

Chiswick Herald

MAGAZINE

December 2015 | Complimentary

News | Features | Lifestyle | Local Life



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HAPPY CHRISTMAS FROM US ALL AT THE CHISWICK HERALD

Hello and welcome to this very special edition of the Chiswick Herald magazine. Over the last few years we have seen our paper grow and flourish in the area so we thought it would be a nice idea to give all our readers a festive treat this season by producing this magazine for you.

This full size, colour edition is packed with lots of ideas, articles and offers, just for you, the people of Chiswick.

Here at the Herald we are passionate about our area, all of us on the team being locals; living, working, shopping and socialising in Chiswick means we can bring you all the news and are often first to know what is going on in W4.

In this issue you will find last minute gift ideas, health and beauty tips, local history and much more! We even have a quiz - just for Chiswickians.

So whether you are an established, long term resident or new to the area, why not pour yourself your favourite tittle and snuggle up by an open fire and enjoy this Christmas special written by Chiswickians for Chiswickians.

Next issue of The Chiswick Herald newspaper will be out on Thursday 7th January 2016. The next edition of our magazine will be published in February.

I would just like to end this note by thanking you all for your support over the last year and wish you all a very Happy Christmas and a Prosperous New Year!

Jane Lawrenson

Editor

* * *



Contents

04 . News & Local Life

10 . Winer London

32 . On The Couch with
Nicholas Rose

34 . Body, Mind and Spirit with
Emma Rowlatt

39 . Beauty, Health and Fitness

50 . Food and Drink

60 . Christmas Gift Guide

66 . My Life, My Work:
Julia Korner

68 . Art and Architecture

70 . Chiswick Rev

72 . Chiswick Poet

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Local charity receive donation from company

A local charity has benefited from a significant donation given by a firm of surveyors working on behalf of leaseholders on the South Acton Estate which is being regenerated.

Sawyer Fielding, Compulsory Purchase Surveyors, handed over a cheque to Acton Homeless Concern for the amount of £4000.

Dan Knowles, Director of Sawyer Fielding was accompanied by Natasha Lamptey, a trainee at the firm, presented the Ian Breen, the Charity Manager, with a cheque on December 14th.

Dan Said "having been homeless myself, I empathise with those who have little to turn to and admire the work of Ian and his colleagues as they strive to do what they can for the homeless."

Ian Breen said "This is an extremely generous donation and we are forever grateful. With meals costing 50p, £4000 will go along way. With support from people like Dan and his company, we can continue to operate and provide help, support and hope to those who need it most."



Photograph:
Natasha Lamptey, Ian Breen and Dan Knowles

CHATR: "The fight is only just beginning"

A spokesperson for CHATR said "A 3rd Runway at Heathrow would be an environmental disaster with dangerous implications for public health for generations of Londoners, both through noise and pollution. CHATR welcomes the government's decision to investigate environmental and health concerns before making a decision on expansion at Heathrow or Gatwick

Earlier this month the government announced:

1. The decision on which airport would be expanded is delayed until next summer
2. All three options shortlisted by Davies (at Heathrow and Gatwick) are on the table
3. All three options will be tested for their impact on the environment

CHATR: "A great many of the claims in favour of Heathrow expansion made by the Airports Commission and Heathrow have not stood close scrutiny. The fight is only just beginning. CHATR is prepared to fight to the very end to see there is no further expansion at Heathrow." Outlined below, a summary of health, environment and other concerns around Heathrow expansion

- The noise envelope across London and suburbs will be massively increased with a Third runway.
- 300,000 people will be under new flight paths, in areas that have never been previously overflowed.
- A research report for CHATR by Dr Chris Woodward has found that the analysis of noise impacts from the 3rd Runway in the Airports Commission is misleading
- New flight paths for the 3rd runway are predicted to affect large areas of London,

including Chiswick, that have never been directly overflowed before. In Chiswick planes would be at a height of around 2,000 feet producing noise of 70-80 dB, well in excess of the 55 dB threshold.

- Scientific studies show noise irritation leads to serious health detriments including hypertension & heart disease and can affect children's learning & cognition.

Pollution

- M.I.T research suggests that Heathrow aviation pollution causes 50 early deaths a year and that figure could rise to 150 if a third runway is built.
- London's air pollution causes up to 10,000 deaths annually and that figure will rise with the increased traffic in West London serving a 3rd runway. NO2 and particulate levels around Heathrow already breach legal requirements.
- Recent studies by UCL have found tiny particulates (PM10s) - which can get deep into the lungs and cause cancer and heart disease- at 6 times the legal limit at many points along the Chiswick High Road. Measurements of the equally dangerous NO2 at sites along the A4 and M4 have been found at 5 times the legal limits. These are roads that are frequently congested with traffic servicing Heathrow.
- A petrol car compliant with current emission standards would need to travel 250,000 miles before it would produce the same amount of NO2 that a single aircraft will produce on average during a landing/take off cycle (25 kg)

Security

- Terrorism: there has been little discussion of

how to avoid London turning into Lockerbie.

- The risk of a plane crashing on landing or take off increases 60% with a Third Runway at Heathrow. The Evening Standard has recently revealed a Commission official sought to change the words 'Crash Risk Analysis' to 'Ground Risk Analysis' to obscure these findings.

Poor Value for Britain

- It has been claimed that it is unpatriotic not to support Heathrow. It is hard to understand how an airport owned by Chinese, Qatari, Singaporean, & Spanish shareholders that provides up to 36% of its capacity to travellers in transit who never leave the airport -is supporting Britain.
- The Airports Commission's conclusions - including the headline economic benefit of £147 billion - have been criticised by the very economic experts who were drafted in to provide advice including Professor Peter Mackie and Brian Pearce.
- Numerous assumptions in the Commission's economic model have been challenged including over optimistic growth rates and huge cost underestimates e.g Transport for London argues the real cost of transport infrastructure would be £15-20 billion not the £5 billion estimated by the Commission. Distinguished economist, Prof Kay argues 'little weight should be attached to the model relied on by the Airports Commission.'

CHATR: "We will fight to the end. Expanding an airport right in the middle of the West London suburbs would be a catastrophe".

Annual gardening competition launched for Chiswick schools

To celebrate its 100th anniversary this year, the Chiswick Horticultural & Allotments Society (CHAS), a local charity that encourages an appreciation of gardening and growing things, has started an annual competition for all primary schools in the area.

The aim of the competition is to teach children how to grow their own food and to show the younger community the fun of gardening. The winning school is awarded The Centenary Plate, a massive 100-year-old embossed brass tray kindly donated by CHAS committee member Everard Whitehouse, which they will retain until the next year's competition.

Participating schools were asked to set up or enhance existing school gardens. Each school was given free rein on how they did this and what they planted. The gardening programmes set up ranged from Gardening Clubs to one school having each grade level do a garden!

The First Prize winner of the 2015 competition was Grove Park School, who particularly impressed the judges with their extraordinary gardening efforts. In addition to receiving the Centenary Plate, a framed collection of flower stamps from around the world was presented to teacher Alison Walters for her inspirational leadership on the project and a special CHAS cookbook, 'From Plot to Plate', was also given to the school to use with the vegetables they grow next year.

St Mary's R.C. and Strand on the Green Schools received Highly Commended certificates, together with the 'Plot to Plate' cookbook and framed floral stamps for inspirational leadership to Andrea McManus (St. Mary's) and Fiona Heath (Strand on the Green).

Any primary school interested in participating in the 2016 competition should contact editor@growchiswick.org.



Fun and friendly version of football is a walk in the park

Love the beautiful game, but looking for a calmer way to exercise? Then an exciting new activity launched in White City could be just the answer.

Aimed at over 50s living in West London, the QPR in the Community Trust has launched new weekly 'walking football' sessions.

The low intensity exercise, ideal also for those returning from injury or with limited ability to run, is held every Friday, from 10am until 11am at the Phoenix Fitness Centre.

Walking football is designed to help people keep an active lifestyle regardless of their age, as well as helping those with injuries to easy gently back

into an activity.

It is a non-contact sport, and as the name suggests, anyone that sprints, runs or jogs while the ball is in play will be penalised with a free-kick awarded to the other team.

Sessions are run by QPR in the Community in partnership with GLL, which runs the Phoenix Fitness Centre.

Each session costs £3 per player, payable at reception on entry. There is no need to book, simply turn up.

Shin pads are recommended and suitable indoor footwear is required.

Location: Main sports hall, Phoenix Fitness Centre, Bloemfontein Road, Shepherds Bush, W12 7DB.



Fuller's releases new book: Crafting a Company written by Adrian Tierney-Jones

Fuller, Smith & Turner P.L.C., the London brewer and premium pub company, is delighted to announce the release of its new book, *Crafting a Company*, to celebrate

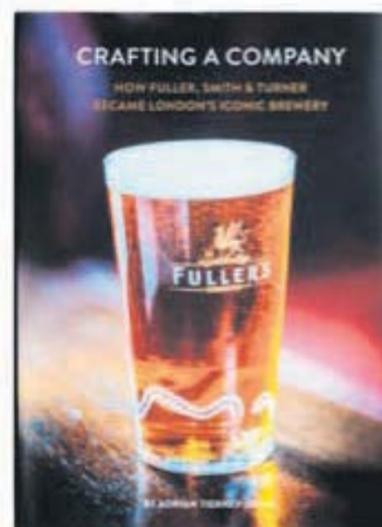
its 170th Anniversary. The book is written by award-winning beer writer Adrian Tierney-Jones, and designed by Lisa David. It details the company's history, ethos and

developments.

With pub profiles and insights into the people at the heart of the Brewery, the book also features stunning photography and even recipes provided by Head of Food, Paul Dickinson.

Corporate Affairs Director, Richard Fuller, said: "Being the oldest remaining independent Brewery in London is something we're extremely proud of and this book is the perfect way to express our heritage, while also showing how we have progressed and developed. It's a must for any beer fan."

Crafting a Company is available for £25 from the Brewery's online store (store.fullers.co.uk) or at a selected Fuller's pubs.



Brentford High Street a winner!



Photograph:
Reconnected with the community: Brentford High Street

Work to improve Brentford High Street has won a prestigious award. Making the Connection, the name of the scheme which has seen parts of Brentford brought together that had been separated over time, was marked out for high praise at the Landscape Institute Awards.

Kinnear Landscape Architects [KLA] picked up the President's Award for designing the works which judges said will "reconnect people to the place".

Judges also said that Brentford High Street was now a "successful, liveable town centre and reasserted its sense of place and identity."

The scheme's aim was to return the connections in the area which had been eroded or forgotten but which had once made Brentford important. Brentford's marketplace in the square has been revived market and the link to the water made more visible and accessible. Many people are only now realising how close the high street is to the River Brent. There is now also a connection a specialised route for pedestrians and cyclists beside the waterway and

the iconic riverside sheds have been revitalised. Local businesses on the Golden Mile were integrated and the marketplace square is proving to be popular with residents and visitors. Lyn Kinnear, Director of KLA said: "To win this award for a project that connects with the community is wonderful."

Hounslow Council is continuing to work with organisations such as KLA to help regenerate the borough so that the residents and visitors to the borough can enjoy the very best of local areas.

Councillor Steve Curran, Leader of Hounslow Council, said: "We want to continue to enhance our cultural richness here in the borough and the newly refurbished Brentford High Street and the marketplace is just one example of this."

"It gives residents pride in where they live and work and gives them the opportunity to enjoy their community to the full. It will also greatly add to the experience of visitors and lead to many more wanting to come and see what our borough has to offer."



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Heathrow to work with Government to deliver expanded hub airport within environmental limits

Heathrow says it has full confidence that expansion can be delivered within environmental limits.

In a statement Heathrow said "the Government has validated the Airports Commission's findings which gave a unanimous and unambiguous recommendation for Heathrow expansion and expansion has huge support both locally and nationally from business, trade unions, politicians, the UK aviation industry and is ready to deliver

Heathrow also said that it has full confidence in its new expansion plan and pledged to work with Government to deliver Britain the hub capacity it needs within tough environmental limits.

Government's announcement to undertake further environmental research follows the unanimous and unambiguous recommendation of the Airports Commission this summer after a two and a half year, £20m study - the deepest ever into UK aviation capacity. The Commission confirmed that expanding Heathrow would have the biggest economic benefits for the UK and can be done while reducing noise for local communities and within EU air quality limits.

"Expanding Heathrow will give Britain up

to 40 more long haul destinations, such as Wuhan, Osaka and Panama City, making it the best connected country in the world. It will more than double the number of domestic routes served, ensuring every region and nation of the UK can get to global markets and, increase cargo capacity, supporting Britain's exporters. This will result in up to £211bn of economic growth, 180,000 jobs and 10,000 apprenticeships spread across the whole of Britain" the statement continues.

"Expansion of Heathrow is backed by business, trade unions, politicians and airlines as the best solution to Britain's aviation capacity crunch. Supporters include the CBI, BCC, chambers of commerce across the country, Unite, the GMB, 37 British airports and airlines such as easyJet, which plans to operate from an expanded Heathrow. Independent polling has shown that expansion has strong support in local constituencies."

Heathrow is confident that its plans meet tough environmental conditions and will move into the delivery phase. Logistics hubs are planned across the UK.

John Holland-Kaye, Chief Executive of Heathrow Airport said:

"The Airports Commission, announced by the Prime Minister three years ago, made a unanimous and unambiguous recommendation in July for Heathrow expansion.

"Our new plan will connect the whole nation to global growth while providing opportunities for the local community and making Heathrow the most environmentally responsible hub airport in the world. I am confident we can meet tough environmental standards."

"We have support locally and nationally from politicians, business, trade unions and the aviation industry for Heathrow expansion. Let's get on and build a better future for Britain."

Council issue apology and compensation to Chiswick woman

The council has apologised to a woman after delays left her living in temporary accommodation for nearly a year longer than she should.

The woman, who made a complaint to the Local Government Ombudsman, was housed in November 2013, some eleven months later than she should have been if council procedures had been followed correctly. The council overlooked her mental health issues and delayed reviewing her case when she complained.

Following the Ombudsman's investigation, the council has agreed to pay compensation, review its procedures and train staff to prevent other applicants from experiencing the same issues. The council - which has over 3,000 households on its Housing Register - has also appointed an Independent Housing Review Officer to examine contested cases.

Councillor Katherine Dunne, Hounslow Council's Cabinet Member for Housing, commented: "Our delays caused this woman considerable stress and anxiety so we have written to apologise formally. She did eventually find a permanent home through our housing allocations system, but we failed to live up to our ambition to look at cases like this quickly and sympathetically. "We have accepted the Ombudsman's recommendations in full, and have taken steps to ensure that these sorts of cases do not happen again."

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CHRISTMAS

"Deeply flawed hospital plans must be halted immediately" says Michael Mansfield QC

One of the country's biggest hospital shake-ups is 'deeply flawed' and should be halted immediately, according to a landmark report from the Independent Healthcare NHS North West London's Shaping a Healthier Future (SaHF) programme has already seen the hugely controversial closures of two A&E departments, at Hammersmith and Central Middlesex hospitals and the closure of Ealing maternity unit. Further downgrading of Ealing hospital is planned, along with the closure and sale of the majority of Charing Cross hospital site. The Independent Commission also uncovered shocking details of spiralling management and consultancy costs. At the same time, a crisis is developing in emergency services, with GP services clearly failing to meet demand across the region, contributing to a crisis in A&E performance.

Independent Healthcare Commission Chair Michael Mansfield QC said:

"The findings of the Independent Healthcare Commission for North West London are stark - the reforms, both proposed and implemented thus far, are deeply flawed.

"There is no realistic prospect of achieving good quality accessible healthcare for all, and any further implementation is likely to exacerbate a deteriorating situation.

"Our recommendations are equally stark. It is the view of the Commission that the Shaping a Healthier Future programme should be halted immediately, and that the affected councils should consider a legal challenge if it is taken forward in the current circumstances.

"At the very core of any decent civil society is the imperative to ensure that the individuals and communities who make up that society have sustainable access to good quality healthcare. The response from North West London NHS, flowing top down from central government, has singularly failed to deliver on this imperative.

"It is crystal clear that the impact of fragmentation through privatisation is slowly eroding what was a National Health Service.

"In so many ways, the catalogue of failings, missed opportunities and profligacy we have seen in North West London, act as a microcosm of a wider malaise across the English NHS. As such, though this report focuses on the NHS in North West London, it should act as a warning call to the top of government."

Leader of Hammersmith & Fulham Council Cllr Stephen Cowan said:

"People across west London have been horrified to see their treasured NHS deteriorating so quickly - and so unnecessarily.

"They have protested, sent in petitions and begged local health chiefs to stop this madness, and are furious that local NHS bosses have ignored them for so long.

"My council colleagues shared this anger, commissioning the Independent Healthcare Commission, and in doing so keeping our pledge to fight for local health services.

"Today's report from Michael Mansfield QC is a watershed moment. Rigorous, thorough, detailed and rightly independent, the review provides indisputable evidence that these changes to local health services are badly planned, hugely costly and causing life-threatening failures in local healthcare. "The only sane decision is to put a halt to them right now."

The report's key findings are:

- Cutbacks are being targeted on the most deprived communities
- The public consultation was inadequate and flawed
- The escalating cost of the programme (£1bn) does not represent value for money and is a waste of precious public resources
- There is no business plan to show the reconfiguration is affordable or deliverable
- NHS facilities have been closed without

adequate alternative provision being put in place

• The plans seriously underestimate the increasing size of the population in North West London and fail to address the increasing need for services.

The report recommends that:

- The programme needs to be halted.
- Local authorities should consider a legal challenge.
- Ealing and Charing Cross hospitals must retain full 'blue light' A&E services for the foreseeable future
- The decision to close Ealing maternity unit should be reversed with immediate effect
- The A&E department at Central Middlesex Hospital should be re-opened
- The National Audit Office should undertake a review of the value for money of the programme
- A new public consultation is needed as the proposals have changed significantly
- Substantial investment should be made in GP and out-of-hospital services, which are clearly overwhelmed and inconsistent.

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Chiswick Scottish Ball a huge success



Over eighty Scottish Country dancers gathered at Chiswick Scottish Country Dance Club on Sunday (13th December) for the club's fourteenth "Kilts and Posh Frocks" dance.

This year it was held at the larger Chiswick School to meet increasing demand. Members and friends of the thriving Chiswick Scottish Country Dance Club celebrated the end of Autumn term with this popular Christmas celebration.

Dave Hall's Scottish Dance Band who travelled from Scotland provided a fantastic range of happy dancing tunes ensuring that "Kilts and Posh Frocks" went with a swing.

"The White Heather Jig" and "The Dancing Master" were among the many dances which graced this most sociable and friendly of evenings.

Club Chairman Michael Nolan said: "Kilts & Posh Frocks" has become a Christmas tradition that we all look forward to. Having it at this larger venue meant that we could invite dancers from a wider area. The great music, good food and spirited dancing made it a special end of term event for us all."

With a growing membership, Chiswick Scottish Country Dance Club restarts on 10th January for a season of classes and social dancing at St Michael & All Angels Church Hall, Bath Road, London W4 1TT next to Turnham Green Underground Station. For more information www.chiswickscottish.org.uk

Borough confirmed as an official White Ribbon borough in the fight to end violence against women

Hounslow Borough is now officially one of the leading boroughs in the fight to end violence against women and girls. The award from the White Ribbon Campaign gives Hounslow status and recognises the pledge it has made of: Never to commit, condone or remain silent about violence against women.

The White Ribbon Campaign was set up a decade ago by a group of men who wanted to send out a message collectively that there is never an excuse for violence against women.

Hounslow is one of only three London boroughs to be awarded the award.

The council's action and support plan includes providing support to women and children leaving violent households safely, education programmes, accessible information aimed at women of all ages, encouraging local groups to raise awareness, guidance on reporting incidents and support for all council employees experiencing domestic violence.

At a special awards ceremony at the Civic Centre, Lampton Road earlier this week certificates were also presented to men from across the borough who have all signed up to make the White Ribbon pledge.

They include local community figures from across Hounslow, local police officers, Hounslow Council staff and Councillor Richard Foote, Cabinet Member for Community Protection.

Suliman Mohamed Hashi, General Secretary of the local Somali Elders League group and Men Action Group that leads the way in fighting female genital mutilation [FGM] and other gender-based violence in the borough, was presented with a certificate and said:

"It's important to make this pledge so we can fight this together. It's about making sure the communities we live in are encouraged to take an active role in helping to end this harmful practice once and for all."

Messages were read out from Seema Malhotra, MP for Feltham and Heston on Hounslow's achievements as well as welcome speeches by Mary Harpley, Chief Executive of Hounslow, Raj Kohli, Metropolitan Police Borough Commander and Councillor Sue Sampson, Cabinet Member for Communities, Economic Development and Domestic Violence.

Councillor Sue Sampson who has personal experience of domestic violence after her sister was murdered

by her estranged husband, said: "I'm proud to announce that Hounslow is now officially a White Ribbon borough.

"This award recognises our council's continuous commitment to end violence against women and girls.

"It's the result of us working tirelessly in partnership with the police, voluntary sector organisations and the community, to ensure that anyone who has or is experiencing gender-based violence can access specialised support.

"Our work will not stop with this award. We will continue to be at the forefront of the fight against domestic violence, female genital mutilation and the sexual exploitation of women and girls in Hounslow and beyond.

"We want to say a big thank you to the men who have had made a significant contribution to our pledge. We now hope many more will join us in taking our commitment further."

To sign the pledge visit <http://www.whiteribbon-campaign.co.uk/>

Protect young and old with free flu immunisations this Christmas

Residents are being urged to get a flu immunisation to avoid spreading the virus to their loved ones this Christmas.

As families come together for the festive season, residents who are eligible for the free flu immunisation are being urged to ensure they, or their children, get one before meeting up with relatives who may be susceptible to the virus.

Who should have the immunisation?

- Children aged from two to four and those in school years 1 and 2
- People over 65
- Pregnant women
- People with long-term medical conditions
- Carers
- Frontline health and social care staff

You can protect your children from flu with a quick and painless nasal spray at drop-in clinics this month. Contact your GP or surgery for more info.

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Chiswick small business invited to Treasury to mark Small Business Saturday

Council refuse application to extend home of Actor

Actor David Tenant has failed in his bid to add a third storey to his Chiswick home. The film, stage and TV star best known for his roles as Dr Who and Alec Hardy in Broadchurch had an application to raise the roof of his Victorian villa rejected earlier this month by councillors sitting on Hounslow Council's planning committee.

Chiswick Park gets WiFi

WiFi services are now available at a number of additional tube stations across London, including Chiswick Park. are a Virgin Media, Virgin Mobile, EE, Vodafone, O2 or Three customer, you can use WiFi on the Tube at no extra cost*. WiFi is available in ticket halls, corridors and on platforms, but not in tunnels.

Councillor Gary Busuttill said: "Transport for London (TfL) have informed us that you can use WiFi to check for the latest TfL travel updates online. If you *For more information, including a map of WiFi enabled Tube stations, please visit tfl.gov.uk/station-wifi

A small business from Chiswick was one of 100 from around the country invited to represent the UK's 5.4 million small businesses at a special event at The Treasury on Friday to mark the UK's third Small Business Saturday today.

Martha Keith, founder of Love Give Ink who make personalised gifts and stationery, joined other small business owners at a special small business Christmas Fair at The Treasury's Internal Drum attended by the Chancellor of the Exchequer, George Osborne.

Small Business Saturday, a grassroots, not-for-profit campaign, places small, independent businesses in communities across the country in the national spotlight. Its aim is to prompt people not only to spend money with small independent businesses in the run-up to Christmas but also to create a mind-set to support them all year round.

Since being chosen as one of this year's 'Small Biz 100', Martha has been supporting the campaign and as well as being invited to the treasury was invited to appear this week on BBC London radio and London Live television.

Martha said "We are passionate supporters of small businesses, and so have been honoured to be one of the 100 businesses chosen for this year's campaign. We have lots planned for Small Business Saturday itself, including a special discount at our website www.lovegiveink.com and competitions across our social media channels where we have also been profiling fellow small businesses. We hope to inspire people today to go and discover all the brilliant small businesses locally in West London and around the UK."

During this year's campaign, tens of thousands of small businesses around the UK have engaged with the campaign across various social media platforms; 30,000 have ordered marketing packs by post with posters to display on their premises, many more have downloaded them online. The campaign team has also completed a four-week nationwide bus tour to all regions in the UK to promote Small Business Saturday locally.

The Chancellor, George Osborne, commented: "Small Business Saturday is a great opportunity to champion some of the brilliant entrepreneurs and firms we have in this country and make sure everyone is aware of the powerful role they play."

"Small Business Saturday has become an exceptional example of collaboration and co-operation with small businesses teaming up in communities around the UK," explains Campaign Director Michelle Ovens. "We aim to showcase the level of diversity, innovation and talent that is active within our small business sector and persuading people to get out and support their friends, neighbours and family members and reinforce local communities and economies."

More information on Small Business Saturday can be found on the Small Business Saturday Facebook page (www.facebook.com/smallbusinessaturdayuk) Twitter page (@SmallBizSatUK) and website (www.smallbusinessaturdayuk.com).

More information about Love Give Ink can be found on the website www.lovegiveink.com, their Facebook page (www.facebook.com/lovegiveink) and Twitter page (@lovegiveink).

Local MP votes against Air Strikes in Syria

Local MP Ruth Cadbury voted against air strikes in Syria which are now underway. Ruth's office released the following statement:

"I voted against the move by the UK government to take military action in Syria. I received hundreds of emails from constituents and I am very grateful to all those who have taken the trouble to write. The vast majority of these urged me to vote against violent intervention and so I believe my decision will be welcomed by the majority of people here in Brentford and Isleworth. I am appalled at the suffering, the violence and the

loss of life in Syria, and in the horrific attacks on innocent people in Paris, and in Egypt, Beirut, Ankara, and Tunisia. I share the desire by the international community to take action to reduce the bloodshed, but I do not believe violent military intervention is the answer.

This is a matter of conscience and as a Quaker, our peace testimony is central to my values. There is no evidence that bombing makes anyone safer, it just creates more victims, more refugees and a greater desire for revenge. I want the violence and suffering

to end and believe that to achieve this, we need to build co-operation and strengthen the international institutions which contribute to Peace.

I support nonviolent responses and believe we must do more to restrict funding channels for extremist groups and militias. We also need to challenge the extremist ideology that is seeing young men and women joining Daesh and which bombing will not prevent, in fact it may even exacerbate. A bombing campaign risks drawing the UK ever further into a war we do not want."

Zac backs local businesses and calls for tube improvements

Conservative candidate for Mayor of London, Zac Goldsmith, joined local councillors on a tour of Chiswick High Road and met with local businesses.

Zac called on TfL to prioritise improving Piccadilly Line services to and from Turnham Green, to help support the High Road's array of businesses. Currently the Piccadilly Line trains only stop at Turnham Green from 0529 -0650 Monday to Saturday & 0623- 0745 on

Sunday; and from 2230 until the close.

In 2014 TfL announced that Piccadilly Line services would stop at Turnham Green, but only after the completion of the line upgrade in the early 2020's. Zac wants to see improvements fast-tracked, and backed the consultation that saw more than 14,000 responses from over 70 postcode areas.

Zac said "Small businesses like those on Chiswick High

Road are the lifeblood of the London economy and a vital part of our community.

"If elected as Mayor I will do whatever I can to back small business and help create an environment for them to thrive. Businesses rely on good transport infrastructure for their trade, and London needs a properly integrated transport system that means better, faster and more reliable services for all Londoners"

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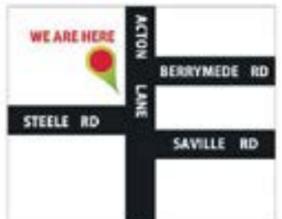
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Chiswick Herald 2016

The Chiswick Herald newspaper will be next be published on 7th January 2016. Please visit chiswickherald.co.uk for local news and features. The Chiswick Herald Magazine will next be published in February 2016.

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HOUNSLOW COUNCIL NEWS

More homes for residents as building scheme partnerships progress

Outstanding levels in primary education recognised nationally for Hounslow

Hounslow Council is a local authority leading the way in primary education. Hounslow is one of two local authorities in the report to show one of the highest percentage of rapid improvement in primary education during the last 12 months. It has 87 per cent of pupils in the borough attending good or outstanding schools, an increase of 17% from last year. The report also cited excellent practice in one of the Local Authority's Primary Schools. The leadership and management at Beavers Community Primary School which was deemed as outstanding at all levels" in its Ofsted report, has been highlighted as a best practice example in the Chief Inspector of Schools' annual report.

The accolade for the Hounslow school appeared in the report as an example of a primary school reaching high and consistent levels.

The report highlighted a number of areas that the Arundel Road school excels in, including a drive for improvement from management and staff which has led to a respectful and secure learning environment, enabling pupils to achieve at the highest levels.

Inspectors also praised the school for having a high-quality system to monitor pupil's achievements and progress, including those in the Early Years Foundation Stage.

Beavers' Headteacher Dee Scott said: "We're delighted and honoured that our hard work and achievements as a Hounslow school have been recognised at a national level."

The school has now become the leading partner in the London Diocese Board of School's Rapid Improvement Group, which focuses on continuing improvement for schools in all areas.

Councillor Tom Bruce, Cabinet Member for Education and Children's Services, Hounslow Council said: "This is something everyone at Beavers Community Primary School should be extremely proud of, congratulations to all staff, pupils and parents."

"Learning in a safe and happy environment is critical to students reaching their potential and achieving their academic and vocational goals.

"Hounslow Council pledged to invest in education and provide a better choice of schools for our local children so they have the best start in life. This report shows that our schools are helping to provide brighter futures for our children."

The full report is available at www.ofsted.gov.uk

Making sure more good quality housing including affordable homes is one of the main priorities for Hounslow Council and to this end the council is working in partnership with registered providers of social housing to create new homes through its house building programme. The Heston Regeneration Scheme is one such example; working together with the Shepherds Bush Housing Group (SBHG), Hounslow Council is providing 88 new affordable homes with SBHG delivering 14. Councillor Steve Curran, Leader of Hounslow Council and Paul Doe, Chief Executive of SBHG, visited Heston to see the progress being made on the SBHG scheme. Their tour included looking at homes - 14 one and two bedroom homes with communal space - at each stage of development from pre-development through to completion. The scheme will also include a new leisure centre. Cllr Curran said: "SBHG is one of the council's long standing registered provider partners, which continues to deliver affordable housing in the borough. "It's heartening to see we can have a real impact

to help change people's lives for the better. "Paul Doe and his team at SBHG work closely with us and make it happen for local people." The pair also visited 20 homes on London Road, a mixture of one to three bed apartments for both affordable rent and shared ownership, completed this year. While there, Cllr Curran and Mr Doe met one resident who moved into her three bedroom house in September and says that she and her family are enjoying being part of a community. Whilst at the London Road development, Cllr Curran and Mr Doe also visited a shared ownership apartment and a home adapted for people with disabilities. Mr Doe said: "We're pleased to work so closely with Hounslow council to deliver new affordable homes for local residents particularly as we're the only housing association with its headquarters in the borough." SBHG is also developing homes for both shared ownership and affordable rent in Bedfont Lane, Hampton Road West, and in Brentford. For more information visit www.sbhg.co.uk or www.sharetobuy.com



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Have a recycled Christmas

Ealing Council is reminding residents how easy it is to recycle over the Christmas season. Most families throw away much more food than normal over Christmas, but turkey bones, coffee grounds and leftover Christmas dinner can all be disposed of in the green food bin instead of the black refuse sack or bin. And freezing leftovers for another day saves money as well as reduces waste. Food disposed of using the green bin is used to create energy and fertilizer and disposing of it this way stops the refuse bin from smelling.

Lots of common household items can be recycled from home, including plastic drink bottles, meat trays, tubs and cartons, as well as plastic toiletry and cleaning bottles.

Cardboard packaging from toys, chocolate boxes and food packaging along with glass bottles, drink and food cans and aerosols can also be given another lease of life. And old Christmas cards, envelopes and wrapping paper can also be recycled, but only if they

don't contain foil or glitter.

Residents that are having a pre-Christmas clear out of clothes, furniture and appliances can recycle or reuse in several different ways. Furniture and working electrical items can be reused at the Furnish Re-Use Centre, Greenford. For more information, go to www.sbhg.co.uk/furnish. Unwanted clothes, textiles and shoes (tied in pairs) can also be placed in a plastic bag in the green box or donated using one of the clothes banks in the borough.

People that live in flats or on red routes can also recycle a wide range of items using either communal recycling bins or clear sacks.

This year, Ealing Council is again offering a free recycling service for real Christmas trees. Once again, residents will be able to leave their tree with their recycling and refuse on their normal collection day, or take it to a number of drop-off points around the borough.

Councillor Bassam Mahfouz, cabinet member for transport, environment and leisure,

said: "Christmas is the season for giving and recycling is a great way to give to your local community and to the environment. Ealing spent £8million on landfill charges last year; money that could be better spent on our local area. By recycling, residents are helping to reduce our waste disposal bill and are also saving valuable resources and energy."

"When the new recycling and refuse service starts next year, it will be even easier to do the right thing, because all recycling, except for food waste, will go in one wheelie bin, with refuse in another. This will mean that residents will be able to recycle even more, helping to keep our costs down and streets clean."

To find out what can be recycled from Ealing homes over Christmas, go to www.recyclemysuff.org.uk.

For tips on portion sizes and using leftovers, go to www.lovefoodhatewaste.com

EALING COUNCIL NEWS



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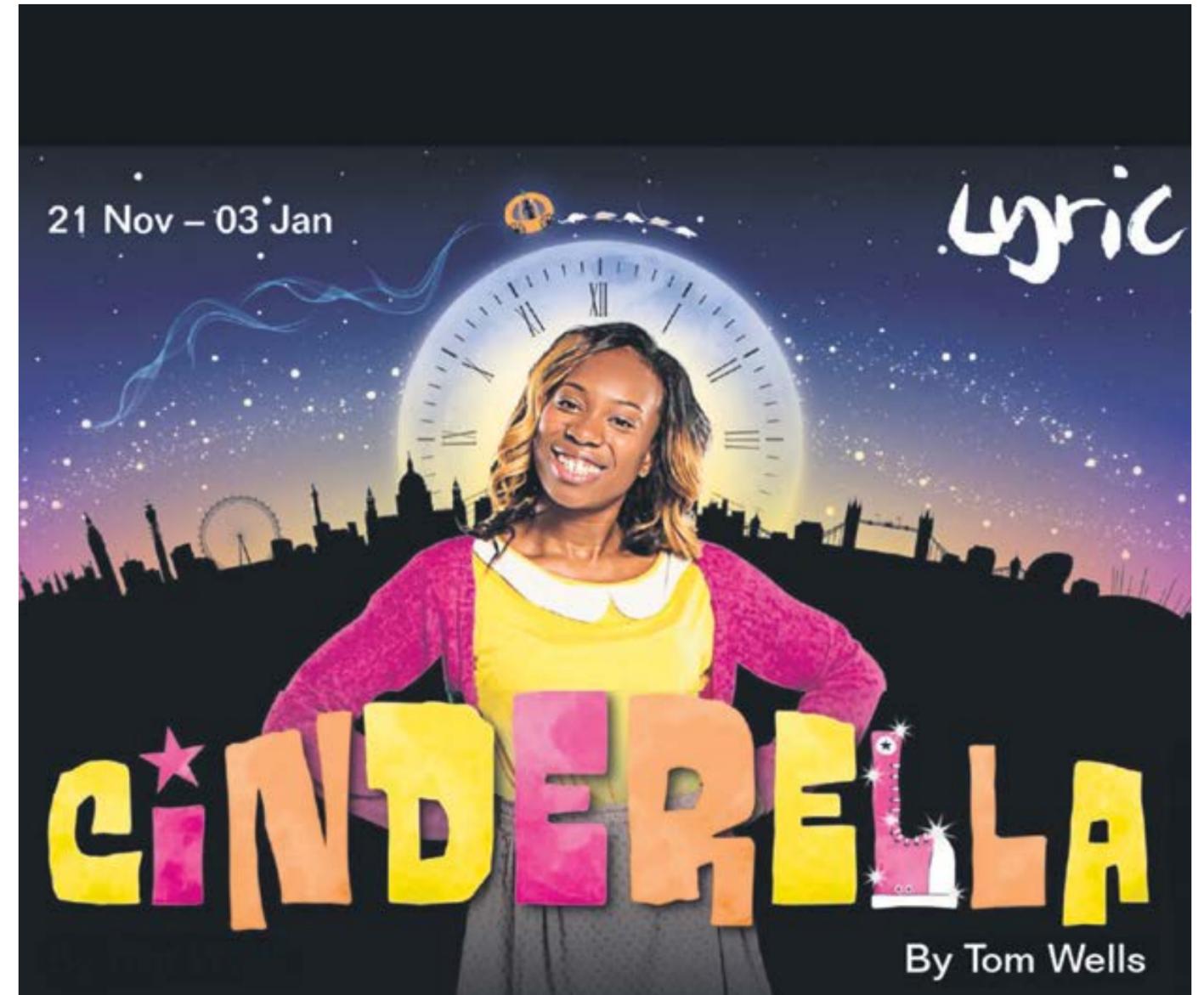
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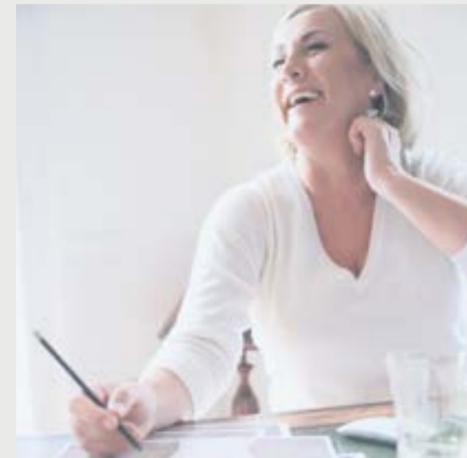
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THE HOUSE OF WINSER



We met with Kim Winser OBE at one of her favourite Chiswick restaurants, High Road House, and she told the story of how she came to set up her own womenswear business, Winser London, after such an impressive career running some of Britain's most iconic luxury fashion brands. Kim Winser is an expert on the subject of luxury - recognised as one of the UK's most internationally renowned and inspirational business women, her CV is littered with British fashion powerhouses. With the achievements of being Marks & Spencer's first female Divisional Board Director and the company's youngest Director under her belt, she went on to successfully turn around the iconic British heritage brands Pringle of Scotland and Aquascutum. Kim has chaired the board of Agent Provocateur and joined Natalie Massenet as special adviser to Net-a-Porter. She was awarded a Doctorate by Heriot-Watt University and an Order of the British Empire by HM The Queen for her services to the British fashion industry. In 2013 she was appointed as Board Trustee of the Natural History Museum by the Prime Minister and will take up the prestigious role of Independent Non-Executive Director of the hotel group that owns and runs the Peninsula Hotels on 1st January. When friends and female relatives of all ages echoed her own frustrations while looking for affordable but high quality, stylish clothes, Kim decided to set up her own luxury womenswear business. "I wanted to create a brand that's all about style", Kim says. "Whether you are 20 and starting your career, 50 and sitting on a board or at home walking the dog or bringing up children to be the next generation of entrepreneurs. I wanted to build a brand that is stylish for real women and for busy women - of all generations: Emma Watson; Rose Leslie of Game of Thrones; Gillian Anderson are all fans. Our 40 and 50-year-old clients tell us their daughters

borrow their Winser London clothes and our 20 and 30-something clients say how they love the timelessness of the designs and the incredible quality that's impossible to find elsewhere at these prices". Winser London was launched in Spring 2013 with Yasmin Le Bon as the face of the brand. "Winser London fills a big gap in the market for luxurious quality womenswear at surprisingly affordable prices", Kim explains. She cleverly cut out 'the middle man' and kept her overheads tight, with a lean team (many of whom work remotely from home) to be able to deliver prices that are very attractive for investment pieces that "become true wardrobe favourites". Iconic styles and colours are developed with each season, giving the opportunity to layer newness with prized pieces from former seasons. The collection comprises premium quality 'baby cashmere' pieces, luxurious merino, sumptuous silks, softly tailored satin-back crepe styles and the now famous Miracle Collection of dresses, skirts, trousers and leggings. The business has already exceeded expectations and was nominated in the final shortlist for The Premium Brand of the Year Award in the Drapers Awards 2015, alongside Paul Smith, Ted Baker, Diesel and Barbour - which is no mean feat for a two-year old brand! "I remember my mum saying to me 'Just be yourself, Kim - just be yourself - because that's the most important thing'. I would love every woman to be really happy being herself. If Winser London can give a little bit of help in terms of the clothes, the styling, the packing... to make a woman feel as good as she can, then I've done a great job. For me, I love giving a little bit of confidence." It is a neat concept and one that is clearly what women across the world really want.

Photograph:
Emma Watson wears Winser London Cashmere Wrap : Champagne Marl, Black, Midnight, Chambray blue, Ivory, Mink, Camel, Charcoal, Hollywood Red, Burgundy, Vintage Rose (£150 or oversized £250)



YASMIN LE BON TALKS TO KIM WINSER

Yasmin Le Bon talks about her personal style with Winser London Founder & CEO, Kim Winser OBE.

Kim: Yasmin, you are synonymous with beauty and elegance, yet you've been modelling since you were just a young girl, how do you feel your style is developing now?

Yasmin: I keep going back to things that I used to wear and I do think fashion goes around in cycles. It's really important to enjoy the different phases that you're going through. So I may be going through quite a grown up elegant phase right now but any minute but just around the corner I feel a deeply hardcore rock and roll phase coming...

Kim: Your image and style always comes with a real sense of enjoyment and this looks to come from a real love of life. Have you always been like that?

Yasmin: Yes, I have always been like that, I am so lucky and it would be a crime not to enjoy this life and this world. The beauty of fashion and design is there to be enjoyed, it is not meant to be deep and meaningful, it is about the beauty of fashion design. It's meant to be a much more emotional thing - it's all about emotion and enjoyment.

You've got to have fun and I am also happy to make mistakes, or what other people think are mistakes, I just love that! Somebody tells me I shouldn't do something... then that's it, I have to do it. It's terrible, it's my naughty side emerging!

Kim: And what do you love in clothes? What are you really passionate about?

Yasmin: You know, there are so many different things. I think the older you get the more you start looking at detail, you just can't help it, it is about the cut and fit. The way something makes you feel starts to become

more and more important, the quality of beautiful fabrics makes a real difference. The way something is finished and the care someone has taken with where a pocket is cut and how lovely the lining is. These things become very important and they make me feel different, they make me hold my body in a different way.

Kim: When do you feel best - dressed casually, draped in cashmere or do you prefer to be in a sexy dress and heels?

Yasmin: I will have it all thank you, yes! You see that is the real me coming out again. I love the sensuality of the cashmere and the way it feels on you and the way people touch you when you're wearing cashmere, really beautiful quality cashmere like this of course is my real desire... Sounds like we're getting risqué here but it is true that people want to cuddle you more and they want to touch you when your clothes feel amazing next to your skin. I love cashmere on the beach with the sand, the wind and jumping in and out of the sea - perfect! I pack cashmere for every holiday and people laugh at me, and then they all try to pinch my cashmere, one at a time... You can never have too many beautiful cashmere pieces.

Kim: A favourite for me is snuggling on a plane in cashmere too.

Yasmin: Oh! definitely, nothing better on a plane! My cashmere wraps help make my space into my own little world. When I've been travelling on business without my girls, they would take my scarves and go to sleep with them as if I was still there with them.

Kim: How wonderful - we share a passion for cashmere! Thank you so much for sharing your style and your fashion loves with me.

Yasmin: (laughing) Thank you very much...





Cashmere lies at the heart of the Winser London collection and is one of the most luxurious and cossetting of yarns. The brand's 'baby cashmere' is of premium quality and their designers craft modern classic styles that flatter and are easy to wear. The Audrey cashmere jumper, named after Audrey Hepburn, is one of Winser London's iconic styles, introduced this month in a beautiful, sunny baby blue, Chambray Blue - the ultimate in winter weekend chic.

Photograph

Cashmere Soft Roll-Neck Jumper: Black, ivory, camel, vintage rose, £150



1.



2.



3.



4.



5.

Winser London sources the highest quality, exclusive yarns and creates luxurious, easy styles with a strong nod to the season's trends. This winter sees chunky Aran jumpers, roll necks, ponchos with matching pom-pom hats, skinny ribbed merino jumpers in polo necks and the brand's Casual Luxe loungewear collection.

1. Yasmin Le Bon in wool luxe Aran

2. Cashmere Blend Poncho: Camel, Hollywood Red, Moonlight, Black £99 (exclusive price of £69 for readers)

3. Yasmin Le Bon in berry cardigan

4. Model in brown leggings and cashmere wrap

5. Yasmin Le Bon in casual luxe grey jumper and leggings



Now is the time to spruce up your party wardrobe ready for Christmas parties, the day itself and for New Year's Eve. The Winser London winter collection is full of beautiful quality, luxurious pieces that will help you feel gorgeous and boost your confidence so that you really enjoy celebrating with friends and family. For inspiration, Kim Winser lets us in on her Christmas style tips.

1. Hollywood Red - go for a confident red and wow them! The Crepe Jersey Shift Dress (£125) is cut from a fabulous fabric that is reassuringly soft to the touch and the design is super-flattering and comfortable and in our fabulous Hollywood red, you'll steal the show. You can throw on the Hollywood Red A-line Coat (£250) and Cashmere Wrap (£150, or oversized £250) - they all match: I know, I wear them!

2. Opt for a simple, timeless look and dress it up with fabulous accessories. Our Grace Miracle Dress (£150) comes in black, midnight, mink, Winser blue, purple and burgundy and will make you feel a million dollars. Sport a chic up-do with chandelier earrings and you're subtly on-trend.

3. The LBD never fails. Our collection of Little Black Dresses are the ultimate styles that flatter and will get you in the party mood. Audrey Hepburn always looked perfect in hers. You'll find your own favourite amongst ours. Try the simple Miracle Shift Dress (£150) which works well with a neat cardigan (see our silk/cashmere dress cardigan with crystal buttons £125) or, for real glam, the Georgette Sleeve Dress (£150) is stunning with simple accessories and killer heels.

4. For me, silk IS Christmas. It spells luxury for me. My all-time favourite silk piece in our collection is the Lauren Silk Blouse and Bow Tie (£195) - featured in Vogue and Harper's Bazaar.

5. The evening coat is often overlooked, but if you are going out, this is what your friends will notice first. For colour, our Milano Wool SB Midi Coat with Leather Trims Coat (£350) in Hollywood red is flattering and up-beat. For simple elegance, slip on one of our ponchos - they come in an array of colours and we are offering them for a steal to Chiswick Herald readers for only £69 (usually £99). Add a Rabbit Fur Stole (£150, limited edition) and glam up your look a gear or two!

6. Add a lick of lipstick and a spritz of your favourite fragrance and you're all set for a fantastic evening out! Happy Christmas!



PARTY WEAR

Christmas Gift inspiration!

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Cashmere Pom-pom Hat & Cashmere Blend Poncho: Many colours: Hat £69, Poncho £69 for Chiswick Herald readers (usually £99)





CHRISTMAS PROMOTION

To help with your Christmas shopping (or to treat yourself!), Kim Winser is offering Chiswick Herald readers the Winser London Cashmere Blend Poncho at an exclusive price of £69 until 24th December 2015. Available in black, Hollywood

red, ivory, dove grey, camel, purple and moonlight navy, this poncho is usually £99. Just quote code CHISWICK15 at the checkout stage of your shopping online or in store at the Gerrards Cross or Marlow boutiques.

PROMOTION Ts&Cs

- This promotion cannot be used in conjunction with any other promotion.
- This promotion is only available in Winser London's Marlow and Gerrards Cross boutiques and online at winserlondon.com
- This promotion is non-transferable and has no cash value.
- Available while stocks last, until 24th December 2015.
- If you would like any further information, please contact:

customerservices@winserlondon.com

Winser London's pop-up shops

Head-quartered in West London, Winser London's local pop-up shops at Fenwick Bond Street, Peter Jones and in Gerrards Cross and Marlow have become the go-to addresses for chic, high quality clothes for work, evening and weekend. The brand also has a boutique at Rossiters of Bath and in a handful of John Lewis stores across the country - and has recently opened in California at a super-chic boutique in Napa Valley. The main 'store' will always be the modern, easy-to-navigate winserlondon.com, though, with its highly efficient and friendly customer services, fast delivery service and styling advice through its monthly Style Agenda homepage.

This month the Style Agenda covers the hot topics of the chicest palette of vanilla shades and Champagne hues, the sophistication of silk, how blue jeans are the best, luxurious glamour and the launch of chambray blue. Founder & CEO of Winser London, Kim Winser OBE, interviews someone of substance and real interest to her clients every month and December's Man of Substance is David Walker-Smith, Managing Director of Fenwick Bond Street, where Winser London is stocked.

Winser London celebrated its six month anniversary at Harvey Nichols in September 2013 with a glamorous cocktail party attended by fashion luminaries Bruce Oldfield OBE, Sir Stuart Rose and Silas and Victoria Chou. The brand has since moved to Fenwick Bond Street, where the collection is sold on the first floor and a special customer event will be held there to launch the Spring 2016 collection early next year. Register at winserlondon.com to ensure you are invited!



Winser London, 43 Packhorse Road, Gerrards Cross. SL9 8PE • Tel: +44 (0)1753 889 174
 79 High Street, Marlow, SL7 1AB • Tel: +44 (0)1628 478880
 Rossiters of Bath, 38-41 Broad Street, Bath. BA1 5LP • Tel: +44 (0)1225 462227
 2nd Floor, Peter Jones, Sloane Square, London. SW1W 8EL
 1st Floor, Fenwick Bond Street, 63 New Bond Street, London W1A 1RQ

Competition

To win a Winsor London super-soft pure cashmere wrap and pompom hat worth over £200, register online at winserlondon.com and watch the Winsor London film to answer the following question: Which luxury cashmere brand did Kim run after she left Marks & Spencer?

Please email your answer to thoughts@winserlondon.com with CHISWICK HERALD in email title by the closing date of 31st December 2015.

COMPETITION Ts&Cs

Prize gift:

- This prize is for the value of £200 only.
This prize cannot be exchanged for cash.
- This prize is to be used for full priced items and does not apply to sale or discounted items.
- This prize cannot be used in conjunction with any other promotion.
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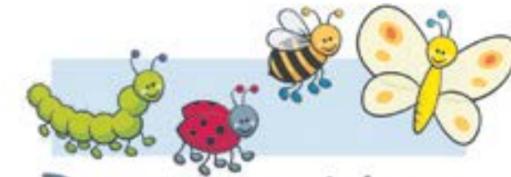
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The facilities are excellent and the nursery puts a lot of effort into updating the toys and equipment. The Devonshire Day Nursery has provided an excellent start in life for my two daughters and huge piece of mind to two busy working parents!

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Ofsted inspection 2015, www.ofsted.gov.uk

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Devonshire Day Nursery and Pre School, Bennett Street,
Chiswick, London W4 2AH



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Ref: VMH15



On the couch with Chiswick Psychotherapist Nicholas Rose

Wishing you all a very mindful Christmas

When I was thinking about what to write for this column I decided to search the internet for "mental health news and Christmas". The search results displayed many features on how to manage stress over the festive period and I felt discouraged. It seems that Christmas and the New Year are often only really considered for the struggles they bring rather than the potential for reflection, contemplation, love, fun, connection, relaxation and self expression. What did catch my eye though were the many references to Mindfulness and through the website for the Mental Health Foundation I came across an online training course in Mindfulness.

Mindfulness is something I know quite a lot about having started meditating nearly twenty years ago and have always found the more mindful based practices the most helpful. I have also enjoyed retreats and trainings to develop my practice and yet it is at times when I could most benefit from mindfulness that I can so easily end up doing other, arguably less helpful things with my time. And this Christmas is a difficult one for me, it is a year on since the death of someone very important to me and so naturally, as the anniversary comes closer, then I find myself experiencing difficult

emotions and thoughts. My body is also showing me that it is a hard time, a cold, tense neck and shoulders muscles a few headaches and occasional sore tummy. So now really is the time for me to be particularly kind to myself and to call upon my mindfulness practice - yet the turbulence I am experiencing also makes this hard to do. I think this explains why this online training has attracted my attention and so I've decided that for the next few columns I am going to take the training and then share the experience.

The background information from the provider of this training, a website called www.bemindfulonline.org, states research conducted by Oxford University published in the BMJ (British Medical Journal) reported 58% reductions in anxiety, 57% in depression and 40% in stress; so I feel excited and hopeful thinking about getting started. If you sign up you get free access to a short introductory video from the two Trainers Ed and Tessa. Watching this I find the trainers very reassuring, with what they say resonating easily with my experience of mindfulness. And I find I am really warming to this as an approach to learning, you can take this at your own speed.

Next is a short video introducing a pre-training test. In this Ed explains it will benchmark how you are experiencing and relating to stress to allow for comparison at the end of the course. Taking the test, I recognise the questions that are widely used to form generic tests for stress, anxiety and depression. As I complete the tests I am struck by how the last two weeks have been particularly hard for me and I am again drawn back to thoughts around the events and memories from the run up to my bereavement last year. A further video from Tessa acts to again reassure but also encourage continuing with the course. At this point though the free introductory element comes to an end and a fee of £60 needs to be paid before you can continue. I'm feeling curious so I find it easy to make the payment.

It feels good to be getting properly started and the first exercise is one I've done before - they call it mindful eating. What really strikes me is how distracted I am, how hard it is to focus and my awareness of this I find reassuring. I'm already starting to gain a sense of empowerment, I'm thinking I'm on to something that is really going to help me at this time. Pressing the play button again Ed and Tessa now introduce the tasks for week one. Again they are exercises I've done before but in hearing what I will be doing I start

to feel more relaxed. I'm thinking it is as though I am being allowed to slow down, to go at my own speed. It is a bit like having someone who really really trust ask you what you want to do and then to have them give you reassurance that you really do know best!

So what will I be doing each day for the next week? The tasks are as follows firstly to eat a meal mindfully, secondly choose a daily task for the mindful treatment - mine will be cleaning my teeth and lastly a thirty minute guided mindfulness relaxation. It is going to be a busy time over the next week as I prepare for the Christmas break so I'm going to need a bit of will power. By the next time I write I will be able to tell you how it has been and what exercises were introduced for the second week. In the meantime from all of us here at Nicholas Rose and Associates we wish you all the very best for a mindful and enjoyable Christmas and New Year.

BEYOND RELAXATION; THE AQUAVIBE EXPERIENCE

Body, Mind & Spirit with Emma Rowlatt

Imagine floating effortlessly on a waterbed and listening via headphones to soothing hypnotic music. The vibro-acoustics and frequencies enable the water to ripple gently thus delicately massaging your whole body as it does so. The sounds of the beautiful soundscape stimulate each cell in your body.

Sensation is enhanced by wearing a pair of photon light emitting glasses...a few moments and your brain elicits a tsunami of intense colours and formless patterns creating an amazing kaleidoscope effect. This works by affecting alpha brain waves and stimulates the pineal gland which is located in the centre of the brain. The pineal gland which is functionally and anatomically linked to other centres of the brain, reacts to both the intensity and rhythms of the light, triggering a visionary reaction in the users mind.

The user can utilise this experience to harness the benefits of naturally occurring phenomenon to positive effect. This unique transformational therapy has had life changing effects on many. A remarkable and fascinating relaxing experience is guaranteed.

Nigel Hutchings a Transformational Coach and Hypnotherapist devised the bed ten years ago and it has taken seven years to develop. It is unique and the only one of its kind in Europe. In his work with NLP and Hypnotherapy he researched the science of vibration and frequencies and found that there were certain areas in the body; bone, muscle and tissue that benefited from using these frequencies and were found to stimulate healing not only on mental and emotional but physical levels too.



Nigel said "I discovered by using vibration and acoustic effects which is what the Aquavibe bed is created around, that it nourishes the body through the increase in blood flow and stimulation of cells". He added that the benefits include the release of built up tension, toning of muscles and helps combat symptoms of osteoporosis. "What I wanted to achieve through the Aquavibe was to encourage elimination of toxins which helps speed up repair of damaged tissue and improve memory function by actively refreshing the cerebrospinal fluid of the brain" he enthused.

However a primary outcome of the Aquavibe experience is the facilitation of a state of deep mind and body relaxation which ultimately promotes good health. Some have likened the Aquavibe experience to swimming underwater in a deep peaceful ocean, or traveling through space and time entering into a personal journey of discovery. This is sensory saturation occupying three of the main communication channels of the mind, audio, visual and sensing. This gently manipulates the senses into a harmonic synergy, freeing the mind of its usual preoccupations of outside world.

The level of consciousness attained is likened to deep meditation. Here an exquisite feeling of relaxation suffuses your mind and body producing a sense of freedom and focused awareness. The state often referred to as being 'in the Zone'. It is here in this inner space that people have their most interesting experiences. Otherwise known as the hypnagogic state.

When your body relaxes the mind becomes free from intrusive and worrisome thoughts, the autonomic nervous system responds by stabilizing heart rate and breathing. Heart rate variability stabilizes, a good indicator of your relaxation level, which in turn reduces the production of stress hormones and actively promotes the production of the "feel good" hormones such as serotonin and endorphins. Additional benefits include a reduction in stress levels which cause anxiety and depression. A good aid to build confidence and self-esteem. Improve breathing and encourage lymphatic drainage. All of which result in a sense of wellbeing.

An Aquavibe session allows a powerful way of delivering change messages directly to the subconscious mind. Here the positive outcomes and the changes desired can be experienced in a deeply profound way. Nigel emphasises that everything we learn, whether positive or negative, is stored in the subconscious mind and becomes a force that drives us, or a resource that we can call upon as required. He concluded "A positive effect of using Aquavibe is to relax, the more you embrace it, the more you learn to recognize what relaxation really is and, over time, you are able to attain this relaxed state easily, without it!"

Nigel Hutchings set up Fullspectrum Hypnotherapy, Stress Management and Homeopathic Centre with his wife Susan, after many years of working within the natural health industry. The duo have a wealth of experience of what they have found to be inspirational, good quality tools to help maintain optimum health for body, mind and spirit of both themselves and patients.

Aquavibe therapy sessions can be taken in 20, 30, 45 minute or one hour sessions. Bookings taken from January 2016 at Organic Mind, 9 Brewers Lane, Richmond, Surrey. TW9 1HH. 0208 948 6132. Nigel will be available for talks in Richmond in January.

Organic Mind in Richmond



PAMPER YOURSELF WITH OILS THIS NEW YEAR

NOW THAT IT IS DEEP MIDWINTER, MOST OF US LIKE TO STAY HOME MORE AND PAMPER OUR BODIES WITH A SPA NIGHT IN. MONEY IS TIGHT AFTER THE FESTIVE SEASON AND SKIN CAN LOOK PAST ITS BEST DUE TO PARTIES, STRESS AND NOT HAVING ENOUGH TIME IN THE RUN UP TO CHRISTMAS. I'VE BEEN LOOKING AT OILS THIS WEEK, THERE ARE SO MANY AVAILABLE, FOR FACE, BODY AND HAIR THAT YOU CAN SLATHER YOURSELF IN THEM AND WAKE UP SOFT ALL OVER! I REALLY LOVE AN OILY BATH AT THIS TIME OF YEAR BUT I'M TAKING IT A STEP FURTHER AND LOOKING AT ALL KINDS OF OILS THAT REPAIR AND NOURISH SKIN WHILE YOU SIT ON THE COUCH AND WATCH TV. WHAT COULD BE NICER IN THE COLD WEATHER? HERE ARE MY PICKS OF THE BEST OUT THERE THIS WINTER.

Khadi produce oils for hair, body and face, each one prepared and blended by Ayurvedic experts in India, each of the five fabulous face and body oils in the range help overcome specific skin related problems, such as dryness, oily skin, blemishes and anti-ageing. I love the Anti Ageing Face and Body Oil (£11.90) Khadi is available from selected health stores and independent pharmacies as well as online at www.khadhair.co.uk



For the skin that has an oily T-Zone and dry patches on the chin and cheek area, try Arabelle Skin Sense Balance It Oil Cleanser (£19.50) this lovely blend of nutrient rich oils will help to regulate oil production in your T-Zone and moisturise the dry patches.

The essential oil blend works hard to help normalise your skin and also has a lovely aroma. This cleanser does not contain emulsifiers so it will not turn milky - you will have just the goodness of the oils to nourish and improve your skin...www.arabelleskinsense.co.uk



SABON have a totally indulgent shower oil, that is perfect for keeping your skin moisturised during the winter months. Rich in essential oils including olive oil, avocado oil, jojoba and wheat germ oils the combination respects the natural PH of the skin. The shower oil also contains Omega 3, 6, 7 and 9 as well as vitamins A & E; this combination is well known with helping protect the skins barrier as well as helping regenerate the skins top layer. (£19.00 from the new store in Neal Street Covent Garden)



For a real treat try your oil a different way. Oskia Rose De Mai Massage Candle, (£34.50, Space.NK) is a beautifully scented candle with rose hip oil. Made using the finest May Rose and nourishing beeswax, soya bean and coconut oil smoother, softer skin that smells of roses. The idea is you light the wick, let it melt for around 10 minutes, then pour the melted oil on to dry or damp skin.



Sasy n Savy oils which can be applied directly to the skin as a massage oil or use the bath are a lovely addition to the spa bathroom. With Orange Sweet Essentia as the key ingredient, Unwind is extremely effective in relieving stress as well as all the symptoms of sports injuries, muscular aches and pains. Relax the mind, body spirit after a long day, and invite your body to a better sleep with Unwind massage (£19.50 www.sasynsavy.co.uk)



Treat your senses to an aromatic bath with Olverum Bath Oil (www.olverum.com) a highly concentrated, therapeutic bath oil which contains 10 pure essential oils, carefully blended to work synergistically, and a very effective way to naturally relieve stress and help you achieve a great nights' sleep. Olverum is also a great way to ease aching or sore muscles (such a treat after a workout!) and is the perfect soothing antidote to a cold or flu. It has a gorgeously aromatic, unisex scent. (£23.50)



If you love scenting your clothes and bedlinen etc, then try this lovely new product from the Joan Collins Timeless Beauty collection. I AM WOMAN Fragrant Essence is a clever way to fragrance layer. Add a drop or two when rinsing sweaters or scarfs to add a hint of fragrance to clothes. If you want a touch of scent on the skin, add a few drops to your bath, relax and luxuriate. to fragrance the hair, add a few drops during a final rinse to leave it with a delicate and glamorous scent. (£12.00 Available from Urban Retreat, QVC and Harrods)

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TREAT YOURSELF AT HOME THIS NEW YEAR WITH PRETTLY

If you get the January blues; you know the ones, too cold to venture out too far, no motivation, family commitments and the like, then the new London startup Prettly could be just what you need.

Prettly are a team of hair and beauty experts who bring the treatments to you, whether that be at home or work. It launched in 2014 and has since become one of the top services for home pedicures and manicure bookings in London.

It is easy to book the time and date that you want via a no nonsense email service and then all you have to do is wait for the therapist to turn up! They bring everything that they need with them and are relaxed and professional.

I booked a mani/pedi as I had an event to attend that evening and wanted to get my nails done at home so I could get ready quickly afterwards.

My therapist, Senait was lovely. She turned up early with a smile and her kit. I chose a shade of nail polish that matched my outfit from her collection. There were enough shades for any occasion and she also does nail art, should you want it. The pedicure was thorough and as good as you would get in a salon or nail bar. The only thing you need to supply is the water, as they even bring their own towels and bowls!

After an hour and fifteen minutes I was done, Senait packed away her things and was onto another client. My nails looked great and lasted the week without a chip! All in all this is a great service for when you need to get your dose of pampering. I would recommend it as a Christmas present too!

Prettly covers London and visits can be booked from 7am - 10pm
To get a 20% discount unique to us, just enter the code CHISWICK when checking out.

www.prettly.com
Book exclusively in November and December by email at bookings@prettly.com



WRAP UP-WINTER IS COMING!

With the frost starting to settle on the ground overnight, darkness by five and a hankering for rich, warm food, there is no doubt that winter is on its way

So what could be nicer than getting wrapped up in style. This season, there is an abundance of fake fur on the high street and now is a good time to invest in some classic pieces that will take you through the colder months to come. If you buy wisely, these pieces can become investments for the future which means that each year you can crack out the fur and be a step ahead.

Fur doesn't date and while shapes and cuts of garments do change over time with other outerwear, I have seen the same shape of fur coats for years now. My tips for buying are below.

* A good cropped fur jacket will never date. This style has been going since the 1930's, so no chance of dating over the next few years! This style looks great with skinny jeans or a dressed up evening dress. Such a versatile piece, I would invest in one in a neutral colour such as grey, brown or black.

* A long line gilet is another staple that has been around for years. I love wearing mine with a thick roll neck jumper and jeans and boots for that laid back, weekend vibe. Most high streets stores bring out a version every year. Both New Look and Next have great ones. TopShop is also good for these but you have to be quick! They sell out fast!



* Hats and gloves are a great nod to the trend if you don't want to wear a furry coat for whatever reason. (..and yes, I am aware that some people HATE the fur trend! Accessories come into their own here.) A fake fur stole or scarf always adds a bit of glamour to an ordinary winter coat.

* Most fake fur can be bunged in the washing machine, so looking after it is easy. Just remember to check the labels!

* As with tans, fake is always the best bet with fur. There are so many great copies out there nowadays that there is no excuse to buy real fur. Of course there will also always be fans of real fur and you can't beat it for warmth, so if you want to buy real please, please buy vintage. Double check for quality and buy from a good vintage shop or dealer to be sure that you don't bring home any unwanted pests with your new garment!

* Fake fur comes in an array of colours and styles. Shop around for what you like and what suits you. If you fancy a day-glo pink, full length coat then buy it! It may well become the classic piece in your wardrobe that you look forward to getting out every year!

You can find a great selection of fake fur at John Lewis, Next, New Look, TopShop, H&M, all at good prices. For more expensive and designer pieces try Stella McCartney, she is well known for only using fake fur. A great source of vintage clothing including fur can be found at Rellick (rellicklondon.co.uk) 8 Goldborne Road London W12 5NW 0208 962 0089



WRAP UP-WINTER IS COMING!

Getting fit is one of the most common New Year resolutions - and the most commonly broken too. Little wonder when in December so many of us drift away from our fitness goals.

So instead of lapsing now, use December to get off to a walking start - and take your walking habit with you into the holiday season. Then, when the New Year comes, rather than facing a potentially defeating uphill hike, you'll be en-route to your exercise goals already. Walking may not be as energetic as running or cycling, but studies suggest it can benefit our health, weight and fitness - and boost mood too. Research from the University of East Anglia found group walking cut people's risk of life-threatening conditions - lowering average blood

pressure, resting heart rate, body fat, weight, and cholesterol. Another study last year suggested nature-based group walks could help reduce feelings of depression. What's more you can do it almost anywhere and any time - making it easy to manage even in the busy run up to Christmas.

So whether you're a fitness novice, an exercise phobe or just need a break from your usual workout routine, walking could be just the thing to take you through to the New Year. But remember, to get the full benefits you need to aim for a brisk walk, not just a gentle stroll. Here are five steps to help you walk your way to Christmas, and take you closer to your New Year fitness goals:



1. Use it as stepping stone

If you're just starting out on the road to fitness, use the pre-Christmas period to get off to a gentle start. Walking is a great way to gradually build up, without trying too hard. Aim for the NHS-recommended 10,000 steps a day, walking for at least 10 minutes a time. That's about 5 miles, which when you add up a day's walking isn't as much as it sounds. You could even buy a pedometer as an early Christmas pressie to yourself!

2. When you're too busy...

If festive season shopping and socialising is getting in the way of your usual workout, then build some walking into your day. Use your feet to take you where you need to go - or if you're travelling by public transport or car, make sure you walk part of the way.

3. Wishing you'd stopped at one?

Feeling sluggish after a late night socialising? Instead of lying around feeling sorry for yourself, take a therapeutic walk outdoors. Fresh air and exercise is a great tonic and gets more than just your feet moving - it gets your body, your blood and your mind moving too. You won't find a better pick me up!

4. Make a tradition of it

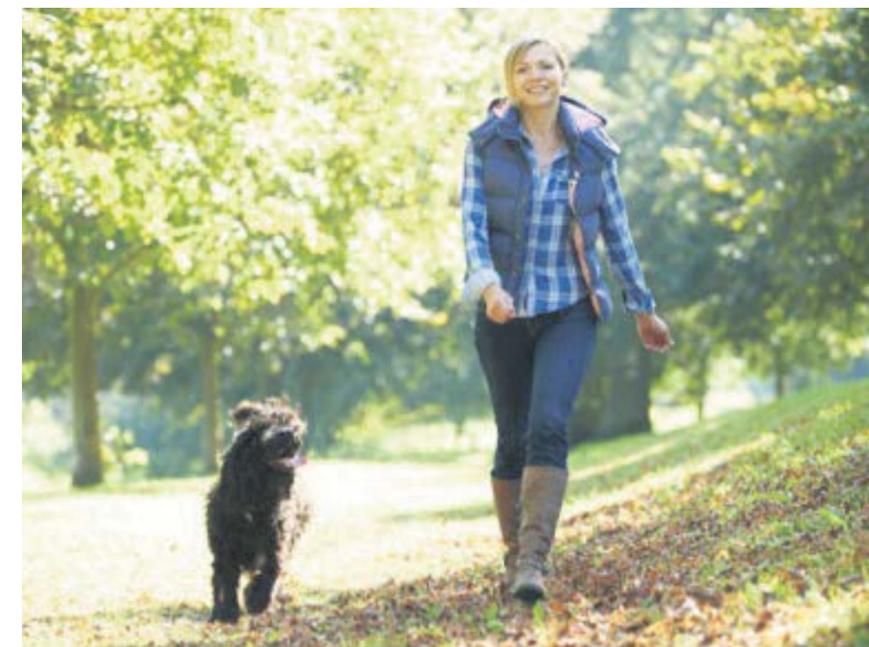
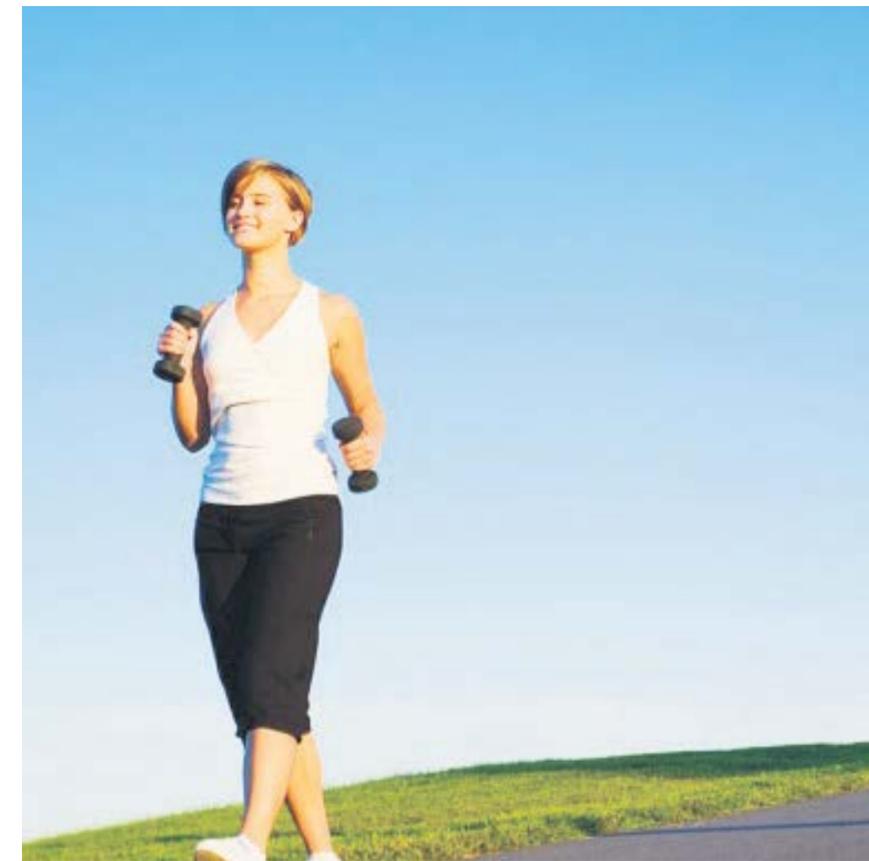
One of the joys of the holiday period is that it's a chance to slow down, eat indulgent food and get together at home with family and friends. But that needn't mean giving up on exercise altogether! Try and get out for a walk every day - and make walking with friends and family one of your festive traditions.

5. Use it as a mood booster

Christmas can be a time of heightened emotions - and not all them good. Coping with loss, family differences, separation or loneliness can be tough when everyone around you seems in celebratory mood. But as well as keeping you healthy and fit, a walk in the fresh air can really boost your mood. So step outdoors and walk yourself to a better place.

So what are you waiting for!

By stepping out now, you can approach the holiday season in a positive frame of mind and enjoy a guilt-free Christmas, feeling you deserve a few treats. What's more, it will probably spur you on to other healthier behaviours, so you're less tempted to overindulge. Then, come the New Year, you'll already be en-route to your healthier 2016.



WINTER WONDERS

Now that the weather is getting colder you will want to protect your skin and hair from the dipping temperatures.

There are lots of winter-wonder products out there this year to help and I have trawled the shops and online to find some of the best to share with you here. So whatever your particular bugbear; be it cracked lips, red noses, a dose of flu or chapped hands or maybe you just need a luxury product to cheer up the grey days and make you feel like an ice princess, here are my recommendations to get you through winter in one piece.

1. Why not take advantage of the long cold nights to indulge in a bit of home-spa-ing? Set the scene by lighting a wintery fragranced candle, both LCN and Heyland & Whittle have some gorgeous spicy scented ones (www.heylandandwhittle.co.uk, check out the website for gorgeous soaps too, from £22.00 for the candle) A good, no frills spa range is SPAtopia London, which is available from sainsbury's. The Dead Sea Collection has a great range of products from Dead Sea Salts, bath relaxer, scrubs, shower gel and moisturiser-in fact everything you need to create a home spa! Packed to the brim with sea minerals and essential oils, this little lot will soon having you feel defrosted and energised again. With products from £8.99 for a scrub to £3.49 for the body wash, it won't break the bank either.

2. To help your hair in this weather Alterna Professional Haircare have some good shampoos and styling products. I tried the Bamboo Anti Frizz Shampoo and Conditioner which smoothed my hair and kept the dreaded frizz away (from £10.00 www.alternahaircare.com , Amazon and all good hair salons) The range also includes an Anti-Humidity Hair Spray which is non-sticky or stiff feeling and locks out humidity and is barrier against humid conditions. A god send in this weather (for me, at least..)

3. Natures Greatest Secret has a lovely Anti-Viral Cream Gel which is perfect for this cold snap. Helping to stop really dry skin and eczema patches, it is active against over 650 different viruses too, so a real addition to your beauty kit this winter. From £8.95. Find out more www.colloidalsilverplus.co.uk

4. If you are always getting caught out in the rain and you end up with your eye make-up running down your cheek, then try Glam Republic's eyeliner Appliques. They are like temporary tattoos for eyelids that stick on and look fab! No need for smudged and ruined looks and the range comes in different styles, so you are sure to find one that suits. Available from Superdrug from £4.99



5. To ease the stress of travelling in bad weather you could do worse than to try new MohDoh. This is a genius products that I recently discovered and liked it so much, I have popped a pack into everyones Christmas Stocking this year..(Shhh!..) Exactly like a modelling clay for adults, (and kids too) it is infused with essential oils and comes in a rainbow of colours, working on colour therapy. So if you have trouble sleeping, pick a calm colour (all the labels guide you to what you need) like the Blue Calm pot and start creating, pummelling, moulding and squishing! The Calm has essential oils associated with winding down which will infuse and be absorbed through the skin to work their magic. The Travel pot is orange and great to take on long train journeys or that bus ride into work. Go to www.mohdoh.co.uk to see the range. I guarantee that you will be delighted and addicted!

6. www.longbarn.co.uk has some gorgeous Lavender winter treats that will keep you smiling and smelling fragrant in the cold. I really love the Lavender Sleep/Pillow Spray on clean linen, ideal for making your seasonal guests feel a little bit pampered. £6.95 They also run workshops on the farm near Winchester. See the website for all details.



YOGA. WHY DO I LOVE THEE?

By
Dr. Singh

Lots of people love yoga, but why do they? There are as many reasons as there are stars in the sky. Unfortunately that's more than can be fitted in a short article, but some yoga lovers will say they love yoga for: the strength, balance, flexibility, and relaxation it gives them.

Like true love, yoga cares not for a devotee's culture, religion or colour, or whether they're fat or thin, tall or short, attractive or not, young or old. It makes no demands on their purse since it needs no equipment, nor does it take up any more of the devotee's time than just a few minutes if that's what they wish.

There aren't quite as many versions of yoga as reasons to love yoga, but there is ashtanga for strength, hatha for breathing, and tantra for intimacy, to name just a few.

Perhaps the primary reason many people love yoga is for the feeling of well-being and vitality it gives them. Their experience from performing yoga and results of scientific studies, show convincingly that yoga helps with easing pain, sleeping better, correcting posture; feeling mentally and physically healthier; relieving stress; and improving joint and muscle flexibility.

Yogaplusexercise is an integrated style of yoga developed and taught by Chiswick resident, Dr P Singh, in which traditional yoga is complemented with core exercises. "It improves core strength (around the abdomen especially) that I believe is so important for restoring posture that has become misaligned from years of walking, sitting and lifting wrongly. It also builds stamina and cardiovascular efficiency, improving circulation and oxygenation of deprived organs," he says.

"In class we start off with several core exercises that get the students warm and breathing rapidly and strengthens their arms and the girdle around their stomach and lower back especially. Later in the session we perform up to 30 seated rows to give our abdomen, legs and back muscles another boost. I find the core exercises complement the yoga very well, and with the closing relaxation phase to release tension from head to toe, students get an all-round physical experience that, I'm told, helps some of them sleep better."

"My sleep has improved and in particular after class on Monday I have the best sleep of the whole week," says one. "Sleep better on yoga night," says another.

Dr Singh has adapted some traditional hatha and ashtanga yoga poses and invented others, and his students perform a lot of them in the hour-long class.

"We go on a funny walk based on warrior II with a twist, and sometimes I ask them to skip side to side whilst rotating their arms in a big circle holding an imaginary big beach ball. Students often pair up and stretch more than they could on our own," he says.

His style and approach has not suited many who have tried his class but a core group (mostly women and of various ages and abilities) have persevered over the years, and they seem to feel better for it.

When asked anonymously about whether they had benefited from Dr Singh's Yogaplusexercise class, some replied:

- "I cannot do without it! Riddled with aches and pains when missing it."

- "I feel better for it, esp physically."
- "My posture has greatly improved, as well as flexibility and awareness of my body. I have also overcome back/

- neck pains."
- "Made me feel healthier, particularly made me more aware of my posture."
- "I feel better physically and mentally."
- "I am a lot fitter and with practice can now do what seemed impossible 1 year ago."
- "stretched out and generally feel fitter"

"Many of my students have very busy lives - juggling their children, partners, and their employment, and my class is relatively challenging and fast-paced. I am immensely impressed that they still find time, energy, and motivation to turn up at 8pm on a Monday, week after week, and some have been doing so for years".

Most who pass through Dr Singh's class are women. Some have left as quickly as they came, and some men too. "I reckon that among some men there is a perception that yoga is for sissies. They could not be more misguided," he says.

"Sure, some men are big, strong and muscular, but they are often very stiff and lack stamina, and the motivation to keep going so they drop out. They might feel self-conscious in a group of mostly women, and perhaps there is some male chauvinism creeping in too because they feel inadequate. Yoga is not competitive and it takes time to progress. Many men need to compete and to win, and they lack the patience of yoga"

So what else does yoga help with and what's the scientific evidence?

Yoga's balancing poses, such as tree, bow, and toe hold, restore mental sharpness and focus. To support this claim, researchers noticed that participants completed a mental challenge faster after a session of yoga than after a brisk walk or jog.

Yoga's load-bearing poses, such as crow, downward dog and half moon, increase bone density protecting against sprains and broken bones.

The twists and turns of yoga literally squeeze venous blood out and fresh oxygenated blood in to nourish cells, at the same forcing the flow of lymph fluid through the body's internal drains that carry away toxins, germs, and cellular debris.

Yoga is a tremendous antidote for the body wasting away through inactivity (Disuse Syndrome). As the saying goes, "use it or lose it", and not just muscle mass, but minerals and energy too. Human Growth Hormone is an anti-ageing chemical whose production in our bodies declines as we age, but it is produced through yoga.

Joint cartilage is like a sponge. The dynamism of yoga on joints ensures cartilage is fully squeezed enabling it to soak up nutrients and ward off degenerative arthritis and immobility.

Conversely, the ability of yoga to relax muscles - learned through yogic relaxation techniques - improves circulation to distant parts of the body such as hands and feet, and releases stress-induced muscular constriction, and it lowers the heart rate and breath frequency. In one study, yoga and meditation was found to help the psychological symptoms of menopause, such as insomnia, depression and anxiety.

Becoming aware through yogic relaxation of parts of the

body that are unconsciously but habitually tense (such as the hands, face or neck) enable yoga practitioners to consciously relax these tense muscles and so reduce chronic pain and stress and lighten their mood.

These benefits are supported by a study of patients with rheumatoid arthritis who found that they had less pain, depression and anxiety after six week of yoga. In another study, chronic lower-back pain sufferers who practised yoga, showed significantly less pain and disability after six months.

People feel happier through yoga also because it has been found to lower cortisol and increase serotonin (chemicals that have been linked to the cause and relief, respectively, of depression). Lowering cortisol also helps alleviate problems of blood pressure, food craving, the immune system, osteoporosis and insulin resistance. Lowering blood sugar by performing yoga helps diabetics avoid complications with their eyes, kidneys, and heart.

Yoga releases GABA - a feel-good brain chemical, and more so than walking. One study of emotionally-distressed women found that they were less anxious and overall they felt better after practising yoga for three hours a week for three months.

Inflammation from spraining a heel is not a pleasant feeling, but inflammation is also triggered by stress. Regular yoga practice has been found to lower an inflammation-producing chemical, and to lower its production in response to stressful situations.

Yoga is very versatile. It can be done either standing, sitting, or lying, first thing in the morning or last thing at night, and five minutes a day is better than no minutes a day. Provided care is taken and the body is listened to, yoga can be weaved into a person's daily routine in an imaginative and fun way, for example: when getting dressed, reaching for the tin on the supermarket shelf, or making love.

Dr Singh is a firm believer in what he calls, slow yoga. "As you perform slow yoga, you feel the relief in a muscle, joint, or the spine, as it's slowly twisted or stretched, and being a slow movement, this feel-good sensation is prolonged." Slow yoga is also safer because quick, jerky movements can cause injury.

Undoubtedly therefore, yoga has many health benefits - physiological and psychological. The personal experience of thousands of practitioners across the globe over centuries proves it. Dr Singh offers some advice to novices: "Yoga is personal so don't compete. Listen and do no more than your body allows. Just maintaining your health is a form of progress, but if you do want to build on that, then give yourself time. Even if you feel no benefits after about ten hours of yoga, feel good because you tried."



To find out about Dr Singh's Yogaplusexercise class, go to www.yogaplusexercise.weebly.com

Further reading: yogajournal.com
(T Mccall MD; 38 health benefits of yoga)
yogajournal.com (K Griffin; 21 health benefits of yoga)

Having trouble deciding what to wear over the festive season? Not sure what look suits you? Take our fun Chiswick quiz and let the results guide you towards your perfect look this Christmas and New Year!

Where will you be spending Most of the festive season this year?

- A:** Here in Chiswick with my nearest and dearest.
- B:** Probably traipsing up and down the M4 visiting relatives.
- C:** Out in the countryside with everybody and anybody who wants to join in.
- D:** I've booked a holiday somewhere nice to get away from it all.

When flicking through fashion magazines, which styles are you always drawn to?

- A:** Good separates from top end High Street stores & a bit of my own twist on them.
- B:** I love a preppy look and the odd bit of tweed but usually live in jeans.
- C:** Floaty, boho dresses, silk blouses and vintage finds.
- D:** Designer classics, if it hasn't got a good label, I'm not buying!

Your fail safe make-up look usually consists of;

- A:** Mascara, some blush and a tinted lip balm.
- B:** Flicked eyeliner with a good base and lipgloss
- C:** Smudgy, smoky eyes and pale lips.
- D:** Bronzer, some contouring and whatever is cool this season. I'll try different looks.

If you could go back in time, it would be to;

- A:** The 1880's - I love the idea of Victorian London
- B:** The 1920's - I would have a chic bob and enjoy the new fashion freedom of the decade
- C:** The 1970's - You would find me at Woodstock and living in a commune in San Fransico
- D:** Last week, I would go to the trendy pop up opening that I missed

Chiswick is a great place to hang out. Pick the one closest to your ideal Saturday

- A:** Food shopping at the Deli's in Turnham Green Terrace then Cake and tea at Outsider Tart
- B:** Walking the dog in Chiswick Park followed by a family tea in Carluccios
- C:** A wander along the river at Strand on the Green and then lunch at Annie's
- D:** Visiting the Lemongrove Art Gallery, a trip to Iris boutique on the High Road and a snack at High Road House with friends

Your music tastes could be summed up as:

- A:** A bit of everything from the 1980's to Pharrell
- B:** Some easy listening for the car, Classic FM or Magic
- C:** Janis Joplin, The Doors and a bit of Florence and the Machine
- D:** The latest club sounds and an obscure indie band that I heard about via social media

Who, in your opinion has great style?

- A:** Elle McPherson is fabulous for an older woman
- B:** The Middleton's always look good and I love the Boden models.
- C:** Pearl Lowe, Bridgette Bardot and Marriane Faithful in the 1970's
- D:** Kate. Of course....

CHRISTMAS STYLE QUIZ

RESULTS



Mainly A's

You love classic styles and that could apply to your make up. Try a bronze eye this season for a change with a pinky toned lip.



Mainly B's

Your style is easy and carefree and a little bit country chic. Why not try some eyelash extensions and a brown shape to define your features without using too many cosmetics. For evening add a simple red lip.



Mainly C's

You are a festival child and hippy chic at heart. Muted, smoky colours would look lovely on you with a pale peach lipstick. If you felt the need, you could easily get away with glitter on everything from lids to nails!



Mainly C's

A dedicated follower of fashion trends, You love the latest looks, try strobing and the new catwalk styles of pink eyeshadow would be easy to try and if anyone could carry it off, it's you!

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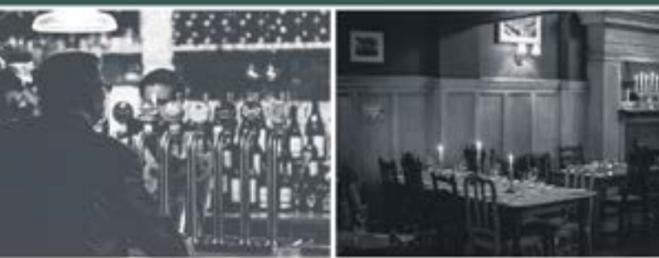
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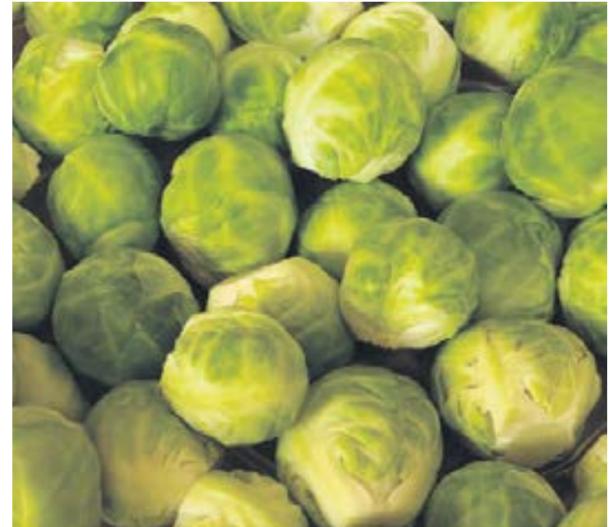
Christmas SUPER FOODS

GOOD NEWS: CHRISTMAS CAN BE HEALTHY!
FIND OUT WHAT SUPERFOODS YOU SHOULD INCLUDE IN YOUR CHRISTMAS MENU THIS YEAR:

Brussels sprouts

'Brussels sprouts are Cruciferous vegetables that are packed with vitamin K, vitamin C, folic acid, calcium and magnesium. As a valuable source of glucosinolates they protect our DNA from damage. They can also help to avoid the mid-afternoon slump on Christmas Day, as they are packed with B Vitamins, essential for energy.'

Many don't like the sulphur smell they emit when cooked, but they're excellent for you! Try steaming them to keep in their goodness and add nutmeg for Christmas twist.' says Shona Wilkinson, Head Nutritionist at www.nutricentre.com.



Cinnamon

'Cinnamon is one of nature's most revitalising herbs. Filled with potent antioxidants - more than almost all other spices and herbs - it may help to reduce signs of ageing, boost metabolism as well as aid digestion, gently warming your stomach, supporting the breakdown of your food more efficiently.' explains Dr Marilyn Glenville, the UK's leading nutritionist (www.marlynglenville.com).

Do you have a sweet tooth? 'Cinnamon is also great for reducing sugar cravings. Add some to a cranberry, pear and clementine juice for a festive pick me up on the go! You can also combine it with spinach or kale for a super shot of festive green goodness!' adds Wilkinson.



Nuts

'Nuts are packed with goodness, high in essential nutrients especially the minerals and vitamins. They are also protein-rich so are broken down more slowly and therefore stay in the stomach longer, making us feel fuller and snack less.'

They also help to balance your blood sugar levels and improve insulin sensitivity, which is an essential part of healthy weight loss and management. Nuts are high in calories, so don't gorge on them, but allow yourself a healthy decent handful a day. Make sure they're raw and unsalted to get the maximum benefit from the delicate oils they contain.' says Dr Glenville.



Turkey

'Turkey is a great source of lean protein. It is also low in fat and low in calories - just what you need this festive season! Turkey is also high in Selenium, which supports metabolism, Zinc that help to boost our immunity and vitamin B6 essential for energy production.' explains Wilkinson.

Do you often feel like snacking? 'Carb cravings are a sign of low levels of the amino acid - tryptophan, which is necessary for the serotonin production - a 'happy' brain chemical. It plays crucial role in sleep and wake cycles as well as digestion. A lack of it can lead to low mood and anxiety. Instead of reaching for stodgy carbs go for turkey - it's packed with tryptophan!' says Dr Glenville.



Mulled Wine

As if you need an excuse to have one ... 'Red wine is a good source of resveratrol. This powerful antioxidant, which can be found in the skin of red grapes, berries, cocoa and red wine, is produced in plants to defend them from invading microorganisms.'

It can not only protect you from damaging free radicals but it also boosts cell replication. By promoting a healthy, inflammatory response in our body it delays premature aging process and turn excess flab into calorie-burning 'brown fat'. If you are not a big fan of red wine but want to stay healthy, keep radiant skin and look fabulous this festive season go for a supplement with resveratrol. Nature's Plus AgeLoss Rejuvenabolic Complex (www.revital.co.uk, £47.50) provides benefits of 365 glasses of red wine in just one serving.' says Michela Vagnini, Nutritionist at www.naturesplus.co.uk.



So there you have it!

Happy Christmas Chiswick and enjoy that festive lunch, knowing it is doing you good!



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Hardwicke Road, W4

£369 per week

A raised ground floor flat overlooking the large open space of Acton Green Common with its own private entrance and within easy reach of Chiswick High Road and Chiswick Park tube station. It comprises 2 double bedrooms with high ceilings, original fireplaces and a good sized reception room with bay window, fitted kitchen and shower room. The property is in a cul-de-sac and an easy minute walk from Chiswick Park or a 5 minute walk to Turnham Green tube station. Chiswick High Road is close by with its multiple shops, supermarkets, restaurants and convenient transport links. Current EPC rating - D. Fees apply



Dewsbury Court, W4

£250 per week

A one bedroom, fourth floor flat with an open plan kitchen into living area, bathroom and a separate double bedroom with access to a communal rear yard. Ideally located in the highly sought after centre of Chiswick within a minutes walk of Chiswick Park tube station, Salisbury's and the Chiswick High Road. Part furnished & available from the 11th January 2016. EPC Rating - C. Fees apply.



Grosvenor Court, W4

£344 per week

A lovely 2 double bedroom ground floor property which consists of a reception room with dining area, separate kitchen and bathroom in addition to two double bedrooms with lots of cupboard space and wooden flooring throughout. Situated only a stones throw from Gunnersbury tube station & to Chiswick High Road, it is perfect for both transport links and access to the various local shops, bars and cafes. The flat comes part furnished and is available now. EPC rating C. Fees apply.



Dukes Avenue, W4

£205 per week

A top floor studio flat within easy reach of Chiswick High Road comprising a shared entrance with stairs to the top floor bright studio room with fitted kitchen with storage, separate shower room and W.C. Situated within easy walking distance to central Chiswick and Chiswick High Road with its shops, restaurants and multiple transport links. The A4 is nearby offering easy road access to Central London, Heathrow and the West. Current EPC rating E. Available 4th January 2016. Fees apply.



Stile Hall Gardens, W4

£692 per week

A spacious Victorian 4 bedroom family home with 3 reception rooms and extensive rear south facing garden within easy reach of Chiswick High Road & Kew Green. It comprises entrance hall, front reception, cellar space, rear reception with garden access, dining room into kitchen & a large south facing garden. Upstairs are 4 bedrooms, a rear bathroom & utility room. Situated near the Thames and Kew Green, it is a short walk to Gunnersbury tube station (District and Mainline) or Kew Bridge station (Mainline) & the boutique shops of Chiswick High Road. It is also within the Strand on Green Primary School catchment area. EPC rating D. Fees apply



Ernest Gardens, W4

£469 per week

A spacious three double bedroom modern house located in the popular Stand on the Green area in a quiet cul-de-sac modern houses moments from the River Thames with historic riverside walks, pubs and local restaurants. Available unfurnished or furnished, it consists of three double bedrooms, an extended reception room, kitchen, bathroom and a 25'ft (7m) landscaped garden. There is a street parking to the front of the property and is decorated to a high standard throughout. Local shopping facilities are on Thames Road & the excellent Strand on the Green Primary school with good transport links with road access onto the A4/M4 with Gunnersbury tube station a short walk away. EPC rating - E. Fees apply.

www.borthwicks.co.uk

Christmas in Chiswick!

SLEIGH BELLS RING, AND HERE'S THE THING, CHISWICK IS BUSTING WITH FABULOUS SHOPS AND COMPANIES WITH INTERESTING AND BEAUTIFUL ITEMS FOR THE WHOLE FAMILY.

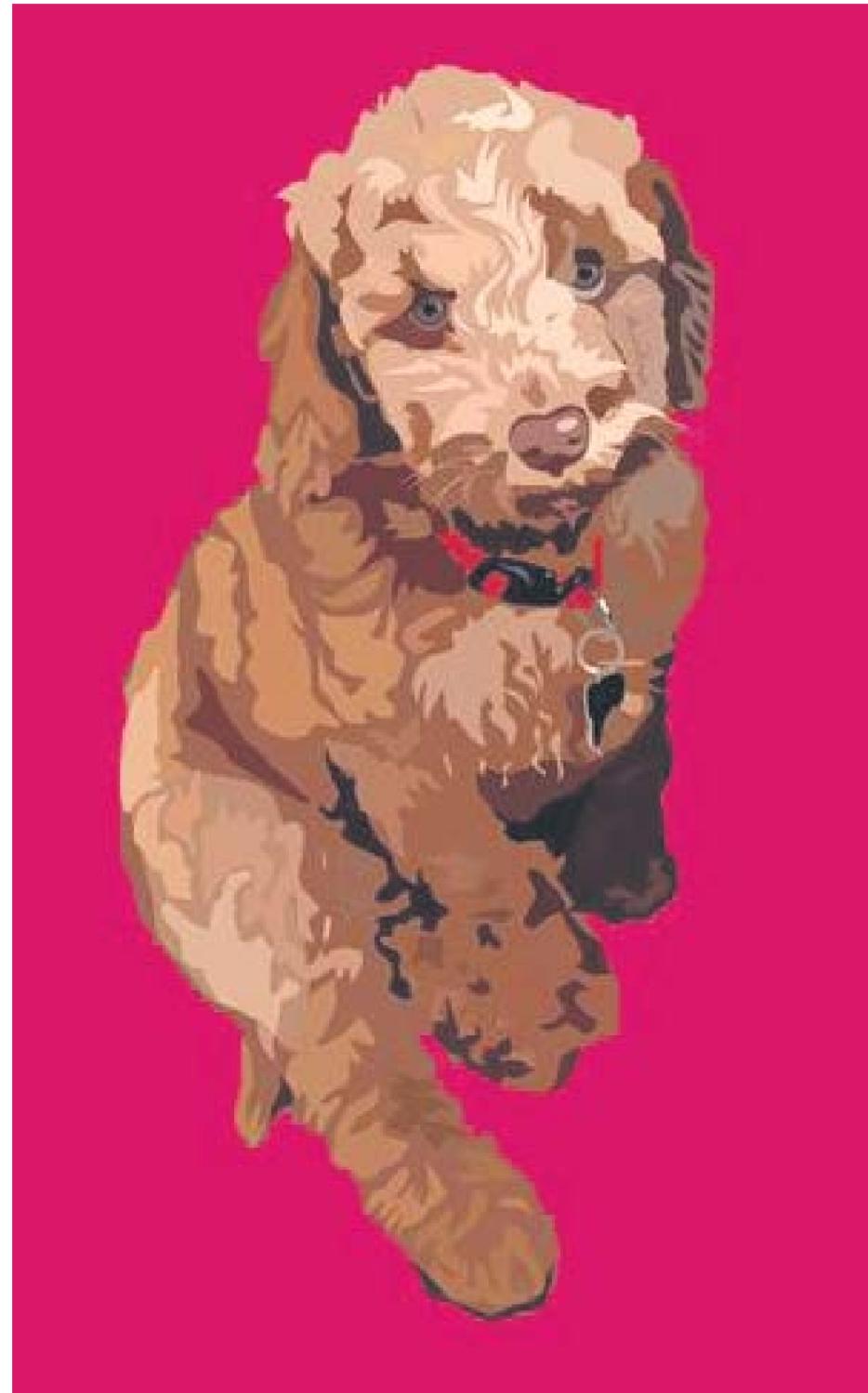
If you haven't heard of Badger and Earl, the delightful little shop/craft room, tucked around the corner from the Chiswick Town Hall, where you can learn to sew, socialize with likeminded sewers - then do search them out. You can improve your existing skills, meet new people, or just learn a new skill. They run classes in dressmaking, knitting, quilting and beginners classes for adults and children. Go on have a go: learn or bush up on your sewing skills. PS they give gift tokens for classes!

Next on the seek and search out list is the wonderful emporium that is Fosters Books - snuggled away on Chiswick High Street, this nook of a shop has been filmed and photographed so many times it should have its own portfolio. Picturesque frontage notwithstanding, inside it is a treasure trove of unique antique and rare books.

One for the quirky and interesting list: Life Illustrated a brilliant idea, using your own photographs of people, pets or places these creative people will make a bespoke illustration just for you. It's clever and unique. A brilliant idea for the person who really is too difficult to buy for!

The clever people at The Quick Brown Fox have developed a range of entry level film making courses for children, introducing them to the wonderful world of shooting and editing videos using mobile devices, exploring all aspects of film production both behind and in front of the camera. The course will teach them how to work as a team, problem solving, decision making and ultimately self-confidence. The course is aimed at children between 8 and 12. The team will also craft and construct short videos for your website, short professional promo videos for your business page on YouTube or Facebook or even a more personal video of a special family event. Who doesn't like stationary? Chiswick based Love Give Ink creates beautifully illustrated, hand drawn and personalised range of stationary, greeting cards and gifts. I love their 'All I want for Christmas' secret messages card. For the person in your life who appreciates the quirky and interesting do have a look at their range of stationary or even get them to design your Christmas party invitation.

As it's the season for bling and presents the glorious Marmalade Jewellery, based on Turnham Green Terrace, has jewellery for all occasions and for all pockets, deep or shallow! Simon and his team can design and create something to suit everyone. I know that I have my eye on a few items! A few of the wonderfully creative companies based in Chiswick with interesting and different items for Christmas this year.



Gift Ideas

It is that time of year again when our thoughts turn to gift buying for our loved ones. I have been busy looking around the shops while doing my own shopping and there are so many great ideas from all the big beauty brands this year, that it is hard to know where to start!

I have put together a simple gift guide with all the best products on offer out there. There is something here for everybody and all budgets and it's still not too late to get out there and find them. You may have to deal with the crowds but it will be worth it to see the look on your friends and family's faces on the big day!

1 For the serious beauty connoisseur, the big brands have lots of great ideas this year. Elemis have lots of lovely gift sets but my favourite is the Pure Rose Indulgent Gift Set (£29.00) It indulges skin with British botanicals. Boasting active fragrances to relax, soothe and boost face, body and mind. Presented in a beautifully stylish box, making this the ideal gift for someone special this Christmas. www.timetospa.co.uk or all good department stores.

2 Clarins also have some lovely offerings. The New Mother Gift Set (complete with baby comforter £37.00) would make a wonderful gift for a tired, new mum. It contains everything a frazzled mum would want to make them feel pampered and cared for and help the body recover from pregnancy. I also love the Beautiful Eyes Value Kit (£21.00) - a lovely gift for friends. Available from all good department stores.

3 Perfume is always a lovely gift and there are so many to choose from. Some of my favourites include the Thierry Mugler Alien Coffret, Alien is a radiant, mysterious and vibrant scent irresistibly appealing and out of this world. £50.00 from Debenhams, Selfridges and Thierry Mugler stockists.

4 I also love the idea of a sample box of assorted scents. Vivabox do a premium gift box that contains a selection of samples from top brands PLUS a voucher that allows the gift-recipient to obtain the "full-sized" product of their choice from the selection. It is a clever idea for discovering new fragrances. Available in male & female fragrances (£37.99 from www.vivabox.co.uk) Got a teen who adores Celebrities? Try the Rogue by Rihanna (£32.50 at Boots) or Fleur Fatale the 7th fragrance by Kim Kardashian (£24.00)

5 Ted Baker have great little gift sets in store and online and also available at selected Boots stores. I love the Spritz and Sparkle mini purse sprays (£22.00), a set of four individual fragrances that can be given

as a set or individually. Each has a ribbon so you can hang them from the tree! Too cute... They also have ideas for men, the Personal Best gift bag set at Boots (£22.00) would be ideal for gym bunnies.

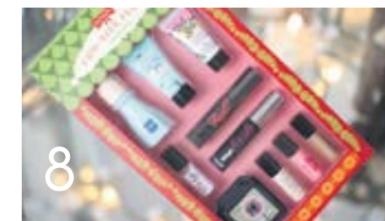
6 Paul Mitchell have some funky and fashionable hair care sets for all hair types called the Art Of Holiday. The hair products are presented in beautiful giftable packaging which features pencil and watercolour drawings of Australian fashion illustrator Sarah Hankinson. I love The Art of Curls (£41.85) from all good salons, see more at www.paulmitchell.com

7 Korres have some good gift sets for helping skin recover over the festive period. I particularly like the Party Survival Kit which includes, a shower gel, the popular Wild Rose moisturiser, Evening Primrose Eye Cream and a Body Butter. (£19.00 at ASOS or www.feelunique.com)

8 Benefit Cosmetics have the cutest little gift sets this year. All packaged to look like little Sweet shops and full of great products, I defy anybody not to love giving and receiving one or two of these! With so many to choose from, I want them all but a good start would be the selection of mini products Fun Size Flirts (£29.50) and the Cheeky Sweet Spot (£29.50) which has ALL the best selling blushes in one set... Yummy! www.benefitcosmetics.co.uk

9 For some serious skincare junkies, I would recommend giving Murad Spa products. They have gift sets, Celebrate the Season, for all skin types and all budgets and these products really do work and are very popular in local spas. Celebrate Radiant Skin Christmas Limited Edition is £59.50 and would make a lovely gift for mums everywhere. Find Murad products at all good spas and at www.murad.co.uk

10 Nude Skincare is another brand with great offerings this year. The Essential Skin Nutrition Set is exclusive to SpaceNK (£72.00) An omega-rich trio designed to hydrate skin, radiance, and protect against the signs of ageing. The precisely balanced diet of omegas, minerals, probiotics and antioxidants found in NUDE Skincare is rooted in high-performance nutrition. Results are visible, healthy and luminous. www.nudeskincare.com





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CHRISTMAS HISTORY

by Jane Lawrenson

WHY ALL ROADS REALLY DO LEAD (BACK)
TO ROME AT CHRISTMAS



It is a well known fact that Christmas as we know it has been around for many years. The bible of course talks of Jesus' birth and gifts being given but it doesn't mention that this happened in December. Although the word 'Christmas' is formed from 'Christ - Mass', meaning celebrating Christ, the celebrations that we have today are based on a more ancient lore. So why do we celebrate it now, as we do?

Many of us credit the Victorians with 'inventing' Christmas and to a certain extent this is true. Prince Albert helped to popularise tree decorating and the sending of Christmas cards and Dickens wrote about a goose being cooked and 'all the trimmings' in his A Christmas Carol, which helped shape what we eat on the big day but how did they get their ideas?

It can all be traced back to the Pagans. In ancient Babylon, the feast of the Son of Isis was held during the Winter Solstice on December the 25th. Much eating, drinking and gift giving formed part of the feast.

Many of our festive traditions have their roots in Paganism. You may just be surprised to read some of the below:

In Rome, the Winter Solstice was celebrated many years before the birth of Christ. The Romans called their winter holiday Saturnalia, honoring Saturn, the



God of Agriculture. In January, they observed the Kalends of January, which represented the triumph of life over death. This whole season was called Dies Natalis Invicti Solis, the Birthday of the Unconquered Sun. The festival season was marked by much merrymaking. It is in ancient Rome that the tradition of the Mummings was born. The Mummings were groups of costumed singers and dancers who traveled from house to house entertaining their neighbors. From this, the Christmas tradition of caroling was born.

In northern Europe, many other traditions that we now consider part of Christian worship were begun long before the participants had ever heard of Christ. The pagans of northern Europe celebrated their own winter solstice, known as Yule. Yule was symbolic of the pagan Sun God, Mithras, being born, and was observed on the shortest day of the year. As the Sun God grew and matured, the days became longer and warmer. It was customary to light a candle to encourage Mithras, and the sun, to reappear next year.

Huge Yule logs were burned in honor of the sun. The word Yule itself means 'wheel,' the wheel being a pagan symbol for the sun. Mistletoe was considered a sacred plant, and the custom of kissing under the mistletoe began as a fertility ritual. Hollyberries were thought to be a food of the gods.

The tree is the one symbol that unites almost all the northern European winter solstices. Live evergreen trees were often brought into homes during the harsh winters as a reminder to inhabitants that soon their crops would grow again. Evergreen boughs were sometimes carried as totems of good luck and were often present at weddings, representing fertility. The Druids used the tree as a religious symbol, holding their sacred ceremonies while surrounding and worshipping huge trees.

In 350, Pope Julius I declared that Christ's birth would be celebrated on December 25. There is little doubt that he was trying to make it as painless as possible for Pagan Romans (who remained a majority at that time) to convert to Christianity. The new religion went down a bit easier, knowing that their feasts would not be taken away from them.

So where did the idea for Santa come from? Again, we find lots of references to a similar character throughout ancient history and lore.

Even Santa Claus has a not-so-benign origin! This fat and jolly elf can be traced back to another ancient pagan Norse legend! Admits the Worldbook Encyclopedia,

"Some of Santa Claus's characteristics date back many centuries. For example, the belief that Santa enters the house through the chimney developed from an old Norse legend. The Norse believed that the goddess Hertha appeared in the fireplace and brought good luck to the home."

Although most people assume that the original "Santa Claus" was a bishop by the name of St. Nicholas of Asia Minor of the fourth century, this is not really true. Although some of this bishop's deeds later came to be associated with "St. Nick," the original "Nicholas" was once again Nimrod, the "mighty one against the Lord." The word "Nicholas" means "mighty one, powerful." Traditions of a "god" who gave gifts under an evergreen tree antecede the Asian Minor bishop by thousands of years! Among the Scandinavians it was the god Odin or Woden who left special gifts during the Yuletide season under the evergreen tree, his sacred tree!

"In Holland and several other European countries, the Saint Nicholas figure is still highly esteemed. He appears as a tall, dignified, bearded, white-haired old man, dressed as a Catholic bishop, complete with cloak, mitre, and pastoral staff, a seemingly genuine Catholic saint, but with a bizarre, quite unsaintly habit of riding through the skies on a white horse, followed by his Dark Helper. It seems that our Catholic saint inherited some of these customs from the pagan god Wodan, who had also been a BEARDED, WHITE-HAIRED OLD MAN, also dressed in a hat and cloak, carried a staff (or spear), rode a white horse, and dragged along the same dark slave/helper on a chain".

So much for old "Santa Claus"! This mythological figure, also, is Pagan to the core!

The Dutch "Sinterklaas" brings gifts to good children, while bad children are harrassed by the "Dark Helper," called Zwarte Pier, or "Black Pete," who brandishes a broom-like rod. Like Santa Claus, Sinterklaas also had the habit of entering homes through the chimney! His helper, "Black Pete," is today, still horned, fur-clad, scary, and less than kind to children. Although portrayed as the slave helper of Saint Nicholas, the two are, in many villages, blended into one character, who often has the name Nikolaas or Klaus. Thus "Santa Claus" is blended with, and is none other than, that old enemy of mankind, Satan the devil! Scary Stuff!

According to the book about Pagan worship, The Two Babylons by Alexander Hislop, he has these strong words to say about 'Good ole Saint Nick' "Santa Claus," then, is not so innocent and cherubic a figure after all! Why do parents take their young

children, sit them on "Santa's lap," and insist on teaching them Santa Claus myths? The word "Santa," rearranged, spells "S-A-T-A-N," and "Claus" is reminiscent of "Claws" -- in other words, "SATAN'S CLAWS"! Do you want Satan, the arch-enemy of mankind, to get his "claws" into your children? By teaching them Santa Claus myths, and taking them to "Christmas parties," with "Santa Claus" handing out "gifts," you are subtly teaching your children to worship Satan the devil, the great impostor!

An alternative view? Maybe. But definitely something to think about as we all prepare for the holidays!

HAPPY CHRISTMAS!



A Day in the Life of Julia Korner

By Dawn Pritchard

Hidden amongst paintings, frames and other paraphernalia you will find Julia working in her conservation studio filled to the brim with mounts, 18th century book binding tools, state-of-the-art equipment and rows of colourful ground pigments.

Just as every work of art has an identity or personality of its own, Julia offers a truly personal approach to conservation and framing. Thus each day brings something different; from re-gilding a cross on a local church to transforming and unveiling the true identity of a long lost painting, to receiving visitors throughout the day seeking trusted advice and an estimate or two.

Discovering fakes and forgeries, undertaking research and identifying paintings is Julia's line of work. Not only does she provide advice, valuations and restoration, she also gives illustrated talks and lectures. You could join Julia on a fascinating one day intensive course which covers restoration techniques, hands-on experience and what to look out for with neglected works of art whilst taking away invaluable conservation tips.

Julia concludes "I take great pride in what I do. Certain pieces need to be brought back to life, requiring considerable time-consuming care, love and attention. I couldn't be more fortunate doing what I really love".

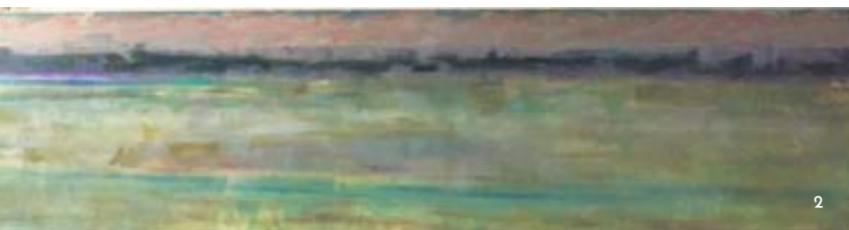


Twelve artists in Winter

Landscape is a reflection of preoccupations and dreams. This environment is where places shape and influence human memories, feelings and thoughts. In this way, the spaces of landscape are transformed as inner space is externalised and outer space brought within.



1



2



3

- | | | |
|--|--|---|
| <p>1
Allan Martin
<i>These Dark Woods</i>
lanehousearts.co.uk</p> | <p>2
Beryl Robinson
<i>Tide</i>
artistsathome.net</p> | <p>3
Tibor Cervenak
<i>Steam Around Bath Spa</i>
lanehousearts.co.uk</p> |
|--|--|---|



1

- 1**
Victoria Anne Collis
Poetical Digging
lanehousearts.co.uk

- 2**
Kathryn Stevens
Drench
lanehousearts.co.uk

- 3**
Joanna Brendon
Study for the River Erne
artistsathome.net



2



3

Sublime Landscape

Humanity is small in front of raging rivers, forests, cliffs and violent storms. Sublime landscape confronts humanity and the environment overwhelms our ability to control it. There is a thrill of untamed nature and reverence for the wild.

City Light

"You take delight not in a city's seven or seventy wonders, but in the answer it gives to a question of yours."
Italo Calvino *Invisible Cities*.



1



2

- 1**
Rachel Busch
Park Royal
artistsathome.net

- 2**
Allan Martin
Source II
lanehousearts.co.uk

- 3**
Maxine Foster
Terrace Walk
lanehousearts.co.uk



31

Winter Wood

"Wood isn't something much thought about or talked about...yet wood will always resonate at some deep level inside me...because our relationship to fire is so ancient, so palpable, and so universal."
Lars Mytting *Norwegian Wood*



1



2

- 1**
Gina Brown
The Tree
lanehousearts.co.uk

- 2**
Rennie Pilgrim
Woods
artistsathome.net

- 3**
Joanna Brendon
Kew Gardens Trees
artistsathome.net



3

THE MEANING OF CHRISTMAS

by Rev. Martine Osborne

So what DOES Christmas mean?

Well, literally, Christmas means the Mass of Christ – the one time in the year when we gather together – especially to remember and celebrate Christ.

So why do we do that? What is the point? What IS there to remember and celebrate about Christ?

A few weeks ago I was invited to visit a couple who had just had a new baby. This was, of course, a joyful thing to do.

But I was particularly delighted on this occasion because the couple had lost a baby a few years ago – their baby had been very ill and died at birth. So, the news that a new baby had arrived – safe and healthy – was a great relief and I could not have felt happier.

I dropped what I was doing and went straight round to visit. When I arrived, I was taken upstairs to marvel at the tiny child who was fast asleep in her Moses basket on a sofa.

I looked down at the child – so peaceful, so perfect – and my heart was filled with joy. In fact, I could not help but fall to my knees and give thanks – for all the love and hope and light that I knew this tiny person brought to her parents, her family, to the world she had been born into.

And, as I did this, I could not help being struck by how much I was like one of the shepherds in the nativity story.

I had heard the news of a special birth. I had dropped what I was doing and hurried to see the child for myself. And, when I saw the child, I had been struck by her significance, by the hope that she brought.

Just as the shepherds had left their flocks, hurried to Bethlehem, fallen to their knees at the sight of Christ in the manger and recognised the hope that he brought.

Fourteen years ago – after 9/11 – I remember my vicar asking how he could preach the meaning of Christmas in the wake of such horror.

But it is in the darkest of times – in times of horror – such as the misery of losing a baby or the shock of terrorism – that remembering and celebrating Christ are so important.

Christ brings hope.

Christ brings another way for us to be – a way of trust and compassion and mercy and kindness. But also a way of courage.

Christ is not some kind of 'terrorist sympathiser,' as David Cameron perceives anyone who questions the efficacy of using violence to stop violence. Christ gives his life to save the world from terror.

But Christ wants us to combat terror at its roots. Not with violence but with love. Costly love. Love that breaks down the walls that divide us, the walls that enable us to dehumanise one another, and lead to terror.

So, this Christmas, when we say 'Peace on earth, goodwill to all,' let's mean it in the way that Christ meant it. Let's rise to the challenge of loving all – both friends and enemies – so that there ceases to be them and us, there ceases to be war and conflict.

That is the hope that Christ brings, the great light that those of us walking in darkness see.

And that is truly something to remember and celebrate.

Merry Christmas.





Winter time

Summer and autumn
have gone to bed,
which is such a shame
it has to be said.

Now is the season
of wind and sleet
and rotting leaves
beneath our feet.

But oh what joy
the winter brings;
with Christmas; snow
and glittery things!

The carols, the prezzies,
Nativity cheer,
all brighten up
this time of year.

© Tony Inwood.



Christmas Morning

The long bend of the river.
A flock of geese fly up
and away as I approach.

Ducks paddle, oblivious to the cold.
Trees silhouetted against a dusky skyline.
Unseen life, moves on the island.

Do they know their Creator
was born this day?

© Tony Inwood.

CHRISTMAS AT KEW

Having received an invitation to accompany a friend to the "Christmas at Kew" event, quoted in the Time Out review of 2014 as "the light Fantastic"... I looked forward to the evening with great anticipation and my optimism was well rewarded.

From the outset, the staff ensured the safe smooth transition of visitors across the road and through the turn styles inside the north gate entrance with welcoming smiles. Immediately. We were immersed in an atmosphere that fired the imagination and awoke the child in me. The entrance pathway led to the 1st character of the evening, Dame Figgy Pudding, in front of a beautiful, traditionally dressed Christmas tree who sent us on our way in true Christmas spirit. The Palm House towered in front of us, a spectacle of softly morphing lights leading us towards an avenue of illuminated bushes the lights of which danced to the range of musical pitch from soprano to bass. Next came a truly wonderful display of creative, futuristic pinnacles of light adjacent to the classical, nostalgic lanterns hanging in abundance from the skeletons of deciduous trees, followed by giant sculptures depicting the sun and moon standing proud over a sea of scented lights adorning the lawns. All this accompanied by muted Christmas music- pure multi-sensory heaven, matched only by the "Feasts of Lights" feature, a tactile, auditory delight of hundreds of strands of morphing orbs clearly adored by young and old alike.

Children were particularly catered for from the highly interactive displays like "The Spiral Tree" with control panels reminiscent of the Wizard of Oz and a "professor" on site

to encourage and aid participation, to long term classic favourites, the carousel, helter skelter and swinging boats. These, coupled with beautiful Alice in Wonderland style life sized displays of brightly wrapped presents, flower beds, peacocks in full splendour, elves and, a visit from Father Christmas, ensured that even the most demanding young person had their expectations fully met.

A personal highlight for me was a visit to "The Wishing Tree", where all are invited to "take a wish and make it so" by igniting a mini lantern with your breath before hanging it on a branch. Faces of visitors indicated that it was not only the children caught up with the magic of the moment. It was a truly enchanting and emotive experience.

Appetites and thirsts of all types, across the age range were well catered for from the seasonal delights of roasted chestnuts, mulled wine and honey beer to tea, coffee and cakes for the adults, to a full repertoire of fast food favourites for the children (and young at heart) together with a variety of healthy options. An obvious favourite on the evening of our visit was the marshmallow kiosk where chunks once selected were eagerly taken to the roasting pit which was surrounded by a mass of joyful faces eagerly anticipating their wares once roasted.

Our exit route from the gardens was accompanied by illuminated fountains dancing to a medley of classical Christmas songs. I left feeling lighter in spirit, something akin to having spent the day at a spa, minus the price tag! I would recommend the experience to all, after all, everyone needs a little magic in their life.



FREE CAMELLIA SHOW BRINGS BURST OF COLOUR TO CHISWICK HOUSE GARDENS



Chiswick House and Gardens Trust will be holding their popular annual Camellia Show from Thursday 11th February - Sunday 13th March 2016.

The Show, now in its 6th year, celebrates these beautiful blooms within the elegant Chiswick House Conservatory, a 300ft glasshouse designed by Samuel Ware in 1813 for the 6th Duke of Devonshire.

The Chiswick House Camellia collection is a national treasure and believed to be the oldest collection under glass in the Western world. It includes rare and historically important examples of these beautiful plants, with a gorgeous array of blooms; pink, red, white and striped. Many of these are descended from the original planting in 1828. Among them is the unique Middlemist's Red, originally brought to Britain from China in 1804 by Londoner John Middlemist, a nurseryman from Shepherd's Bush. It is one of only two in the world known to exist - the other being on the other side of the globe in Waitangi in New Zealand.

For the second year running the show remains free to the public. Chiswick House and Garden's Trust Director, Clare O'Brien, says "We made admission free to the show last year as we wanted as many people as possible to come and enjoy the unique collection of Camellias and learn about their fascinating history. It was a resounding success with over 16,000 visitors - a record attendance, and over four times bigger than previous years. We were delighted that so many people recognised the importance of our work and gave a voluntary donation towards

us keeping high standards of maintenance in the Grade I listed park. Chiswick House and Gardens are enjoyed by many thousands of people, not to mention their dogs, all year for free."

The Chiswick House Camellia Collection had been in danger of being lost as the Conservatory fell into ruin in the last years of the 20th century, but members of the International Camellia Society stepped in to tend them, ensuring their survival prior to the major restoration of Chiswick House Gardens, completed in June 2010. Over the last eight years the Trust has initiated a propagation programme to ensure the future of these rare specimens and keen gardeners have a fantastic opportunity to purchase a choice of heritage varieties from the original collection at a pop up shop at the show.

Last year the shop sold 250 plants propagated from 16 heritage varieties in the rare Chiswick House Camellia collection to ensure the plants' future. This year there will be another chance to buy Chiswick House's heritage varieties and some specially selected spring flowers. The pop up shop will also be selling Camellia cards and other Camellia inspired merchandise. And the award winning Chiswick House Café will be serving a delicious seasonal menu.

The Chiswick House and Gardens Trust will be organising specially devised schools workshops during the show that will track the fascinating journey of the Camellias from China to Chiswick.

Last year the show attracted visitors from all over

the UK, Japan, Denmark, Hungary, Italy, Germany, Ukraine, Sweden, USA, Norway, France, China, and New Zealand. And local residents were thrilled to be given the opportunity to visit more often.

Here is a sample of some of the glowing responses:

"Really stunning display - please keep up this great work. Tusen Takkl!" (means many thanks) A couple from Norway.

"Thank you for a fantastic display and care of plants, we have seen a fantastic improvement over the 30 years I've lived here" Chiswick resident.

"A very interesting display and a captivating history" A Chelsea Physic Garden volunteer.

"C'est magnifique." Visitor from France.

"God's Masterpiece" Chiswick Resident.

The Chiswick House Camellia Show 2016
Chiswick House, London, W4 2QN

Dates: 11th February to 13th March, 2016
Conservatory opening hours: Daily 10am - 4pm
(Closed Mondays)

Admission: Free
Chiswick House: Special Camellia Show weekend openings Saturday and Sunday 10am - 4pm
Group bookings, guided tours and information on admission prices for Chiswick House: www.chgt.org.uk

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