

Chiswick Herald

MAGAZINE

May 2016 | Complimentary

Victoria Beckham

Estée Lauder limited
edition make-up

Celebrating the Beatles

50 years after iconic Chiswick House
photo shoot

Mike Abbott

Local debut novelist relives
'Swinging London'

My Life, My Work

Karen Liebrich

Nick Snaith

Chiswick local and Magic
FM Breakfast Show host

Kew the Music

Will Young
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**Chiswick
Herald**
MAGAZINE

Hey, thanks for picking up the latest issue of The Chiswick Herald Magazine!

We've had an exciting time over the last few months, response to the magazine has been fantastic!

All the team here live in Chiswick and we are always looking for articles and stories, so please do get in touch if you have anything relevant (details below).

Remember to check out chiswickherald.co.uk and pick up the Chiswick Herald every fortnight Thursday.

We sincerely appreciate your continued support and look forward to bringing you the next edition of The Chiswick Herald Magazine.

Katie x

The Chiswick Herald Magazine© is published by PWR Media.
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*Chiswick's best
kept secret.....*

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50 years since The Beatles filmed at Chiswick House

It was 50 years this month ... May 20th, 1966, that the four most famous people on the planet strolled into a public park in West London to create two ground-breaking mini films which were to change the course of music history.

The Beatles performed "Paperback Writer" and "Rain" in the iconic 18th century gardens of Chiswick House for promotional films that were the precursors of today's ubiquitous music videos.

Up until then the few music promos in circulation had been largely straightforward studio performances, shot in black and white. But the legendary British rock band led the way, as they had in their music, creating two cutting edge films, for the first time venturing into full 35mm colour, conceptual film (rather than video), shot on location.

"Paperback Writer" opens with close ups of the Fab Four, still sporting their iconic Beatles mop hair, sitting on a bench in front of the conservatory. It has to be said, they look a tad bored. Then, with customary Beatles creativity and humour, it cuts to a close up of the head of an antique statue, as if he were the 5th Beatle. The film moves inside what is now a Grade I listed glass

house before switching to them performing in the gardens surrounded by more antique stone figures, thought to depict Caesar, Pompey and Cicero.

"The idea was that we'd use them in America as well as the UK, because we thought, 'We can't go everywhere. We're stopping touring and we'll send these films out to promote the record.'" "These days obviously everybody does that - it's part of the promotion for a single - so I suppose, in a way, we invented MTV." George Harrison.

Although the "B" side was called "Rain", the day of the shoot remained fine and they are shown playing under the dappled light of shrubs and trees in the Wilderness, a series of serpentine paths in the grounds' woodland. The opening shot is of Ringo, in what is now a cherry orchard, walking away from a group of secondary school children pressed against a locked gate, trying to get a glimpse of the famous four. Some primary school children got luckier,



and can be seen climbing a cedar tree whilst the Beatles sit on the branches playing their guitars.

"The Beatles pioneered pop videos with the same ease and sense of invention with which they had revolutionised the use of the recording studio...They saw the possibilities and explored them. They understood the value of promotional film as an avenue to the largest global audience available and.....they embraced the whole caper with boundless enthusiasm", explains music journalist Mark Ellen. "Now they drifted enigmatically round an 18th century ornamental park full of Grecian urns and stone sphinxes. It wasn't just in colour. Suffused with pastoral impressions of space and time it almost felt three-dimensional."*

Although the Beatles are long gone, fans and film aficionados still make the pilgrimage to the 65 acre heritage estate, cared for by the Chiswick House & Gardens Trust. It looks significantly better than it did, thanks to a major £12

million restoration in 2010 and is a popular setting for weddings, film and fashion shoots and live music events.

"I adore Chiswick House Grounds, I live nearby, and I'm constantly banging on about its pop history. I've been taking friends round it for 30 years and photographing them in the precise spots where The Beatles shot their videos. One of the trees that appeared in Rain and Paperback Writer was cut down a few years ago and I took some members of R.E.M. to see what was left. They flew back to the States with bits of it in their luggage - sacred souvenirs of 'the Beatles' tree!'" Mark Ellen.

You too can follow in the footsteps of the Fab Four, free of charge, visiting the Exedra, the Wilderness, conservatory and walled garden and "Get Back" to where the Beatles made music history half a century ago.

Chiswick House, London, W4 2QN
Free public gardens
open 7am - dusk daily
Conservatory opening times
daily 10am - 4pm
Summer Sessions live music
in the Gardens June 15th-19th
Group bookings, guided tours and
information on admission prices for
Chiswick House: chgt.org.uk



CHISWICK LUNCH BREAK IS A HIT WITH LOCAL BUSINESS PEOPLE



It began with a discussion over a cup of coffee between two Chiswick-based business owners – Jeannie Shapiro, a marketing and business development consultant and copywriter Julie Mitchell. In just over three months, their idea of setting up a regular lunchtime networking event for local business people has become a successful reality.

The Chiswick Lunch Break, held on either the 3rd or 4th Wednesday of the month at The Lamb on Chiswick High Road, now has more than 120 members and the numbers are growing.

Q: What was the idea behind the Chiswick Lunch Break?

A: While we both recognise the value of business networking, we felt there was a need for people to be able to build relationships and share expertise in a more relaxed and informal setting. Lunch seemed to be an ideal time, particularly for the many business people like us who work from home and welcome the chance to get out and take a break. As part of the informality, there are no joining fees and no hard sells. It's simply a case of putting your lunch break to good use.

Q: How did you choose the venue?

A: The criteria was a central location where we could have the space free so that we wouldn't have to recoup costs through subscriptions and The Lamb fulfils this. Also the manager, Johan, and his team recognised the value of bringing in more business to the pub and he's been fantastic in providing lunch at a very reasonable price, with a drink included.

Q: What has been the response?

A: Phenomenal. We organise the Chiswick Lunch Break via the

online MeetUp site (www.meetup.com/Chiswick-Lunch-Break) and were amazed by how many people have signed up – more than 120 so far. At our first event in February 20 people came and, once we realised we had nearly 30 for the second, we had to move to a larger room. The great thing is that most of those who came to the first meeting have kept coming and we've added new people with every subsequent meeting. It's very gratifying to hear people say that they like the Lunch Break for the very reasons we set it up, which proves that we're providing an event that people want.

Q: What sort of business people does the Chiswick Lunch Break attract?

A: There's a really good mix of men and women from different age groups and professions. They include restaurant and café owners, accountants, mortgage brokers, will writers, nutritionists, business coaches, marketing specialists, public relations consultants, copy writers, graphic designers, web designers and even a magician.

Q: What is the format of the event?

A: We usually ask people to RSVP via MeetUp so that we have an idea of numbers for catering purposes – as well as to make sure we are going to have enough space. On the day all they have to do is turn up, enjoy lunch, with perhaps a drink or two, and get chatting to people. There's no formal seating, which encourages people to move around and network.

Q: How long are you planning to run these events?

A: There'll be a break in July and August during the holiday season, otherwise we'll carry on hosting the Chiswick Lunch Break as long as people want to come.

The next meeting will be held on Wednesday, May 25 between 12.30 and 2pm. Lunch costs £10 and includes a drink – pay upon arrival. Anyone interested in joining can log on to <http://www.meetup.com/Chiswick-Lunch-Break>

AT THE FOREFRONT OF GLOBAL LEARNING

Brentford School for Girls has for many years been a leading institution in international collaboration. The school has partnered schools in Rwanda, Sweden, and France and also worked with charities in India, Nepal and Uganda.

The school celebrates its rich and diverse community through frequent opportunities for cultural expression in school and in the wider community. BSFG is a British Council International Schools Award holder of long standing and with good reason.

This year, the next step in the schools' international journey is becoming an Expect Centre for Global Learning and Development Education in West London with partner schools from across Hounslow, Ealing and Richmond Boroughs.

This is a project funded by DFID (The Department for International Development) and is supported by Oxfam. The school regularly meets with partners to help them develop Global Learning in their school contexts. This helps them develop a different mind-set towards the so-called 'developing world' and bust some of the myths which exist.

For example:

Myth: The poor will always be with us / there is not enough to go around / ending poverty is a utopian dream.

Buster: According to the United Nations, \$300bn a year would lift everyone on the planet above the extreme poverty line of \$1 a day. That is just a third of each year's global military spending, or a tenth of the cost of the Iraq war.

Tim Holloway, Co-ordinator of Internationalism at Brentford School for Girls said, "Global Learning is about challenging our understanding of the world we live in, helping us change the western patriarchal paradigm and develop a socially responsible approach towards globalisation, human rights, economics and geopolitics. This fits brilliantly with our ethos as a school – to develop the Brentford Girl of the future: emotionally intelligent, globally aware and socially responsible."



Brentford Girls made dresses for Nepalese girls after the devastating earthquake in Nepal



Brentford School for Girls wins awards for exceptional 2015 results

Schools, Students and Teachers network (SSAT). Educational Outcomes data analysis from SSAT

has shown that the school is in the top 20% of schools nationally for high average grades achieved by

students and the top 10% nationally for progress made by pupils between their key stage 2 results at

primary school and their key stage 4 results.

The school's SSAT Educational Outcomes awards will be presented at a regional celebration event

held to draw attention to the work of high-achieving, improving and innovating schools and teachers.

Sue Williamson, Chief Executive of SSAT said:

'It's my great pleasure to commend Brentford School for Girls on their excellent 2015 performance,

and to have the opportunity to highlight and share their great work at the SSAT Educational

Outcomes celebration evening. I have the privilege of visiting a lot of schools and I am always

impressed by the creativity of teachers in engaging and inspiring their students.

'I hope that SSAT's Educational Outcomes awards will highlight the professionalism, commitment and

hard work of the leaders, teachers and students at Brentford School for Girls. Recognising and

sharing successes like this is at the heart of SSAT's mission, so I'm delighted to congratulate

Brentford School for Girls on their achievement.'

Head Teacher Ms Marias Leenders said

"We are absolutely delighted with this fantastic news. We have worked closely with the Specialist schools and Academies trust for some years and are a 'Leading Edge' school, sharing our practice with other schools in the trust. We are so pleased that the trust has recognised the exceptional performance of our students and have awarded us with two very prestigious awards."



How to be loved: 10 lessons we can learn from Sooty

by Reverend Martine Osborne

A couple of weeks ago my cat Sooty was hit by a car and died. She hadn't even reached her first birthday. I was devastated when I found her and both I and the whole family are broken hearted.

A friend said to me, in an attempt to cheer me up, 'I know it's a shame - but you have to remember that she was only a cat.' And that's true of course.

I fully appreciate that, on the scale of all the sadness and tragedy that exists in the world, the death of one cat hardly registers.

But it does not feel like that to me.

And so I've been forced to work out why it is that over the last nine months or so I have totally unconsciously developed such an attachment to Sooty. Why I miss her so much. Why I loved her so much.

And maybe in doing this, there is something that Sooty can teach us all. How to be loved.

So here are Sooty's top ten tips:

1. Always be pleased to see people
Get up and greet people as soon as they come through the door. Don't bother to hide the fact that you are hoping they will feed you.
2. Get attention
Sit on someone's shoulder while they are working. Better still, walk across their keyboard while they are typing. Or roll onto your back on the floor and look imploringly until they come and tickle your tummy.
3. Have fun
Play games with blinds, get tangled up in the cords and then fight like a devil while you are being cut loose. Watch the football with someone and really get involved. Preferably sit right in front of the screen and chase the ball. Go for every tackle as though you are hoping that Arsene Wenger will spot your talents and sign you. Heaven knows, Arsenal need something to help them.
4. Show your love for someone
Take every opportunity to lick people with your raspy tongue. Go to see them whenever you like and don't be afraid to peer at them over the rim of the bath tub.



5. Be fussy

Turn your nose up at food you don't like the look off - even if you are told how much it cost and how good it is for you. Be prepared to go hungry, if necessary, until you get what you want.

6. Have great self-worth

Take up a comfortable position right in the middle of the bed and refuse to budge.

7. Go to Church!

If you are feeling neglected, go and seek out company - even if this means going to Church.

8. Tell lies

If someone gets up late and doesn't know you've already been given your breakfast, don't be afraid to lie and tell them you are starving.

9. Go out without asking and do what you want

Hunt and catch mice and voles and bring them home as gifts. Explore the world around you, getting into all kinds of mischief - like going off to Chiswick House gardens and waiting on a wall until someone comes to find you.

10. Sleep a lot, wherever and whenever you choose

Take a nap on a bed or sofa or in a box, bag or basket, whenever you feel like it - at any hour of the day - and don't worry if this means you are up half the night, chasing about the house to let off steam while others are trying to sleep

I guess, in essence, if you want to be loved - just be yourself.

It's not so much about doing good things - it's more about being fully who you are meant to be. As Sooty was.

She may have scratched up the carpets, smashed my favourite bowl and permanently scrunpled the Venetian blinds in my study by squeezing through them to sit on the window sill. But she was who she was. She was Sooty.

And that's what makes us miss her so much. It is why we loved her.

**Rev Martine Osborne is Vicar of
St Michael's Church, Elmwood Rd, Chiswick W4 3DZ
www.stmichaels-elmwoodroad.org**



Kew the music

Kew the Music, one of the highlights in the West London summer calendar, returns with a glorious six-day festival of outdoor concerts from 12 July to 17 July.



Set within the stunning grounds of Kew Gardens, these laid back, festival-style concerts will this year feature Simply Red, Will Young, The Corrs, Jools Holland, Björn Again and the Gipsy Kings. Arrive early, bring your own picnic or enjoy the many high quality artisan food stalls and bars around the site. This is a special evening guaranteed!

Tuesday 12 July - Simply Red

Kew the Music gets off to an exciting start with Simply Red, regarded by many as one of the great British bands of the 80's and 90's, with Mick Hucknall's distinctive voice defining the sound of British soul music. Following their acclaimed new album *Big Love* (Released June 2015), Simply Red will be performing their greatest hits with iconic songs such as *Holding Back the Years*, *Money's Too Tight (To Mention)*, *If You Don't Know Me By Now*, *Stars and Fairground*.

Wednesday 13 July - Will Young [with special guest Billy Ocean]

Will Young is one of the UK's best-loved pop stars and has dominated the charts with singles such as *Love Revolution*, *Friday's Child*, *Leave Right Now*, *Grace and All Time Love*. His highly acclaimed latest album *85%* Proof went straight to the top of the UK Official Album Charts (May 2015) and is considered to be his most accomplished work to date.

Billy Ocean is the biggest black recording star Britain has ever produced, selling over 30 million records in his lifetime with



Top of the Album Charts: Will Young

hits such as *Get Outta My Deams*, *Get Into My Car* and *When the Going get Tough* (the tough gets going).

Thursday 14 July - Björn Again

Kew the Music welcomes to its stage the world's number one ABBA show. The internationally acclaimed Björn Again, was created in 1988 in Melbourne as a rocked-up, light-hearted, satirical ABBA spoof. It rapidly achieved worldwide cult status and helped initiate the ABBA revival which brought about *ABBA Gold*, *Muriel's Wedding* and *MAMMA MIA!* Come and dance the night away and sing along to worldwide hits such as *Dancing Queen*, *Knowing Me, Knowing You*, *Super Trouper*, *The Winner Takes It All* and many more.

Friday 15 July - Jools Holland and his Rhythm & Blues Orchestra

Kew the Music regular Jools Holland returns this year with another crowd-pleasing show. Jools has been touring with his veritable musical army, the Rhythm & Blues Orchestra, for more than 20 years and once again he will be joined by regular guest vocalists, Ruby Turner, Louise Marshall and Beth Rowley. This year, Jools' special guests are Pauline Black and Arthur 'Gaps' Hendrickson from *The Selecter*.



Jools and Chris Holland

Saturday 16 July - The Corrs

This world famous Irish pop-rock quartet are ready to leave audiences feeling breathless for some Nineties nostalgia! Following the release of their first major album in over a decade, this Irish family of singer/ musicians, who dominated the charts during the 90's and 2000's, are taking to the stage once again. The Corrs have thrilled audiences with their swirling mix of pop, rock and folk, releasing hits such as *Runaway*, *Breathless*, *So Young* and *Toss the Feathers*.

Sunday 17 July - Gipsy Kings

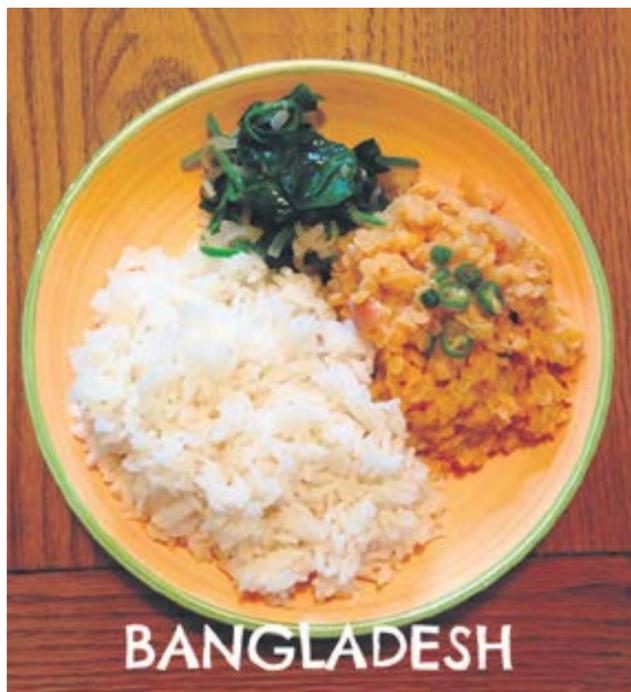
The legendary Gipsy Kings will bring this year's Kew the Music to a close with their irresistible blend of traditional flamenco with Western pop and Latin rhythms. Sensational live performers, it has been twenty-five years since the Gipsy Kings captured the world's imagination with their self-titled debut album—a record that became a genuine phenomenon, certified gold and platinum around the globe - featuring the global smash hits *Bamboleo*, *Un Amor* and *Djoba Djoba*. In 2013 the band released their latest album, *Savor Flamenco*, which won a Grammy Award for Best World Music Album.

Booking information

Tickets from £43. For more information and to book tickets, visit kewthemusic.org or call 0844 871 8803 (24 hour ticket hotline).

Kew the Music is a collaboration between Kew Gardens, Kilimanjaro Live Ltd and Raymond Gubbay Ltd.





New Food Challenge “A Day in Her Food” to support Chiswick charity

Eat, and Empower communities to end hunger for good

Could you live one day experiencing what a woman living in chronic hunger has for Breakfast, Lunch and Dinner?

Chiswick-based charity, The Hunger Project UK, is asking local supporters to do just that, as it launches a new food challenge campaign to highlight hunger around the world.

“A Day in Her Food challenges you to live one day (or more) experiencing what a woman living in chronic hunger in Senegal, Bangladesh, or Peru, would eat, understanding to small extent what life might be like for her, and fundraising for our work empowering communities to end hunger,” explains Campaign Manager and creator, Niki Psarias.

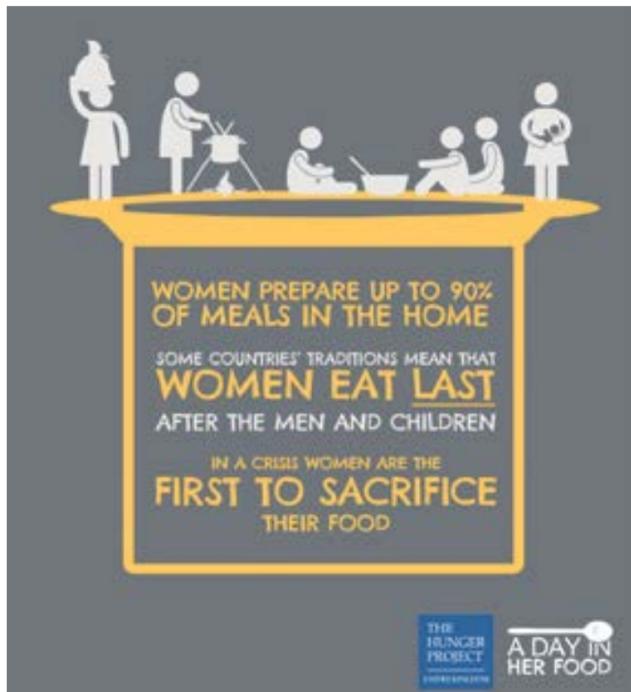
The challenge provides participants with full recipes for whichever country’s menu they choose to follow, and ingredients are easily found at local supermarkets, or are already in most pantries.

“We’ve collaborated with our teams in Senegal, Bangladesh and Peru to produce authentic recipes of what a woman would have on a daily basis. And to make sure they are possible to recreate here in the UK, I’ve cooked them all myself!” says Niki.

With a country from each continent where The Hunger Project works, will you join Team Senegal, with its beans and rice-based dishes, Team Bangladesh, that features lentils, rice and chilli, or Team Peru, with dishes consisting of potato, wheat and corn?

The organisation hopes to tap into the current passion for food, taking it one step further, using food to inspire people to talk about and understand global issues, like hunger and poverty.

As well as an individual challenge, the campaign also welcomes teams to take part in workplaces and schools, selecting one of the recipes from one of the menus and making an A Day in Her Food lunch, or dinner.



Ready to take on the challenge?

- 1) Visit www adayinherfood.org to sign up
- 2) **CHOOSE A DATE** - pick any day until June, or join the organisation on a day during main campaign week 9th - 15th May
- 3) **CHOOSE A MENU** - are you team Senegal, Bangladesh, or Peru? With full recipes provided, choose one country and follow what a woman would eat in a day.
- 4) **MAKE A FUNDRAISING PAGE** - make a page on JustGiving and get family and friends to support you on your challenge: <https://campaign.justgiving.com/charity/hungerpt/adayinherfood>
- 5) **SPREAD THE WORD** - share your experiences and photos of your meals on social media, with hashtag #ADayInHerFood

Why A Day in Her Food?

According to the UN, 60% of the world’s hungry are women and girls. Some cultural traditions mean that women eat last, and when crisis strikes, women will sacrifice their food consumption entirely to make sure other members of the family are fed.

“We want to highlight the disproportionate effect that hunger has on women,” says Sophie Noonan, The Hunger Project UK’s Country Director and local Chiswick resident. “But we know also that women are the key to ending hunger in our lifetime. Research shows that when women are empowered and supported, everyone benefits: communities become more resilient, families are healthier, more children go to school, incomes increase, and agricultural productivity improves.

All funds raised from A Day in Her Food go to The Hunger Project, to support our work empowering women and men to end their own hunger, for good.”

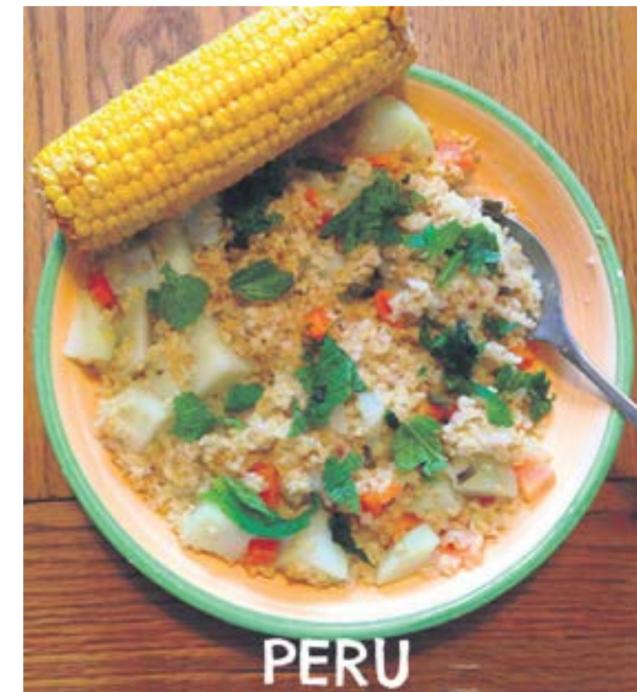
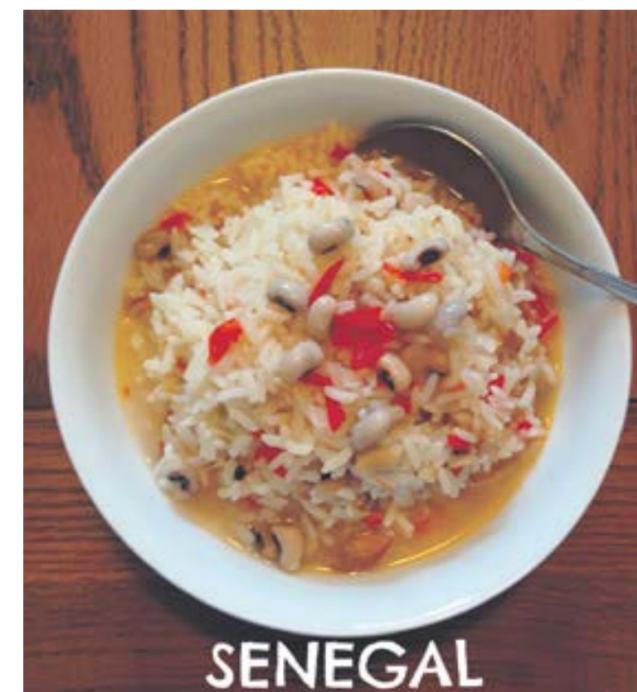
The Hunger Project UK - Chiswick’s Local International Development Charity

The charity, which works in Asia, Africa and Latin America to empower people to end their own hunger has had a long association with the Chiswick area. Chiswick Business Park-based consultancy firm JMJ Associates have supported the organisation globally for 25 years, and many local residents and Park employees have taken part in the free leadership training workshop run by the charity, “Rethinking What’s Possible”, as well as challenge events including the Thames Path Challenge. The Hunger Project UK is also the charity partner of upcoming food festival EatChiswick.

Chronic Hunger vs Famine

Less than 10% of the world’s hungry are suffering from starvation or famine. The vast majority of people are living in chronic persistent hunger, the day in, day out reality of not getting enough nutrients that the body needs in order to live a healthy life, as well as a distinct lack of variety (the same meals will be repeated again and again).

“Some of our challengers will take on A Day in Her Food for 3 or more days, thus really understanding what that lack of variety and choice might mean for these women and their families,” says Niki. “Although the number of hungry people has been almost halved in the past 20 years, 795 million people around the world are still in chronic hunger. We’ve still got work to do.”



For more information visit www adayinherfood.org and www.thehungerproject.org.uk

Email: adayinherfood@thehungerproject.org.uk

Facebook: The Hunger Project UK

Twitter: @HungerProjectUK

Lost In Venice Record Single At World Renowned Chiswick Studios



Lost In Venice, comprising of students at the Academy Of Contemporary Music, Rico, James, Rob & Jake recorded their debut single at Metropolis Studios in Chiswick last month. Having been selected to be dressed by John Varvatos (Rock 'N' Roll brand to stars such as Alice Cooper, Paul Weller, Kiss, Damian Marley, Ringo Starr, Iggy Pop etc), to perform in their flagship store and to sign a worldwide record deal after a competition run by Feels and John Varvatos, Lost In Venice are set to break into the music industry with the release of their first single 'Games'.

"The band have everything, talent, songs, the look and the attitude"
 Ian Titchener (A&R Director Feels)

Already seeing great feedback to their unique blend of hard rock from the likes of Music Week - gaining a front page feature, the horizon looks only brighter.

"One of the most exciting bands I've seen in a long time"
 Tom Pakinkis (Editor Music Week)



Spending two days at the world renowned Metropolis studios where around 50% of music in the charts sees treatment from, Lost In Venice recorded 'Games' their first single (release date TBC) as the first milestone in their record deal for two singles and an album.

"A fantastic band, really tight, great musicianship, can't wait to hear the recordings they are doing in our studios"
 Ian Brenchley (CEO Metropolis Studios)

The sessions ran very smoothly over the weekend, with the band recording three songs and a cover version of an old classic.

James Exley, Drummer in Lost In Venice and a student at ACM said during the session;

"The sessions going really really well, there's a lot of energy in the room, the guys we're working with are absolutely amazing as well, so we've got Ace from Skunk Anansie producing, who we met at ACM, Liam Nolan who engineered for Adele so it's a massive pleasure to have him on board as well, he's the sweetest guy, and it sounds great - I can't wait for people to listen to it."

Producer of the single, Ace from Skunk Anansie and Head of Creative Industry Development said;

"Lost In Venice are a great new force on the cutting edge of live music. These guys are the real deal and are well placed for success"

Ace was joined by Liam Nolan (engineer for Adele's 25, Clean Bandit, Roger Daltry, Cheryl Cole etc) who said;

"They're really good, great players, great musicians and really tight! It's been fairly easy process recording them and the tunes of course are really great. Ian asked me if I'd like to work with the band and there was a showcase here in Studio A where the band were playing that I went to. They were a very energetic band, and from that I just wanted to work with them. I was very honored to be asked to record them and it's been a great thing to get involved with."

Hoping to capture the energy of their live performances on the single, Lost In Venice are looking forward to the release, gigging and getting on the festival circuit throughout the rest of 2016.

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*£40 discount applies to our service fees and is based on two people travelling together, on your first booking with Duke's Court Travel and is not valid on European short haul flights.

MIDSUMMER JAZZ CRUISE FRIDAY 24th JUNE

Join us to celebrate midsummer on a jazz cruise from Chiswick Pier on Friday 24th June. We will be cruising to Westminster and back leaving Chiswick Pier at 7 pm and returning around 10.00pm.

On board to serenade you whilst you sail the Thames will be the popular jazz band Anacousis and a delicious cold two course supper will be served by Butlers Catering. Refreshments available to purchase from the bar on board. Leaving on a summers evening and returning watching the magic of London by night - this is the perfect way to enjoy the River Thames.

TICKETS NOW ON SALE: £38.00 per head

To book please call 020 8742 2713 or 07594 596729. Please note that this is a popular event so early booking is advisable. More details on www.chiswickpier.org.uk



WALK TALL DOWN AT CHISWICK PIER

Come down to Chiswick Pier on Saturday 4th June for a sociable walk with a difference. Elizabeth Dodgson, Alexander Technique teacher, will give you some tips on how to walk tall with freedom and ease and then help you to put it straight into practice. We will walk from the Pier over Barnes Bridge round the 'leg o mutton' loop and then back. Liz will accompany us on the walk and then answer questions back at the Pier House afterwards. Refreshments will be served. Please arrive promptly for a 2pm start.

TICKETS AVAILABLE £10 (CPT members £8)

Call 020 8742 2713 to book.
Further details on website www.chiswickpier.org.uk

'It's Magic in W4'

Magic Radio DJ and W4 resident Nick Snaith talks about his love for W4, his passion for flying and interior design. Every morning between 6am and 10am, over 3 million people tune into his Magic Breakfast Show so they can start their day with loveable radio star.



Chiswick is one of the loveliest places to visit in West London. I arrived and enjoyed the surroundings as usual strolling from Bedford Park, down to the high road and along to Le Pan Quotidien where I'd arranged to meet Nick.

Nick arrives and has the presence of a content fulfilled individual. He sits down and he's easy going and a pleasure to be with. He's lived in Chiswick for 5 years having made the move from Notting Hill, where he first landed when he arrived to London. We chat about the club he had there called Cherry Jam and his passion for night clubs and the interior design that goes with it. We carry on talking about how he came to radio and how he came to be a resident of W4 with his wife and children.

Nick's career in radio began in 1998 at BRMB in Birmingham, which at the time was the biggest commercial station outside of London. Seven years later, the talented broadcaster found himself at the hugely popular Heart London presenting the 1pm-4pm afternoon show, which reached 64 radio stations across the UK and Ireland. This show featured the weekly national radio chart show called 'The A List', which Nick presented alongside the fabulous Melanie Sykes.

"I made the move from Notting Hill to Chiswick and I haven't looked back" says Nick. "It was without doubt one of the best things I'd done".

Nick has a strong head for business, and has owned a string of successful nightclubs and pubs over the years. He also has a passion for property developing, a keen eye for interior design - and a head for heights! Nick's private pilot's license has allowed him to fly all over Europe and the UK - a very different kind of drive time!

"I fly a Piper Archer, it's a 4 seater single engine aircraft which is based at Denham in Buckinghamshire, under Heathrow's airspace." Nick started flying back in 1998 from Birmingham Airport but didn't get serious but obtained his license in 2009.

"Since then I fly regularly and have an IMC rating which allows me to fly above the clouds and to land on the same instrument landing systems as the big boys! I also have a night rating."

Nick has flown all over Europe, most recently last year to Prague. A few years ago he did a trip across France, Germany, through the Austrian Alps, over Italy into Slovenia and then down the Dalmatian coast to Dubrovnik.

"This was a stunning trip, flying at 500ft down this picturesque coastline. I often take friends to France for the day too! I once got caught up in a bad thunderstorm on my way back from Paris and had to divert to Deauville. I also had an engine failure flying into Northampton, all was

ok but a little scary at the time!"

Nick's passion for flying is very evident. "I love the freedom that having a pilot's license gives you. I can fly into a small farmers strip in the middle of Snowdonia or land at a big airfield such as Liverpool. It's also possible to get a transit through Heathrows' airspace and fly at 1000ft just a few miles from the end of Heathrows runway. It's a pretty impressive sight-seeing the planes take off above you as you fly past!"

Nick also has an interest in interior design, focusing on bars, nightclubs and housing.

"I've had a passion for development and design for many years both residential and commercial. I have bought and renovated pubs and clubs over the years, most recently a country pub in Shropshire that had been closed for a few years and a nightclub in West London. I have now sold both businesses.

"I used many reclaimed materials to create the look I wanted at the pub including large York stones in the bar area and old miners lamps (that part of the pub was over 200 years old and was originally used by the local limestone miners for a drink after a long hard day down pit!). The nightclub had a modern contemporary feel with bold cow print seating in the VIP booths to green leather panels around the bar. I used 35mm projectors to project images around the bar walls which meant I could change the feel of the space depending on the theme of the night.

"Residentially I developed an underground cellar at my home in Bayswater, it was originally used as a coal bunker but I dug it out and installed a wet room and sauna. I wanted it to double as an en-suite for the bedroom but also have a spa feel too! Two years ago I built 2 town houses in Shropshire and currently am in the process of trying to gain planning permission for 2 cottages on a piece of land I own.

I've renovated many other houses and pubs over the years. I have a keen eye on how to maximise a space and put different ideas together to gain the desired effect whether a modern contemporary look or a country feel!"

You can tune in to Nick at Magic FM every weekday.

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CHATR: How Chiswick is fighting Heathrow expansion



CHATR supporters gather



CHATR supporters in Parliament Square



Left-right: Graham Blakoe, CHATR, Ruth Cadbury, MP, Rupa Huq, MP, Bronia Blakoe, CHATR, Hamish Pringle, CHATR



David Cameron No ifs, no buts Advan

CHATR was founded on 13th September 2015, and that was an unlucky day - for Heathrow! Less than a month after its first meeting CHATR supporters and their placards made a big impact at the HACAN-organised rally in Parliament Square on Saturday 10th October. The imagery got into the leading news media and put CHATR on the map.

One of the striking features of the event was the repeated rallying cry by master of ceremonies, Giles Brandreth with which he introduced each speaker: No ifs, no buts, no third runway! The disparate campaigning groups present were united by this repeated chant. CHATR spotted that the sixth anniversary of David Cameron making this pre-election promise would occur just nine days later. We recommended marking the event and reminding everyone of it. With HACAN's full support CHATR and other groups took the Plane Stupid plane

to Downing Street. The peaceful demonstration made all three main BBC London Newscasts that day, thus reaching a huge and influential audience. In the autumn run-up to the Government's decision on the third runway we determined to focus our campaign single-mindedly on Cameron's No ifs, no buts, no third runway promise. Using this theme CHATR supported the Bedford Park Residents Association meeting on 25th November and, with sponsorship by The Bedford Park Society, managed to get 103 letters to the Prime Minister written by the end of the evening. Robert Barnstone suggested to the two local MPs present, Ruth Cadbury and Rupa Huq, that they deliver these letters to David Cameron via the House of Commons internal mail. They agreed and the following day a CHATR deputation handed over the letters.

As our final push before the Government announcement, which many in the media believed was a done deal in

favour of Heathrow, CHATR recommended an Advan campaign to HACAN and its affiliate groups. This ran for three days in the first week of December and featured a giant mobile poster of David Cameron and his promise, by now being referred to in most press articles. The Advan spent the first day in and around Parliament Square, and then on days two and three it followed the proposed flight path of the third runway accompanied by a noise truck. This bellowed out the sound of a jet passing overhead at the equivalent decibels, which was deafening to anyone nearby. For many local residents this was a real wake-up call as until that point they had no idea what it would be like to live under a Heathrow flight path.

All this activity represented a huge effort by CHATR and its supporters so you can imagine our delight when the Government decided not to decide in late December. Clearly political considerations were

paramount, in particular the forthcoming election for the London Mayor featuring Zac Goldsmith as the Conservative Party candidate. Goldsmith had threatened to resign his Richmond seat and trigger a by-election if Heathrow was given the go-ahead. Several senior Cabinet Ministers had also expressed grave reservations. There was also growing disquiet about the Airports Commission's recommendations as evidenced by Parliament's Environmental Audit Committee report published on 1st December. However we couldn't help thinking that CHATR had made a contribution. We decided to get off to a quick start with our New Year campaign which involved planting 2,000 black planes in Victoria Tower Gardens on 4th January, to mark the first day Parliament was back in session. CHATR developed the concept and was able to realise it with support from HACAN, Stop Heathrow Expansion, Hammersmith Friends of the Earth. Sign our petition: [www.change.org/p/the-prime-minister-](http://www.change.org/p/the-prime-minister-and-the-chancellor-of-the-exchequer-no-3rd-runway-at-heathrow)

[and-the-chancellor-of-the-exchequer-no-3rd-runway-at-heathrow](http://www.change.org/p/the-prime-minister-and-the-chancellor-of-the-exchequer-no-3rd-runway-at-heathrow) Sign up at our website: www.chatr.org.uk Like our Facebook: www.facebook.com/CHATR_Heathrow Follow our Twitter: CHATR_Heathrow and The Bedford Park Society. Each plane represents a daily flight into Heathrow, up from 1,300 to 2,000 should a third runway be built.

Like the previous campaigns, this one received lots of coverage, including ITV Meridian, press such as the Chiswick Herald, and social media like Twitter. Having got an additional six months in which to expose the flaws and omissions in the Airports Commission report, HACAN briefed CHATR to come up with a new campaign concept. The brief was to make the complex arguments in seven key areas as accessible as possible. The solution was the hurdles campaign which was launched on Tuesday 23rd February with a three-day mobile poster. As always it was a team

effort, but Kelvin Murray deserves great credit for having donated his time and expertise as photographer and for securing pro bono space from Park Royal Studios. Paul Beer did a great job of art directing the posters and the seven briefing sheets. And without a special order from Neuff Athletic Equipment we wouldn't have had the super-high hurdles!

The hurdles campaign continues to run and has been circulated widely amongst politicians, journalists, and other opinion formers. All six leading candidates for London Mayor are opposed to a third runway at Heathrow, so whoever wins on Thursday 5th May, were guaranteed support at the top level.

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Your Wedding, Your Way at Clayton Hotel Chiswick.

Situated on Chiswick High Road, Clayton Hotel Chiswick is ideally located in the heart of West London, offering a perfect wedding venue to celebrate your new chapter of life with beloved families and friends.



From the moment you arrive at the Clayton Hotel Chiswick you know you are in safe hands. Situated on the charming Chiswick High Road we are perfectly located in the heart of West London's chicest area. A warm welcome awaits you upon arrival, complete with a red carpet and a glass of bubbly. Descend down the elegant staircase to the exclusive foyer to be surrounded by your friends and family and treasure every moment.

We want your wedding to be the day you have always dreamed of. Our contemporary and unique Chiswick Ballroom can cater for up to 330 guests. We are certified to host Civil Ceremonies allowing you to have the full wedding experience take place here at Clayton Hotel Chiswick. Step into natural daylight flooding through from the floor to ceiling windows. The splendor and elegance of this room will amaze your guests. With mood lighting to enhance the romantic atmosphere of your evening, a built-in dance floor and bar, it has all you need for the perfect celebration.

Key Features of Chiswick Ballroom include:

- Licensed to hold civil marriage ceremonies
- Contemporary Chiswick Ballroom for up to 330 guests
- Hogarth Suite for intimate occasion and stylish Grill restaurant for private hire
- Bespoke wedding packages & tailor-made gourmet menus
- Complimentary wedding tasting for the Bride & Groom
- Complimentary Bridal Suite
- Special overnight accommodation rates for your guests

From small intimate celebrations to a traditional banquet, we have the perfect setting for you. Our all-inclusive wedding packages cater for your every need to make your day unforgettable while adapting to your personal taste and requirements. When you plan your day with us, you can trust our team to offer personalized attention and excellent service. Our culinary team will be on hand to advise on your menu selection while your wedding coordinator will be able to assist on the little details such as flowers, table and room decoration to make your day unique.

Wedding Packages and Menus

With a choice of our Diamond or Gold all-inclusive wedding packages, we have

everything covered. From a sparkling wine and canapé reception, to a 4 course gourmet meal, we will make sure your guests have an exceptional experience.

Our highly experienced Head Chef brings culinary excellence and takes pride in preparing your wedding menu. We have a choice of seasonal menus for you to choose from, or speak to us directly about catering for your specific needs. If you would like to pre-taste your wedding menu, including wines, we would be delighted to arrange this for you with our compliments.

Wedding Photos

No matter what the weather, Clayton Hotel Chiswick has plenty of picture perfect locations for you. From the light-filled concourse, elegant staircase, terrace garden and the balcony overlooking your drinks reception it is the perfect hassle free backdrop for your photographs.

Within walking distance, we also have Kew Gardens, Chiswick House and Gunnersbury Park which provide spectacular surroundings for your wedding photographs that last for a lifetime.

Wedding Team

We pride ourselves on high standards of service and attention to detail brought to you by our highly experienced team. We are here to look after all the details so all you need to do is relax and enjoy the celebrations. Our in-house wedding team will be delighted to show you our facilities and are on hand to assist you in any way down to the very last detail that will make your wedding the most memorable to you and your guests.

Post Wedding Celebrations

The Wedding itself may be over but that is no reason not to continue the celebrations as Clayton Hotel Chiswick have plenty of options available. From private dining with your immediate family at our new Grill restaurant to a reserved area in the Globe Bar with nibbles and drinks, there is no hurry on you leaving the Clayton Hotel Chiswick.

Your day is in safe hands at Clayton Hotel Chiswick. Arrange a private viewing by contacting our dedicated wedding team at cb.chiswick@claytonhotels.com or on +44 20 8996 5200 now!



My Life, My Work

My life is private - I'm married to a hospital consultant, I have two occasionally grown up children. My work is more in the public domain. I write books and do a bit of journalism; I co-run Abundance London with Sarah Cruz, and I am a trustee of two local charities that work in the environmental, horticultural and educational sphere.



Abundance London harvests fruit gluts with local schools and volunteers. You'll see us traipsing around in September and October with bike trailers full of local apples, pears and quinces, and we run a successful annual Apple Day in Chiswick. We also guerrilla garden various spare bits of land that the council and its contractors have forgotten. For instance, in partnership with Turnham Green Friends we planted and maintain the flagpole garden at the Town Hall, and the little knot garden on the green; with Dukes Meadows Trust we planted an Edible Playground; with Chiswick library we created the beds in the front garden; and we try to keep the High Road beds full of bee-friendly flowers and fruit bushes. We are completely volunteer-run and self-funding, apart from a recent grant from the Chiswick Area Forum to buy a speedier apple crusher.

As a fairly hands-on trustee I recently helped Hammersmith Community Garden Association, based in Ravenscourt Park and Phoenix School in White City, to create a link with the NHS to teach health

professionals (GPs, physios, OT's etc) how to use the benefits of green space and gardening in their therapies, and helped attract corporate partners to work with the charity to create gardens in local schools and retirement homes. For Cultivate London I have been focussing on helping them to create a wonderful training and community garden in Isleworth, the Salopian Garden. From an overgrown jungle six months ago we have made amazing progress on our way towards creating a very special oasis of beauty and productivity. The next project is creating a clay pizza oven on 19th and 21st May. All helpers needed! Meanwhile their plant nursery next to Acton Town tube is the place to go for locally-grown top quality plants grown by our trainees and apprentices.

All these activities prove a welcome distraction from what I should be doing, which is finishing off a book on Nazi film-makers. A recent novel came out under a secret alias and, while attracting some good reviews, has vanished more or less without trace into the great world of online publishing. I live in hope that some film-maker will option it for the next Bourne/Da Vinci Code franchise... Another old book of mine, *The Letter in the Bottle*, is being made into a theatre play by an enthusiastic



young producer. At the time it attracted a lot of press attention and was made into a Radio 4 play, but that's a few years ago now.

Meanwhile the book which in 2009 initially came out of our work at the Chiswick House Kitchen Garden (where a group of local residents came together to fight plans to create a car park or retail outlet on the site of the old walled gardens) has just been re-issued in German. While *The Family Kitchen Garden* did alright in the UK, and is still available (if you hunt for it), in Germany it did really well. Written with two other kitchen gardeners, Jutta Wagner and Annette Wendland, it is now billed as "the standard work." The recent Portuguese edition even brought in a not-to-be-sniffed-at 86 Euros... I'm now thinking of trying to write another "standard work" about urban fruit growing.

I'm currently very pre-occupied by trying to get fit before going on a ski touring expedition to Greenland. I've left it very late - we leave next week. You know the joke about out-running a polar bear... how you only have to

be faster than one person? Well, uphill that one slow person is certainly me.

www.karenliebreich.com

Cultivate London will be creating a cob oven at the Salopian Garden in Isleworth, 689 London Rd, TW7 4ES on 19 and 21 May, 10-5pm. Drinks & snacks provided.

www.cultivatelondon.org

Phoenix School Farm & the Glasshouses in Ravenscourt Park will be open as part of Open Garden Squares this year on 18 and 19 June.

www.hcga.org.uk

Abundance London will be harvesting elderflowers some time in May. The Abundance Fruit Day will be at St Michael's & All Angels on 1 October 2016. www.abundancelondon.com

**ESTÉE LAUDER AND
VICTORIA BECKHAM
LAUNCH A LIMITED-EDITION
MAKEUP COLLECTION
FOR FALL 2016**



NEW YORK, April 15, 2016 –The Estée Lauder brand today announced a partnership with style icon and acclaimed fashion designer, Victoria Beckham, to create a limited-edition makeup collection, Victoria Beckham Estée Lauder. The collection will launch in September 2016 at select retailers around the world, Victoria Beckham stores and on esteelauder.co.uk and victoriabeckham.com.

"We are excited to join forces and bring Victoria's take on beauty to her many fans around the world," said Jane Hertzmark Hudis, Group President, The Estée Lauder Companies. "Victoria is an entrepreneur in the true spirit of our founder, Estée Lauder, with a real understanding of what women want, and a commitment to making women look and feel their most beautiful. Victoria has a passion for beauty and we are delighted to welcome her into our brand."

"I am thrilled to be launching this limited edition makeup collection with Estée Lauder," said Victoria Beckham. "The whole process has been both inspiring and eye opening - from going back and revisiting the Estée Lauder archives through to working on the product with the Estée team, this feels like the perfect makeup partnership for me and my brand. I had long admired Estée Lauder the woman, and the powerful brand that she created, so I am excited to offer both of our customers this makeup range and play a small part in her vision for women."

About Victoria Beckham

Since launching in 2008, the Victoria Beckham fashion brand has developed a distinctive and modern language of clothing. Bold, intuitive and refined, its wardrobe of apparel and accessories is now stocked in over 400 stores in over 50 countries internationally. With each collection Victoria adapts her own personal style to the needs and desires of the international women who swear by the label's luxurious and flattering garments.

About Estée Lauder

Estée Lauder is the flagship brand of The Estée Lauder Companies Inc. Founded by Estée Lauder, one of the world's first female entrepreneurs, the brand today continues her legacy of creating the most innovative, sophisticated, high-performance skincare and makeup products and iconic fragrances - all infused with a deep understanding of women's needs and desires. Today, Estée Lauder engages with women in over 150 countries around the world and at dozens of touch points - from in-store to digital. And each of these relationships consistently reflects Estée's powerful and authentic woman-to-woman point of view.

For more information, visit [@victoriabeckham](https://www.instagram.com/victoriabeckham) and [@esteelauder](https://www.instagram.com/esteelauder) on Instagram and [@esteelauderuk](https://twitter.com/esteelauderuk) Twitter and Facebook. [#VBxEsteLauder](https://www.facebook.com/VBxEsteLauder)

THE WONDER OF WINSER



Kim Winser OBE, Founder & CEO of Winser London, at home

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We are real fans of Winser London - a collection of modern, luxurious womenswear at a surprisingly attractive price (retail prices from £35 to £450). Set up by Kim Winser OBE (ex Pringle of Scotland and Aquascutum CEO) three years ago, it prides itself on clever cut and high quality fabric and yarn, which combine to deliver fashion-right investment pieces that become wardrobe favourites. Iconic styles and colours are developed with each season, giving the opportunity to layer newness with prized pieces from former seasons. What's not to like?

www.winserslondon.com



WINSER IN WINDSOR

On 21st April, to mark HM The Queen's 90th birthday, Moya Greene, CEO of Royal Mail, chose to wear her Winser London Tweed Coat and Dress in midnight to show Her Majesty round the Royal Mail Windsor depot. How stylish they both look and what an honour for Winser London. Winser's tweed dresses, coat and jacket are made from the highest couture quality English tweed and manufactured close to the mill in Cumbria.

Left: Moya Greene, CEO of Royal Mail, wears Winser London Tweed Coat (£450) and Dress (£295) both available in midnight, Hollywood red, camel, dark grey - Made in England



Winser Tweed Coat
 Midnight, Hollywood red, camel, dark grey £450



Winser Tweed Dress (sleeveless) and Winser Tweed Jacket
 Midnight, camel £295 (dress), £350 (jacket)



Tweed Dress (with sleeves)
 Hollywood red, dark grey £295

WINSER LONDON OCCASIONWEAR: DRESSING FOR THE BRITISH SOCIAL SEASON

Dressing for events in the British social season involves playing by the dress codes while having some fun to look your very best self! Winsor London's Spring/Summer 2016 collection offers an array of styles to inspire confidence and project elegance. From lightweight English tweed, iconic Miracle dresses, cotton textured dresses and matching cardigan-jackets to cotton poplin wrap dresses - plus chic coats that complete the look.

WINSER LONDON COTTON TEXTURED DRESSES & CARDIGAN-JACKETS



Cotton Textured Stripe Dress and Textured Stripe Cotton Jacket Midnight/white



Above: Cotton Chevron A-Line Dress and Chevron Stitch Cotton Cardigan Black, white £75 (dress), £79 (cardigan)
Left: Cotton Textured Shift Dress and Textured Cotton Jacket White, vintage rose, chambray blue £75 (dress), £79 (jacket)

WINSER LONDON COTTON AND BRODERIE DRESSES & SEPARATES



Above: Cotton Poplin Wrap Dress Chilli, moonlight £175
Top right: Cotton Broderie Anglaise Full Skirt and Sleeveless Broderie Anglaise Top Black, white, moonlight £125 (skirt), £89 (top)
Right: Cotton Poplin Miracle Dress Moonlight, chilli £150



WINSER LONDON COTTON AND BRODERIE DRESSES & SEPARATES



Above: Merino Wool Coat Midnight, camel, chambray blue £150
 Top right: Milano Wool DB Blazer and Milano Wool Skirt Black, midnight, mink, camel, Winsor blue, chambray blue £175 (blazer), £89 (skirt)
 Right: Merino Wool Parisian Dress Ivory/black £125

WINSER LONDON SUPER-FLATTERING MIRACLE DRESSES



Above: Yasmin Le Bon in Full Circle Skirt Dress Black, Hollywood red, moonlight £175
 Top right: Katherine Miracle Dress Black, midnight, moonlight, burgundy £150
 Right: Grace Miracle Dress Black, midnight, mink, Winsor blue, purple, burgundy, mid grey, teal £150

BRODERIE ANGLAISE: A VERY ENGLISH FABRIC WITH A SUMMERY FEEL

Broderie is the modern, sensible way to wear lace. A cool, cotton, practical fabric that gives the hint of skin without any sugary girliness. Winser London offers a capsule collection of Spring/Summer 2016 dresses, tops and a flirty full skirt. All styles in white and black - most also in moonlight.



Right: Cotton Broderie Anglaise Full Skirt (£125) & Sleeveless Broderie Anglaise Top (£89). Both available in white, black, moonlight



WINSER LONDON BRODERIE ANGLAISE COLLECTION



Left: Sleeveless Broderie Anglaise Top. Black, white, moonlight £89
 Top right: 3/4 Sleeve Broderie Anglaise Top Black, white, moonlight £49
 Right: Pure Cotton Broderie Anglaise Shift Dress Black, white, moonlight £150



Above: Winser London designer sketch
 Top right: Broderie Anglaise Dress with Jersey Back Black, white, moonlight £89



Winser London stores
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 43 Packhorse Road, Gerrards Cross (01753 889174)
 Join the Winser London Club for styling tips and exclusive invitations
 by registering your email at winserlondon.com

Electro Smog? It exists.....

Himalayan salt crystal candle holders help to counteract the dangers of "electro-smog" in your living environment.

I have a newly purchased Himalayan Salt crystal holder in my house and I've learnt how they help to purify indoor air, have a soothing effect and a beautiful glow. The air we breathe consists of ions (atoms or groups of atoms) that carry either a positive or a negative electrical charge. Computers, TV sets, air conditioners, tobacco smoke and many other by-products of modern living produce positively ionised air, which is detrimental to our health. Negatively ionised air is generated by environments such as mountains, the seaside and waterfalls, and by means such as thunderstorms, gentle heat and Salt Crystal Lamps.

Positive ions are often created by electronic devices like computers, TVs, microwaves, and even vacuum cleaners and can often exacerbate problems like allergies, stress and sleep trouble. Negative ions can neutralize positive ions (they bond together) and help cleanse the air.

The unique combination of salt and a light source in salt lamps are what cause the negative ions. Salt is hygroscopic, meaning that it attracts water to its surface and this water evaporates quickly due to the small amount of heat from the light source (this is also why salt lamps tend to sweat and appear wet in humid climates). The negative ions are generated during the evaporation process.

Since things like airborne mould, bacteria, and allergens often carry a positive charge, they can be neutralized by negative ions.

Salt lamps- produce both gentle heat and negatively-charged ions. They make it easy for you to bring the benefits of famous health spas into your own home! The most common benefits are reductions in rheumatism, allergies, respiratory ailments, sleeplessness, migraine, high blood pressure, physical and psychological disorders, mild depression etc. In addition to the proven benefits of negative ionisation, many people also experience a

reduction in stress due to the gentle, soothing colours

It is important to make sure that the lamp is from a pure Himalayan Crystal source and not a cheap imitation made from rock salt.

Himalayan salt lamps are made from pure, food grade, Himalayan salt crystals and can even be powdered to use as salt in recipes if needed.

There's nothing quite like the soft, incandescent flicker of a candle.

Whether you delight in dining by candlelight or savour their soothing, warm glow while you work or read, candles have long graced just about every room in homes. Now you can enjoy yet another benefit - specifically from a very special type of candle holder.

Just like the lamps I've discussed above, Himalayan salt crystal candle holders help to counteract the dangers of "electro-smog" in your living environment. When lit, they impart negative ions, helping to cleanse the air you breathe.

And their beautiful rich hues of pinks and oranges bring feelings of soothing comfort and support, positively enhancing your mood.

Himalayan salt crystal candle holder and the warmth from the candle reacts with the natural crystal salt, releasing negative ions into the air.

The longer the candle burns in the salt crystal holder, the more plentiful the emission of negative ions. It helps clear the air and dilute odours naturally. Enjoy a soothing environment whilst you sleep with one of these.

Katie Saunders





On the Couch with Nicholas Rose: Write in to us with your dilemmas!

If you have a question you would like to put to us please write in and we will consider your question and respond to it in the next edition of the Chiswick Herald Magazine. When we publish the question we will not give any of your details - merely print the question and our response. Send us your question by email to mail@nicholas-rose.co.uk or in writing to Nicholas Rose, Nicholas Rose & Associates, The Cove Spa, 300-302 Chiswick High Road, W4 1NP.

Meanwhile, for this edition I've pulled together a list of the top questions people ask us about counselling and psychotherapy.

Q. What is the difference between counselling and psychotherapy?

The terms Counselling and Psychotherapy, these are often used interchangeably. However for the purposes of understanding what to expect, counselling is an endeavour that often has a clearer focus than psychotherapy for example a Bereavement or particular crisis. The nature of more clearly defined concerns tends to result in a limited number of sessions. Psychotherapy is relevant where there is a sense of struggle without any particular sense of a cause of

the concern, often this struggle is something which has been experienced for a considerable period of time. A psychotherapy relationship tends to be of a longer-term nature.

Q. How does counselling or psychotherapy work?

Counselling & psychotherapy with us provides an opportunity to develop a greater understanding of your difficulties, to comprehend and clarify what was previously unclear and with this new awareness to identify and implement changes in your life. Crucially we offer a supportive relationship until the point at which you feel your difficulties have been addressed.

Q. How many sessions will I need?

It is never possible to say at the start how many sessions will be needed however it is usual to regularly review how your sessions are going and ensure you are finding them helpful.

Q. Will I have to lie on a couch?

The patients of psychoanalysts may well lie on a couch during sessions. But the many therapists will arrange the room so you sit in chairs.

Q. How do I choose the right counsellor or psychotherapist?

A great deal of research has and is being undertaken on the subject of Counselling Services, Psychotherapy Services and the different approaches to therapy. It suggests that the most important factor in effective outcomes is the strength of the relationship between the client and the counsellor or psychotherapist. We always suggest you meet a therapist for an initial session and then you can decide whether you feel comfortable, useful questions to ask yourself are: do I feel listened to and understood? Is it easy for me to speak to this person or are there things I am not saying?

Q. If I want a male, female, straight, bisexual or gay therapist is it ok to ask for that?

Of course, the priority is that you feel comfortable. Having said that if you do not feel comfortable then it can be really helpful to ask yourself why that might be? Is it possible that the way you feel about the therapist is connected to the concerns you are bringing to therapy? If so maybe you have found the right therapist for you after all.

Q. How does couples counselling work?

Couples counsellors aim to provide a warm, supportive and non-judgmental environment, and do not take sides. Couples counsellors do not come to the sessions with an agenda; they are not there to tell you what to do or to manipulate you into staying together. They are there to facilitate you in finding your own way forward; for some couples this will mean finding a more creative and positive future for the relationship, while for others it may mean helping you to accept and manage the end of a relationship.

Q. What is family therapy?

Family therapy enables family members to listen, respect and understand different perspectives and views, to appreciate each other's needs and to build on their strengths to make useful changes and find positive ways forward.

Q. Will I have to talk about my parents?

It is your space to talk about what you choose however a therapist might ask questions if they maybe relevant

to the issues you want to explore. Ultimately you decide on what you want to talk about, having said that if you find there is something that you are not saying it can be really helpful to ask yourself why!

Q. What is Child Psychotherapy?

Child Psychotherapists work with children by building a relationship through talking, play or the use of art materials to help children express themselves and help them to resolve issues concerning them. A space and time is created for them to think about life, to talk about growing up, about what happens at school with friends and about what it is like to be them. A child psychotherapist can also offer a great deal of support for parents and families at times of struggle.

Q. When can a child psychotherapist be helpful?

If a child is showing signs of distress at home or school or if as a parent/s you are struggling in your relationship with your child. In addition there are a number of particular difficulties which can helpfully be brought to a child psychotherapist including pre and post natal difficulties, birth trauma, aggressive behaviours, ADHD, autism, divorce and separation, adoption, bereavement and loss, eating disorders, separation anxiety, selective mutism, obsessive behaviours. self harm.

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I love a bit of home pampering; I'm a bit salon shy and would prefer to have treatments at home, so this is a great service if you feel that way too!

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MAY LINDSTROM SKINCARE

Sometimes you come across a skincare brand that just resonates with you.

While looking for new products recently, I happened across a lovely brand with a great philosophy behind it. I love skincare that is a bit niche and has been created with love, and is not over produced. Some of these brands I find do not live up to their claims or they come and go with the passing trends (remember the Kale fad in skincare..?) However, May Lindstrom is a different brand entirely.

A former model turned 'skin chef', May Lindstrom began formulating this skin care haute cuisine in her kitchen - starting with the now iconic Good Stuff Radiance Oil; an ultra-nourishing blend of botanical extracts, that bewitched fellow supermodels, and soon stole its way into all the top make-up artists kit bags.

Shattering the boundary between natural and luxury, May Lindstrom's products contain only the finest organic, biodynamic, wild-crafted and vegan ingredients, sustainably sourced and mindfully harvested. This is skin food for the beauty gourmand.

Firstly, the products are gorgeous and really work. There are two stand out products in the range that I adore and one is the Blue Cocoon Body Balm (\$160.00) This gorgeous, blue balm, melts into the skin, comforting and softening it whilst leaving it smelling divine. I loved this product for its scent alone but it does so much more than that- it seems to alleviate anxiety and cares just drift away. On another note, I've been using it I'm dry hands that were very sore and within a day they were soft and all the cracked skin has healed! It's like a little miracle as no other hand cream has helped this year- also, it doesn't sting!

The second product I loved is the Honey Mud. This is a gentle enzyme cleanser and mask made with raw honey and can be used as a cleanser or as a treat, a mask. It really nourishes skin and leaves it soft and glowing (\$80.00) I preferred it as a mask than as a cleanser, it just felt more mask like and 'right' to use it that way for some reason!

You may notice that prices are in dollars, that is because May is based in LA and her products have been a massive hit in the USA for a while, but fear not! They are soon coming to Liberty London, where you will be able to shop the range. In the meantime you can order and discover the products in the range via the website www.maylindstrom.com

I suggest you get in early as I predict that this brand is as good as it says it is and will be a massive hit here with us Londoners. Just remember, you heard it here first!



SPRING FRESH!

THE DAFFODILS ARE OUT AND SPRING IS UNDERWAY, I LOVE THIS TIME OF YEAR, I LIKE SPRING CLEANING THE HOUSE AND CLEARING OUT THE OLD TO MAKE WAY FOR THE NEW. I APPLY THIS TO MY BEAUTY AND HEALTH ROUTINE, SO THIS WEEK I AM LOOKING AT ALL THE NEW SPRING RELEASES TO HELP WITH FITNESS OR GIVING YOUR FACE & BODY A GREAT SPRING CLEAN.



1



2



3



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8

If you are starting a new exercise routine and want a little extra help you could try some anti-cellulite leggings under your sports wear to boost your workout. Some of the best ones are by Macom, who do a whole range of body sculpting wear, initially designed for post surgery purposes. The Waist Sculptor (1) has adjustable fastenings and instantly sucks in the waist giving an hour glass shape but if it is worn for up to six hours a day, it actually starts training your muscles and changing your shape! The Crystal Smooth Anti Cellulite leggings are comfy to wear under any clothing and have a silky feel that regulate body temperature, alleviate muscle fatigue and smooth skin. I think both are an ideal addition to your fitness regime. See the website for lots more products including sleepwear and to learn more about them www.macom-medical.com

After a workout it's great to have a refreshing shower with products that really clean and invigorate the skin. Some of the best products I've found for the post workout shower are the Clarins Body Tonic range of products. The Tonic Bath & Shower Concentrate (£20.00) (2) is full of essential oils that cleanse and tone while smelling divine. Follow up with the Tonic Body Treatment Oil (£40.00) that helps firm and tone skin while leaving it beautifully scented and soft.

Find at all good department stores and www.clarins.co.uk
Boost your skin care with one of Clarins new boosters; just add a few drops of your chosen one into your moisturiser, foundation or face mask to turbo charge the product. There are three to choose from, Energy: revives radiance and ideal after long haul travel, late notes and general fatigue.

Repair: ideal after swimming, sunburn or extreme climates such as skiing etc, or Detox: for congested skin, after partying, over indulgence or extreme pollution. Just out now (April £30.00 each) I predict another cult bestseller for the brand!

Clinique have some great new face wipes, ideal for post gym workouts. Take the Day Off Wipes are launching in May and are infused with the best selling cleanser on a soft towelettes. Ideal for on the go and for face & eyes (£16.00) If you have sensitive skin and prefer a cleanser then try the Extra Gentle Foaming Cleanser (£18.00) (3) which is a lovely, comforting but effective cleansing foam which won't dry skin out. Find both at Clinique counters or www.clinique.co.uk

If you need a boost after your workout I would recommend the new hydrating drink, Ohayo (4). It is a mini bottle of goodness, full of vitamins, minerals and electrolyte, perfect for when you need a hit of hydration. Find out more at www.ohayotomorrow.com (£3.75 per bottle)

A lovely face oil to try after a work out is the new Korres Black Pine Advanced Firming, nourishing and Anti Wrinkle Active Oil (5) (£45.00 www.marksand-spencer.com) This is a powerful anti ageing formula with natural fatty acids that really help to plump out lines. The oil is lovely to use & quickly absorbed. Use as part of your new Spring night time regime and your skin will look healthy in time for summer.

If you find skin is overly dry try the Katherine Daniels skincare range, the Dry Skin Concentrate (6) (£35.00 www.katherinedanielscosmetics.com) will hydrate

If you are training for the London Marathon or do a lot of running, your feet can take some bashing. OOFOS Recovery Shoes (7) (£40.00) can help soothe and reinvigorate feet, allowing for a faster recovery time. The shoes look like flip flops but are extra comfy, almost like walking on a sponge! Available for men and women in lots of styles and colours. Take a look at the range www.oofos.co.uk

Lastly, if all of that cleaning and exercising has left you tired at the end of the day, I'd love to recommend the Bamford range of body products. Found in high end spas and top hotels such as Claridges in London, the beautifully simple products are a real treat at the end of a hard day. I love the Geranium range with peppermint and lavender essential oils, the bath oil is divine and softens and scents skin and really helps to relax you. It is 85% organic too. (£40.00) The hand and body wash refreshes and conditions skin (8) (£22.00) and is full of good stuff including Aloe Vera and plant based cleansers. Finish off with a moisture rich hit of the Hand and Body Lotion (£24.00) which sinks in immediately and leaves skin supple and you will have a lovely nights sleep - I promise! Find the range, along with information about other products and spas www.bamford.co.uk

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GET OUTSIDE AND EXERCISE!

ITS SPRINGTIME! THE WEATHER MAY STILL BE A BIT A CHILLY BUT IF YOU ARE LIKE ME, ONLY JUST WAKING UP TO 2016, NOW IS A GREAT TIME TO GET OUT INTO THE FRESH AIR AND DO SOME EXERCISE.

After the festive season it's hard sometimes to throw yourself back into the swing of things, especially if the weather is cold. The feeling of anti-climax once the year is in full swing and you are back to the daily grind doesn't help. On top of this, we may feel broke, despondent and decidedly unhealthy after our festive blow out. We contemplate the excess pounds we have shifted from our bank accounts - and excess pounds accumulated round our middles from too much rich food and alcohol.

Our bodies may also be wrung out by late night, boozy celebrations - as well as a lack of fresh air and exercise, not helped in recent weeks by the rainy weather.

So the guilt starts to creep in. We plan our New Year diet, fork out for an expensive gym membership (again!), resolve to stop smoking or go booze-free for a month....but our resolutions rarely last more than a couple of weeks. No wonder we get so fed-up and feel a bit lardy once spring comes around.

So what can we do instead? One simple (and inexpensive) answer is to throw off the guilt and plans for crash diets and crazy gym schedules that won't last - and head outdoors for our fitness fix.

Why? It's thought that exercise, particularly in cold conditions, boosts the conversion of white fat cells into brown, which burn rather than store energy. This helps keep us warm in cold weather (shivering also boosts this conversion into brown fat) and also boosts our metabolism, helping us burn off calories faster. And of course exercise doesn't just burn off a few calories, it builds muscle too, which as well as keeping us trim and shapely helps burn off calories even after our workout is over, helping with long-term weight control.

What's more exercising outdoors raises your exposure to natural daylight and helps boost vitamin D in the body - both of which can be in short supply in the winter months. It also releases endorphins (our happy hormones). These all work to improve your mood. This in turn makes you more able to stick to healthier behaviours - from healthy eating patterns to cutting back on cigarettes or alcohol.

Exercise also helps you de-stress, which is good for health, mood, and weight control as you're less likely to reach for sugary, fatty foods. Plus exercising outdoors puts a healthy glow in your cheeks and a spring in your step - better than any beauty product on the shelves!



Lasting benefits

All reasons enough to come out from under the duvet and head outdoors, even when it's the last thing you feel like doing. By focusing on the big outdoors rather than obsessing about calories and step machines you will boost your health and mood in a way that will last longer than any New Year resolutions.

What's more, dodge the worst of the rain and wrap up well, and once you're out there you might enjoy the spring

conditions more than you expected. We are so lucky in Chiswick to have many green spaces, so getting out and about is easy! Even a twenty minute walk a day can help. Leave the car at home and head down to one of the parks, borrow a dog if you can to make the time fly by and you'll soon realise that you have been outside for longer than you thought and also quite enjoyed it!

"I haven't enjoyed myself so much in ages. It's filled a childhood ambition at last. It's been hard work, good exercise and I had a great instructor"



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IN MARCH'S CHISWICK HERALD MAGAZINE DR SINGH LOOKED AT A WELL-KNOWN AND CONVENTIONAL ASHTANGA POSE: WARRIOR II - IN ITS NORMAL FORM AND ALSO ITS TWISTED VARIATION. HE ALSO DESCRIBED A VARIATION OF THE BOW POSE - ON HANDS AND KNEES, WITH AN ADDED TWIST. TO BUILD UP CORE STRENGTH, HE DESCRIBED THE FORWARD LUNGE WITH A FINAL TWIST.

IN THIS MONTH'S ISSUE OF THE CHISWICK HERALD MAGAZINE, HE DESCRIBES YOGAPLUSEXERCISE POSES LYING ON HIS BACK ON THE FLOOR.

Abdomen lift

This core exercise strengthens your whole body and your abdomen especially. Lie flat on your back with legs straight toes pointing up and hands by hips. Lift your backside off the mat by an inch to transfer all your weight onto the back of your heels and your shoulder blades. Avoid arching your back by pushing up too much, keep your legs straight, and do not take any weight on your head or neck.

Keep your stomach muscles, legs and torso contracted as you hold this strong position, and keep breathing. For an added challenge, with your backside lifted, lift one leg off the floor and cross your arms across your chest.



Glute & Inner thigh stretch

This pose benefits your backside muscles (glutes) and stretches your inner thigh.

Lie on your back, your legs on the floor and straight and together, and hands by your hips. Bend then lift both legs and bring your knees down towards each armpit, so both heels point to the ceiling. Take hold of each heel with each hand and pull each leg down to the floor on either side of your rib cage. Keep your lower back pressed down throughout and your head on the floor to relax the neck. Breathe. Feel the glute and inner thigh stretch.



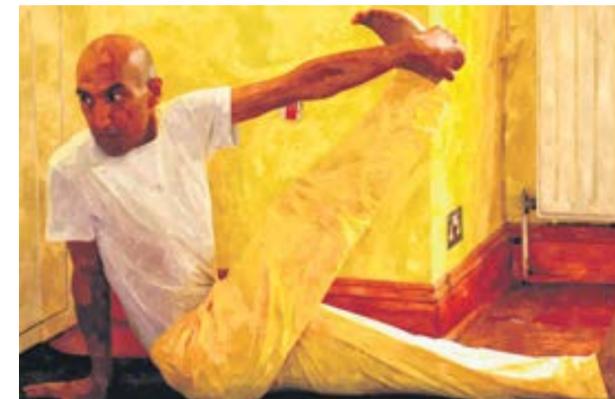
Yogaplustexercise

Seated twist with leg held

This pose stretches the whole length of the outer length of your lifted leg, so is a great pose for improving flexibility.

Pull your right leg up and over your left knee using your left hand. As you exhale, look over your right shoulder. Feel the stretch all along the outside of your right leg combined with the twist of your torso in the opposite direction.

To increase the lift and stretch of your raised leg, place a strap around your right foot around the sole of the R foot and hold the other end with your L hand then pull. Look forward and bend your R leg and place it back on floor beside your left leg. Repeat using your left leg.



Glute & Inner thigh stretch

This pose benefits your backside muscles (glutes) and stretches your inner thigh.

Lie on your back, your legs on the floor and straight and together, and hands by your hips. Bend then lift both legs and bring your knees down towards each armpit, so both heels point to the ceiling. Take hold of each heel with each hand and pull each leg down to the floor on either side of your rib cage. Keep your lower back pressed down throughout and your head on the floor to relax the neck. Breathe. Feel the glute and inner thigh stretch.



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TIME FOR A NEW SCENT

Summer is the time to swap your usual perfume for something with a bit more fizz! . Scent seems to fade faster on cold skin, so using a spicier perfume makes perfect sense!

I have been testing a great many perfumes this week, looking for the perfect fragrance for this time of year and I have found lots that are suitable and will see you well into the spring and summer months.

Ferrari Fragrance have some excellent offerings for him and her as well as some extra special limited edition scents. Vetiver Essence is a luxurious, masculine fragrance with cedar, leather and oud, making it a warm, musky scent that smells divine. Would make a great gift for Father's Day too! £79.00 exclusive to Harrods. Or why not try Noble Fig, a great, fruity, full bloom unisex scent that smells like Italian Sunshine! I'm almost addicted to this and keep spritzing it all over while dreaming of summer! £65.00 also from Harrods where you can see and try the whole range.

Neom Organics have a lovely range of On The Go scents that make you feel good, do good as well as smell good too! These gorgeous little 100% natural essential oil blends in a roller ball, mean that you can pop them into pockets or bags and use whenever you feel the need. Ideal for summer is the Scent to Boost Your Energy (£8.00 each www.neomorganics.com) with hits of grapefruit oil, lemon and rosemary and they last on skin for up to 3 hours.

Caron is one of the oldest and glamorous perfume houses of the world. Parfum Sacre is a sweet incense oils and resins to evoke churches, cathedrals and ancient temples - a Sacred perfume indeed! Lot's of amber and vanilla and a certain suave suede note - golden and creamy. Very heady, voluptuous and bold. Exotic to a high degree. £105.00 from Fortnum and Mason.

Not strictly a perfume, although there is a matching fragrance range, Roger & Gallet's Fleur de Figuiier Huile Gourmande as it is just what we all need come the Autumn. The ultra-nourishing hair and body oil is enriched with fruit oils (grape, pomegranate, blackcurrant, apricot and passion fruit) and a sweet almond oil, so smells divine too. Ideal if you want a more subtle way to scent your skin. £25.50 selected Marks & Spencer Beauty Counters



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Gipsy Kings and The Corrs



Kew the Music is a glorious week-long festival of summer picnic concerts set within the stunning grounds of the Royal Botanic Gardens, Kew and this year has a fantastic line up with something for everyone. *Kew the Music* is well known for its magical setting, so don't forget the open-air bars and high quality street food stalls hand-picked to ensure that you soak up the relaxed atmosphere and enjoy a sensational summer's evening.

Regarded by many as one of the greatest British bands of the 80's and 90's, **Simply Red** open the festival on 12 July, followed by **Will Young** with special guest **Billy Ocean** on 13 July. Save-the-date for ultimate ABBA party-time on 14 July with **Björn Again**, followed by *Kew the Music* regular crowd pleaser **Jools Holland** who returns on 15 July with his Rhythm and Blues Orchestra and special guests Pauline Black and Arthur "Gaps" Hendrickson from *The Selecter*. Irish pop sensation **The Corrs** play on 16 July and finally, with their own style of flamenco fusion, legendary **Gipsy Kings** bring the week-long summer party to a close on 17 July.

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For the first time at *Kew the Music*, we have teamed up with the acclaimed Ivy Chelsea Garden to create a dinner and performance package. Dinner will be hosted in the extraordinary Grade II listed Nash Conservatory with menus created specially by the chefs at **The Ivy Chelsea Garden**.

Picnics at Kew the Music

Picnics and music festivals are a match made in heaven. This year, we have Mayfair's favourite, **The Mount Street Deli** hampers on offer. Taking their inspiration from the glasshouses at Kew, the three hampers available are **The Waterlily**, **The Palm** and vegetarian option, **The Alpine**. Each serves 2 people and is available for pre-order and collection.



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For full details visit kewthemusic.org/vip-packages/ alternatively call our VIP Hotline on: 020 3437 4136





Health food to go? Go to POD!

KATIE SAUNDERS GRABS A FIRST BITE AT POD IN LONDON

Pod certainly is a refreshing setting, however make sure you get there earlier on in the day or they run out of the good stuff! They work on a weekly rotation of warm meals, the Lamb Meatballs being the favourite, but sadly they were not there the second time I visited; I opted for a Tabbouleh Salad and some potted chicken.

Honesty is the best policy in these situations as you want to be satisfied with what you buy and what you eat, overall the salads are too cold and too bland and you'd be happier finding another place to sit and eat.

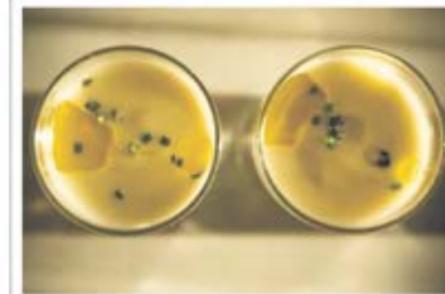
If your not a salad eater they have a large selection of sandwiches and then several soup broths that they prepare for you, as well as smoothies! The smoothies get a big thumbs up, they're fresh and they have several options, the oaty blueberry was lovely, could easily be breakfast and the tropically sweet fruits smoothie is easily a refreshing afternoon snack.

Pods' coconut water is the best you'll ever drink from any eatery! I've been to a many in London, even those you'll buy in such vast places such as Wholefoods and Planet Organic doesn't come close. It really tasted like it just came out of a Fresh Coconut and they are in a fun easy to fit in your handbag bottle explaining that they sometimes go pink because the natural electrolytes begin to blush - how sweet!

The staff were helpful through out and came over to the table with drinks and extras, and had they're eye on everything running smoothly. The layout of the place was easily accessible, you could read the menu on the wall at the back of the store and stand and choose from the fridge on the right hand side of the premises. The rest being a big space for customers to move and there being a few tables and chairs for people to sit down, quite noticeably not that much seating area but I guess it keeps the place in a happy medium and not too over crowded.

Findings from my visit to Pod are get a coconut water, get a smoothie, make your own salad at home at take it to work with you and wait for the Lamb meatballs to come back around join me there when they are because you won't be disappointed with them.

To find your nearest POD visit www.pod.co.uk/find-a-pod



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Stir fry tops the London dish list

NEW STUDY FROM TESCO REVEALS THE TOP FIVE WELL-KNOWN MEALS BRITS CAN COOK FROM SCRATCH WITHOUT THE AID OF A RECIPE, WITH QUICK AND EASY WEEKDAY FAVOURITE THE STIR FRY COMING OUT ON TOP AND SPAGHETTI BOLOGNESE A CLOSE SECOND NATIONALLY

- Study reveals more than half (55%) of London adults only know how to cook just five or fewer dishes without resorting to looking up a recipe
- 27% of Londoners cook a new recipe just once a year or less frequently

A new survey commissioned by Tesco into Brits' cooking habits has found the humble Chinese stir fry is the most well-known dish people know how to cook from scratch, with 81% of people, and 56% of those from London, knowing how to cook one without having to resort to a recipe book.

In London, spaghetti Bolognese came a very close second with 55.6% knowing how to cook the British favourite, while 51% can cook a Sunday roast unaided, putting this in third place.

The survey was commissioned to launch a new online cooking series, Let's Cookalong, delivered by the Tesco Eat Happy Project in partnership with the Children's Food Trust. The research, conducted with 2,000 people around the country, looked into aspects of our kitchen habits from the recipes we do and don't feel confident cooking from scratch, to how we learn new recipes, what inspires us and how our children are learning to cook.

The research found that 55% of Londoners have only committed five or fewer recipes to memory and a similar proportion (51%) say they roll these out on a weekly basis, if not more often.

Let's Cookalong will help boost the culinary knowledge of parents and children throughout the summer as new



videos are added to YouTube each week. Parents and their children will be able to follow a chef cook a variety of child-friendly recipes and meal ideas, starting with picnic-themed recipes and moving on to Moroccan, BBQ and Indian in the coming weeks.

Josh Hardie, Group CR Director at Tesco, speaking on behalf of the Eat Happy Project said:

"We know families around the country love to cook together, which is really important because if children grow up learning to cook and eat healthily, it helps them go on to lead healthier lives.

"Trying a new recipe can seem daunting but tasty, healthy meals needn't be complicated or need lots of expensive ingredients - this is the inspiration behind our new Let's Cookalong summer series and we want as many families as possible to take part this summer."

Linda Cregan, CEO of the Children's Food Trust said:

"A healthy diet is all about eating lots of different foods - and when children have helped to make a new dish with you, they're far more likely to try it. Cooking together is a brilliant way to add some new favourites to your family's list of go-to meals, which is why we're thrilled

to be part of Let's Cookalong. We're looking forward to a summer of great family fun with food."

The top five meals London respondents said they were very confident cooking without a recipe were:

- 1. Stir fry - 56%**
- 2. Spaghetti Bolognese - 56%**
- 3. Sunday roast - 51%**
- 4. Cottage/shepherd's pie - 47%**
- 5. Chilli con carne - 41%**

It would seem that many of these recipes have been passed down from our mothers; as 47% of those polled in the capital said this is how they learned the recipes they know, while only 7% picked them up from their dad. This is a trend which looks likely to shift in the future with a third of all dads polled across the country (33%) saying they would like their children to learn how to cook from them.

It seems that cooking together is becoming a family

pastime as a quarter of UK parents (25%) with children aged between 6 - 10 say they cook together all the time while almost half (49%) do so occasionally.

The survey also revealed a real variety in cooking habits across the UK:

- Almost a third of those from Edinburgh claim to have committed 10 or more recipes to memory, by far the highest proportion of any UK city

- Liverpoolians proved to be the most experimental cooks with 8% saying they cook new recipes every week, higher than the national average of 5%

- Belfast parents are the most diligent at cooking with their children, narrowly beating out Newcastle, with almost one in five saying they do so all the time

- The cooks of Norwich appear to be the most frugal with the highest proportion citing trying to save money as a key inspiration for learning new recipes.

Free pints for customers as part of latest phase of

London Pride's Made of London campaign

London Pride, the flagship brand of Fuller, Smith & Turner PLC, has launched the next phase of its Made of London campaign - supported by an interactive digital campaign that will reward the beer's fans with a free pint of London Pride. The campaign has been creatively developed by The Corner London.

The latest phase is based around A beer as alive as the city that brews it, and follows on from the previous iconic London scenes that have formed the backbone of the brand's Made of London advertising. The latest execution has a focus on the energy and vibrancy of London and Londoners and London Pride's role within it. There are three new posters featuring different parts of the River Thames from dawn to dusk, which will be visible on sites throughout London including over 500 around the London transport network and a full takeover of Waterloo station, as well as a number of press ads in targeted London titles.

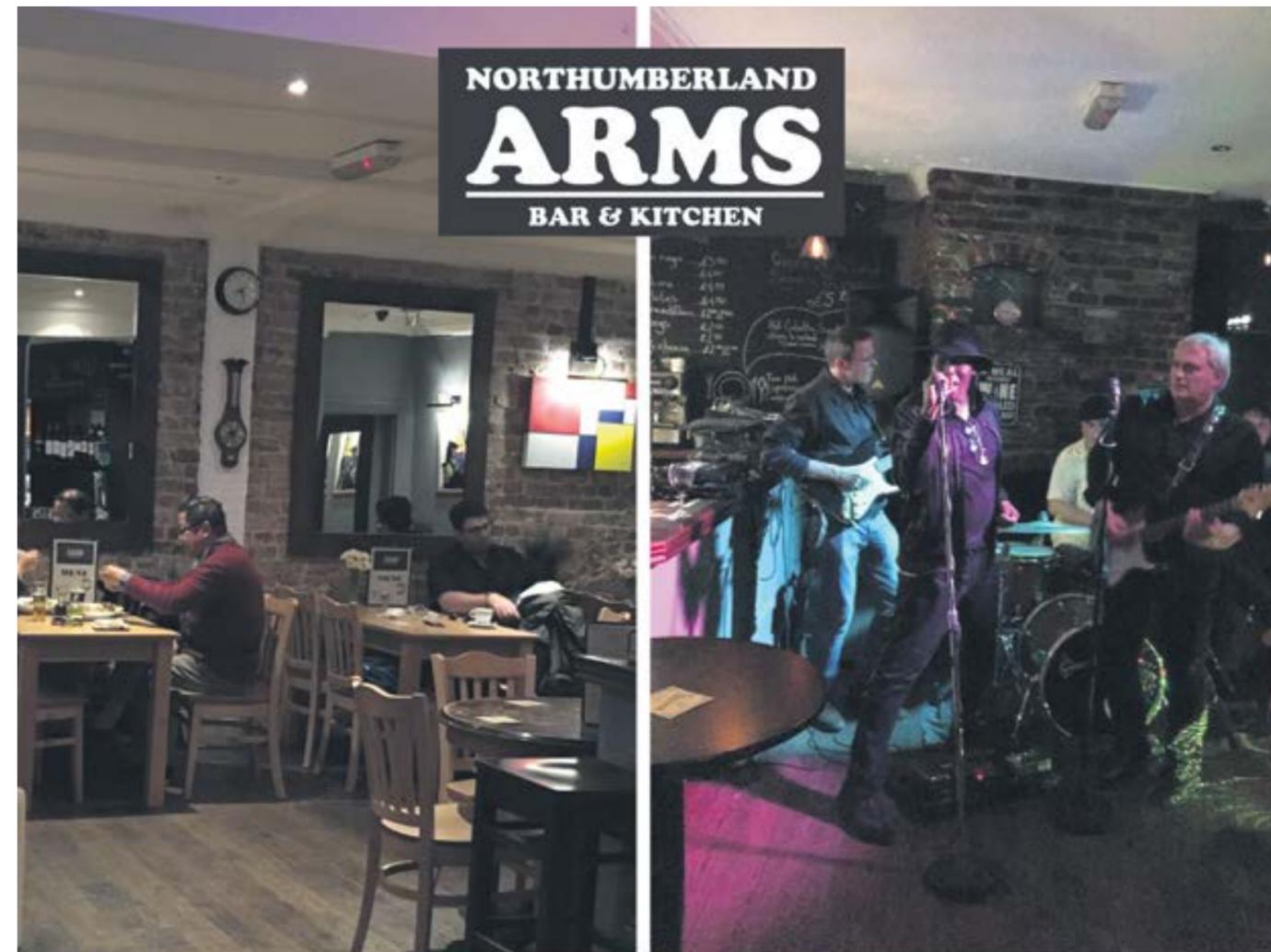
On May 4, 2016, the digital phase of the campaign will go live, focussing on facts that capture London Pride's special relationship with the City - such as that it is a beer named by London, for London and that it is still brewed in the same spot, by the River Thames at Chiswick, that it has been for the last 60 years. In addition, followers

on Twitter will be asked to share their perfect London Pride moments and for an hour, at certain points during the campaign, anyone who tweets one of those special moments will receive a voucher for an instant free pint of London Pride.

Jane Jones, Fuller's Head of Marketing, said: "The Made of London campaign has real traction with Londoners and nearly six million people will see this latest burst. As ever, we look to reward our fans across the Capital too - and digital allows us to do this beautifully.

"Previous campaigns have generated extraordinarily high levels of engagement and we hope our followers will share some fantastic photos with this latest activity.

"There is no other beer that has the empathy and relationship with London that London Pride does. Fuller's is a truly historic quality brewer and this unique position really shines through with all our Made of London activity. Cask ale is a living, natural product and this latest phase really does emphasise that it is as alive as the City it's brewed in."



Strand on the Green from Armitage to Zoffany

by Beryl Robinson

No. 1 Strand on the Green



Strand on the Green began as a fishermen's settlement with river trade running alongside the houses of artists and gentry. A few members of the nobility settled there in the 18th Century, where the waterman's landings and wharves built for brick-makers, stone merchants, market gardeners and boat-builders to trade their goods, existed alongside the elegant houses and were much loved by painters, poets, designers, architects, illustrators and authors alike.

The earliest painter to live here was Johann Zoffany, born in Germany coming to England in 1760 to settle in London. He was commissioned by George III to paint royal portraits whilst living in an attractive house in Strand on the Green and was appointed as a member of the Royal Academy. He spent time in Italy, but on return to Chiswick moved back to number 65. Although this was a time of fashionable society and nobility in West London, it was the 20th century that saw a proliferation of creative residents. Interestingly the fabric of Strand's architecture fell into disrepair around the turn of the century, and the subsequent Second World War caused more destruction, resulting in the listing of 39 buildings to be saved for their architectural interest.

It was the faded glory that attracted a new creative settlement in the 20th century. The author Nancy Mitford lived in Rose Cottage where she wrote *The*

Pursuit of Love published in 1945. Dylan Thomas, the poet, stayed occasionally in Ship Cottage behind Ship House, almost certainly the oldest house now on Strand on the Green. Florence Anderson, an illustrator of children's books, conjured up her fairies whilst she was a resident in the 20's and 30's. Geoffrey Household lived at number 29 in the 1950's, writing novels, children's books and short stories. He is somewhat romantically known for roasting a deer on *Oliver's Island!*

Joseph Armitage, an early member of the Art Workers' Guild, designed and produced architectural ornament for public buildings and produced the coat of arms for Chiswick Bridge, as well as designing the National Trust's symbol in 1935. He was a long standing resident of Strand on the Green and lived at number one.

The legacy continues with Marthe Armitage, a British wallpaper designer graduating from Chelsea School of Art after the Second World War. Her designs are hand drawn, hand-cut, lino blocks, printed on a lithographic printing press. She works in a studio on Strand on the Green, where she has housed her printing press for nearly 50 years. In 2004, the wallpaper design company Hamilton Weston agreed to represent her work and she produced the wallpaper "Alphabet" for the film *The Woman in Black*, based on Susan Hill's ghost story.



Strand on the Green railway bridge



Strand on the Green looking west



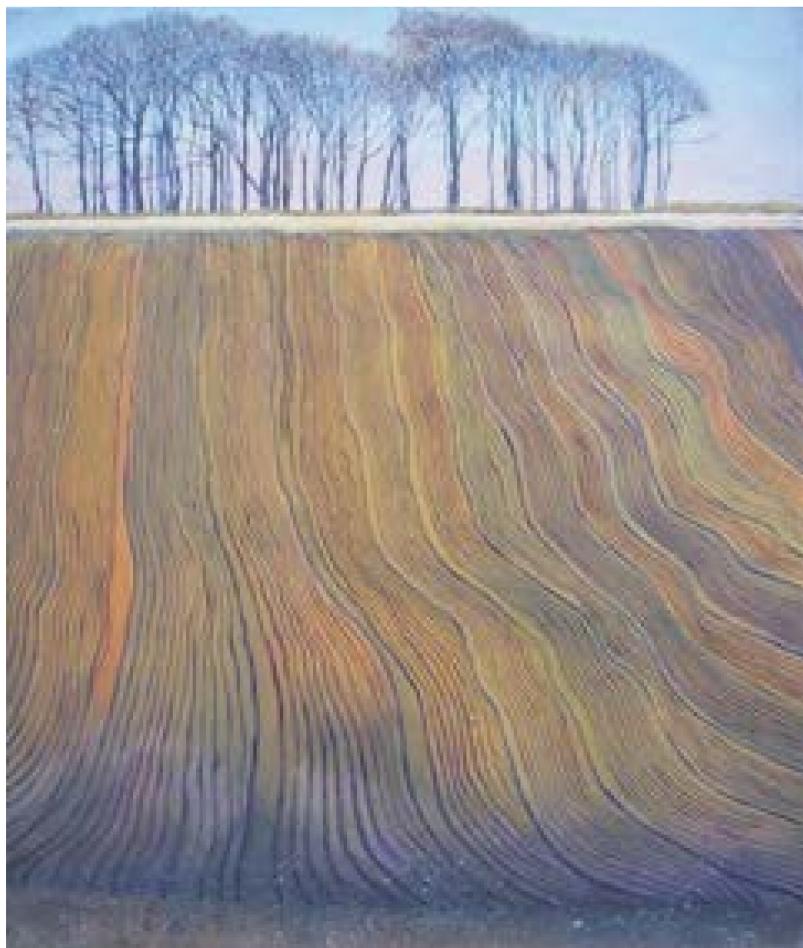
Zoffany's House 65 Strand on the Green

Painting Light and Colour

Beryl Robinson



Lucien Pissarro house



Peter Thornborough, Sparsholt Down

Lucien Pissarro lived in Stamford Brook Road in Hammersmith and was part of the impressionist movement devoted to innovative use of colour. The term 'Impressionist' was first used as an insult in response to an exhibition of new paintings in Paris in 1874.

Impressionism was an approach to painting everyday life and landscape developed in 19th century France and focused on painting out of doors and spontaneously rather than in a studio from sketches.

In France the impressionist painter followed on from a strong rural realist movement in the Barbizon forest, with radical experimentation with new chemical colours manufactured in tubes for portability. Unlike the studio landscape painting that went before, they produced scenes of urban life in bright, pure colour. Although the inventions of the 19th century had an influence on the way painters worked experimenting with complementary colours and bold new techniques demanded by the speed of working 'plein air'.



Jill Revie, White Walls

Impressionists often began their paintings outdoors applying brushstrokes rapidly and visibly. Where painting had been studio bound, it was now released onto the streets, into the fields, the beach, the snow. Even a railway station was a fit subject for an impressionist painter. There was real innovation in newly available colours. Cobalt blue emerged in 1807 and viridian was introduced in 1838. Cadmium yellow appeared in 1820, cerulean blue in 1860, to be followed by emerald green and cheap synthetic French ultramarine, zinc white, and cobalt violet.

Innovation for painters, was the most important aspect for a century from the 1860's to the 1960's as new subject matter, new materials, new ways of thinking and perhaps more importantly the new media including photography, film and television emerged. Following on from Impressionism the palette became stonger, the composition more bold and the surface, rhythmic, pattern emerged again as a compositional imperative in the brightly coloured paintings of Derain and Matisse. In half a century the norms of painting changed radically from the mid to late 19th century, as did the lives of the painters. Women artists such as Mary Cassat and Berthe Morisot set about independent painting, and by the turn of the century the Slade School of Art in London admitted female students for the first time into its courses. The bohemian artist emerged in this period, living in low culture in order to create the high culture that the next generation would venerate. It is certainly true that those who recognize the value of artists' work in their own time are richly rewarded by collecting before that work is widely recognized.

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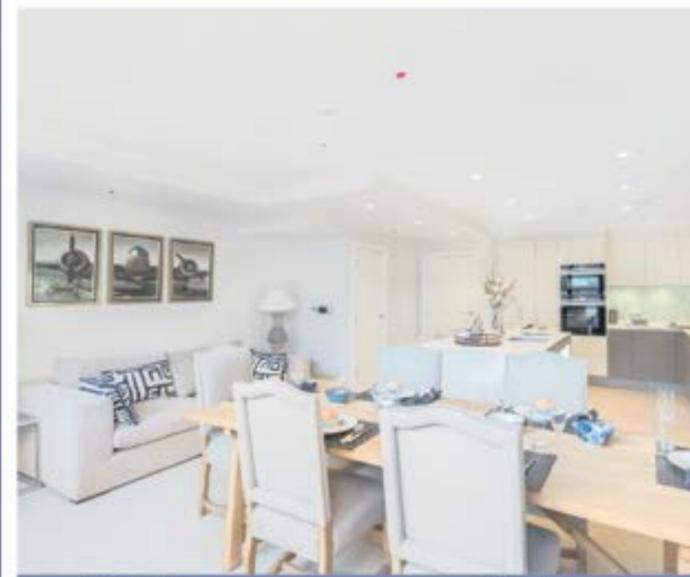
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Chiswick Village, W4
£465,000

A beautifully presented two bedroom second floor apartment accessible by lift with private balcony situated in a well-managed, purpose built 1920s mansion block. It comprises of entrance hall with 1 bedroom with built-in wardrobes, modern kitchen, bathroom & large reception room with engineered wooden floor and master bedroom both with access to a private balcony. Located within a short walk from Gunnersbury tube or Kew Bridge stations. It is near the river with its established pubs & restaurants & is in the Strand on the Green Primary School catchment area. It is within easy reach of Chiswick High Road with the M4/A4 offering easy access in and out of London. EPC rating - D.



Ross House, W4
£649,950

A spacious 2nd floor, 2 bedroom apartment with a large reception room, located on Chiswick High Road close to Stanford Brook tube station within easy reach of the amenities of both Chiswick & Hammersmith. It comprises a side entrance with stairs to the apartment door, an entrance hall with entryphone system leading to an extremely spacious reception room with separate kitchen, 2 double bedrooms and a shower room. It is within easy reach of the amenities of both Chiswick & Hammersmith with its multiple shops, restaurants and transport links. The open space of Ravenscourt Park is also with easy reach. EPC rating - D.



Beaulieu Place, W4
£399,950

This chain free, first floor 2 bedroom property in need of attention, set in a small quiet modern development with allocated parking, communal gardens and within easy reach of Chiswick High Road. It consists of a spacious reception, separate kitchen, 2 bedrooms, a master with dressing area and walk-in wardrobe, a second single bedroom with wardrobe and bathroom. It is located in a cul-de-sac off Rothschild Road being a short walk to Chiswick Park tube station & South Acton over ground station. Chiswick High Road is within easy walking distance with its excellent shops, bars, restaurants & further transport services. EPC rating - TBC.



Burlington Court, W4
£450,000

A purpose built, Share of Freehold, well presented ground floor, 1 double bedroom flat within easy reach of Chiswick Mainline station. Fully double glazed throughout, the flat consists of an entrance hall with entry phone, separate w/c, a light reception room with storage, a separate fitted eat-in kitchen, 1 double bedroom and bathroom with storage. It is a short walk to Chiswick Mainline station (regular services to Waterloo every 20 minutes) with excellent local bus services to central Chiswick and Turnham Green tube station. There are easy road links to the A4/M4 & A315 to the M3 and it is also near to the open space and facilities of Dukes Meadows. EPC rating - C.

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Dewsbury Court, W4
£300 per week

An excellent, lower ground floor, 1 bedroom apartment close to Chiswick Park tube station and Chiswick High Road. Accommodation comprises a bright open plan reception room into modern fitted kitchen with wooden flooring, a double bedroom and shower room. Dewsbury Court is located on Chiswick Road within the Belmont Primary School catchment area. It is a short walk to Chiswick Park station (District line) as well as the open space of Turnham Green and Chiswick High Road with its varied shops, excellent local cafés, restaurants and further transport links. EPC rating - D. Available Now.



The Windmill, W4
£355 per week

A 1 bedroom apartment on the third floor of this popular residential building located on Chiswick High Road and nearby Turnham Green Terrace and Devonshire Road. It consists of a reception room with views over Chiswick Common, double bedroom with ample storage facilities, modern fitted kitchen and bathroom. It is decorated to a high standard throughout. Turnham Green tube station (District / Piccadilly lines) is a short walk away and there is good road access onto the A4/M4 and Heathrow Airport. The property includes broadband and TV. Current EPC rating - C. Available end of May. Fees apply.



Belgrave Lodge, W4
£370 per week

A splendid two double bedroom first floor flat close to Gunnersbury tube station. It consists of a large lounge, two double bedrooms, bathroom and kitchen. Belgrave Lodge is located on Wellesley Road and is within a 1 minute walk from Gunnersbury Station and is within easy reach of Chiswick High Road that offers great shopping, cafe's and multiple transport links. For those with cars the flat is within a 2 min drive to the A4/M4 offering speedy links in and out of the city making the flat ideal for professional sharer's or couples alike. Available 30th May. EPC rating - C. Fees apply.



Launders Gate, W3
£475 per week

A brand new, energy efficient, eco-friendly, luxury, 1 double bedroom bungalow in a quiet gated development set back from the road within a short walk to Acton Town tube station. It consists of two double bedrooms both with double doors leading to an outside area, separate modern bathroom and an open plan living and kitchen area. Features include under floor heating, a wood burning stove, a living roof with grass and lavender, front lawn and tiled path garden, small courtyard to the middle of the property. There is off street parking and a secure gated entrance system. Acton Town tube station is close by & is a short drive to the A4/M4 or A40. Available now. EPC rating - TBC. Fees apply.



Acton Lane, W4
£450 per week

A newly refurbished, beautifully presented 2 bedroom, 2 bathrooms, first floor flat within easy reach of Chiswick High Road & local amenities. It comprises a shared entrance hall with separate door & stairs to landing into a front reception room, 2nd bedroom & new fully fitted kitchen with sliding windows. Further stairs to a luxury bathroom with separate shower & mood lighting & a top floor master bedroom with Juliette balcony, en suite shower and eaves storage. Set back from the road, it is a short walk to Chiswick Park tube station & excellent local amenities including well regarded pubs. Chiswick High Road is easily accessible with its multiple shops, and transport links. EPC Rating - C. Available 6 June. Fees apply.



Church Gate Court, W4
£475 per week

A modern, elegant two double bedroom, 2 bathrooms (1 en-suite), ground floor, purpose built flat available with a spacious, private paved garden & underground parking in a secure development. It comprises entrance hall storage, a bright, spacious open plan reception/kitchen with dishwasher & direct access into the garden. There is a master bedroom with en-suite shower, a further double bedroom & modern bathroom with shower. It is situated within easy walking distance to both Chiswick Park tube and South Acton Mainline Stations and well regarded local amenities. Chiswick High Road is easily accessible offering quality shops, cafes and easy road access to the A4/M4. Current EPC rating - C. Available now. Fees apply.

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