



Designing for Downsizing



About the author

Emma Gurner began her career in interiors 15 years ago as an interior stylist, where she worked on editorial features for publications including BBC Good Homes, Ideal Home and Homes and Gardens. In 2016 she set up Folds Inside, an award winning interior design studio creating inspiring and practical interiors. Emma's vast knowledge of the industry, creativity and keen eye for trends enables her to produce bold and striking designs. It is important to her to collaborate with her clients, listening to their needs to produce designs that reflect who they are.



Congratulations on making the decision to downsize! It is without doubt that you have been on an emotional journey to get to this point and now may be asking yourself 'how am I going to do this?' I hope that my practical tips on how to downsize not only help you with this process, but also make it a positive experience as you enter an exciting next phase of your life.

1. Start early

If possible, start planning at least 3 months before the move. This is both for practical and psychological reasons. A good idea would be to set yourself half an hour each day on the task in hand. Easing yourself into the process early will be less daunting and you will be surprised how much you can get done within a focused and dedicated timeframe.





2. Write lists

Start by writing a list of all the items that you use, that give you pleasure, that have sentimental value. These are the items that will help to make your new house a home. To make this easier group these items into genres, such as furniture, soft furnishings, art etc. Then write a list of all the things you can be without and next to these items allocate where each of these items can go, for example Charity, auction or give to family member.

3. Research charities

Take a little time out to research different charities. There are a number of worthy organisations that would benefit greatly from your donations and this act in itself would make the downsizing process a more rewarding one.





4. Deciding what to keep

This isn't going to be easy but try and aim to have a definite keep list, a definite get rid list with no maybes in between! Tackle one genre at a time, beginning with the smaller items, such as books. Once you have become used to the process of getting rid of smaller items, it will make getting rid of the larger items easier. Ask yourself questions like 'will I ever read that book' 'will I ever wear that' 'do I actually like this?!' It's amazing how many things we hold on to that actually we are not emotionally attached to at all. Anchor can be with you every step of the way to help you sort and pack your possessions.

5. Measure up

This is really important as inevitably you will find that some of your furniture will be too big to fit into your new home. Measure the rooms and the furniture you're thinking of putting there. A good tip would be to take a roll of masking tape to the property and lay out the furniture sizes with the tape on to the floor so you can actually see how much space your furniture takes up.





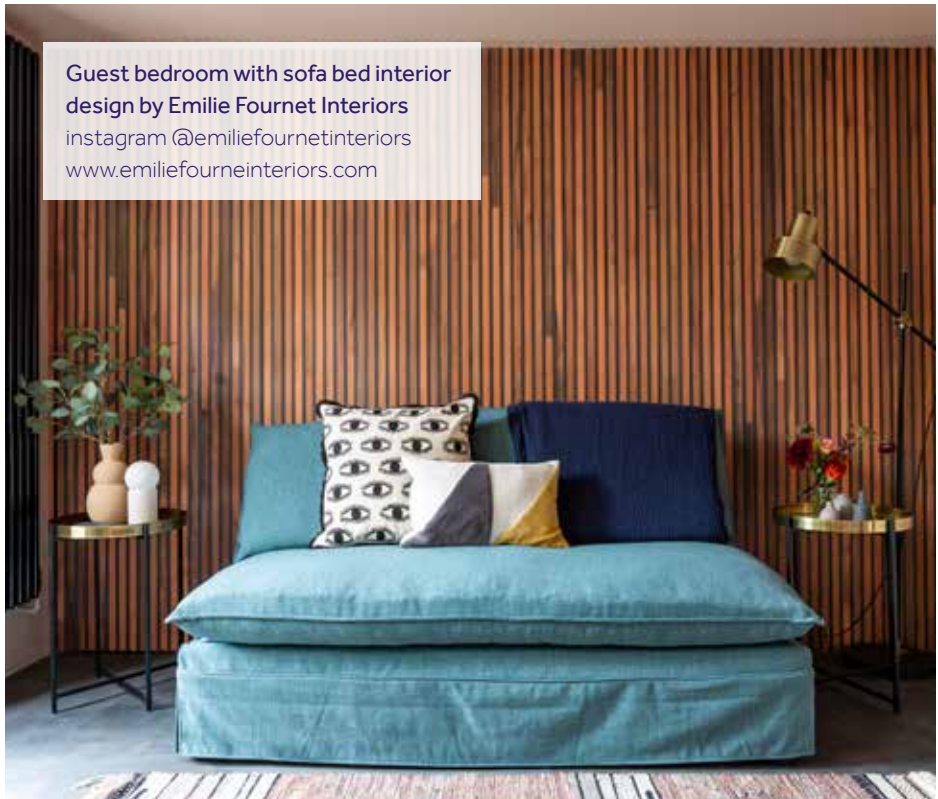
Mix of vintage and modern furniture by Emma Gurner
instagram @em.gurner
www.foldinside.com

6. Mixing old and new

Give a loved vintage piece of furniture the limelight in a room by mixing it with modern pieces of furniture. If you stick with one antique piece per room, it will become a design feature and the contrast with the modern pieces will make its presence feel purposeful and considered.

7. Making clever furniture purchases

You should decide on the function of each room of your new home before purchasing furniture. Consider space saving ideas, such as furniture that is multi-functional. For example, a sofa bed would be a good idea to have in a spare room which could double up as a study and a guest bedroom. Also extendable dining tables would allow you to have more guests when need be but won't take over your dining area on a day to day basis. Anchor offer an interior design service that can help you find the perfect pieces.



Guest bedroom with sofa bed interior design by Emilie Fournet Interiors
instagram @emiliefournetinteriors
www.emiliefourneinteriors.com

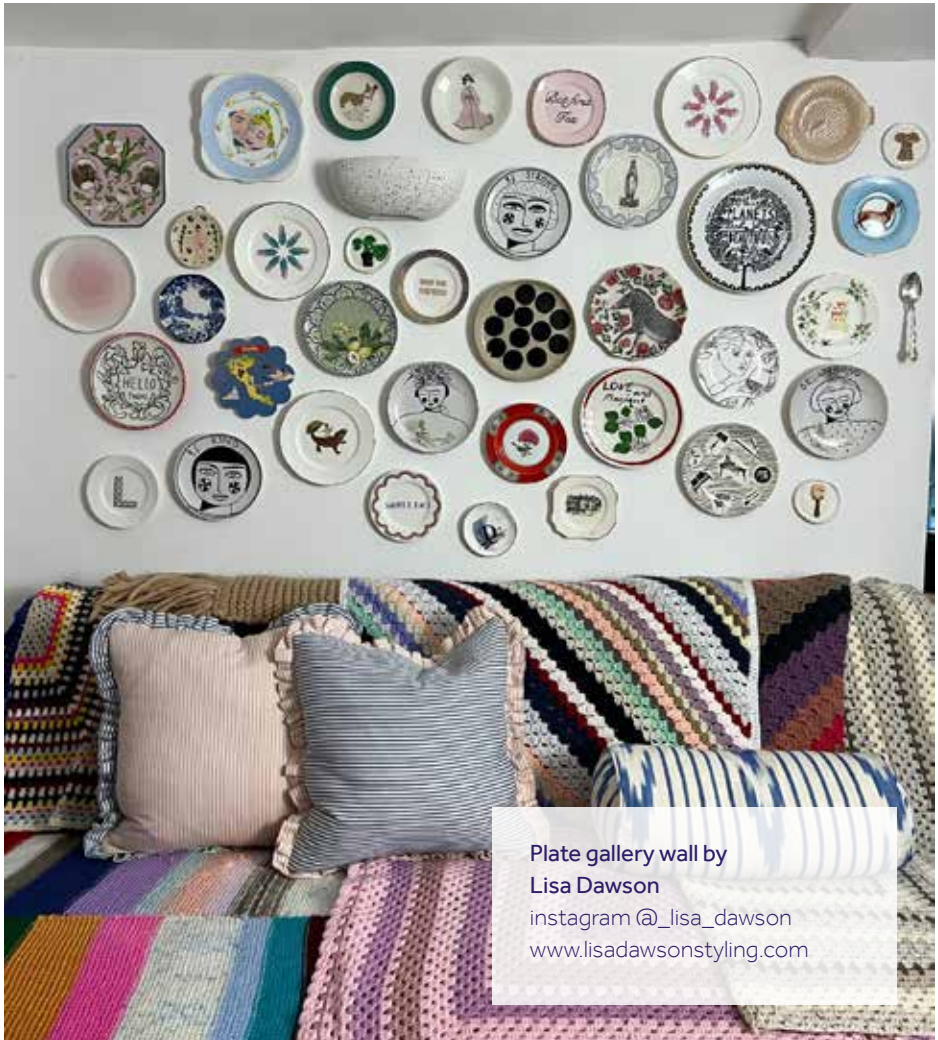


8. Formulate those photos

Allocate time to go through all of your family photos, including those you may have framed. Label who is in each picture and put together photo albums that can then be neatly stored. Instead of having numerous picture frames on display, create one large photo montage to hang on a wall to create a feature.

9. The art of display

Displaying sentimental items will make your house feel homely but too many items can make a space feel cluttered. A great way to style collections is by grouping them together. A well curated collection can become a real feature, for example, a gallery wall of your china plates.





10. Add some softness

Layering a new property with soft furnishings will automatically add a sense of cosiness. Anchor can advise you on your soft furnishing needs from curtains to cushions to carpets to meet your budget and reflect your style.





Anchor Hanover Group is a charitable housing association with registered society No 7843. Registered Provider No. LH4095. Registered office: Anchor Hanover Group, Suites A & B, The Heal's Building, 22-24 Torrington Place, London, WC1E 7HJ.