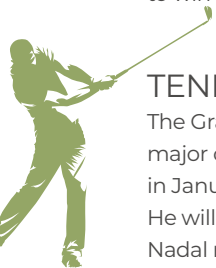
Fitness could also be the issue for Dina Asher-Smith, whose Olympic campaign was ruined by a torn hamstring muscle, the worst kind of problem for an explosive sprinter. Redemption, however, will be gold medal-shaped for an immensely talented athlete, who will be defending her 200m title in the US.

Team GB's swimmers will be bristling with confidence as they head to the World Aquatic Championships in Japan (May 13-29th).

With the indomitable Adam Peaty as spearhead, British swimming is in a very healthy state and there are genuine medal chances in both championships, notably in the men's 200m freestyle where Tom Dean and Duncan Scott should re-ignite their Olympic rivalry – they were first and second in Tokyo – while the Scot looks a shoo-in for 200m medley gold in the West Midlands.

Elsewhere, it's off to the Far East for the Winter Olympics (Beijing, February 4-20th) while Cape Town stages the spectacular Rugby World Cup Sevens (September 9-11th) and New Zealand hosts the women's Rugby World Cup (October 8th-November 12th) plus the women's ODI cricket World Cup (March 4th-April 3rd). Fans of rugby league will finally get their chance to see the game's superstars on these shores when the delayed Rugby League World Cup comes to England (October 15-November 19th), and there's a short wait for the next edition of cricket's World T20 competition – it's in Australia from October 16th to November 13th.

Apart from that, the calendar seems to settle back into a familiar routine in all the familiar places – none more so than the British Open, which returns to the Old Course at St Andrew's (July 14-17th). Just don't mention the Ryder Cup.



Necton, Swaffham

£695,000



IMMACULATE, SUBSTANTIAL, Four bedroom detached house, situated on the sought after exclusive Bells Meadow development of executive style properties. This superb property boasts four reception rooms, en-suite shower room, integral double garage and ample parking. Early viewing essential!

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Otter Road, Swaffham

£475,000



SUBSTANTIAL, modern detached four bedroom house BUILT BY ABEL HOMES, on the outskirts of Swaffham. This SUPERB `A` rated energy efficient property built in 2016 benefits from en-suite bathroom, garden room, utility room, triple glazed windows and gas central heating.

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Broom close, south wootton

£147,000



NO ONWARD CHAIN! Situated in a popular area of South Wootton, Longsons are delighted to bring to the market this SHARED OWNERSHIP 70/30 SPLIT. This well presented modern two bedroom end terrace house offers gardens, parking, cloakroom, gas central heating and UPVC double glazing.

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Brimstone Close, Swaffham

£250,000



Very well presented, modern semi-detached two bedroom house situated on the outskirts of Swaffham town. Built by the much respected Abel Homes, this energy efficient property boasts a garage, triple glazed windows, en-suite shower room, gardens and solar panels. Viewing is highly recommended.

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Narborough, Kings Lynn

£300,000



RECENTLY MODERNISED and extremely well presented detached three bedroom bungalow situated in the popular Norfolk village of Narborough. This SUPERB property offers kitchen/dining room, en-suite shower room, garage, parking and recently installed modern LPG central heating system.

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Watton, Thetford

£275,000



Well presented detached three bedroom bungalow situated in the popular market town of Watton. The property offers 3 spacious bedrooms, lounge/diner, conservatory, garage, gardens, wooden workshop, en-suite shower room, gas central heating and UPVC double glazing. Offered chain free!

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Hingham, Norwich

£290,000



Very well presented semi-detached, three bedroom bungalow, situated in a cul-de-sac location, in the popular Norfolk market town of Hingham. The property offers garage, parking, gardens, log burning stove, oil central heating and UPVC double glazing.

WATTON - 01953 883474 - watton@longsons.co.uk

Hingham, Norwich

Guide Price £285,000-£295,000



Three bedroom semi-detached house situated in the popular market town of Hingham. The property offers ground floor open plan living with separate cloakroom, first floor bathroom, UPVC double glazing, solar panels, gardens, off road parking, garage with office space.

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Balsam House, Thetford

Offers in Excess of £525,000



Extremely well presented, detached five bedroom chalet style house situated in the popular Norfolk village of Ashill. This fantastic property offers remote control security gates, garage, two reception rooms, kitchen/breakfast room, utility room, two en-suite's and parking for numerous vehicles.

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Shipdham, Thetford

£600,000



Well presented, very spacious detached six bedroom house including a self contained annexe. The property offers very flexible accommodation and well suited to multi generational/ extended family living and boasts two en-suite shower rooms, conservatory, two kitchens and open countryside views to rear

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Swaffham | Watton

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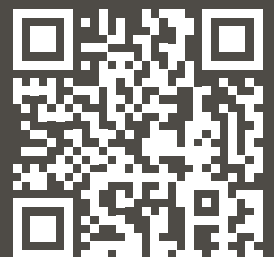


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**HOW MUCH
IS MY
PROPERTY
WORTH?**



Present your house for sale by de-cluttering...

Maximise your home's potential and create spacious rooms enticing potential buyers – simply by de-cluttering!

“ De-cluttering allows you to... maximise your space, emotionally prepare you to move, and will allow you to focus your buyers on what is important ”

If you are looking to sell your house, or have had your home on the market for a while now, then you probably want to get the maximum sale price in the quickest time. There are a few things you can't control – but the one thing that is in your control, is the look and feel of the interior and exterior.

While it's worth spending time fixing and cleaning your house before potential buyers come and view, it's also important to de-clutter. This creates spacious rooms and also allows you to decrease and organise your personal items before you move yourself. Of course it's understandable that you don't to want spend money, time and energy on a home you are about to leave, however, a lot of people are looking for a house in which they can move straight into. Maintaining your

property might even save you thousands of pounds; it could even reduce added expenses of living in your home whilst waiting for a sale. And it might even help avoid possible reductions in the asking price.

The main reason in which people move house tends to be because they lack space in their current home. They want a home that is spacious and in which they can grow into. If a potential viewer comes to your home and sees that there is lack of space, then this will turn them away.

De-cluttering allows you to remove any unnecessary items in an untidy or overcrowded place. It will help maximise your space, emotionally prepare you to move, and will allow you to focus your buyers on what is important.



So where should you start?

You need to create a great first impression and focus on the rooms themselves. You will notice that the first things you see in each room are personal items. Where possible you want to create the look of a

them into things you want to keep and things you want to get rid of. You may even find that you have collected a cupboard full of paper work. Get yourself organised! Don't just throw it all away, but file it and go through it thoroughly. This will also make it easier when you move.

De-personalising can also be a great way to de-clutter. Too many personal effects can be distracting to buyers. They want to see a house in which they can make their own memories rather than seeing yours. Again, personal items can be stored away. Remember

“ Where possible you want to create the look of a lifestyle that the potential buyers want ”

lifestyle that the potential buyer want. This usually has a 'show home' feel, rather than a 'lived in' feel. Minimising your things is the quickest way to do this: you want to ensure that potential buyers can do simple things, like, open any doors easily, ensuring that there are no obstacles.

So, what do we mean by clutter? There are two types: genuine clutter, and items that you want to keep but don't work for the sale of your property.

Genuine Clutter:

You need to go through the space and sort out each item, categorising

You also want to focus on little things like DVDs, books and trinkets. These items may have some small value so sell them or donate them to charity. Get rid of any old shoes and coats that are lying about in your porch or hallway. You might want to hide away the coats and shoes you do currently wear. Store them in your wardrobe, while you have viewings.

Items that you want to keep but don't work for the sale of your property:

You may want to consider putting some items in storage while you sell your home. Sometimes items are too large or even too small for some spaces and can make the room look odd. If you want to keep these particular items, then store them until you move into your new home.

that this is only a temporary way of living and hopefully it won't be for long! If you find you are keeping more things than you are throwing out, then think about whether or not it's in the right room or do you even need it now?

As previously mentioned, you can attempt to sell some of the things you have acquired over the years. Use sites like eBay, Gumtree and social networking sites to try and sell items. You may want to even hold a house sale for the remaining items that you can't sell. Failing that, why not donate to charity.

The end goal is still the same and it's important to help potential buyers envision your house as theirs. So remember, de-cluttering will make your home more spacious and entice potential buyers!

Top Tips!

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If you are throwing away paperwork, shred anything that is confidential

.....

.....

De-clutter before agents come and take photos of your property. This will help attract more potential viewers online and get that first good impression

.....

.....

Don't spend too long on certain items and don't get distracted. Keep yourself motivated and race against the clock!

.....

.....

Make it fun! Play some music or watch TV while you de-clutter

.....





Your step-by-step guide to the conveyancing process

Once a sale has been agreed and is in the hands of your solicitor, it will go through the following stages. Sometimes additional work will be needed – for example, if the property is leasehold or is yet to be registered with the Land Registry. It is also important for buyers to discuss the availability of their deposit with their solicitor early in the transaction, and we strongly recommend that you contact your solicitor regularly so that they can keep you fully up-to-date with the progress and the latest timescales.

Seller's solicitor's steps

- Obtain a copy of the Title Deeds (or office copies if the title is registered)
- Obtain a copy of the Energy Performance Certificate (EPC) (if applicable)
- The seller(s) will return a completed Property Information Form and a Fixtures, Fittings and Contents Form to the solicitors
- Copies of the above documents, plus a draft contract – this is known as an 'Information Pack' – will be sent to the buyer's solicitor
- Answer the buyer's solicitor's additional enquiries (for example, specific questions about fixtures and fittings) and obtain copies of any planning consent documents
- Agree the contract and arrange for the sellers to sign it in readiness of the exchange (below)
- All parties agree completion dates and the contracts are exchanged

Between exchange and completion

- Obtain redemption figures from the mortgage lender and reply to requisitions on title
- Approve the transfer and arrange for the seller(s) and buyer(s) to sign
- Receive the agent's fee account and seek the seller's consent to settle this out of completion funds

Completion date

This is the date the ownership of the property passes from the seller to the buyer, and it follows the successful transfer of funds. It's the date that the whole process works towards.

Upon completion

- Receive completion funds and (only when this has been completed) instruct your estate agent to release the keys to buyers. Redeem mortgage and forward the financial statement. Forward any surplus funds (unless these are being used to fund an onward purchase). Ensure all outstanding bills are paid
- Forward transfer documents and deeds to the buyer's solicitors
- Forward evidence of 'discharge of mortgage' to the buyer's solicitors

Buyer's solicitor's steps

- Obtain the Information Pack, including a copy of the EPC (if applicable) from the sellers' solicitor and raise any additional queries
- Initiate any specialist searches (for example: a coal search). Submit local, environmental and water searches and a chancel check. This takes about 10 working days in total, and enquiries are then usually raised from the results
- Approve the contract when all enquiries are satisfactory and complete. (At this stage, a mortgage transfer deed will need to be signed and witnessed)
- Receive a mortgage offer and instructions from the lender and deal with any conditions set out by them. Make sure that life cover and buildings insurance is being arranged
- Request the deposit, report back to the buyer, and arrange for the contract to be signed. Place buildings insurance and life cover in force
- All parties agree completion dates and the contracts are exchanged

Between exchange and completion

- Raise 'requisitions on title' and prepare the draft transfer deed
- Report on title to mortgage lender and obtain funds for completion, including Stamp Duty (if appropriate)
- Prepare accounts, obtain signature to mortgage deed and undertake final Land Registry and Land Charges searches

Completion date

This is the date the ownership of the property passes from the seller to the buyer, and it follows the successful transfer of funds. It's the date that the whole process works towards.

Upon Completion

- Forward to the seller's solicitors the balance of funds - it is only then that they can authorise the release of the keys. Receive from the seller's solicitors, the transfer document deeds
- Stamp the Transfer Deed, register the buyer's ownership with the Land Registry and forward the deeds to the lender or client (where appropriate)

Contract - The agreement that sets out the main terms that have been agreed - for example: price, address, names, etc. Two copies are drawn up, and each party signs one in readiness for the exchange of contracts.

Deposit - The part of the purchase price (usually 10%) which the buyer pays on exchange of contracts.

Exchange of contracts - The swapping of signed contracts by the solicitors (together with the buyer's deposit). After this, the contract is binding.

Energy Performance Certificate - This contains information on energy use, energy performance, carbon dioxide emissions, and fuel bills.

Land Registry - The Government department that records who owns what land, and under what conditions.

Local Authority Search - A list of questions that are specific to the property and intended, for example, to discover if there have been any planning applications on the property, if the road to the house is maintained by the council, etc.

Mortgage Redemption Figure - The amount required to repay the outstanding capital/ interest of a mortgage.

Property information form/fixtures, fittings and contents form - Standard forms about the property that the seller answers for their solicitor (for example: what will be left behind, details of guarantees, etc.)

Title Deeds - Legal documents that prove ownership of land/buildings, and the terms on which they are owned.

Transfer of Title - The document that passes the ownership from the seller to the buyer.

Stamp Duty for buy to let investors and second home owners - An additional tax, paid by the buyer purchasing an additional property that is not their main residence. It includes buy to let landlords and those buying second homes and holiday homes. The higher rates will be 3 percentage points above the current rates of duty shown below.

Requisition on title - An enquiry relating to the completion arrangements.

Seller's Pack - This comprises a Property Information Form, a Fixtures, Fittings and Contents Form, a copy of the title deeds and the draft contract.

Stamp Duty - Currently, the Stamp Duty threshold for residential properties is £250,000. For first-time buyers you can claim a discount and won't pay Stamp Duty up to £425,000 on the purchase price and after that you will pay only 5% between £425,001 to £625,000.

However, how much you pay is also dependent on whether you already own another property or if you're a non-UK resident.



Moving house?

From meter readings to removal companies, there's so much to remember when moving house. Here's our checklist of what to do and when

First of all, congratulations on your new home! The excitement has probably now kicked in but moving home can also be one of the most stressful and emotionally draining things you can do. However, careful organisation and planning can help decrease the stress and anxiety of moving. This comprehensive and essential checklist will help you do just that.

Eight weeks - Research

Ideally, you want to start packing away any non-essential items as early as possible. This includes any items stored away in the loft, garage and shed. If you are not using it, pack it. Looking into your new area is also important, try to do this around eight weeks before you move. You might need to think about transferring your children to different schools and ordering new uniforms too. At this point, ensure you are also documenting all your important information away: that includes contact details, dates, contracts and information regarding your solicitor.

Six weeks - Removal companies or do it yourself?

Now would be the perfect time to decide on a local removal company. Or if you don't have too much to move, you may want to do it yourself. You could even look into different van hire companies. At this point you've probably started packing away some bits, but if there is anything you decide not to take, then look into selling these items or donating them to charity. This will also give you an idea on the volume of items you have to move.

Four weeks - Notify utility companies

This would be a good time for you to notify utility companies and inform them about your move to switch over. This includes gas and electricity, council tax, internet, phone rental and TV. You should also consider changing any car insurance, tax, memberships, phone contracts and inform your bank about the move. Now's the time to also arrange a date to have your new house cleaned before you move



“ It will be worth packing a night bag each to help everyone settle in, which means you won't have to rummage through everything to find your toothbrush! ”

in, and start ordering any new furnishings for your new property. Start packing away more items, that being, out of season clothes, books, dvd's and even bulky items, like TV's that aren't used often.

Two weeks - Confirm all details

Confirm your move with your removal company or van hire, estate agents and schools. If possible, try to organise someone to look after your pets and children for the day of your move, as this can also be a stressful time for them too. If your removal company doesn't disassemble any furniture or sort out the un-plumbing for the washing machine, then now would be the ideal time to organise these. Remember to also cancel any local services you receive: this could be window cleaners, gardeners and newspaper deliveries. You should now also think about re-registering to vote and getting your post re-directed after your moving date. Continue packing away more furnishings, kitchen appliances and crockery that you won't be using for the next couple of weeks.

24 hours - Final check and walk round

You now have only 24 hours before you move, so double check that everything is packed away and ready for transit. It will be worth packing a night bag each to help everyone settle in, which means you won't have to rummage through everything to find your toothbrush! You may want to create an inventory of your boxes and

furniture to help you keep track of what you have and to help you ensure it doesn't go missing.

Moving day

Today is the day! You need to be ready for when your removal company comes. Ensure that you let them know if there are any fragile boxes that need extra care when handling. If you're moving yourself, then pack up your car or van and work out how many trips it may take. Before you leave, also take note of your final meter readings and send these off to your provider. Don't forget to leave your keys for the new owners!

You have arrived at your new home!

Give your removal company instructions of which boxes go in which rooms and make sure you are happy with everything that has arrived. Ensure you check for any damage before the movers leave. Read your new utility meters and send your readings of to your supplier. Taking photos of them will also ensure you have the correct reading if you need them again in the future. Unpack your essentials such as bed linen and clean towels. Don't worry about the rest, it isn't going anywhere! Order a takeaway, have a cup of tea and enjoy your first night with your family.

Right, so now you're all moved in, it's time to settle down, unpack and enjoy your new place. Remember, planning is essential to ensure your move runs stress free.

Checklist

Eight weeks

- Pack non-essential items
- Research your new area (transfer schools and order new uniform)
- Keep all important documents

Six weeks

- Decide on a local removal company
- Clear out any unwanted items
- Keep packing

Four weeks

- Notify utility companies
- Start preparation for your new house
- Keep packing

Two weeks

- Finalise all details
- Organise pet and child care
- Cancel local services
- Keep packing

24 hours

- Check every room and ensure everything is packed
- Pack a night bag so everything is to hand
- Collect your new keys
- Make sure your phone is fully charged so you can get in touch with the estate agents or removal company

Moving in

- Prepare for the arrival of the removal company and give them directions/your contact details
- Ensure everything is ready to move
- Record meter readings

On arrival

- Give removal company instructions of what goes where
- Check for any damage before they leave
- Read your new utility meters and send them off to your supplier
- Check if the previous owners have left anything behind
- Unpack essentials
- Order a takeaway and sit back and relax!



Want to treat yourself to a proper removal company for your next move or are you prepared to do it yourself

Removal company or brave it yourself?

You're excited about your new home and location but the process of packing, organising and actually moving all of your items is something no-one really ever looks forward to. Not only that but you also have to contact utility companies, maintain a job, keep your children happy and clean your entire house. You do have super powers, right?

Removal companies

Unless you live in a small property or flat, it could be worth hiring a professional removal company to help relieve some of the stress on the day. They have many skills and experience and some of the services they can provide include packing and

unpacking, dismantling and assembling furniture, loading your belongings quickly and securely, including those fragile and specialist items. They can even supply you with packing materials.

Hiring a removal company will also allow you the time to collect the keys to your new home. You also won't have to worry about the exhausting physical side of things, that being carrying boxes back and forth. Some services are great if you don't have much time to plan and get these done yourself; however these do often come at a premium and may not be suitable for those on a budget. When choosing a removal company

You also won't have to worry about the exhausting physical side of things, that being carrying boxes back and forth



its key to look at those which have good recommendations and reviews, as you need a company you can rely on. You can use comparison sites, such as comparemymove.com and reallymoving.com, to help find you the best deals.

Getting quotes

You should aim to get at least three quotes from removal companies, preferably from firms which will come out to your property rather than those who just estimate the cost over the phone, as you don't want any nasty charges later on. Plus it will give the company an accurate idea of any restricted areas in your home, if they can park a van or lorry, and how many

items you have. You should also ask for the price to be broken down so you can see just how much you are paying for when it comes to certain aspects like insurance, packing, an hourly rate, mileage and any storage costs.

Once you have found a removal company, it can be useful to send them a briefing sheet that includes information about any items which need to be specially packed, any difficult or large items, plus any carpets and curtains which need moving. Finally, it can also be helpful to send them a floor plan of the new property so they can unload efficiently.

Top tips for packing

When packing, ensure you don't overload your boxes with heavy items, as these will be difficult to lift and could cause a back injury.

Fill any empty gaps using old newspaper, clothing, socks or even tea towels. This will help secure any items when they are being moved.

Create an inventory and label all your boxes and write the contents on each box with a marker. That way you will know which room each box is to go in. And if you are super organised, you could even colour code each room!

Pack heavier boxes on the bottom. This might seem like common sense but it will ensure that any of your fragile items won't break.

Pack a survival box. These are the things that you will need first and should include paper towels, bin bags, cutlery, the kettle, some mugs, tea, coffee, milk, sugar and finally, some toilet paper!

NEW YEAR, NEW HOME



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