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Reigate

Summer 2020
Edition 03

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WELCOME

Hello and welcome to the Summer edition of YLLBB. We are delighted to bring some positivity to your home, filled with new inspiration of what you can discover this season in and around Reigate.



It has certainly been a challenging time of late and we are so grateful for your continued support and positivity. Whilst we were not able to bring you a Spring edition, we have been constantly reminded of what a strong community we all live in. We are delighted to reconnect our local businesses and services with you again, who have shown such courage and resilience by continuing to serve and care for the community in every way possible, carrying on the Reigate spirit.

We hope your eyes have already spotted the beautiful paintings drawn by local illustrator Amanda Vigor, she captures the feeling of summer and embracing being outdoors, everything this time of year brings. We have all had plenty of time to make new

resolutions, this edition gives you amazing contacts in the local area who would really appreciate your support and are ready to help you achieve your goals, from gardening services, interiors, doggy daycare, fitness to a new hairstyle, which for most is well overdue!

We recognise the High Street will face a testing time accommodating all of the changes this pandemic has set upon us. YLLBB is on a continuous mission to raise awareness of how we all can continue to support by utilising local as much as we possibly can. It has been overwhelming to hear and read amazing acts of kindness, compassion and community spirit which we are lucky to be a part of, keeping us all uplifted.

This year, Reigate Heath Golf Club celebrates its 125th Anniversary. Widely recognised as one of the best 9 hole courses in the country and set in a stunning location, including Chef Tony Tobin's fine dining restaurant, Ranmore.

The Club offers attractive membership options for golfers of all standards and social membership for non-golfers!

Wishing you all an enjoyable summer!
Stay safe.

Lisa Ali



FOR MORE INFORMATION ON LOCAL ARTIST AMANDA VIGOR ON PAGE 30

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BOOK

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THIS SEASONS SENSATIONAL OFFERS

Here is a little taster of offers throughout this season, including 'Something Special' on p.11 and 'Wedding Special' featured on p.30.

p.6 Power Demand Ltd

10% off any electrical works

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FREE consultation & sourcing

p.18 Mind Body Life Pilates

FREE online class

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20% discount online

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20% exclusive discount

p.33 Monkey Business

10% discount on all party products

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Follow us on social media to keep engaged with your community everyday.

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 Your Local Little Black Book

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DESIGNING & CREATING UNIQUE HOMES

"Hello" to those who are yet to know us and "hello again" to our valued local clients. We work independently and also unite our individual talents to collaborate on homes in Reigate and the surrounding area.



Nathan: "I design and create one-of-a-kind, truly personal, bespoke kitchens and interiors. Placing the client at the centre of all I do, I start from a blank piece of paper, dreaming up creations from both mine and my clients' imaginations. When growing original ideas, anything is possible... see your dream realised."

NATHAN KINGSBURY DESIGN

Jane: "I create beautiful homes where people love to live. Every interior reflects my clients' living preferences, individual taste and personality. Using my own little black book, I source bespoke pieces of furniture, luxury fabrics, soft furnishings and striking lighting to design a unique space that truly works for you."

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Dades Antiques is a friendly family business established in 1961, specialising in antique furniture restoration and cabinet making.

Ryan Harris who leads the business from his workshop in Redhill has over 28 years experience in working with fine antiques. Ryan also creates beautiful bespoke cupboards to each customer's specification.

Please contact Ryan on 01737 767576 or pop into the workshop for a chat.

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JAMIE GOODMAN

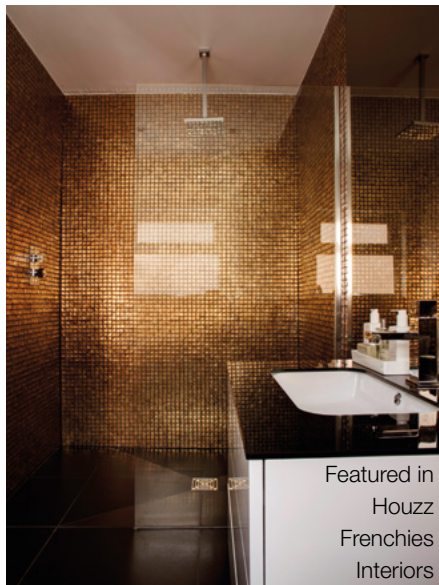
Jamie Goodman is a local family man who has worked renovating homes for over 35 years.

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HOW DO YOU LEARN TO LOVE YOUR BODY?

By Nutritional Therapist, Live Better Lucy.

Whether you are a concerned parent or struggling teen, expecting a definitive answer to this question in the hope that just by understanding the answer, their issues go away. Sadly, it's not the case. As with most mental health issues such as body image, comes good days and bad days. Having experienced issues with body image myself, emotional eating, self-esteem and self-acceptance, I know it takes time and effort. I created LBL as I can relate, assist you through the process, holding you accountable.



My 5-step guide to self-love

1. Be open to change, especially habit change. If it's not working, something NEEDS TO CHANGE. The smallest changes can make the biggest impact. Start by writing down 3 habits to implement into your daily routine, e.g. read before bed, no phone before bed, diary before bed.

2. Step out of your comfort zone. The best thing I ever did to improve not only my body image but my self-esteem. I did my best to avoid anything outside my comfort zone for years, which impacted the relationship I had with my body. My advice, start small. Pick one thing you could do now that is out of your comfort zone. Write in your diary, then when you have done it, write exactly how you felt after you did it.

3. Get to know yourself and your body. What are your triggers? It's a great tool to keep a journal. This allows you to understand more about yourself, writing it down so that you can notice patterns. It's incredibly reflective and therapeutic. Understanding your triggers can help prevent negative thought patterns, e.g. social media, skipping meals, lack of sleep, lack of movement.

4. Movement. This improves mental health by reducing anxiety, depression, and negative mood, by improving self-esteem and cognitive

function. It doesn't have to be strenuous exercise it can be a short, morning stretch or exercise class. Stick to movement you enjoy and do this every day; this will help you remain consistent for the long term.

5. Help others. You can help reduce anxiety surrounding body image issues by volunteering to help people in need, or even animals, if you prefer. Sometimes it's good to gain perspective. There is so much to gain from volunteering, offering a sense of community, gratitude, confidence, self-worth and a much-needed boost in serotonin and dopamine levels.

Remember it is a process, often a slow one. Incremental changes are usually the most sustainable and a love for self makes a great bedrock foundation so taking it bit by bit is the approach I recommend.

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- Mental Health
- Body image
- Self-Esteem
- Anxiety



Contact Lucy on:

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CHRISTINE WAKEFIELD - RDA FITNESS



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A ROYAL CELEBRATION

Qi Gong is easy-to-follow, flowing exercises & breathing, for any fitness level. We had the pleasure of speaking to Dame Caroline Allen following the announcement of her honour in The Queen's New Years' Honours List.



Leaving her work with special needs last year, Dame Caroline took the opportunity to retire from her role as education CEO and retrain for her "second career" in Qigong (flowing exercises & breathing) and acupressure (massage of points, no needles!). Dame Caroline now offers classes and treatments locally, here in Reigate. She was first introduced to Qigong when she worked as a teacher in Hong Kong for a couple of years and she has practiced Qigong and acupressure herself for over 30 years.

Caroline incorporates acupressure into her Qigong classes, as well as doing 1-1 treatments. She finds the combination works very well for people. "Some of my class members and acupressure clients come primarily to relieve stress, improve immunity and health, relax and feel uplifted. Others have specific conditions, such as migraine,

asthma, lower back pain, depression, cancer. The lovely thing about qigong and acupressure is that I see such a difference in people, because the breathing and movements are so uplifting and revitalising."



QI GONG – WITH CAROLINE

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- **Join Caroline for weekly Qigong classes on Thursdays over Zoom 3-4 pm, £2.50 per class or pre-book 4 classes for £8**
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- **Caroline also offers 1-1 acupressure & Qigong on zoom, please contact for further details**

Dame Caroline Allen PhD

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12 WEEK: KETTLEBELL

Have you been slogging away at the same running route, exercise class or gym program for weeks or years, yielding poor, if any, results?

Have you been slogging away at the same running route/ exercise class for years, yielding poor, if any, results? Frustrated, asking what you're doing wrong & why you can't achieve your fitness goals?

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KB training recruits multiple muscle groups & provides an excellent full body workout, delivering a total body conditioning program.

Yep, resistance & aerobic training combined - resulting in an elevated metabolism for hours after you've finished training (burning extra calories long after you've completed your session).

KB training targets the posterior chain & cardiovascular system - two of its



primary triggers for progress, you'll find improvements in activities such as running, plus in aesthetic areas, such as a better bum.

It also gives you the gift of encased strength without excess mass, for that lean, yet strong look.

Lastly, KB training strengthens the underused postural muscles, which end up weak & lacking definition, whilst addressing muscular imbalance & decreasing chance of injury.

Here, is a little gift - an easy to apply 12 week KB program, that will provide you with the results you desire.



THE PROGRAM

Duration: 4 sets of 4 weeks, 3 sessions per week

Outcome: Improved strength; conditioning; increased power; improved general physical preparedness; posterior chain recruitment; improved energy levels; engagement in an exercise program - increased adherence & thus, RESULTS.

Main Focus: Hinge & Press

Movements: Swings & their variations

Warm Up:

Option 1: A1: Goblet squat A2: inchworm out & back in reps of : 1,2,3,4,5 x 3 sets

Option 2: A1: Turkish get up - singles x 10

Option 3: A1: Bear crawls/ movement flow (i.e. sun salutations) 10 minutes

Option 4: A1: Inverted row, A2: goblet squat, A3: inchworm (progression: for strong trainees add in a chin up - row, squat, chin up, inchworm) - 110 total reps - 25 rows/ 25 goblet squats/ 5 inchworms x 2

Main session: Hinge/ press - planned randomness (use dice)

Roll 1: 100 double handed swings & 100 kettlebell floor presses

Roll 2: 10 seconds of swings, 10 seconds of rest, 10 seconds of press - repeat x 30 - 30 minutes total time

Roll 3: 15 swings left, 3 presses left arm, 15 right arm, 3 presses right arm x 25 minutes

Roll 4: 10 single arm swings, 1 press each side, 20 swings, 2 presses, 30 single arm swings, 3 presses - 25 minutes total time

Roll 5: 5 Double KB swings, 1 double clean, 2 presses, 10 double arm swings,

1 double KB swing, 1 double clean, 3 presses, 15 double arm swings, 1 clean, 5 presses

Roll 6: Double KB's: 1 swing, 1 clean & 1 press (put down & reset) 30 minutes AMRAP

Cool down: 5 minutes of postural work (rows or reverse flys) & 15 minutes of stretching/ foam rolling/ mobility Pick & choose the appropriate weight for a full body training program.

Advice: Purchase 3 bells & rotate per session to vary intensity.

Thank you to Surrey Martial Arts for the use of their gym facilities and Abigail Evans Photography for images.

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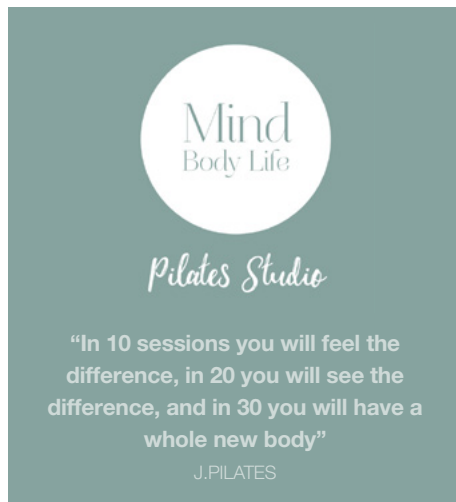


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JOIN THE FAMILY AT REIGATE RUGBY CLUB



We aspire to make rugby a fun and active sport, not just for kids! Have you been considering dusting off your old boots and getting back on the pitch? Want to introduce your child to the game?

Then Reigate Rugby Club is for you!

A grassroots community based family friendly club, whose doors are always open to new members. We are currently recruiting through all age groups, but if you don't fancy being on the pitch you're welcome to join the active social scene in our clubhouse. We endeavour to continue to grow the club and encourage rugby and its values further into our community.

We cater for all, from an ever-expanding mini's and youth section, with age groups right the way up until Colts rugby at 16, to three regular Senior sides. For those looking for competitive 1st team rugby or slightly more social 2nd team and Vets rugby, our senior teams can offer you something (even if it's just for fitness or skill development).

We have a thriving Mini and Youth section that offers a fun, safe environment for all children to learn new skills and social interaction. With the addition of our new training ground and changing room facilities, alongside our knowledgeable and friendly coaches, we will ensure you and

your child will enjoy rugby, whilst making new friends and teammates.

It's fair to say rugby is an inclusive and team-focussed sport – and so too is Reigate Rugby Club. Located in the stunning picturesque surroundings of Colley Lane, a short walk from the centre of town. Once the new rugby season resumes the Senior sides train during the week and play most Saturdays, with Mini and Youth training and games taking place on a Sunday. We look forward to welcoming you into the fold!

For more information please go to www.pitchero.com/clubs/reigaterfc or contact Dec Skehan at ReigateRugbyChairman@gmail.com



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☎ 01737 245566

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🌐 www.joulesreigate.com



Joules Wine Bar was established in 2012, making it the longest running late night venue in Reigate. We are a family run business offering first class cocktails with a vibrant and lively atmosphere, both behind the bar and inside the venue. We are open Thursday, Friday and Saturday's from 4pm until 1am (2am Friday & Saturday) we are also open on Sundays during Bank Holiday weekends. Each night we offer DJ sets from 9PM until the early hours, free table reservations, free table service and access to the only late night garden in the town. We have also hosted many corporate events, and private gatherings including, baby showers, engagement parties, 40th/50th birthdays and even a wedding reception!

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Haute Indian Cuisine

Saffron Summer is delighted to join the Reigate Community, bringing you award winning Haute Indian Cuisine with a modern twist, world-class wines and impeccable service in a pristine and cosy environment.

Our restaurant will be open in July for takeaway service and we look forward to welcoming you to dine in with us soon!



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Situated in the heart of Reigate, the Market Stores has taken on a crafty theme, with ever-changing and exciting beers always on offer. 8 dedicated taps and 4 exclusively for guest craft, we're sure to have something to tantalise the taste buds.

Food has taken on a fresh look too; our newly updated menu has finger food pairings such as chicken wings and breaded halloumi to keep the stomach well-lined for a great evening out. For those with dining on the mind we've a plethora of pub classics for you to indulge in, including a burger range that's second to none in terms of source quality and execution. Award winning suppliers such as Owton's farm give us the best opportunity to wow and reach that taste perfection.

Working on the downstairs theme, our upstairs function spaces have been given the magic touch too! Offering an area for 50 people as well as space for up to 35 people. We're sure to accommodate any and all functions you can think of.

Bring in a copy of YLLBB for a chance to receive 10% off your booking costs from now until September 2020.

Summer is fast approaching, so why not come and relax in our funky terraced beer garden. Space for the entire family to enjoy the hotter months and cracking views of the Reigate area, you can spend a lovely afternoon getting lost in the calm and beauty of your surroundings, washed down with a refreshing drink and some delicious food.

Community is a big part of what we're about, and we're here to make sure you all have a great experience at all times. We're dog and child-friendly (just ask my 6-month-old son!) and have space a-plenty for prams! So, for all your pub needs there's only one place you need to go, we'll see you soon.



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Exfoliating Treatment
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Sol De Janeiro £22 each
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 A shampoo infused with plant-based keratin microbeads combined with a conditioner which glides on to the locks, allowing the patented SOL Seal Technology™ infused with keratin micro-capsules to get to work on damaged areas & reducing split ends.

Drunk Elephant £44
F-Balm Electrolyte
Waterfacial Hydrating Mask
 Plump, restore and strengthen skin with this cooling overnight mask that helps to hydrate parched complexions by improving moisture levels.



Jo Loves £70 - £115
Pomelo Fragrance
 A clean-cut, elegant fragrance that can be worn anywhere, this charismatic scent makes a wonderful gift – or treat for yourself.



Hourglass £56
Ambient Lighting Palette
 This powder palette filters out harsh light and refines the appearance of the complexion, delivering an amazing soft-focus finish.



Space NK have risen to the challenge and transferred instore experiences online, creating tailored and personalised 1-2-1 consultations, through bookable masterclasses & virtual consultations offering beauty advice to continue to inspire and engage you to look and feel your best. There is a great range of online consultations with a Space NK expert via zoom conferencing for customers wishing to receive advice on makeup looks.

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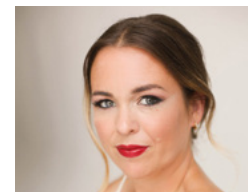
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THE FASHION LIFT

Introducing you to Fran Bacon, local designer, fashion writer and mum of two. Fran regularly supports Reigate's shopping scene, working with both local independent boutiques and high street brands to give you fabulous styling ideas for all budgets.

Reigate is my 'go to' destination where I love to stroll with a coffee in hand, enjoying the great variety of unique shops and restaurants. I know I can pick up something different, something I won't see everyone else wearing or that special piece of homeware to add a little touch of flare in the house.

With the uncertainty and challenges of the last few months, from complete closure to gradual re-opening I have seen how many shop owners have reinvented our shopping experience. I am in awe of their dedication and relentless hard work to sell their beautiful stock they lovingly and thoughtfully bought for us.






STINE GOYA DRESS PURCHASED FROM @QUATTORISH, PERFECT FOR SUMMER DAYS

It's great that many have kept in touch, giving us a little light relief through styling videos, virtual shop tours, hand delivering your special purchase directly to the door, and many shop owners now giving us access to buy through their online platforms. My goodness haven't they worked hard for us shoppers, whilst going through these extraordinary times!

My family and I have been making the most of the slower pace of life, we are lucky to live near such beautiful countryside, so walks through the woods and fields have become a daily event as I am sure for many of you too. I have tried to embrace my creative side in the kitchen by baking, some bakes have worked some have been pretty disastrous! My daughter and I have been making bead bracelets and necklaces for everyone we know, to spread a little cheer. Like many of us, there has been plenty of quieter days which I have appreciated the time to recharge, but I am looking forward to the buzz of normal life, working, designing and meeting with friends. Doing all the little things that we now cherish and once took for granted.

Now more than ever I will be focusing on shopping locally to support the businesses of Reigate moving forward.

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Welcoming you back through our doors and excited to share our fabulous brands for summer.

To keep everybody safe and still give you a wonderful shopping experience, we have implemented some changes to the way the shop operates in the short term.

Our opening hours will be slightly shorter from 10am - 4pm, Tuesday - Saturday and we will be closed on Mondays. However, the shop will be open on Mondays between 2pm - 5pm if you prefer a private appointment. These bookings will be made in 30 minute slots, if you feel you would like a longer time please feel free to book a double slot.

To book your private shopping experience, please call 01737 235468 during opening hours or email us quattorish@yahoo.co.uk.


and all clothing steamed and quarantined after trying. If you prefer to shop from home for inspiration or just to browse visit www.quattorish.com to see all our lovely edits, we can either deliver or you can safely click & collect.

Ivy and team have kept us all up to date with the latest fashion with regular styling videos via social media, for inspiration or just to browse visit www.quattorish.com to see all our lovely brands.

We would like to thank all our loyal and new customers for their support during our closure, we are extremely excited to welcome you back with us again!

Ivy & the Quattro Rish Team x

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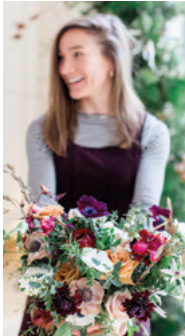
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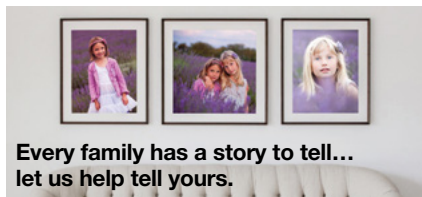
✉ hello@imagiart.co.uk
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 🌐 www.imagiart.co.uk

To celebrate the launch of Imagiart, a local Reigate based company, we are offering you an exclusive 20% off all products. Discount code: YLLBB3 (offer expires on: 30th September 2020).

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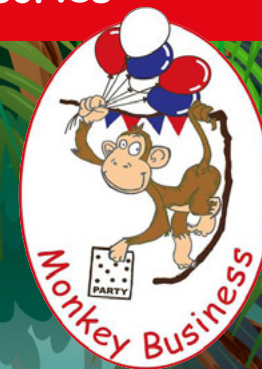
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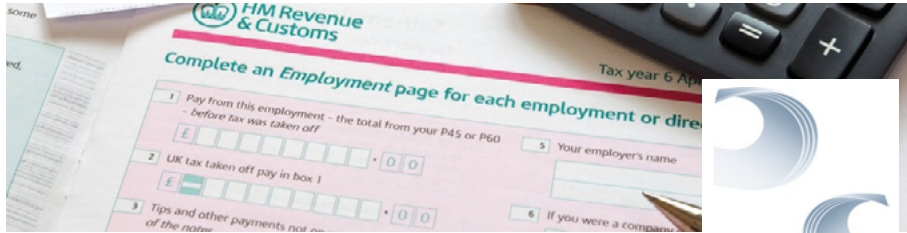
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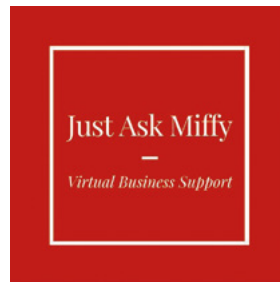


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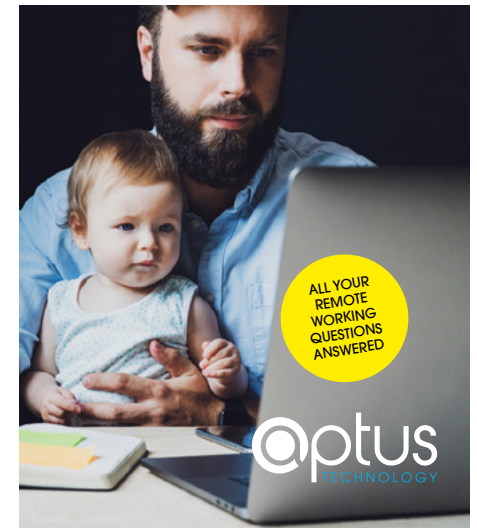
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Infinity is a not for profit, community and volunteer led organisation based in East Surrey. We presently have a community space in Earlswood, which provides a local hub for services for our community. We lead community sessions, host classes and support local services and events. We also have an online following, with daily cuppas and online support sessions.

We are proud to collaborate with local businesses and have previously received funding from the Tandridge Trust, Community Foundation for Surrey, VARB and Reigate and Banstead Council and are particularly grateful for the opportunity that the Earlswood Federation of Schools has given us to open the community hub on their site.

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MAKING REIGATE A FAIRER TOWN



The Fairtrade mark has been around for 25 years. Its distinctive blue, green and black shape on a product's packaging guarantees that no one has been exploited in getting that product to our shops.

Reigate residents have been supporting Fairtrade for a number of years by choosing to buy ethically sourced products on offer at community events and from selected shops. Through simple everyday choices, shoppers have been ensuring farmers get a better, fairer deal.

In 2019, to coincide with the Fairtrade Foundation's 25th anniversary, a group of local Fairtrade supporters started meeting together to raise awareness of the importance of Fairtrade, with a view to campaign to make Reigate a Fairtrade town. The group soon won the support of Reigate & Banstead Borough Council, Reigate Business Guild, Young Leaders, and a number of local schools, faith groups, businesses and shops, and the campaign was officially launched on Saturday



29th February with a special event held in the town centre (see photo below).

More events were planned for this year and the campaign was on schedule to fulfil the five criteria for Fairtrade town status by the end of 2020. And then the coronavirus pandemic hit.

With 'normal' life changed so dramatically, could supporting Fairtrade still be even a consideration, let alone a priority? Yet the issues have not gone away. Now more than ever we are all aware of our global connectedness and the need to support one another, especially the most vulnerable and that surely includes the farmers in developing countries who produce the food for our tables.

Under the leadership of local councillor Ruth Ritter, the group decided that the campaign should continue, but with a changed focus. Fairtrade products are still available locally, and shop managers are working hard to ensure their availability, but as with so many other things in this age of social distancing, the campaign is now taking place primarily on-line.

The group is still hopeful that Reigate will achieve Fairtrade town status, the timeframe may just be a bit longer.

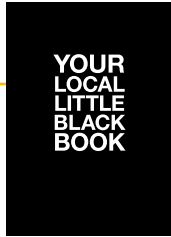
Follow the campaign at:

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GET IN TOUCH

FEATURE YOUR BUSINESS AND LET'S WORK TOGETHER



Our shared passion for supporting our local town is the foundation under which YLLBB was born and continues to grow. We can provide you with an effective marketing platform and effortlessly promote your business to 20,000 homes. There are many reasons to advertise such as a recruitment need, communicate a change of menu, upcoming event or seasonal promotion, we can help!

WHAT OUR CLIENTS SAY...

Lisa and Alison have done a wonderful job of putting together this book for small local businesses, we immediately saw results & are truly grateful for all their support.

Rebecca | Reigate Pop Up

Fantastic local resource really showing what the town has to offer & encouraging a community vibe. Lots of businesses I didn't even know were there. Love YLLBB!

Anne-Marie | AM Aesthetics

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Savills latest survey sees buyers craving more outdoor space



A survey conducted by Savills earlier in the year found that the experience of lockdown had changed the priorities of many when it comes to buying a home.

Greater space has become a prerequisite for those anticipating increased home working and those with children. More outdoor space and access to countryside are also likely to be of greater importance to parents looking for a new home. 40% of respondents said they were more likely to choose a village location and one in six were ready for a longer commute. Our survey also found that 71% of younger buyers crave more outdoor space and rural locations, while older

home owners are more committed to downsizing.

To read more about our survey results and updates on the property market visit www.savills.co.uk, where we have a dedicated Covid-19 information hub.



To enquire about homes and the property market in Reigate and the surrounding areas, get in touch with our Reigate office on **01737 230200**.



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