



### What to buy



While it may be grey outside, it needn't be all grey inside.

Starting with pieces by [Marianna Kennedy](#) to create colourful interior punctuation. The Spitalfields-based designer uses her former Huguenot silk-weaver's house on Fournier Street as part home, workshop and showroom. It's from here that her joyous interior flourishes are made, shown and sold. There are elegant 'Fetters of Gold' frames with blue or pink tinted mirror, handpainted signs and coloured resin lamps, one of which is moulded directly from a lamp at Cawdor Castle.

With bright lamp-shades made from binders cloth (her husband, book-binder Charles Gledhill works from the top floor of the house) that sit atop the rainbow lamps, the only quandary, is how many to buy.

[www.mariannakennedy.com](http://www.mariannakennedy.com)

[www.alist.vanityfair.co.uk](http://www.alist.vanityfair.co.uk) »



### What to know



"Let me know if there's anything I can do," is the well-meaning but useless phrase often employed when a friend's in need.

But here's an idea. Fire the phrase and call [The Food Stork](#).

Chef Fleur Sladen devised [The Food Stork](#) when she realized that new mothers, or friends having a hard time physically or emotionally could really do with a practical helping hand. So she began delivering her fresh, home-cooked food, made with many seasonal ingredients plucked straight from her Gloucestershire vegetable garden.

[The Food Stork](#) is not about diet or weight loss; but simply food made with love, to warm, nourish and nurture. So food boxes can include meals such as Roasted free-range chicken with chorizo, chickpeas and red peppers, Sweet potato, aubergine and pea curry and Chocolate and almond brownies.