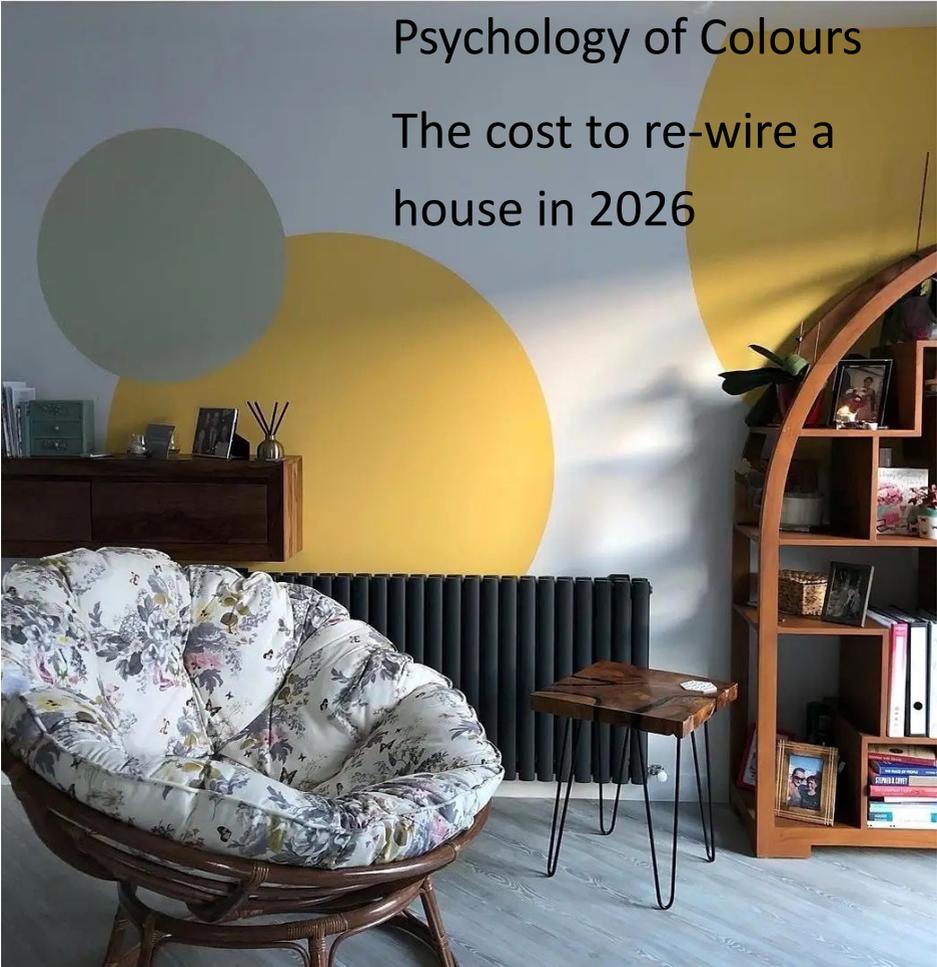


# REINVENTING YOUR HOME

Issue 0013



100920252009



# Psychology of Colours

Recently a reader told me they thought I only do cabinet making, and in all honesty I understand why, The majority of my writing focuses on that, but in reality I haven't really stopped doing building works. In this issue I have decided to go back to my roots and talk about painting. For those of you who don't know I started my business 12 years ago, and at the time I didn't have a lot of capital for equipment. For the first couple of years I was doing painting and decorating with my little Citroen Saxo, I don't do as much painting anymore, only occasionally now.

I have been thinking a lot about the concept of psychology of colours, or in other words using colours to influence one's mood. When painting walls and ceilings in our homes, we might as well think about the colour scheme in a more abstract approach—How do we want to feel in certain spaces?

Let me give you an example a couple of years ago  
This is a kitchen space I painted, using mustard  
yellow paint for the walls.



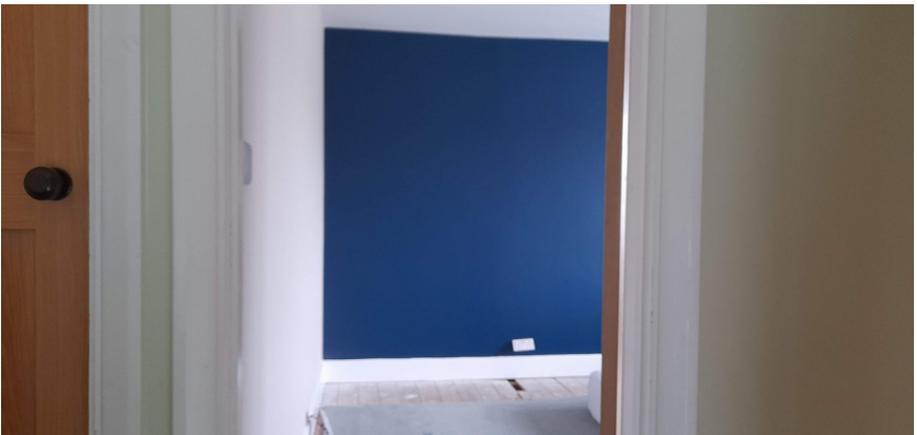
I have got to tell you every time I walked into this  
room, it felt vibrant and it made me happy for  
some reason. Then I remembered reading a paper



on the psychology of  
colours about the  
colour red, and how  
it should be used in  
gyms because it sig-  
nifies passion and  
energy.

It feels like it gets your blood boiling, metaphorically speaking. All right so, yellow makes us happy and red makes us angry, now let's go over some of the other colours and explore how we could use them when decorating our homes. With exception to the whites and beiges, because they are standard colours everyone is familiar with.

Blues, often used in corporate branding as it signifies trust and loyalty. It's a colour that brings calmness, therefore I'd recommend using it in bedrooms or living rooms. The other word for a living room is lounge which has another meaning, to sit or lie in a relaxing or lazy way. So in order to properly lounge, in your lounge I think you need to be calm!



Greens, associated with nature harmony and balance, great choice for a bedroom or a kitchen.



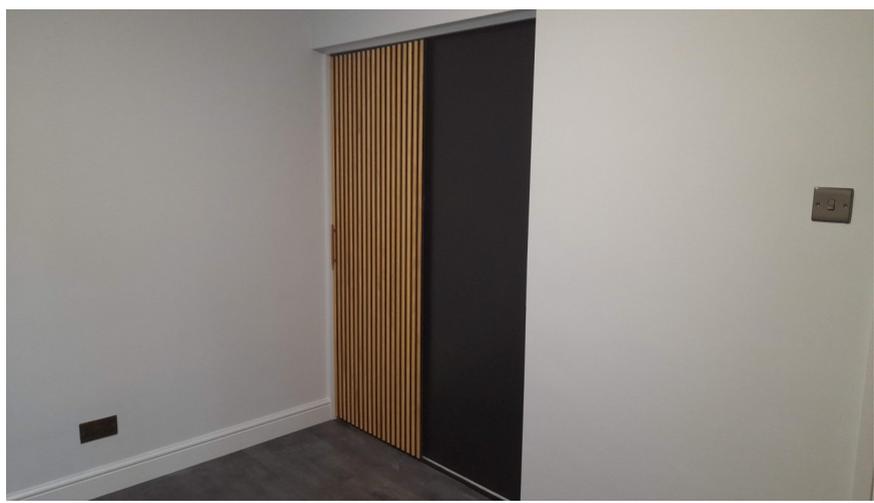
Oranges, really under appreciated colour! I get it, it might be too much if a whole room is orange. It may also appear childish, unless it's a children's bedroom and that is the point of it. It is however a colour associated with optimism, friendliness and energy. If done right, I think it could look wonderful in an office or a study. Probably as more of an accent like a feature wall or strategically painted cabinetry.

I do apologise, I haven't painted anything orange yet therefore I don't have pictures to illustrate. All of the media in this publication is work we've done, I wouldn't use someone else's images!

Purple is a royal colour! From antiquity through the Middle Ages, purple dye was very expensive and only a select few can afford it (normally the monarchs and the very wealthy). It often signifies luxury! There isn't a specific room I can recommend using it in, because as long as it is done tastefully it works very well everywhere. Just remember it's an overpowering colour, so would advise only using in small areas.



Black: power, sophistication, mystery! Similarly to purple, it shouldn't be over done but if used in small quantities it could look very classy. We used black in the wardrobes below, as a feature within the room.



In this month's issue we have a special guest, one of the electricians I work with Tommy Clarke. If you're a regular reader you know I work with Jamie Doe from Capricorn Electrical, what you probably don't know is that Tommy was trained by Jamie, we're all friends from the Jiu Jitsu gym, by the way. Tommy now runs his own electrical company with his brother Billy.

### **How long have you been an electrician?**

Just over 10 years. I started my career working with Jamie Doe (Capricorn Electrical), I learnt a lot from him when I first started as an electrician. I then moved to another firm, before becoming self-employed which is where I am now.

Throughout the years I've been fortunate to work with a diverse group of people, picking their brains and learning that there are multiple ways of doing things well. This has allowed me to progress to where I am now, and am grateful for the support.

**What kind of work do you do (domestic or commercial)?**

All of my work is Domestic, wiring new extensions, fault finding in a properties, additions to existing circuits are a few examples.

**Do you avoid doing commercial jobs?**

I've worked in commercial properties through previous firms I've worked for. I have the knowledge working on commercial jobs, but haven't done this since being self-employed.

**What's your favourite job that you have ever done?**

The Sauna (see next page), this was not something I had done before, so was rewarding to see the final result, it was stunning!

I particularly liked this job because the lighting was the final touches, to make the finish visually satisfying. Don't get me wrong I'd do anything for money (make of that what you will!) but some jobs are more generic than others. Such as a socket change or wiring a light, these are jobs that need to be done but don't make a huge difference visually. I would never turn those jobs down, I just know when it's a standard fitting there isn't much I can do to add a bit of pizzazz!

I have been enjoying working with LED tape, because it's compatible with wireless switches. Meaning we can install lights without the need to chase cables. The hardware is a little more expensive, but you won't need to get a plasterer and decorator to fix your walls after. From a customer's perspective it's slightly better financially, and they also don't have to deal with any mess!



What are common mistakes made by homeowners when hiring an electrician? What advice do you have?

Not knowing what they want. I can give advice to customers but it is always helpful to have an idea in mind of what is wanted beforehand. I can only give advice based on what the customer has requested.

Have a think about what you want, maybe even do a little research first. This will help you and the electrician be on the same page, when they come out to provide you a quote. It's also way to minimise miscommunication!

Another is failing to future proof their house. I have been to numerous customers stating 'I just want one extra socket', and I will respond to say "eventually you will need two of those I am here now so might as well get it all done together". Especially when rewiring the whole house, think about where you may want to have TVs or data points in the future, and include them with the first fix. It's a lot more expensive to do that at a later date!

Me and Jamie have done something similar on a media wall! We ran two HDMI cables, when we only needed one, but if that fails you already have a back up in place, and the cost of the additional cable is negligible.

Not a bad shout!

What's the average price to re-wire a house? I know it depends on a lot of factors but for the sake of the argument let's take for example a three bedroom semi detached house built in the 70's. And you've got to run new circuits replace the fuse box etc.

Very much depending on the specs but you can expect quotes in the region of £4500 to £8000

Thank you for taking the time to talk to me and share some of your experience with our readers!



BCTC Electrical covers the areas of Sussex and Hampshire, you can contact Tommy for a quote on: 07521 932 030

Thank you to all of our readers, if there is a topic you'd like us to cover please feel free to email me at [reinventingyourhome@outlook.com](mailto:reinventingyourhome@outlook.com)

I may not have the answer to all building related questions, but if I don't know something, I can assure you I know someone who does!

If you've enjoyed the content in this publication please share it with your friends, it's free anyways!

Ross Totev





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