

Seek | Inspire | Create

91
Magazine



Edition 21

Creative Sessions

online workshops for creative lives



Our online workshops are hosted by a range of industry experts, covering topics such as interiors, food and product photography, using Pinterest for business, how to wholesale your products, creating video content, styling your garden and creating a more mindful home.

Whether you run a creative business or simply enjoy living a creative life, our sessions will provide knowledge, inspiration and joy from the comfort of your sofa at an affordable price.

Visit the website to discover all of our online workshops:
www.91magazine.co.uk/creative-sessions

91
Magazine



We are right in the middle of the summer holidays here in the UK, and whether you've managed a week or two away from the usual routine or not, many of us find this time of year can be a colossal juggle.

Whether you've got kids to keep entertained or you're fitting work in around those much needed days off, it can feel like those long, balmy days we dream of all year are whizzing past in the blink of an eye.

But, if you are reading this, then I'm glad you have taken a moment for you, to savour our e-zine. Perhaps you've saved it for the slower days of a relaxing holiday, or you've locked yourself in the bathroom away from the kids just for five minutes, I hope you enjoy the inspiration and stories over the next few pages.

Don't forget, our latest print edition is still available too, so do visit the [shop on our website](#) for more creative interiors and inspirational living.

Love,
Caroline x

Contents

- 4-7 SEEK: Beldi Maison
- 8-11 INSPIRE: Cathy Penton
- 12-13 CREATE: Rice pudding recipe

CONTRIBUTORS

Amy Bebbington
www.instagram.com/amybebs
Helena Dolby
www.helenadolby.co.uk
Alena Walker
www.alenawalker.com
Isabel Ale
www.instagram.com/senoritaelliot

EDITOR

Caroline Rowland
carolinerowland.co.uk

DESIGNER

Melissa Burgess
melissa-burgess.com



It was the summer of 2019, whilst visiting family in Morocco, that Sodja Haddassi-Amma had her now or never moment. Her true passion was far from her corporate banking background. As a mother of two, she craved the creative outlet that a successful baking business had provided during her maternity leave. However, it was being reminded of childhood memories spent in Morocco that led Sodja to instigate her dream job.

“Being half Moroccan, I spent a lot of my childhood in Morocco and I would often be mesmerised by all the beautiful handmade wares each time I was there. That summer I decided to choose a range of products from ceramics and pouffes to blankets and bags to sell online in the UK.” explains Sodja.

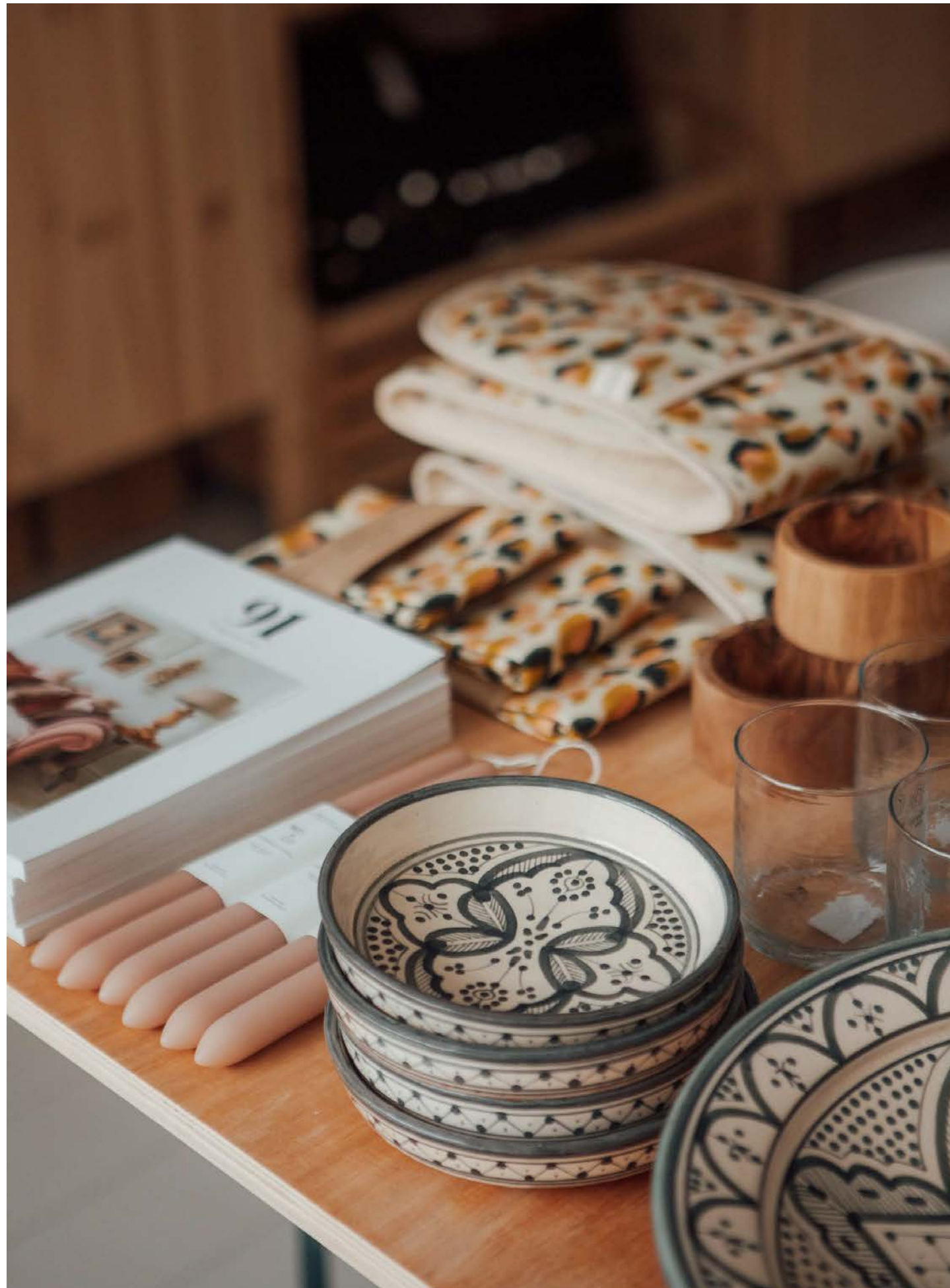
But, only months later, the Covid-19 pandemic happened; Morocco closed their borders and much of their production stopped. Undeterred, Sodja began searching for alternative options which led her to source unique, vintage furniture - especially pieces made from rattan or cane. She fondly remembers finding some wonderful gems such as ornate peacock chairs, cane sofa sets and stunning bamboo room dividers. She loved how beautifully they complemented her laid-back bohemian aesthetic.

Beldi Maison

A beautiful space that inspires a whole community, Sodja Haddassi-Amma's store, Beldi Maison, brings a bohemian, travel-inspired vibe to south east London

Words: Amy Bebbington | Photography: Helena Dolby





Sometimes travelling as far as Devon to locate her finds, Sodja's home back in Brockley, south east London, was starting to look more like a warehouse. "We hadn't been able to access our dining room table for months due to there being so much stock being stored there! It was at that point that I felt that the next step would be to look for a permanent premises so we could reclaim our home and also have a beautiful space to display my products," Sodja remembers.

The Sundridge Park Village area was a recent discovery for Sodja whilst visiting the dog groomers with Myla, her cockapoo. She noticed the empty space across the road and instantly imagined her relaxed, tranquil store amongst the independent grocers, butchers and cafes. It soon became a reality with her design vision of calming neutrals and natural elements coming to life in the space.

It's not unusual for her range of sustainable handmade products to spark conversation and Sodja believes in the significance of knowing and sharing the stories behind objects she sells. "We also support local makers wherever we can, we now have candles being made for us in nearby Shortlands, earrings handmade in Brockley and concrete homeware being produced down the road from us!" says Sodja.

Beldi Maison is more than a store. It has become a place to meet, create and talk. The creative hub inspires everyone who steps inside, and a selection of workshops for both adults and kids bring a sense of community to Sundridge Parade. With many plans for the future, Sodja hopes to incorporate an in-store café, bringing people together in a warm and inviting environment, with a touch of Moroccan style.

www.beldimaisioninteriors.com

IG: [@beldi_maison](https://www.instagram.com/beldi_maison)



Cathy Penton

A converted courthouse has become a creative haven for designer and maker Cathy Penton



Cathy Penton, the owner of the namesake studio, Cathy Penton Atelier, is a designer and maker forging a creative path in making bespoke soft home furnishings in South Eastern Queensland, Australia. After 23 years working in the design world, Cathy's business moved digital after owning a physical store called Simple Things, Small Joys. Now she sells her stunning hand-stitched creations alongside pieces sourced from other designers through an online pop-up shop which opens periodically in true slow design style, garnering much intrigue and anticipation from buyers.

"My business has taken on many different iterations from designing patterns to owning a bricks-and-mortar shop to making soldered jewellery that I sold around the world, to now making art through hand stitching soft furnishings," says Cathy. "After a health scare at the end of 2021, I wanted to take off a little of the pressure running a standard online shop. Now I create and curate for a specific two-day online pop-up every one to two months, and it makes my life so much more flexible."

Based in a tiny rural town, her studio is attached to a three-bedroom cottage, previously a police station in the 1990s. The building itself was a courthouse that Cathy renovated for her daughter as a studio apartment, but for the last four years, it has become her creative space.

Much like her design ethos, her studio is simple, timeless and pared back. Living in a neighbouring property within walking distance, it has become the epicentre of Cathy Penton Atelier, where the magic of her making and doing happens. "As a studio, it provides me with an open space for designing, creating and taking photos," she says. "I still sigh when I walk into it. It's my happy place."

"I love a neutral colour palette, and it's always evolving," she says. "The layout of the furniture doesn't stay the same for very long as I'm constantly rearranging. I love natural fibres, especially linen, the handwritten words from poets new and old, and using my hands to make something useful and beautiful."



Words: Alena Walker | Photography: Cathy Penton | Portrait image: Marnie Hawson

As a reminder, 'use your hands, make something beautiful' is scrawled elegantly in chalk on a painted blackboard mounted on the wall beside a basket filled with paper scrolls and dried flowers. It's a workspace that manifests the same energy as Cathy's creative vision.

"I think growing up on a farm with very few constraints, and a great sense of freedom to explore through imagination has taught me how to love art and all its facets," she says. "Inspiration can come from a scrap of beautiful linen, a quote I've read or clippings from a magazine taped to my wall. My Pinterest boards are a constant reflection of beautiful interiors, quotes, architecture, art, travel and words."

"I have always loved the process of curation and bringing things together," she says. "One of my very first creative jobs was being a colourist for another stitchery designer. I would choose colours and make up samples for her design books and patterns. It came easy to me, like breathing."



"I think I was born to be a maker, but it wasn't until my dad was very ill that I decided to register my business name after his encouragement," says Cathy. "There is a quote that has become a bit of a trademark for my business, and it came from dad often using the word marvellous. The quote goes: 'It is always the simple that produces the marvellous.'"

As a business motto, it's also one that Cathy lives by as she spends her days surrounded by fabrics, her 4b pencil, a needle and thread, and her trusty Elna sewing machine. On Cathy's chalk board, another phrase, this one from Georgia O'Keeffe, stands aloud: 'to create one's own world takes courage.'

www.cathypentonatelier.com
IG: @cathypentonatelier

Rice pudding with roasted pineapple and pistachios

As we slowly transition out of what has been a hot, dry summer across most of the northern hemisphere, we are sharing a creamy, easy-to-make dessert that combines exotic and tropical flavours reminiscent of summer with the cosiness and spicy touches of autumn. A rice pudding, lightly spiced with cinnamon and served warm, accompanied by pineapple and coconut. The best of summer and autumn, all in one dish.

Serves 4

Preparation time: approx. 30 minutes

you will need :

- 1 pineapple, peeled and cored
- A drizzle of sunflower oil
- 4 cups coconut milk, or more to taste
- 1/4 cup honey or agave syrup for a vegan option
- A pinch of salt
- 1 cinnamon stick
- 1 cup rice, uncooked
- 1/2 cup coconut, toasted and shaved
- 1/2 cup pistachios, toasted and chopped



method :

1. Cut the pineapple into rings or lengthways chunks.
2. Add the sunflower oil to a frying pan and bring to medium-high heat. Roast the pineapple in the pan and brown on both sides.
3. Allow it to cool and cut into cubes of about 1/2 inch.
4. Meanwhile, in a small saucepan, combine the coconut milk, a pinch of salt, cinnamon stick, and honey or agave syrup and bring to a simmer. Add the rice and stir.
5. Cover the pan lightly and cook for about 30 minutes until your rice is cooked, stirring every so often. If a film forms on top of the milk, stir again until the texture is even again. The milk will thicken during cooking.
6. Once the rice is ready, remove it from the heat and leave it to stand until it is lukewarm.
7. To serve, place a layer of roasted pineapple in the bottom of the bowl, and cover with the rice pudding. Finish your pudding with a topping of diced roasted pineapple, chopped pistachios and toasted coconut.

Read our back issues

if you are new to our e-zine and enjoyed this edition, then you can find all of our previous issues in our online shop for just £2 per e-zine, or get a year bundle of four for just £7.

[VISIT OUR ONLINE SHOP](#)



Follow us on Instagram
[@91magazine](#)