

Life

LIFESTYLE
Philippa Forrester:
why birdwatching
is the perfect family
activity **P14-15**



**MASTERS
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Honouring our skilled
workers
P10-11



**FOUR PAGE
PUZZLE
PULL-OUT
INSIDE**

The Sunday Telegraph 23.01.11

telegraph.co.uk/lifestyle/

BARNES REBORN

Want a beautiful country
home? Go for an
'off the peg' conversion **P2**



PHOTOGRAPHY

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Lighting It's so important in a kitchen to have different circuits so you can change the mood instantly from practical lighting to dimmer lighting when you're entertaining. These are basic halogen lamps that don't protrude

Wall paint I saw this colour some years ago in Tate Modern and I thought it would be perfect in here, so I mixed it up myself. It blends in without disturbing and is a great foil to any other colour you put with it

Decoration These plates, with a stoneware glaze, came from Oka - I like the simplicity of the design. The pictures are all by an artist friend, Clare Trenchard, who lives locally. She's particularly good at animals and birds. The spokes on the clock add another shape to break up all the circles

CHRISTOPHER JONES



LIGHT OF MY LIFE
HELEN BARROWCLIFF
LAMP DESIGNER

We're very spoiled here in Dorset - the position of the house means that looking out of the kitchen window I can see nothing but fields for miles and miles around.

The most important thing about a kitchen is that it functions well. But you can add detail quickly and easily to make it more colourful - like the wall behind the Aga which is covered with pictures - without disturbing the practical side.

I studied textile design originally and had my own hand-knit business, but I have always loved lighting. Gradually, while doing interior design work, I became more fascinated with the fact that people spent so much money on new curtains and not on good lighting so that they could see - and enjoy - that fabric at night.

Stand in John Lewis and watch people buying lamps: they never turn them on. My company's name stands for "Turn Me On" Lighting because I believe that a lampshade should come alive at night. It's a powerful way of introducing something unexpected.
© TMO Lighting (www.tmolighting.com)

Table My mother saw this in the window of the General Trading Company when I was little. I'm one of four children, and she made us climb into the shop window and sit at the table to make sure it was big enough for the family. I'll never forget sitting there, getting weird looks from people walking down Sloane Street

Lampshade I developed a hand-painting technique of layering the paint. The effect is like stained glass when the lamp is switched on: different bits of the design light up



GET THE LOOK

WALL PAINT 'Calamine' from www.farrow-ball.com
LAMP SHADE TMO Lighting, as above

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