



FATHER'S DAY GIFTS

GET THE PERFECT FATHER'S DAY GIFT FOR YOUR LOVED ONE

TOP SPA UK BREAKS
RELIEVE TENSION WITH A
TRIP TO THE SPA

BEST HOMEMADE BURGER
AMAZING DIY BURGERS FOR
YOUR SUMMER BBQ

SUMMER FASHION TRENDS
KEEP COOL AND LOOK
GOOD THIS SUMMER

UP-CYCLING FURNITURE
ADD SOME CHARM INTO
YOUR GARDEN

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It is a day to treat that important man in our lives

Father's Day is a wonderful date in the calendar, when we are able to show our love and appreciation for a special someone in our lives. While traditionally, this is the day when we give special gifts to our dads, this is equally a wonderful day to show our appreciation for any male role-model in our lives, including step-fathers, grandparents and just about anyone that you think deserves it. Yes, it is important to try and show how much we love and care about these people everyday, but having one day solely about them is brilliant. Luckily, in the retail-led world we find ourselves living in, there are so many unique and interesting gifts which you could purchase for your loved one, ensuring no two gifts are the same. Here are a few suggestions which could be a great gift for your father figure this year.

PORTABLE GREENHOUSE

Whether your father is green-fingered or not, a portable greenhouse could be a great gift. These small units can be picked up from a variety of retailers and will have a selection for metal or plastic shelving, which is covered up by a weather resistant covering and a zip to enter. These portable greenhouses could equally be a brilliant addition to an established garden, as well as being a first step to start growing produce. This gift is a great choice for those looking to give their father something to occupy their time throughout the year and could even spark a brand new passion.



WELCOME TO THE LATEST EDITION

Summer has finally arrived, and this month we celebrate Father's Day as well as the better weather. On pages 2&3, we have a Father's Day gift guide, full of goodies to treat the man in your life. Talking about treats, on pages 4&5 we look at some of the best spa days in the UK.

Obviously, summer isn't the same without warm weather, so on page 6 we look at some of the best and most accurate weather apps to plan your days out, and also so you can dress to impress, which is why on pages 8&9 we look at the latest fashion trends for this summer. It is also BBQ season, and on page 7 you will find a recipe for the ultimate burger which you can enjoy on

some upcycled furniture from our feature on page 13.

Alongside all of these summery articles is our usual monthly gardening guide, full of jobs to be doing now; a guide to all things nature for when you are out and about, and a bumper preview of all the summer sporting events coming up.

So, grab a Pimms, or glass of vino, fire up the BBQ, and chill outside with this month's magazine.

Jonathan Wheatley
Editor

FANTASTIC FATHER'S DAY GIFTS



GO PERSONALISED

Some of the best gifts on important days such as Father's Day are those that are personalised just for him. Whether having their name, a nickname or a special inside joke inscribed or printed on the gift, these are sure to go down well.

You could get a personalised t-shirt, plaque, tool, mug or pretty much anything you can think of. One great place to go for personalised goods is online retailer Etsy, which is an e-commerce website filled with independent traders selling unique goods.

FIRST FATHER'S DAY

Any dad's first Father's Day can feel like an exciting and slightly humbling day. This can be the day when being a father first actually dawns on the dad and can feel emotional and overwhelming.

Getting any gift for your partner or husband, from your young baby can be a gift which they keep with them for the rest of their life. Great options could be a personalised leather wrap bracelet with their child's name on it, a baby footprint or handprint image, or our personal favourite, a metal keyring with a leather case and a picture of their baby inside.



SWEET TREATS NEVER FAIL TO IMPRESS

One gift that will never fail to impress the receiver are sweet treats. A selection of chocolates always make for a great treat. When looking for a premium chocolate gift, then Hotel Chocolat is a great option, with a taster kit being a wonderful present.

This option from the

chocolatiers includes a slab of chocolate, alongside truffles, macarons and drinking chocolates.

GIVE THE GIFT OF AN EXPERIENCE

Some fathers are not fussed about materialistic gifts and may even actively tell their children "not to waste their money" on presents for them.

While the sentiment behind this is genuine, we still think these dads deserve a treat. So, instead you could plan a day out with them to create some brand new memories. Experience days can be fantastic, with offerings include race days in flashy cars, hot air balloon rides or gentle cruises along some of Britain's beautiful waterways. You could even craft an experience day for yourself and design a day out with your father to mirror a meaningful experience or memory you share together. This could include revisiting a cafe or restaurant you would go to together when you were younger, go out to watch a show or comedian that you both love, or even just a gentle stroll in a local green space that means something to your family. Whatever you choose to do this Father's Day, make it memorable and unique.

TOP SPA BREAKS IN THE UK

Let's be honest – life is rarely stress free. Maybe work is piling up, or the house moving process is taking up all your free time. The kids might be driving you up the wall, or you might just feel on edge for no reason at all. Whatever the source of stress, you can be sure that a luxurious couple of days away at a UK spa destination will completely relieve any tension in life!

We are so lucky to live in a country with countless amazing spa hotels and resorts, and compiling this list has made us wish we had time to visit them all! One of the great things about our spas is the variety – we're sure everyone will have a perfect destination waiting for them. We've chosen a few locations that provide different benefits, to give you an idea of the range of spas on offer in the UK and hopefully inspire your much-needed getaway!

A couple of days away at a UK spa destination will completely relieve any tension in life

HOLISTIC BREAKS

This type of getaway is centred around mindfulness and the belief that each part of us is connected to our greater self. In order to relieve stress and restore happiness in ourselves, holistic spas use specialist treatments and their natural surroundings to reconnect our mind, body and soul. Whether you subscribe to this more spiritual outlook on life or not, this style of relaxation is proven to have great benefits

on mental and physical health thanks to the individually tailored treatments.

SCARLET

Newquay, Cornwall

With high-end facilities and stunning views, this adults-only hotel provides the optimal environment in which to replenish your spirit. Set on a clifftop overlooking the beautiful Mawgan Porth Beach, your unique massages and therapies are set to the natural sound of crashing waves. Every room has a sea view, including the swimming pool, but for us the highlight is the outdoor hot tub overlooking the surrounding area—you will feel at one with the sea as you enjoy a post-massage dip. **Double rooms from £290 a night.**

SEAHAM HALL

Seaham, County Durham

The former home of poet Lord Byron is located in this seaside town on the Durham Coast, and is used today as a luxurious spa hotel. The sea breeze invigorates the senses as you are treated to Asian-style holistic procedures. An underground passage connects the Georgian country house to the Serenity Spa, where you can find an impressive array of treatment rooms, outdoor pools and even a Zen garden. **Spa days from £95.**

SPAS WITH ACTIVITIES

We are well aware that indulging in the relaxing facilities of a spa is not for everyone, and some members of the family might wish to accompany you but not partake themselves. In this situation, it's best to find a spa that has a lot of alternative pastimes either connected or nearby. For a couple of good examples of this, we've selected some stand-out destinations in Scotland.

Relax and unwind at some of the country's best spa hotels

PORTAVADIE

Loch Fyne, Argyll and Bute

Step into the modern age of spa breaks at this stunning marina on the west coast of Scotland. Its feature attraction is a magnificent infinity pool, perfectly heated to allow for a comfortable soak while you take in the views of the mighty sea loch. Along with spa treatments, you can relax in a sauna or participate in yoga and fitness classes, but the out-of-spa opportunities are why it has made this list. Given its position in a marina, guests can enjoy private boat charters as well as fishing and kayaking trips. The whole family will enjoy voyaging off to a private beach while you are pampered—or maybe you'll want to join them!

Spa treatments from £40, and overnight stays from £164.

AUCHRANNIE RESORT

Isle of Arran

Located in the pristine natural landscape of Arran, this family-friendly resort offers wonderfully restorative treatments alongside on-site facilities and nature-based opportunities. There are multiple accommodation options, including wood-panelled cabins nestled in the countryside. The children will be spoilt for choice when the time comes to have some fun, as the resort contains a well-equipped pool and even a games hall with loads of sports gear to hire. Top it off with a choice of three restaurants and you've got a great option for a uniquely beneficial family break.

Stays from £170.

URBAN SPAS

Most of the spas we have highlighted above are based in nature, but some of us prefer having the versatility of a built-up town around us. Luckily, there are some outstanding city and town-based

spa hotels that offer both relaxation and convenience, and we will showcase one here.

ENSANA BUXTON CRESCENT

Buxton, Derbyshire

In 2021, this historic compound reopened its doors and reclaimed its position as a leading spa retreat. Known in the Georgian era as one of the most sought-after destinations for stylish travellers, it now offers wellness, beauty and holistic treatments and an impressive array of spa facilities. The indoor-outdoor rooftop pool will satisfy all your swimming needs, and you can unwind in the refurbished Victorian baths which are filled daily with Buxton's very own thermal water.

Stays from £165.

5 MOST ACCURATE WEATHER APPS

Here are what we think are the best, FREE apps available on iOS and Android

1WEATHER

1Weather includes a 10-day forecast, live radar maps, severe weather warnings and more. What makes 1Weather particularly unique, however, is that it takes big advantage of widgets so that key weather data can be visible on your phone's home screen, whether you're using Android or iOS. There are also minute-by-minute and hourly forecasts for temperature and rain, and all forecasts extend for up to 48 hours.

THE WEATHER CHANNEL

Providing the user with a wealth of meteorological data such as temperature, wind and visibility on an hourly or daily basis, TWC app is one of the most comprehensive with its functionality. It can also boast an extended 10-day forecast, and interactive maps can display the latest Doppler radar data to show rainfall and weather events and severe weather alerts to help plan journeys down to the T.

CARROT WEATHER

Carrot Weather is one of the more unique and sophisticated weather apps on the market today. The app provides current, hourly, and 7-day forecasts, with sarcastic humour to cushion even the gloomiest outlook. Infographics makes useful information easy to grasp, with more detailed meteorological

data available as you tap and swipe. You can even configure Carrot's sense of humour to be friendly, snarky, or murderous, with the ability to set how political the AI's jokes can get.

CLIME: NOAA WEATHER RADAR LIVE

Formerly known as NOAA Radar Pro, Clime continues to stand out from the crowd with real-time radar that shows you changing weather conditions relevant to your area. iOS users can now take advantage of lock screen widgets from the app as well. The user receives the standard 24-hour and 7-day forecasts with severe weather alerts included, but Clime also offers unique satellite weather imagery providing the user with the full picture of precipitation, temperature and other weather details.

WEATHERBUG

WeatherBug is perfect for detecting and alerting the user to a developing weather situation. The app not only offers Doppler radar, but it can also provide hurricane forecasts with the help of an improved hurricane tracker. Other features include Spark lightning alerts which use GPS data to alert users to how close lightning strikes are hitting, and the app also features air quality info and pollen count data.



You can even configure Carrot's sense of humour to be friendly, snarky, or murderous, with the ability to set how political the AI's jokes can get



NOTHING BEATS A HOMEMADE BURGER

Juicy, flavourful and made with fresh ingredients, burgers are the ultimate comfort food

With so many burger recipes out there, it can be hard to know where to start. But fear not – we've got the ultimate homemade burger recipe that is sure to impress even the most discerning burger connoisseur.

INGREDIENTS

450g ground beef (80% lean, 20% fat)
1/4 cup finely chopped onion
1/4 cup breadcrumbs
1 egg
1 tablespoon Worcestershire sauce
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
4 brioche buns
Lettuce, tomato, cheese, and condiments for topping

METHOD

In a large mixing bowl, combine the ground beef, onion, breadcrumbs, egg, Worcestershire sauce, garlic powder, salt, and pepper. Use your hands to mix everything together until well combined, being careful not to overmix.

Divide the mixture into four equal portions and shape each portion into a patty, about 1/2 inch thick. Using your thumb, create a small indentation in the center of each patty – this will help the burger cook evenly and prevent it from puffing up.

Heat a grill or skillet over medium-high heat. If using a skillet, add a small amount of oil to prevent sticking.

Cook the burgers for about 4-5 minutes per side, or until they reach an internal temperature of 160°F. Avoid pressing down on the burgers as they cook – this will cause them to lose their juices and become dry.

Toast the brioche buns on the grill or in the skillet for about 1-2 minutes, or until lightly browned.

Assemble the burgers by placing a patty on each bun, followed by your desired toppings. We recommend lettuce, tomato, cheese, and your favourite condiments. Serve immediately.

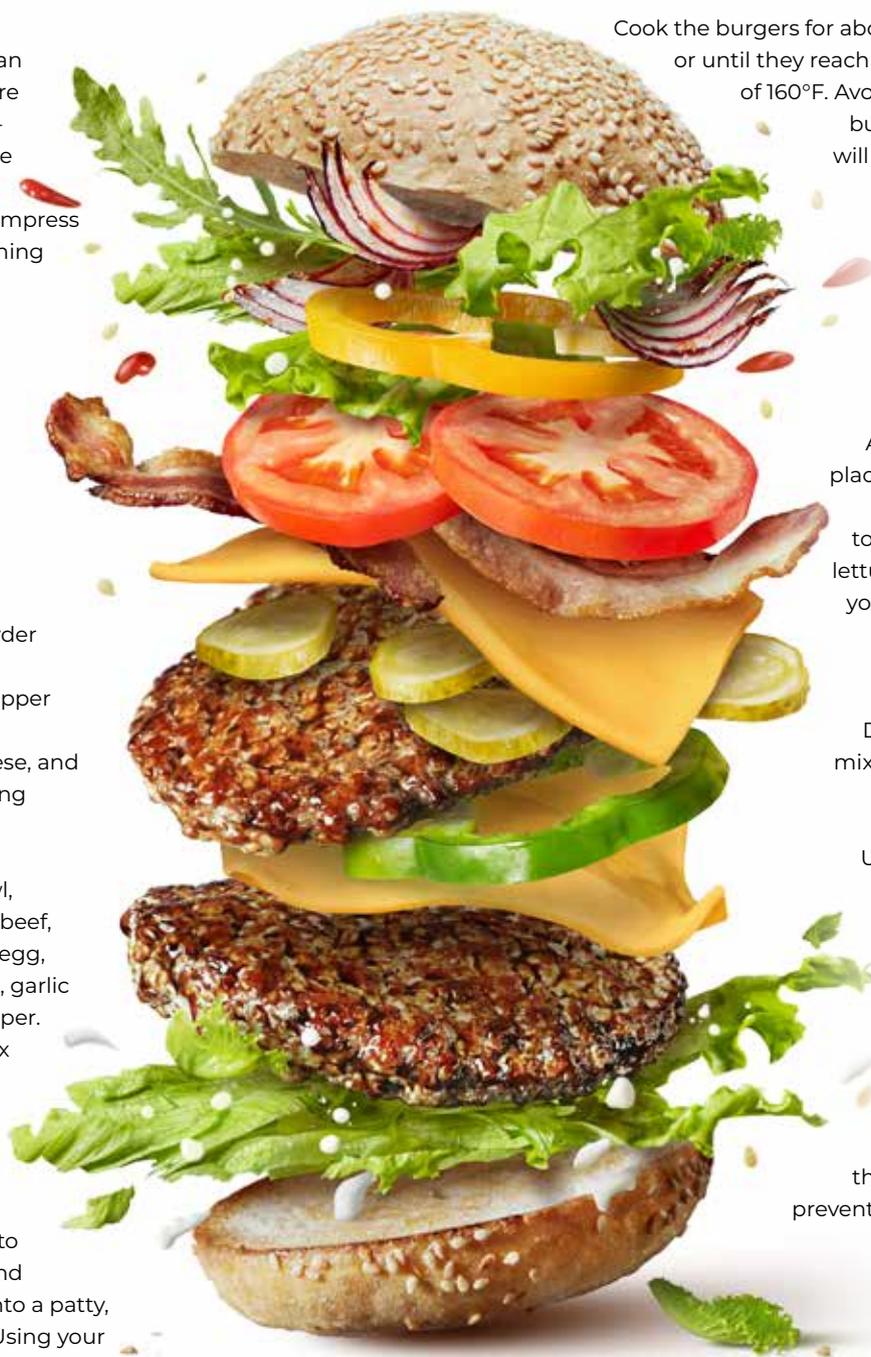
TIPS

Don't overmix the burger mixture, as this can result in tough, dry burgers.

Use a meat thermometer to ensure that the burgers are cooked to the proper temperature of 160°F.

Let the burgers rest for a few minutes before assembling them – this will help the juices redistribute and prevent them from running out when you take a bite.

So there you have it – the ultimate homemade burger recipe. With a few simple ingredients and some basic cooking skills, you can create a burger that rivals any restaurant version. Give it a try and impress your friends and family with your burger-making prowess!





SUMMER HOLIDAY FASHION TRENDS FOR THE WHOLE FAMILY

Summer is the ideal time to get dressed up and feel your best as you head out for all manner of sociable activities. It is the season for garden barbecues, big family gatherings and deep pub garden conversations with friends. Regardless of the occasion that you are heading out of the house for, make sure you look and feel top notch. While a new season brings along new memories, it also sees the introduction of new fashion trends, which can be tricky to keep on track with. Here are a few clothing pieces and fashion tips we expect to be incredibly popular during the hot months this year.

WHAT YOUR LITTLE ONES SHOULD BE WEARING

Fashion may not be the first thought that comes to mind when it is warm and you are attempting to dress up your children. Comfort and cooling are the key words. Certain fabrics are ideal for when it is warm, for example 100 percent cotton is a great choice for baby summer dresses, as these are soft and allow the air to flow through. Alternatively, clothing made from linen is also a summer-friendly choice for your little ones. While it could be tempting to head out and purchase all the latest fashion trends and accessories to dress up your child, keep in mind that heavy clothing items will feel incredibly heavy and hot in the summer. Playsuits are ideal for toddlers, while shorts are absolutely the best friends for older children.

MAKE SURE YOU FEEL COMFORTABLE AS WELL

Many of the suggestions for childrens wear also relate to you as well. Body-hugging clothing should be avoided if possible, as airy clothes that allow air to flow are ideal. Hats are fantastic for keeping the sun out of your eyes, with large cloche hats, fedora hats, boater hats and luxury baseball caps expected to trend for summer 2023. One great practical choice of headwear are athletic headbands, which are stretchy, come in an array of colours and are ideal for slicking back the front of your hair, while the rest cascades down your back.

Plenty of choices will keep you feeling cool and looking your absolute best





Clothing made from linen is also a summer-friendly choice for your little ones.



EXPECTED FEMALE TRENDS FOR THIS SUMMER

Now we are nice and cool and ready to put our outfits together, there are plenty of fashion trends which are expected to be seen everywhere this season. For particularly dressy occasions, mini dresses are a great choice, with many big fashion names incorporating lace into their clothing. Versatile essentials are very important to ensure you have a great base to style an outfit around. Simple white tank tops are absolutely ideal for a breathable top, which can very easily be glammed-up with a selection of colourful accessories elsewhere in your outfit. Bermuda shorts, which are knee-length shorts, could prove to be very popular due to their versatility and comfort, with these being perfect when matched with a button-down top while out and about. Shoes are also an important factor to consider when putting your outfit together, with eye-catching and surprisingly comfortable puffed slides set to be seen everywhere. These sandal sliders are easy as anything to just slip on and off when heading inside and outside the house while at a barbecue, while the variety of colours available on the market make these the ideal addition to any outfit. No outfit is truly complete without accessories and metallic bags are once again expected to be popular throughout the summer.

PLENTY OF CHOICES FOR THE MEN

Colour is the key word for men's fashion this summer, if early trends can be believed. Expect to see plenty of mint, steel, blue and riva colours throughout the warm months, with t-shirts in these eye-catching colours able to be used as a base for a breathable outfit to be built around. While block colours are fantastic, striped tops continue to be as popular as they always are. Wider fit tops are a top choice, as opposed to tighter fit, which can be too warm and leave the wearer sweating. In terms of what you will be wearing on your feet, hiking trainers could be a great choice, as there are plenty of brands producing eye-catching choices, which are also brilliant for when heading out on a long walk to appreciate the stunning weather and evolving nature around us.



JUNE GARDENING

Gardening enthusiasts in the UK are in for a treat this month | **GUIDE**

The weather this month is typically warm and sunny, providing the ideal conditions for a range of gardening activities. From planting summer containers to pruning shrubs, there are plenty of tasks to keep gardeners busy this month. In this article, we will explore some of the gardening jobs to do in June in the UK, including what plants to plant to make summer containers.

WATERING

One of the most important gardening tasks in June is watering. With the warmer weather, plants and flowers require more water to thrive. Gardeners should aim to water their plants in the early morning or late evening to prevent water evaporation and reduce the risk of plant scorching. Additionally, regular weeding is crucial to maintain a tidy and healthy garden. As weeds grow at a rapid pace in the summer months, it is essential to keep them under control to prevent them from suffocating other plants.

PRUNING

Another important task in June is pruning. Shrubs such as roses, forsythia, and philadelphus should be pruned after they have finished flowering. Pruning encourages new growth and helps to shape the plant. Gardeners should also deadhead flowers regularly to promote new blooms and keep their garden looking neat and tidy.

SUMMER CONTAINERS

When it comes to planting summer containers, there are a plethora of plants to choose from. One popular option is the petunia, which is available in a range of vibrant colours, including pink, purple, and white. Petunias are easy to care for and thrive in sunny conditions. Another excellent choice is the geranium, which is known for its long-lasting blooms and low maintenance requirements. Geraniums come in a range of colours, including red, pink, and white, and can be planted in pots or hanging baskets. Lavender is another great plant for summer containers. Its fragrant flowers and striking purple colour make it a popular choice amongst gardeners. Lavender is also known for its therapeutic properties and can be used to create a calming atmosphere in the garden. Other popular plants for summer containers include fuchsias, begonias, and lobelias.

When making summer containers, one of the most important things to think about before putting a load of plants in is what colour scheme you are going for. Using a colour wheel is a great way to put together plants with complimentary colours. As well as colour think about height. Ideally you want something tall, like a grass, something medium, like osteopermums, and finally ground cover like a rock daisy. And finally, don't just think about the colour of



the flowers, think about the foliage. A selection of different greens with different foliage brings a container to life, as does the texture of a nice grass like Pony tail.

In addition to planting summer containers, June is also an excellent time to plant vegetables and herbs. Popular vegetables to plant in June include tomatoes, cucumbers, and courgettes. These plants thrive in warm weather and require plenty of sunshine and water to grow. Herbs such as basil, parsley, and mint also do well in the summer months and are perfect for adding flavour to summer dishes.

One gardening job that is often overlooked in June is lawn care. With the warmer weather, lawns can become dry and patchy. It is important to water lawns regularly and to avoid cutting them too short, as this can cause damage to the grass. Additionally, applying a fertiliser to the lawn can help to promote healthy growth and prevent weeds from taking hold.

Finally, June is an excellent time to tackle any garden maintenance tasks that have been neglected during the colder months. This may include repairing garden furniture, cleaning out gutters, or repainting fences. By addressing these tasks now, gardeners can ensure that their garden is in top condition for the summer months.

RARE ORCHIDS AND BIRDS TO LOOK FOR THIS SPRING

Nothing beats the majesty of nature, and this spring there are plenty of rare flowers and birds to look out for

ORCHIDS

Greater butterfly orchid (*Platanthera chlorantha*)

Having seen a decline in numbers due to its lack of habitat, this orchid boasts whitish to yellow flowers with a pair of large broad basal leaves, along with a single spike which can grow up to 60 cm tall. It predominantly grows in hay meadows, and open scrub and grassland.

Lady's Slipper Orchid (*Cypripedium calceolus*)

Typically the most widely illustrated species of all flowering plants, the lady's slipper orchid is adorned with maroon-coloured flower petals that often spiral, and its sac of the orchid is bright yellow with some spots of red. It can grow up to 60cm tall and the stems are covered in hairs. Relying on a close relationship with a special type of fungi to help germinate its seeds, this particular orchid can often be found amongst undisturbed soils where fungi can be found.

Fly orchid (*Ophrys insectifera*)

As its flowers resemble the profile of flies, this orchid is called the fly orchid, the flower's lips of which being dark brown with two depressions at the base almost resembling the insect's eyes to complete the look. This all provides the orchid with a very distinctive look, carrying up to 15 flowers individually, and what makes this orchid even easier to identify is its tendency to form colonies of up to 10 plants. The fly orchid is found most commonly in the south of England.

BIRDS

Hawfinch

Usually found within mature woodland, the hawfinch is the UK's largest finch. Today, it's one of the hardest birds to see in the UK, spending much of its time in the canopy. The hawfinch's impressive bill is powerful enough to split open cherry stones, exerting a tremendous pressure of around 150 pounds per square-inch. Its profile is typically layered with different light shades of brown, with a greyish beak.

Nightingale

Typically located within the south east of the UK, the nightingale sings a sweet song that can usually be heard in areas of Essex, Kent, Sussex, Suffolk and Lincolnshire. This bird is a spring migrant favouring thick vegetation and coppiced woodland.

Willow tit

The willow tit has become one of Britain's rarest woodland birds, with the species' numbers declining ever since 1970 to a disappointing 91%. It is unclear what is responsible for this but it is likely a combination of increased competition, a rise in predation and changes in habitat. The willow tit can largely be found in willow thickets in damp places, such as the edge of lowland peat bogs, marshes and around gravel pits.

GREATER BUTTERFLY



HAWFINCH



LADY'S SLIPPER



NIGHTINGALE



FLY ORCHID



WILLOW TIT





UPCYCLING OUTDOOR ITEMS TO ADD CHARM TO YOUR GARDEN

Here are some of the simplest ideas to create maximum charm to your garden using as little as possible

FROM DECKING TO GARDEN PATHS

Garden paths are one of the most subtle ways to inject charm and character into your garden space, and in most cases, the simpler the path the more attractive it is. If you have had decking laid in your garden space, you will likely have spare planks sitting around somewhere. But even if you don't, they're not hard to find in most garden DIY stores, either physical or online. Planks of decking can be an extremely elegant way to form a path on your garden, leading to anything you like.

compared to lawns and shrubbery, which in turn cuts back on energy bills and the purchasing of tools otherwise required. What suits patios perfectly are coffee tables, and they are easier to craft than you may think. Old wooden pallets can be surprisingly ideal.

All it needs is sanding down, custom-painted, and wheels or feet attached to the bottom. It will ultimately provide a decidedly rustic, charming feel to any outdoor low-maintenance space.

FROM LADDERS TO PERGOLAS OR TRELLIS'

As the warmer months approach us, shade is something much sought-after for our gardens, and if it can be provided for in the classiest way possible, then all the better. To avoid wasting money on a pergola or trellis to provide shade and act as a platform from which plants and flowers can climb or trail, a basic wooden ladder will do just fine. Providing the same kind of support and character as a pergola or trellis, a ladder, providing it has the support of wooden poles, can be just as effective. The wooden ladder can be sanded down and painted if required to add even more colour and charm, and will ultimately give your garden a unique, quirky feel.

FROM SMALL TABLES TO HERB GARDENS

With the cost of living crisis has come a new attitude regarding what we eat. It's always been true that we are what we eat, and with more people being health conscious than ever, growing your own herbs in your own garden has not only become a novelty, but an advantage. To create your very own herb garden is not at all difficult, and you don't need to sacrifice a significant chunk of your garden space to form one. Elevated herb gardens are in trend at the moment, and upscaling a wooden table to become a bed for herbs is both an innovative and useful way of growing your own garden herbs.

Any old wooden table will do, as long as it's indented underneath the tabletop (or you are able to remove wood pieces to allow for an indentation). Remove the legs and reattach on the other side of the tabletop. Now you have a table with the top overturned, allowing for soil to filled inside the indentation providing a bed in which to plant your herbs. Simply sand, clean, and paint the table, and you're ready to go.

FROM PALLETS TO COFFEE TABLES

The cost of living has increased over recent times, which is why so many more people opt for gardens of low maintenance these days. Decking, patio and shingle require little to no work throughout the year,



A WHIRLWIND SUMMER OF BRILLIANT SPORTS

There are so many fantastic sporting competitions on the way this year

Summer is the time of the year when many of our favourite sports wake up and rocket into the world's attention.

Each year sees new editions of exciting competitions and tournaments held, with the summer of 2023 promising to be no different.

Offerings this summer include the highly anticipated FIFA Women's World Cup 2023, as well as the beloved Wimbledon tennis tournament and the Tour de France.

Here we have shone the light on a handful of the excellent sporting competitions which will be talked about throughout the hot months.

FIFA WOMEN'S WORLD CUP 2023

Few sports have seen the meteoric rise that women's football has undergone in recent years. The women's side of the beautiful game has historically, and incorrectly, rarely been seen as an equal to the men's, but this gap is very quickly closing.

More and more girls are showing an interest in playing the sport each year and crowds at professional games are rising incredibly.

The true pinnacle of the sport is set to take place this summer - the FIFA Women's World Cup 2023.

This edition of the competition is set to be hosted in Australia and New Zealand, with games being held from July 20 until August 20. A total of 32 teams will be competing for the top gong, including the Lionesses, who

represent England, as well as the host nations, New Zealand and Australia, and sides like USA and Brazil, who are expected to be among the strongest teams in the competition.

NETBALL WORLD CUP

Women's football is not the only sport to have a world cup scheduled for this summer.

The Vitality Netball World Cup is set to take place in Cape Town, in South Africa from July 28 until August 6.

This competition will see 16 international sides travel to the city to compete across 10 days for the top gong.

England will be taking part in the competition, as well as the likes of Australia, Barbados, Fiji, Jamaica, Malawi, New Zealand, Scotland, Singapore, Sri Lanka, Tonga, Trinidad and Tobago, Uganda, Wales and Zimbabwe.

Favourites to be the outright winners of the competition, according to the bookies, include Australia, New Zealand and England.

WIMBLEDON

It is quite difficult to have a conversation about tennis in the UK without the Wimbledon Championships coming to mind.

This year's Wimbledon competition is set to take place from Monday, July 3 until Sunday, July 16, with tennis stars from across the globe set to be attracted to the capital.

Women's football is not the only sport to have a world cup scheduled for this summer

Wimbledon is a historic and important date in the tennis calendar and is known as the oldest tennis tournament in the world, having been first played almost 150 years ago, in 1877.

This marks one of four Grand Slam tournaments held throughout the year, alongside the French Open, the US Open and the Australian Open, with Wimbledon being the only leg of the tour which is still played on grass.

Novak Djokovic is currently favoured among the bookies to win the tournament, followed by the likes of Carlos Alcaraz, Daniil Medvedev, Matteo Berrettini and Rafael Nadal.

TOUR DE FRANCE

The Tour de France is one of those very special sporting competitions which truly grasps the world's attention.

This year will be the 110th edition of the competition, with cyclists starting in the Spanish city of Bilbao on July 1, before ending at Champs-Élysées, in Paris on July 23. The Tour de France is an annual men's bicycle race, which takes place mainly in France, while touring around nearby countries as well.

There are 21 separate stages to the tournament, each of which are a day long and are held across 23 days.

Cyclists will face a variety of race types during this year's edition, including mountain and flat stages.

Some of the routes include a 22km stretch from Passy to Combloux on July 18, the 184km journey from Saint-Leonard-de-Noblat to Puy de Dome on July 9 and Vitoria-Gasteiz to San Sebastian, in Spain on July 2, which will be the longest leg of the tour, at 209km.

OTHER UPCOMING OCCASIONS

The world of sport is so diverse and jam-packed that it is difficult to highlight everything that is on the horizon.

Some other upcoming occasions include the Stanley Cup finals for ice hockey in June, golf's US Open and the Invictus Games, which will be hosted in Germany and will feature multi-sports.



Fairways, Holme Hale

Guide Price £600,000



Superb five bedroom detached house with double garage and annexe potential, situated on a generous plot in an enviable position with countryside outlook to the rear and side. This fantastic property boasts three reception rooms, utility room, en suite shower room, ample parking and conservatory.

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Swaffham - 01760 721389

Watton - 01953 883474

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Oaks Drive, Swaffham

£475,000



Superb, extremely well presented spacious four bedroom detached bungalow situated within easy reach of the town centre on the desirable Oaks Drive. This sizable property boasts gardens, garage, workshop, bathroom, shower room and parking. Viewing highly recommended to fully appreciate.

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The Avenue, Necton

OIEO £375,000



Superb, extremely well presented, spacious detached three bedroom bungalow situated in a cul de sac location in Necton. This fantastic extended property offers bespoke fitted kitchen, 4 piece bathroom suite, utility/ cloakroom, parking, gardens, and gas central heating.

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Sydney Dye Court, Sporle

£220,000



A well presented two bedroom semi-detached bungalow situated in the popular village of Sporle. The property offers gardens, parking, oil central heating and UPVC double glazing. Viewing is highly recommended.

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Chapel View, Swaffham

£525,000



Very well presented, spacious detached four bedroom house situated within easy reach of Swaffham town centre. This superb, substantial property boasts double garage, shower room and bathroom, en suite bathroom, gardens, underfloor heating throughout, gas central heating and two reception rooms!!

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CALL US TODAY FOR A FREE NO OBLIGATION VALUATION

Halton Road, Watton

£230,000



Very well presented semi-detached three bedroom house situated in a sought after location within Watton. The property offers kitchen/breakfast room, living room, ground floor cloakroom, enclosed private garden, off street parking, UPVC double glazing, oil fired central heating.

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

Princess Close, Watton

£250,000



A very well presented detached two bedroom bungalow situated on a popular development in Watton. The property boasts a conservatory, garage, off road parking, gardens, gas central heating and UPVC double glazing.

Viewing highly recommended

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

Bloodhound Road, Watton

£250,000



Ideally situated in the popular town of Watton, this very well presented three bedroom linked-detached house boasts, kitchen/dining room, lounge, ground floor cloakroom, modern family bathroom, UPVC double glazing throughout, gas central heating, garage, garden with outside entertaining space.

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

Field Maple Road, Watton

£289,000



A very well presented three bedroom detached house situated in the popular Norfolk town of Watton. The property boasts fitted modern kitchen, two reception rooms, conservatory, cloakroom, ample parking, well maintained private garden, UPVC double glazing and gas central heating.

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Dereham Road, Watton

OIEO £650,000



Spacious, well presented, three bedroom detached bungalow sitting on grounds approaching 0.5 acres in Watton. The property offers a multitude of potential uses with double garage and workshop, separate treatments rooms with planning permission passed for business use with ample parking and much more!

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

Swaffham | Watton

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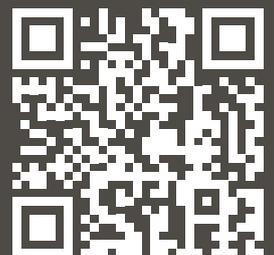


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**HOW MUCH
IS MY
PROPERTY
WORTH?**



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 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.

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!



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!

Busy Bees

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