What do you enjoy most about property renovation?

I suppose it is the ultimate in recycling. There is something very exciting and rewarding about taking a redundant property and making it work for people today.

What project have you been most proud to have completed?

It is probably Rise Hall. It was a major project to take on, and turning its fortunes around has been one of the hardest things we have done. For me, it was about finding the building a new use and giving it a future. In a way, the restoration was not that complex. It was just a bigger scale of what we have done many times.

Of all the property shows you have worked on, what has been your favourite?

I like all of them, and for the same reason really, and that is that I get to go round the country and meet lots of interesting people who are passionate about what they are doing. Every time I meet people who are doing up houses one way or another, I learn something new.

What interests you most about property? I think homes are so important, as ultimately it is too cold in this country to live outside. We need shelter, so it is massively relevant. I also like family, friends, and that is everything that home means.

What makes a perfect home for you? I think the people in it are what really makes a house a home for me.

What do you feel is the most important feature or asset to have in a home?

Practically, it needs to be fit for purpose. Now I have a family, it needs to work with that, and that is the most important thing.

What is your trick to juggling four children and such a busy lifestyle?

Well, I couldn't tell you! I'm not sure what the trick is, but I don't do it very well. I'd love to say I do it brilliantly and the trick is eating an orange a day (laughs), but unfortunately it's not. I think you just have to compartmentalise your life, let a lot of people down and do a lot of things not as well as you really ought to!

How do you like to relax when you're not working?

I like just hanging around with my kids and my family.

What projects are you currently working on?

At the moment I am doing another series of Double Your House for Half the Money, which is exciting. I've got a DIY book coming out in the spring next year, as well as mysinglefriend.co.uk, which is the dating website I developed. There is also Rise Hall, of course. I have kind of got things going on all the time, and all over the place, which is quite nice.

On the rise TV Presenter Sarah Beeny talks property development, family and online dating