

H A M M O N D S

In order, to live better.

moments

CONQUER THE CLUTTER

Positive effects of an
uncluttered room

REAL HOMES

New decade, new style
with Amy Neville

A WELL DESIGNED SPACE

Interview with
Marianne Cotterill



VOLUME 14 | THE WELLBEING EDITION



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THE WELLBEING EDITION

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New
year.

New
look.

New
moments.

FOREWORD

Welcome to Moments



The start of a new year always fills me with anticipation. It's a time to re-energise after the Christmas

festivities, make plans for the months ahead – and maybe even keep a few resolutions! I know many of you feel the same, which is why we've made this issue of Moments magazine our wellbeing edition.

From clearing clutter in the bedroom (and finally finding space for all those clothes, shoes and accessories!) to organising the kitchen, Hammonds Fitted Furniture can help bring a little calm to your home life. And that brings with it extra benefits... Stress-free mornings as you easily pick out your outfit for the day. Brighter breakfasts and dinnertimes as you gather around the table in a well-ordered kitchen. And a great night's sleep in a beautifully designed bedroom.

When your home is happy and peaceful, you have the space to truly treasure the moments that make life special, whether that's cuddling up with family on the sofa or that first quiet cup of tea in the morning.

Kerri

Kerri Amos, Editor

Meet the Designer



Tailored furniture and considered storage solutions; Hammonds designer, Joanna Cross, talks us through executing your perfect space.

About this space

‘The client was renovating an older property and wanted to make this room a walk-in dressing room,’ says designer Joanna Cross. ‘As well as the wardrobe pictured here, there’s another row of wardrobes on a second wall and a run of chests of drawers on a third. In the centre of the room is an island unit with a dressing table and a fitted bench facing floor-to-ceiling windows. The owner chose Croft, our Shaker-style design, painted in our

soft Cashmere colour. The central two doors of this wardrobe are half-mirrored, which helps to break up the look of the cabinets and reflect light around the room.’

Full height

‘We always fit our wardrobes from floor to ceiling as it makes them more sturdy, gives lots of storage and means you don’t need to dust the top!’

Angled design

‘The wardrobe is sited between two doors. The angled cupboards at either end mean the wardrobe can extend

wider along the wall, while creating a good flow around the room. The triangular shelves are perfect for folded clothes, storage baskets and accessories.’

Double hanging

‘One of our most popular features, the two rails provide plenty of space for

blouses, skirts, shirts, trousers and jackets.’

Spotlights

‘Motion-sensor, battery-powered lights illuminate the wardrobe and give a luxe, boutique-hotel feel. They were a good option here as this wardrobe is on the shadiest side of the room.’

High shelf

‘Great for storing out-of-season clothes, hats and weekend bags.’

Dress rail

‘Set an easy height to reach, for swift outfit choosing in the morning.’

Shoe racks

‘These pull out easily and are soft close. Each rack holds two rows of shoes.’ ■



FULL ROOM



WARDROBE INTERIOR

3D CAD drawings - only provided by Hammonds



GABRIELLA SIMIONI
Wardrobe Boss

Clear thinking

A calm and organised bedroom isn’t just practical and easy on the eye – it can help you start the day in a happy and positive state of mind, too.

Gabriella Simioni worked as a personal assistant in the finance industry, before providing a similar role for private families. When her clients began asking her to organise their living spaces – from toy cupboards and living rooms to pantries and bedrooms – it sparked a new career, as the Wardrobe Boss. She shares her tips for decluttering and organising with us... ►

“For me, a tidy wardrobe means a tidy mind”

GABRIELLA SIMIONI
Wardrobe Boss



GABRIELLA SIMIONI
Wardrobe Boss

‘You have to start the day off positively, and for me that starts when you get dressed,’ laughs Gabriella Simioni, aka Wardrobe Boss. ‘For me, a tidy wardrobe means a tidy mind.’ Gabriella uses her natural talent for organisation to transform the closet and drawer space of clients who feel overwhelmed by stuff – teenage outfits they’re holding on to for sentimental reasons, the dresses they might wear again one day, toppling piles of T-shirts and jumpers.

‘My first job is persuading them to get rid of the pieces they don’t need, then we divide what’s left into summer and winter outfits, half of which can be stored away until needed,’ Gabriella says. ‘Next, we can begin organising what’s left. Fitted furniture like Hammonds makes that so much

easier, as it can be personalised for the individual – you might need lots of shoe storage, for example, or double hanging rails for trousers and shirts.’ Her tricks include sorting clothes into types and then colour, and putting most-worn pieces where they’re easily accessible.

‘Clients tell me there’s a moment when they open their newly organised wardrobe and just smile. When your clothes are arranged properly, there’s no stress about finding what you want. It makes choosing an outfit simple, and so puts your mind at ease. You might decide you want to wear black jeans, so then you’ll see your white T-shirts and the jacket that would work with them both and you’re set for work or the school run – ready to take on the day.’ ►

Take charge of your space

LESSONS FROM THE WARDROBE BOSS

Get rid of what you don’t need

‘I ask clients to sort unworn clothes into three piles to be disposed of – to charity, friends and family, and those to sell,’ says Gabriella Simioni.

Separate summer and winter clothes

‘Pack the ones you don’t need into bags that can be stored away. Summer sandals and flipflops can be put into suitcases.’

Sort outfits into type and colour

‘Put all gym clothes, workwear, weekend clothes and evening wear into piles, then arrange them into colours. So your jeans could be sorted into black, blue and white denim.’

Arrange your wardrobe ‘Once your clothes are organised, it’s time to put them back into your closets and drawers. Make sure the ones you wear most are easily accessible.’

Do a monthly check-up ‘A quick sort-out will keep you on top of things and mean you’re not wearing the same things all the time because you can’t find any other options. And that’s always a mood booster!’ ■

A healthy start

January is the perfect time to lay down healthy habits to take you through the year feeling fabulous – and your kitchen can help!

We often start the New Year with the best intentions – and for many of us, that means resetting our approach to what we eat. Dramatic detoxes tend to be thankfully forgotten by the end of January, but introducing little tweaks to our diet instead can help us keep our resolutions and set up healthy habits for life.

A little forward planning and organisation goes a long way to helping us keep our goals. Start with a sweep of the kitchen cabinets to give them a New Year detox.

You don't need to throw the treats away; just put them at the back of the cupboard or on a high shelf so they're not the first thing you

see when you open the door – make that healthy snacks or a bowl of fresh fruit on the counter. Next, make healthy ingredients accessible and appealing. Decanting porridge oats,



Croft Kitchen in White, Pebble Grey and Charcoal

lentils and beans, rice and pasta into attractive containers will keep your shelves organised and mean you always have delicious, good-for-you

ingredients to hand. If you have kids, ask them to help you fill the jars, so they get to learn about the foods you're cooking with.

Menu planning and food prepping can help you stay on track, so you don't slip into old routines. Browse Instagram or blogs for recipes to inspire you and keep a list of meals you can rotate through the weeks, maybe adding a couple of new recipes per month. And if you have time (Sunday family cook-ins are great for this) make pre-planned meals that can take you through the week – a chilli that can be eaten with rice one night and tacos

the next; a roast chicken that can be turned into soup; or a super smoothie that you can whizz up for breakfast or freeze into lollies. ■

RECIPE
By Jools Oliver

Super smoothie

We love this creamy, fresh smoothie recipe shared by Jools Oliver on hubby Jamie's Instagram. Packed with vitamins from the fruit, energy from porridge oats and healthy oils from sunflower seeds, it's a brilliant way to start the day.

Serves 4

Ingredients

- 1 mug of frozen fresh berries
- 1 mug almond milk
- 6 tablespoons natural yoghurt
- 1 banana
- Handful of porridge oats
- 1 tablespoon sunflower seeds

Method

Whizz all the ingredients together in a blender until smooth. Check the consistency before pouring out. If it's too thick, add more almond milk or water. If it's too thin, add another half of banana. Pour into glasses and drink straightaway. Alternatively, you could put the smoothie into lolly moulds and freeze to make a healthy treat kids (and grown-ups) will love.



Real homes: Amy Neville



International model and blogger Amy Neville fell in love with Hammonds after seeing our products on show within Arighi Bianchi. She wanted a minimal, stylish look and chose the Willesley range to create this for her new, modern London home.

With the help of a Hammonds' designer Amy created her dream space - a bespoke dressing room with an open wall of shelving on one side and fitted wardrobes with a combination of rails, drawers and shelving on the other. She finished the

look with a four-drawer window seat topped with a stylish deep-buttoned grey seating pad. Amy continued the look throughout her home having built-in Willesley wardrobes and matching bedside cabinets in her master bedroom. ►





REAL HOMES

thought about. It all worked out perfectly. I love the open style of the dressing room and the corner wardrobe, they definitely made the most of the space. I'm very pleased with the window seat. Peter suggested the drawers were movable, to use in the middle of the room as an island, or in front of the wardrobes as a seat while applying my makeup. I like the flexibility, it works really well in my space.

With my job as a model I get sent a lot of clothes and shoes and I am naturally quite messy, it was all getting on top of me. My room is now organised and clutter free, I truly love it and feel so much more chilled out.” ■

Amy comments: “It was always my dream, growing up, to have a proper dressing room, full of bags, shoes and clothes, a space to get away from everything and relax. Now I’ve created that space. I escape there, put music on and it feels like my little heaven. I was so impressed with everything Hammonds offered from the beginning to the end. The design visit was brilliant, Peter French, the designer, gave excellent advice, he had great vision and suggested things I would never have

Get the look...





finishing touches

Range: Willesley
 Colour: White
 Handle: Modern Pewter Finish
 Upholstery: Vienna Dove



A well designed space



Stylist Marianne Cotterill creates incredible interiors for magazine photo shoots and advertising campaigns. We asked her to share some of her design know-how – and the latest trends – with us.

Find your colour confidence

‘I work with a lot of paint companies and 10 years ago they were asking me to do shots with six shades of grey and lots of neutrals. Now it’s all about full-blown colour! People are becoming more confident about using bolder tones – there’s a lot of green around and I find myself using accessories to put pops of yellow into rooms. If you’re nervous, start by painting one wall and see the difference it makes to the room.’

Get out your paintbrush

‘I have a devil-may-care attitude to paint and take the same shade over the ceiling, doors and skirting boards. It elongates the space and makes it seem bigger. If you have fitted furniture, it can work well to have walls in the same colour as the cabinets to give the room a seamless look.’



Harpsden in Stone

“A friend said it’s like the room is giving you a hug, and she’s right”

MARIANNE COTTERILL
Interior Stylist

Rethink your furniture

‘There’s a trend for mixing fitted and freestanding furniture in a room to make the most of a space and make it personal to you – for example, a lovely chest of drawers alongside fitted wardrobes in a bedroom, or a display cabinet in a kitchen. In my last house, I had a wall of fitted cupboards in my living room which held the stereo, kids’ toys and all the other bits I was tripping over every day. It meant the main part of the room, with its squishy sofa and armchairs, was a really comfortable, clutter-free space to enjoy time as a family.’

Switch up your style

‘You don’t have to decorate an entire room to give it a style refresh. I’ve had my sofa for years but I update it with new loose covers when I want a different look. And don’t underestimate the power of new cushions! They’re a great way to pick up on a trend – geometric patterns and big, dramatic florals are hot looks now.’

Find your ‘wow’ moment

‘Homes should make you feel good and a design only works if it works for you and your life. Think about the



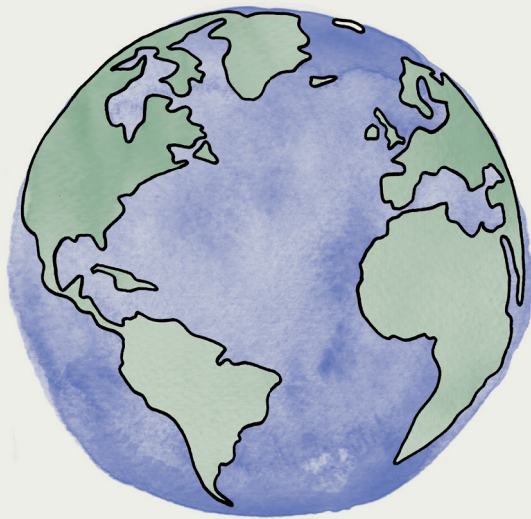
times that bring you joy – playing board games at the dining table, relaxing in the bath, cooking up a storm for friends – and create a home that makes these moments happen. Sometimes it’s accidental. I have huge windows in my bedroom and decided to make a feature of them with oversized curtains and a deep pelmet in a glorious hot pink silk, lined with peach fabric. There’s a time each day when the sun shines on the curtains and the whole room glows. A friend said it’s like the room is giving you a hug, and she’s right. I’ve put a sofa in the window bay so I can sit there with a cup of tea and just enjoy the moment. ■

Four steps to designing your space

Super-stylist Marianne Cotterill gives her go-to tips...

- 1 Fix the floor** ‘If you don’t like the carpet, pull it up and paint the floor instead. You can add a rug for softness and style; rugs are like art for the floor,’ says Marianne.
- 2 Move the furniture** ‘I like armchairs as you can move them around to improve the flow of a space. Grouping them around a coffee table is a great way to get people talking.’
- 3 Sort the storage** ‘Great cabinets add a sense of style in their own right and conceal clutter that detracts from your decorating scheme.’
- 4 Get the lighting right** ‘Great lighting is essential. For me that means lamps, not overhead lights. Choose designs that look great in the day and even more beautiful when they’re lit at night.’

Doing our bit



SUSTAINABILITY

From every piece of furniture our factories make to every room we fit, we’re conscious of our impact on the environment. Every day we’re making steps to ensure we care for and give back to our planet.

“In everything we do, we make sure we have as little impact on the planet as possible”

RICHARD HAMMONDS
Managing Director

WE HAVE PLANTED OVER 100,000 TREES IN 10 YEARS

Whilst sourcing all of our materials from sustainable forests, we’ve also consciously given back to the planet, planting trees to replace the ones we used! We’ve planted over 100,000 trees in just 10 years donating over £1 million to the Woodland Trust.

ALL OFF-CUTS ARE USED TO HEAT OUR FACTORY

We aim to create as little waste as possible, so we use all production off-cuts to heat our factories. We’re making little changes that mean we can deliver our high-quality pieces, with little environmental impact.

ALL PACKAGING IS RECYCLED RESPONSIBLY. BY US, NOT YOU!

With every delivery, our drivers take away every scrap of packaging to be recycled responsibly, whether that’s in our factories or at dedicated recycling plants. Leaving your home and the environment as tidy as we can!



CARBON NEUTRAL

Our new edition of Moments and our brand new kitchen brochure are now carbon neutral. This conscious move saves an estimated 12 tonnes of carbon per year!* We’ve also made our kitchen brochures free from single-use plastic, so you can rest peacefully knowing that we’re doing our bit to look after the planet.

*Total figure is based on multiple print runs of Moments and Kitchen brochures throughout the year.

A moment of peace



Mindfulness isn't all mantras and meditation. Introduce thoughtful moments to your daily routine to bring a sense of calm and clarity to everyday life.

There's a clear connection between our emotions and our environment. When our home is calm and uncluttered, it enhances our sense of wellbeing – but you don't need a roof-to-floor overhaul to feel the benefits. 'Focusing on your kitchen and bedroom is a great start, as these are the areas where you begin and end your day. They help set the tone when you wake up and shed stress before you go to bed, if you get the ambiance right,' say Marie and Hanna MacDowall, mother and daughter home staging and declutter experts and founders of Style and Stage London.



In the kitchen

Wellbeing wake-up

Breakfast times are better when everything is easy to find. 'Good storage is key. Install a mix of drawer units and cabinets to maximise the functionality of your space,' say Marie and Hanna.

Natural light wakes up mind and body. 'It's great if your prep or dining space is close to a window. Pull up the blinds and let the light in.'

Take your time and enjoy the moment. 'A lovely bowl, your favourite coffee mug, a proper place setting – these are all ways to bring a feel good start to the day.'



In the bedroom

Rest-time rituals

'We recommend a natural palette of pale or earthy colours to bring a sense of calm,' says Marie and Hanna MacDowall. 'Touch is essential to our wellbeing, so choose tactile furnishings and appreciate how they feel – the texture of your sheets as you get into bed, the weight of your duvet and firmness of your pillow. An extra luxury is a fluffy rug on bare feet.' Set the mood for sleep with gentle lighting – a lamp or dimmer switches are your bedtime friend. Finally, a plant by your bed will oxygenate the air and help you breathe easy as you rest. ■

5 steps to better sleep

- 1 Try to go to bed** At the same time each night, so your body knows it's bedtime.
- 2 Keep your phone out of the room** That way you won't be disturbed by notifications or late-night browsing.
- 3 Write a to-do list** For the next day to get 'busy-ness' out of your head.
- 4 Have a bath or shower** The cooling of your body afterwards helps promote sleep.
- 5 Don't overheat** The ideal temperature for your bedroom is between 16°-18°C.



MINDFULNESS

“Touch is essential to our wellbeing, so choose tactile furnishings and appreciate how they feel”

MARIE AND HANNA
Style and Stage

Avon in White

Hunt & gather...



Tom Hunt is an award-winning chef who puts food sustainability – and flavour – at the heart of his cooking. He talks to Moments about his eating philosophy

Eat for pleasure, eat wholefoods and eat the best food you can – that's the 'root to fruit' mantra of Tom Hunt, the chef who founded Bristol eaterie Poco, which has been awarded 'Best Ethical Restaurant' and 'Sustainable Restaurant of the Year'. In other words, choosing foods that benefit you and the planet isn't about serving up joyless platefuls; instead, it's an opportunity

to explore flavours and ingredients and really have fun in the kitchen.

'January is a great time to kick-start a new way of thinking about food, from what you buy and where it comes from, to how much you actually eat. Food waste is a big issue, and we're throwing away our own money as well as the planet's resources when uneaten food is discarded,' Tom says. His tip for anyone wanting to take a more sustainable approach to eating is to make a note of how much goes straight from the fridge and fruit bowl to the bin or compost heap. 'Keep a tally

and you'll see how much it adds up, then you can buy less – or buy smaller amounts so they don't go off – next time you shop,' he says.

What to buy is the next issue. While Tom advocates more plant-based meals, it's not as simple as following the latest food trends. 'Beans are a great staple food – inexpensive, healthy and good for the planet as they "fix" nitrogen in the soil that other crops need,' he says. 'But beef reared locally on rejuvenated farmland may be a better option than beans grown on deforested land in the Amazon. Shopping locally from trusted sources puts you in control of what you're putting on the table – it's how the best restaurants source their food,' Tom says.

Any change can meet resistance so try to engage the whole house in your new way of eating. 'Planning menus and shopping together, cooking from scratch and eating together around the table will involve everyone,' Tom says. 'Family-style feasting, whether it's flatmates sharing a meal, different generations of the same family, or just two of you, will bring the feelgood feeling back to food.' ■

Find out more about Tom at tomsfeast.com

Shakshuka

The best breakfast, a healthy yet hearty replacement for the full English. We serve it in huge pans from my festival café, with hundreds of eggs poaching in the rich tomato sauce.

Serves 2

Ingredients

300g passata
1 red onion, thinly sliced
1/2 tsp ground cumin
1 tsp sweet paprika
Glug of light olive oil
1 mild green chilli, sliced on the diagonal (optional)
2 garlic cloves, roughly chopped
4 eggs
3 sprigs of parsley or coriander, roughly chopped

Method

Gently fry the onion with the cumin and paprika in the light olive oil, adding a pinch of salt and half the chilli, if using, for 10 minutes, until soft. Add the garlic and fry for a further five minutes.

Add the passata and simmer for 10 minutes. If the sauce becomes too dry, add a little water.

When you're ready to eat, make four hollows in the sauce and crack in the eggs. Cover with a lid and simmer for five minutes for soft yolks and 10 minutes for hard-cooked eggs. Serve, sprinkled with the herbs and a little pepper, on your favourite toast, or with bread. Sprinkle with the rest of the chilli, if you like.



FOOD

RECIPE
By Tom Hunt

“Family-style feasting
will bring the feelgood
feeling back to food.”

TOM HUNT
Chef



Roast broccoli with shredded chicken, pine nuts and basil

A really satisfying lunch or easy dinner. Chicken thighs are relatively cheap when compared to breasts, so spend the savings on free-range or organic meat, whatever you can afford.

Serves 2

Ingredients

2 chicken thighs
400g broccoli
Light olive oil
Lemon zest
Sprig of rosemary
25g pine nuts
A grating of unwaxed lemon zest
12 basil leaves
50g parmesan

Method

Preheat the oven to 190°C/375°F/gas mark 5. Place the chicken thighs in a baking tray, season with salt and pepper, drizzle with the oil and tuck the rosemary underneath. Roast for 15 minutes.

The Natural Cook by Tom Hunt (Quadrille, £20).
Photography by Laura Edwards.

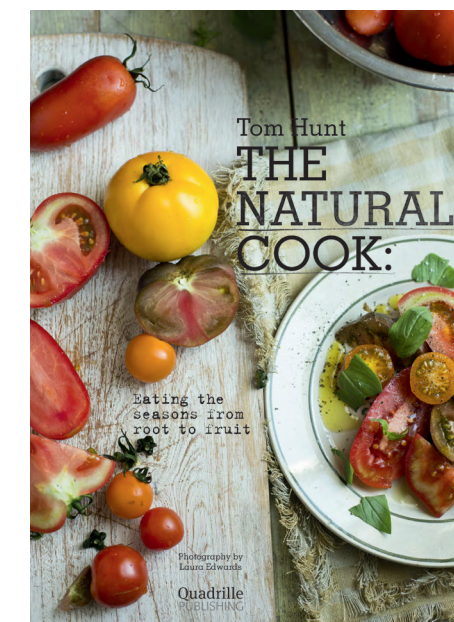
Reduce the oven temperature to 180°C/350°F/gas mark 4. Cut the broccoli into large florets, then peel the stalk and cut it into chunks. Toss them in light olive oil and salt and pepper, then grate a little of the lemon zest over the top. Roast in the oven for 20–30 minutes, until charred in places and cooked right through.

After the chicken has been in the oven for 35 minutes, check it is cooked by inserting a knife to the bone and wiggling it. If the juices are clear it is cooked, though the bone itself may still be a little red and that's fine. If the juices run at all pink, cook for a few more minutes before checking again. Remove from the oven and rest for five minutes.

Place the pine nuts in a small dry frying pan over a medium heat. Toast for three to five minutes; you want them to be golden brown with dark patches. Pour into a small bowl. Shred the chicken from the bone and toss in the baking tray with the warm broccoli. Serve on a platter scattered with the pine nuts and the lemon zest. Tear the basil leaves over and add shards of parmesan, shaved with a vegetable peeler.

FOOD

RECIPE
By Tom Hunt



Tom's tips for sustainable eating

- 1 Shop locally** Farmers' markets, independent food shops and community supermarkets are great ways to shorten the food chain.
- 2 Buy seasonally** Local, seasonal food won't travel thousands of air miles to reach your table, or take precious resources to heat hothouses to force growth.
- 3 Ask questions** Talk to shop keepers or the stallholders at the farmer's market to find out where their food is from and how it is grown.

Let the show begin...



NEW
HAMMONDS SHOWROOM
Milton Keynes



Milton Keynes has a new Hammonds showroom. Regional Retail Manager Rebecca Kobzik gives us

a guide to what’s in store, plus tips on what else to see while you’re in the area.

Hammonds, Milton Keynes, opened in October and it’s already been a big hit with shoppers. ‘There’s been a wow factor as people walk into the store as we have room sets for kitchens, a lounge area, home office and bedrooms. It means people can really imagine how the furniture might look in their own home,’ says Regional Retail Manager Rebecca Kobzik. ‘What customers love is that we can give them bespoke storage solutions, but at reasonable prices. These aren’t one-size-fits-all pieces; they can be tailored to suit you.’

Already they’ve helped one couple make the most of the space in their bedroom. ‘Their house has very high ceilings and there was a lot of dead space above their wardrobes; we created long-term storage for them,’ says Rebecca. Another customer wanted shoe racks for his 27 pairs of trainers. The three-person Milton Keynes’ team can help with everything from organising the hanging space in a wardrobe to designing a kitchen. ‘A great layout makes cooking so much easier, and that’s where our expertise comes in,’ Rebecca says. ‘We even plan to put on chef events soon, so you can see the kitchens and appliances in action.’ ■

Rebecca

**Rebecca Kobzik
Regional Retail Manager**

Find Hammonds Milton Keynes at
Duckworth Court
Grafton Retail Park
Milton Keynes
MK6 2RX
01908 590267

Opening times:
9.30am-5.30pm Mon-Sat
11am-4pm Sun

Croft in Light Praline

THE WELLBEING EDITION | VOLUME 14

STORE NEWS



“We’ve created a space of positivity
and wellness for shoppers to feel a
sense of calm and the desire to enjoy
their surroundings a little longer”

DANNIELLE WILLIAMS
Stylist



Croft Kitchen in Mussel & Cobolt (New Hammonds colour)



Highbury Kitchen in French Grey & Alabaster



Rialto Square in Light grey



Vigo Living Room in Mid-Tone Walnut



Elkin Sliding in Dust Grey Desk



Willesley Walk-in in Rural Oak

Out and about in Milton Keynes

Rebecca Kobzik, Regional Retail
Manager of our Milton Keynes
showroom, picks her local hotspots...

Bogota Coffee Bar The first
independent coffee bar in Milton
Keynes and the place to go for
brilliant coffee prepped at a
brew bar by friendly baristas;
bogotacoffee.co.uk

Snozone Indoor skiing,
snowboarding and sledging on
real snow slopes, every month of
the year; snozoneuk.com

Stony Stratford An ancient
market town just five minutes’
drive from Milton Keynes. It’s
a great place for a Sunday pub
lunch and it’s where the phrase
‘a Cock and Bull story’ is derived
from. The Cock and The Bull
were rival inns who vied for the
most outlandish travellers’ tales
from the coaches stopping there.

