

# Living

ESSEX

YOUR  
NEW  
LOOK

HOMES & INTERIORS • PEOPLE & PLACES • FASHION & BEAUTY • FOOD & DRINK • EVENTS • COMPLIMENTARY

FEBRUARY 2019

## CHIC CORAL

The pink that's Pantone's  
colour of 2019

## UNDER COVER

Leigh's lux new  
lingerie boutique

## GRADE II LISTED

Inside fab farmhouse in Little Tey

## TABLE FOR TWO

Essex's best date  
night restaurants

*Inside*

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WINTER  
WALKS TO  
TAKE THIS  
SEASON

## MOTHER'S RUIN

The Great Oakley  
orchard with gin fever





# RAILWAY SLEEPERS AND HOW TO USE THEM

Earth Designs was formed by **Katrina Kieffer-Wells** in spring 2003 and, along with her husband and partner Matt and their team, she has now completed more than 230 designs and 90 builds

**E**arth Designs specialises in urban domestic back gardens, within London and Essex, where space can be at a premium. In her new monthly column, Leigh-on-Sea-based Katrina shares her design tips.

Railway sleepers are a great material to use in any garden. They can be used to create structure, retain soil or make furniture.

There are several different types of railway sleepers on the market, including new treated softwood sleepers right through to reclaimed African hardwood sleepers. Be careful when using reclaimed sleepers as they can be carcinogenic and harmful to wildlife, children and pets. You need to ensure you are using the right sleeper for the right garden - whether it is reclaimed or new. Reclaimed sleepers are very heavy and will require at least two people to move them into position. They look great though if used in the right way.

Sleepers do vary in size. If you are using them to make furniture (they really lend themselves to sitting on both in their appearance and dimensions!) try to source one that is the right size for the height of the bench and the backrest.

Railway sleepers can be perfect for rustic water features. Simply build a trough with a beautiful liner. Make sure they are well above the water level so none of the toxins leak. You can attach a spout or fountain simply by screwing in or drilling through the wood.

Railway sleepers were made for raised beds. In our gardens we use them all the time to raise the planting above ground level. When constructing then, try to alternate the joints as it will make it stronger and visually more interesting.

You can use sleepers on the floor, but beware they can be slippery. Sync them into gravel, or add anti-slip strip to make them safer. You can also use new sleepers in the garden to build paddlers, or create outdoor room. Sync them into the garden upright and make crossbeams to create the perfect outdoor room. Perfect for adding down lighting, or to hang a hammock from. ①



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