



Glass school
pendant lights,
£359 each, Davey
Lighting at
originalbtc.com

the [♥] comfort of things

LAMPLIGHT

There are certain things in your home that are like old friends: they always cheer you up. We feel the love for a warming light or two

Words: **CLARE GOGERTY**

Scandinavians know a thing or two about lighting. They tackle being plunged into almost non-stop winter darkness by filling their homes with bright and twinkling light. Numerous winter traditions involving candles and lanterns are held to generally raise spirits. Lights (notably multi-branched candelabra during Advent) are placed in windows day and night to cheer passersby with a glowing beam.

The Swedes' example is one we would do well to follow. Coming home and switching on the lights banishes the darkness, replacing it not just with visibility but with emotional reassurance.

How you choose to light the home is worth giving some proper

"Coming home and switching on lights banishes the darkness"

thought. A single overhead light is cheerless and depressing (even more so if it's a single swinging bulb), whereas pools of localised lighting are cocooning and mood-enhancing. Rather than see each room as a single unit to be lit from one source, the way to master lighting is to think of it in terms of different zones. In the living room, for example, you may have an armchair you read in, a sofa to watch the TV from, a few pictures and plants that you would like to show off. Light each differently – a floor lamp over the armchair to read by; a table lamp beside you on the sofa; spotlights on a picture – and any bleakness is replaced by a sense of purpose and a mood-boosting atmosphere.

Advances in technology, notably dimmable switches and LEDs, mean any lighting is controllable. It has the power to affect mood like no other element of the home, whether boosting the wattage of a bulb to illuminate a dingy corner or dimming a lamp to make an area cosier.

Once you've got the lighting how you want it, boost it by adding things that catch the light or extend it, such as a large mirror. Finally, don't forget the power of a simple flickering candle to bring a little magic to a gloomy corner – something Scandinavians know all about.



A GUIDE TO LIGHTING

Finding the right light for the right spot

WALL LIGHTS

Wired into a base on the wall, these create pools of lighting without using up floor space.

Try: The Bazar Wall Lamp by By Rydens, with an extendable, articulated arm, £109, scandinaviandesigncenter.com

PENDANT LIGHTS

Hang from the ceiling, either singly or in rows.

Try: Bloom light shade, looks like a flower, £39.99, bluemarmalade.co.uk

TABLE LAMPS

More a decorative addition than lighting itself.

Try: Morten table lamp, a black glazed ceramic base topped with linen drum shade, £89.95, westelm.co.uk

FLOOR LAMPS

Place near an armchair to create a snug reading corner.

Try: Curved Floor Lamp, a generous metal shade, £395, nordichouse.co.uk (pictured)

TASK LIGHTING

Lights with a purpose: from an Anglepoise on your desk to overhead spots in the kitchen.

Try: Loft Task Lamp, fully adjustable, £28, marksandspencer.com

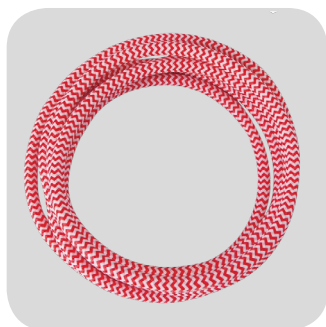
BARE LIGHT BULBS

Bulbs with decorative filaments remain popular, especially in coffee shops.

Try: Plumen 001 bulb, a low-energy bulb with twisted glass tubes that resemble mixer beaters, £19.09, lightbulbs-direct.com

THREE TO MAKE, BUY OR CUSTOMISE

Ceiling lights don't have to be restricted to simple shades. Unleash your creativity and repurpose old kitchen items to make one of your own, or buy one ready-made



1 Make

It takes a little knowhow and several components to create your own ceiling light. But how satisfying. Apart from the shade, you'll need a base to attach to the ceiling, a flex, and a bulbholder. If sourcing these is a little daunting, you can assemble the parts, including the red and white cable, above, £3.99 per metre, on the dowsingandreynolds.com website, and they will make up the result, from as little as £12.03. Also try baileyshome.com for a variety of different coloured flex, £5 a metre.



2 Buy

As we all know, re-purposing old items is a satisfying way to give them a new lease of life and keep them from landfill. Vintage kitchen items like aluminium jelly moulds and colanders (see Customise) are the ideal shape and weight to be used as lampshades. You could wire them up yourself (see Make), or buy one (or even several) ready-made like these Old Metal Jelly Mould Lights, £48, from re-foundobjects.com. Just the job, hung in clusters or rows, for a kitchen or utility room.



3 Customise

Take an old aluminium colander, drill a hole in the base, add a bulb holder and a flex and you've got a nifty ceiling light. If you can't find a second-hand colander, this Dorset Blue enamel colander, £18, above, from gardentrading.co.uk is an option, although it will be heavier and drilling a hole in it will be harder. *Remember to turn off the power before you fiddle with any electrical fittings, or get an electrician in to wire your light to the mains.*



White and clear Wellington pendant light, £235, fritzfryer.co.uk

HOME QUANDARIES

Like many others, I like to read before I go to sleep and at the moment do so by the light of an Anglepoise lamp. Although this gives a good clear light, the beam is pretty strong and can be blinding when caught at the wrong angle or when I switch it on in the morning. It also takes up a lot of room on my, admittedly small, bedside table. Is there another, more subtle, way of illuminating my night-time reading?

Answer in brief: liberate the bedside table by hanging a light above. The trick here is to look up. Free space on your bedside table by suspending a light from the ceiling. If you share a bed with another person, do the same on their side for balance and pleasing symmetry. Many attractive pendant lights exist and need to be liberated from solely hanging over the dining table. Employ the services of an electrician to install the light and to fit a switch near your pillow. The result will be a beam of light falling gently from above, which is much easier on the eye than the harsh glare of a task lamp.

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Globe LED light bulb | from £19.99 With a spiral filament. dowsingandreynolds.com

No 1 Giant Pendant Light | £875 Steam bent. rume.co.uk

Downtime table lamp | £95 Shine a light on a reading nook. loaf.com

Stråla LED 5-armed candelabra | £22 Channel a Swedish vibe. ikea.com

Clear glass school wall light | £249 Would work well in a porch. originalbtc.com

Black Broadway Arrow | £89 For the lost or the theatrical. made.com

Sketch ceramic table lamp | £75 Good and sturdy with a gentle glow. coxandcox.co.uk

Copper floor lamp | £80 Two beams on one stand. habitat.co.uk

Cork Plug in Wall Light | £160 Metal bracket included. room356.co.uk

