



Sophie Ellis-Bextor

Face of new
fashion range

Help! We need somebody

Chiswick House & the Beatles

The Pilot, Chiswick

Refurbished

Winer London

Celebrates third anniversary

Royal Parks in Spring

Top ten things to do



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Chiswick Herald

MAGAZINE

Hello!

Welcome to this edition of the Chiswick Herald Magazine. Spring is all about new beginnings; clearing out the old and bringing in the new. In this issue you will find lots of new ideas for beauty products, new health habits to try and lots of fresh ideas for places to go in and around Chiswick.

We hope you enjoy reading and wish you all a very happy Easter break.



Until the next issue,
Jane Lawrenson,
Features Editor

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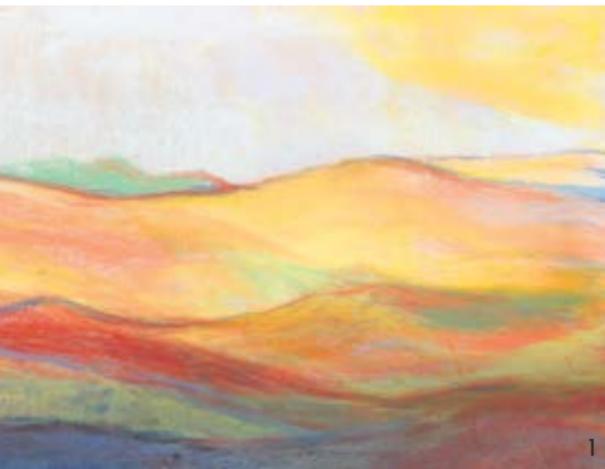
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What goes on behind closed doors?

Do you live next to a painter, a street away from a potter, or pass a sculpture studio on your way to work? The secret world of some of west London's artists is revealed once a year when the signs go up outside their houses and studios, heralding another Artists At Home weekend.



1



2



3



4



5

1. Jeff Hoare - painting
2. Jill Revie - painting
3. Virginia Brice - textiles
4. Steph Curtis-Raleigh - painting
5. Ben Johnson - painting
6. Annette O'Sullivan - jewellery
7. Madeline Marsh - jewellery
8. Ottavia Sittia - ceramics



6



7



8

In a three-mile radius, spanning Chiswick, Hammersmith and Shepherds Bush, over 70 artists are already preparing to open up their homes and studios to the general public in June.

Artists at Home was started over 40 years ago and has become well established in the local calendar. It will begin on the evening of Friday 17th June and continue through to Sunday the 19th, which is coincidentally Father's Day.

The artists show and sell their work in their own homes and studios, effectively turning them into pop-up galleries for the entire weekend. Not only does this give the public the opportunity to buy truly local art, it also allows people to see how and where the art is made.

"This is what makes Artists at Home unique," says Jill Revie, who creates paintings and drawings of townscapes and still life, and helps to organise the event. "Children, in particular are fascinated by the tools and processes that the artists use in their work," she adds.

"The other wonderful thing about Artists At Home is the diversity," says Jeff Hoare, a renowned artist and one of the founders of the event. "The works cover every type of medium imaginable and the artists themselves have such varied experiences."

Jeff, who is the longest-standing member of Artists at Home, certainly has enjoyed some very varied experiences. "My work does cover a wide output," he admits. "I trained at Chelsea and the Royal College of Art, but I also studied mime, educational TV, modern dance and I studied etching with Julian Trevelyan. I always enjoy new challenges," he says.

Jeff not only uses finds his subjects from the environment around him - he uses the environment in his paintings. "I have been painting in the river and the sea for many years - moving up and down the shore with the tides, using the waters movement and the breaking waves to shape the colours on the canvas," he says.

One of the newest members of Artists at Home is Madeleine Marsh who is

showing for the first time this year. She also takes to the river for inspiration and materials, mudlarking on its banks for fragments of pottery and metal, which she uses in her jewellery and sculpture.

Her designs are one-off, or produced in small limited editions. Each piece is handmade and she often creates pieces commissioned specifically for the recipient. Madeleine's work typically tells a story and often has a sense of humour. Her designs draw on her experience as a writer and broadcaster, specialising in Art and Antiques.

Some of the artists have an international reputation, such as Ben Johnson, whose work is included in the permanent collections of museums such as the Victoria & Albert Museum, London; the Centre Georges Pompidou, Paris; the Museum of Modern Art, New York and the Government Art Collection.

Others, such as Steph Curtis-Raleigh, create art in their spare time around jobs and family and want to share it with their community.

"My oil painting provides me with a complete escape from my work as a journalist and PR specializing in the amusement and gaming machine industry," says Steph, a new artist to the group, who is based in Strand in the Green. "Opening up my studio will be like revealing a secret life. I am very excited to be part of it."

Ottavia Sittia based in Hammersmith, is a ceramicist who creates decorative and functional art in stoneware, textured and decorated with slips and glazes. She is also taking part in the event for the first time this year.

"I love the idea of supporting an initiative like this which is based in the borough," she says. "Opening our houses and studios creates a real community feeling. The only downside is that I will not be able to leave my own studio in order to visit the other artists taking part."

For more information on Artists At Home please visit the website on www.artistsathome.net where you can find details of all the artists taking part and request a studio guide.

ARTISTS at HOME

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CELEBRITIES JOIN OXFAM FOR DRESSED BY THE KIDS DAY

Amanda Holden, Sara Cox and Stephen Mangan get dressed by the kids for a fun new fundraising campaign shot by Rankin.

Oxfam celebrity supporter, Amanda Holden said, "I like to think I'm pretty stylish when it comes to my dress sense, but that went out the window on this shoot. Today I look like I've stepped off the set of some mad 1980's gameshow thanks to my two girls.

It's pretty daunting to think that this is how they wanted to me to look for Dressed by the Kids Day, but it was impossible to say no for such a wonderful cause and we've had such fun being involved." They were photographed on location at Rankin's studio in London accompanied by their children who acted as stylists for the day - transforming their looks in a bid to transform lives in poverty.

Taking place on 29 April 2016, Oxfam's Dressed by the Kids Day dares the nation to put the children in charge of their wardrobe. Mums, dads, aunts, uncles and grandparents are encouraged to get dressed by their kids in exchange for sponsorship.

Celebrities that posed for Rankin in support of Oxfam's Dressed by the Kids Day include:

- TV personality Amanda Holden and adorable daughters Holly, 9, and Lexie, 4 (pictured)
- DJ and presenter Sara Cox and daughter Lola, 10
- Radio 2 DJ Jo Whiley posed in an outfit selected by her two youngest children, Cassius, 14, and Coco Lux, 7.
- Singer and TV personality Jamelia with her daughters Teja, 14 and Tiani, 11
- BBC Radio 6 Music's Shaun Keaveny posed with his two sons, Arthur, 7 and Wilfy, 5.
- Actor Stephen Mangan was styled by his two sons, Frank, 6, and Harry, 3.

- Chart topping singer Andriana Triana was styled by her 13 year old cousin, Clara
- Scottish siren Tallia Storm posed with her younger brothers Zac, 8, and Johnnie, 11.
- Storm model and presenter Rob Evans was styled by his friends daughter Summer, 11.
- Eastenders star Nina Wadia and her two children, daughter Tia aged 12, and son Aidan, aged 9.
- Actor and singer, Jason Donovan, with his daughter Jemma, 15, and son, Zac, 14.

Those embracing the opportunity and taking part in Dressed by the Kids Day will raise vital funds for Oxfam's fight against poverty. In just 15 years, extreme poverty has been halved and in 15 more years, it can be ended for good.

Rankin, who has supported Oxfam for several years, also commented "I'm more than happy to give my time for important causes and Oxfam is one close to my heart. Shooting today's celebrities in such a fun and natural environment has been great. The real stars from the shoot were the kids."

Those who want to unite the family in something truly fun and unique can sign up via www.oxfam.org.uk/dressedbythekids, where they will be issued a unique text code to allow family and friends to sponsor them in an instant.

Dedicated Dressed by the Kids' Day Facebook, Twitter and Instagram accounts will build momentum and add to the fun using #DressedByTheKids.

Transform your look and transform lives in poverty.



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Help!
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 somebody to
 tell us about
 the Beatles
 when they
 came to
 Chiswick
 tHouse

When you were younger, so much younger than today... on May 20th, 1966 did you race down to Chiswick House grounds to see the Beatles film promos for Paperback Writer and Rain?

If so, the Chiswick House Trust would love to hear from you for their archives and to celebrate the 50 year anniversary of the visit of the four most famous people on the planet at that time.

The legendary Chiswick House clips, forerunners of today's ubiquitous music videos, show the Beatles miming to the songs in and around the 19th century Conservatory and the 18th century gardens.

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

Footage of the films shows masses of presumably uninvited "extras", children playing on the tree behind the band, schoolchildren in maroon uniform outside the conservatory, and students crammed against a gate trying to get a peak of the Fab Four who had taken refuge against the hordes of fans in the walled garden.

Do you know who they were? Were you there? If so, please email any anecdotes or pictures you may have of the day to archive@chgt.org.uk putting "Beatles Memories" in the subject field.

Although the Beatles are long gone, fans and film aficionados still make the pilgrimage to West London to visit the scenes of the famous films. The 65 acre grounds look significantly better than they did, thanks to a major £12 million restoration in 2010, but a trip to the first English landscape garden rewards visitors with reassuringly similar sights of the Grade 1 listed Conservatory, kids playing, grand vistas and hidden pathways, architectural delights and a dazzling array of flowers, shrubs and specimen trees.

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CAKE FOR THE QUEEN

WIN THE OPPORTUNITY FOR YOUR SCHOOL TO VISIT BUCKINGHAM PALACE BY MAKING A SPECIAL BIRTHDAY CAKE FOR HER MAJESTY THE QUEEN!

Following the hugely popular Cook for The Queen competition for children that was held for the Diamond Jubilee, the organisers, Love British Food, are inviting schools to join in this summer's Royal celebrations and commemorate Her Majesty's 90th Birthday by making a Cake for The Queen.

The Queen's official 90th Birthday is being celebrated on the weekend of the 11th and 12th June 2016. It begins with a Service of Thanksgiving at St Paul's Cathedral on Friday, followed by Trooping the Colour on Saturday. The finale takes place on the Sunday when the Mall will be transformed for Britain's largest ever street party.

Communities across the country will be celebrating this historical occasion in many wonderful ways and schools are invited to join in the national celebrations by holding a fun birthday party, the centre piece of which will be a very special birthday cake for Her Majesty made by the children themselves. The more delicious, the healthier and the more spectacular the better!

The competition sets a specific challenge: as well as making a cake that is spectacular to look at and is decorated in a manner fit for Royalty, it must be made with healthy ingredients. The healthier, the fresher and the more local the better. This is an opportunity to teach children that there are alternatives to sugar! We want the delicious flavours of the ingredients to sing out in your cakes and for sugar and marg to take a back seat.

Photos of the top five winning cakes will be made into a montage and presented to Her Majesty The Queen as a birthday souvenir and the winning school will be treated to an exclusive trip to Buckingham Palace, during British Food Fortnight (17th September - 2nd October 2016)

How to take part

Taking part is easy. The competition is open to any group of children of school age and all you have to do is:

1. Adapt a traditional cake recipe using healthy and/or local ingredients or create your own brand new recipe. Eating healthily doesn't mean you have to give up all things nice, in fact it is an opportunity to discover new, delicious ingredients to use. For example, did you know...

- Beetroot, courgette and carrots are all examples of vegetables that can be used in cakes?
- White refined sugar can be replaced with honey, fruit syrup or seasonal fruit?
- There are many delicious local butters available to use in place of margarine.

2. Bake and decorate the cake in a manner fit for The Queen.

3. Share and eat the cake - have a Royal Birthday Party for the class or the whole school. You could make it a fancy dress party with all the children dressing up to commemorate different features of Her Majesty's reign: The Queen as a child, her wedding, Coronation, overseas tours, her love of horses and her famous corgis.

4. Send us: up to five photos of the cake, of the children making it and your Royal Birthday Party, plus a description of the recipe and ingredients you used and how and why you adapted it.

Who can take part?

The competition is open to any group of children of school age (primary and secondary) in the UK. The group should have an adult as a co-ordinator / point of contact.

How to Enter

To enter, send your photos and a description of what you did, including your cake recipe to info@lovebritishfood.co.uk by 15th July 2016. Don't forget your name, your school or group name and a contact telephone number.

Winners will be notified w/c 18th July and the prize tour of Buckingham Palace will take place during British Food Fortnight (September 17th-October 2nd).

For more information about Cake for the Queen visit the Love British Food Website: <http://www.lovebritishfood.co.uk/british-food-fortnight/cake-for-the-queen>

Love British Food's official sponsor in 2016 is Co-op Food





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The River Thames – then and now



John Inglis



Jill Sanders

Jill Sanders and John Inglis are quintessential river people. Indeed they practically live in the river, on an island at Hampton only accessible by boat.

For the past decade, the couple, who have a background in journalism and award winning visual effects and cinematography, have devoted themselves to creating a panorama for posterity showing the Thames as it is now and restoring a 200 year old panorama depicting the river as it was then. Comparing the two reveals the dramatic social, architectural and industrial changes along the river over the last two centuries.

Chiswick Herald readers can see this for themselves on a pictorial "voyage" through the centuries at Chiswick Pier House on April 26th at 7.30pm where you can contrast Samuel Leigh's 1829 panorama with the contemporary Thames Panorama Project's, illustrated in a video.

The presentation will explore the transformation of the London Thames from a largely working river of factories, wharves, fishing, osier growing, market gardening and transportation - and some fine houses - to the riverbanks and waterway we see today, with a particular focus on West London.

Leigh's 60ft panorama depicts in detail 15 miles of the River Thames through London - from Richmond to Westminster. It had fallen into obscurity, but after almost 200 years this rare artwork showing both banks of the Thames has been faithfully recorded and digitally restored - and re-published as a modern book, A Riverside View of Georgian London (Thames and Hudson). It shows every building along the 1829 riverside between Richmond and Westminster Bridge, and a view of the old industrial Southbank on the day of the Lord Mayor's Procession.

Doors open at 7pm and the illustrated talk will start at 7.30pm. Tickets are £3, or free to members of the Chiswick Pier Trust. Refreshments and signed copies of the book will be available to purchase. www.chiswickpier.org.uk. Or view the project - 1829 and contemporary - online www.panoramaofthethames.com.

HAPPY NEW EASTER!

Type Easter into Google Images and this is what you'll get: easter eggs; bunnies and easter eggs; easter eggs and spring flowers; easter eggs in baskets; more bunnies and easter eggs; chicks; a chick sitting on top of a bunny; chicks wearing beanies and sunglasses; a bunny peeping out of an easter egg...

We all know what Easter is about. The pictures are the same as they were last year and they are the same as they will be next year. And forever.

Some things just don't change.

And that's a good thing, you might say.

But the curious thing is - that Easter is all about change. Certainly the Christian understanding of Easter, rather than its commercial meaning.

Easter is about making things new; bringing life out of death; transformation.

Which is certainly less fluffy. But also, I would say, more exciting.

And yet, we rarely hear this message at Easter.

We go with the flow. We hide the Easter eggs in the garden, we find them and eat them, maybe we make an Easter bonnet for the kids. And then life goes on. Just the same as ever.

Perhaps we've become deaf to the Easter message of change. Or blind to why we even need change in the first place.

We have comfortable homes, a bit of money in the bank, kids getting a good education. All is well, isn't it?

But we live in a world where things are not well. A world where one person in every hundred has as much money as all the other 99 put together. Where, out of every 100 people, 14 cannot read or write, 16 people are either malnourished or starving, 13 have no access to clean water and 23 have no shelter.

Does this need to change?

Yes, of course it does.

But for this to change, something else needs to change first.

And that's us.

At Easter, Jesus told us to love one another as he loves us. And he says this while he is on his knees washing his disciples' dusty feet.

He says we are to serve one another. To care for one another. Like brothers and sisters, like one family.

If your child could not read or write, would you care? If your brother did not have enough to eat, would you do something to help? If your mum had nowhere to live, would it bother you?

The message of Easter - which is the message of the Christian faith - is simply that THINGS DON'T NEED TO BE THE WAY THEY ARE.

The world doesn't need to be the way it is. Our own self-focussed lives don't need to be the way they are.

Things can change. For the better.

Things can be made new; life can come out of death; there can be transformation.

This is the hope and trust that faith is all about.

So, let's take the first step towards that new and better tomorrow, this Easter. Let's declare that we will not be defeatists. We will not say there's nothing we can do.

We will do something. For someone. Someone who doesn't need our charity out of our amazing generosity. But simply out of justice.

And then we will truly have a happy Easter. Both this year and in the years to come.

- Martine Osborne

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EAT WELL AND SUPPORT YOUR COMMUNITY AT THE FOOD MARKET CHISWICK



Set up by Dukes Meadows Trust over 15 years ago The Food Market Chiswick has grown from strength to strength to become an established part of Chiswick and a destination point for many in the surrounding community.

Tucked away between the river and Chiswick House the market is now an integral part of the shopping week for many people. Every Sunday come rain or shine, approximately 25 top producers from around the country come and sell their produce direct to the public.

The Food Markets aim has always been to increase farm incomes and provide high quality local and seasonal foods to Chiswick residents. They encourage sustainable methods of food production and support traditional animal breeds and organic fruit and vegetable varieties. Trying to inspire locals to take a greater interest in food production and rural issues.

The main advantage of a farmers market is that you, the customer, can go and speak to the producer directly and ask them anything about production methods, tastes, where it was made, what the ingredients are or get inspiration for

recipe ideas.... anything at all! What an ideal resource in this day and age, where traceability is so important. It's a service that cannot be replicated in any supermarket or branded high street store.

The stallholders are what make the market and here, in Chiswick, you will find some of the finest in the country. Each one investing their heart and soul as well as time and effort into creating the very best quality products they can. Go along and see for yourself! With old favourites such as Ringden Farms apples and pears, and March House Farm providing meat reared on a traditional family farm, to new excitements such as The Pished Fish who cure their smoked salmon in alcohols herbs and spices, and Cantini making delicious handmade Tuscan Panforte. There is plenty to choose from.

If you have any food intolerances or just like to stay healthy Breadren create a selection of gluten free, dairy free or vegan goodies and Mr Prempy make delicious organic raw refined sugar free cakes.

Cheese, olives and bread are in abundance as well as handmade tarts created from the finest pastry. In addition to goodies best taken away and eaten at home you

can also sample a selection of international street food including Moroccan, Columbian, Spanish, Mexican and the sushi stand is a firm favourite making hand rolls to order. Most of the street food is made on the stand in front of you and can be adjusted to your taste and preference.

Organic produce are particularly important to The Food Market Chiswick and they sell delicious Greek olive oils as well as milk, butter and yoghurt all recognising the direct connection between your health and how the food you eat is produced.

Unlike many other local markets The Food Market Chiswick is run as a social enterprise, with all profits being invested back into free family events and improving and maintaining the meadows, which over the years has created a beautiful riverside park. The trust has raised over £1 million to create fabulous play areas and has planted hedgerows, wildflower meadows and an orchard to increase the bio diversity of the local area. Many families come and enjoy the paddling pool or adventure playground at the same time as visiting the market, particularly as the weather starts to warm up, making this a great day out for all the family.

The free family events are scattered throughout the year but particularly prominent during the summer months. In the past the market has organised donkey rides, punch and Judy shows, petting zoo visits and their birds of prey displays have proved to be particularly popular. Look out for details of this years events on their Facebook page or on posters and leaflets around Chiswick.

If you have not been to the market before, or have not visited for a while go for the morning or make a day of it, relax, buy yourself a coffee and a cake, take a seat to soak up the local atmosphere.

The Food Market Chiswick is open Sundays 10.00am - 2.00pm

Follow The Food Market Chiswick on Facebook for more details of free events and any closures
www.thefoodmarketchiswick.com



TRUSTS and HOW THEY SAVE YOU MONEY

The best way to increase your assets is to better use what you have now and reduce the tax payable on it.

One of the best ways to do that is to plan for the future. Trusts are specifically designed for this purpose but are woefully under utilised.

Austins is an accredited firm which specialises in property, wills, probate and trusts. So this article is going to demystify trusts and illustrate their benefits.

The UK is unique from its European neighbours who don't have the

opportunity to protect their assets in this way. They were first developed in the time of the Crusades when land owners needed to protect their assets whilst they were away, often for years. So they appointed someone to look after their interests.

Nowadays you do not need to be a land owner or vastly wealthy. Typical trusts still involve modest sums of money, but can also include bank accounts, trusts of land, life policies, investments or even death in service benefits.

At Austins we advise on setting up trusts, usually when considering our clients' wills. As we are all worth more than we realise. Professionally drafted trusts protect your assets but will also reduce any tax payable. As long as the trust adheres to the current tax regulations.

For example, if you put a life policy or death in service benefits into a trust for your family, they will benefit from it without delay after your death and will not usually pay any Inheritance Tax on it.

The most typical trust Austins draft is a for family provision, a child's education or the protection of a vulnerable parent. One trust can be used for one person or a group of people and they don't have to be related.

Once set up the trust assets are separate from the person who set it up. Trusts can exist for up to eighty years and so it can provide for the needs of more than one generation.

It can be set up in a will or during your lifetime (usually for tax mitigation). If it is a will trust, then the trust will only exist after the gift provider has died.

Austins offers a fixed fee service for trust creation and advice.

If you would like to know more about creating a trust or want more information about our other services, please contact Sarah Austin or visit our website

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RECORD NUMBER OF RACE FOR LIFE EVENTS LAUNCH IN LONDON

LONDON women are being called on to sign up to Cancer Research UK's Race for Life 2016 at a record number of destinations across the capital.

Taking place at 21 venues covering the length and breadth of the city from Blackheath and Richmond to Hampstead and Enfield as well as Hyde Park, Regent's Park and Battersea, there is an event to suit everyone.

Participants can walk, run or jog the 5k and 10k's, while those wanting to get their hands dirty can take on the Race for Life Pretty Muddy events - 5k obstacle courses now at six locations including the Queen Elizabeth Olympic Park and, for the first time, Brockwell Park.

And for women looking for even more of a challenge, the UK's only all-women full and half marathon is returning to Lee Valley Park on September 4 after a sell-out first year.

Rosannah Dawood, Cancer Research UK London events manager, said: "Race for Life is an amazing way to celebrate everyone we love who has survived cancer. It's also an emotional and moving way to pay tribute to those dear to us whose lives have been cut short by the disease. "Our participants make Race for Life a truly uplifting, inspiring experience. That's why we're calling on women of all ages to sign up now to a London event and pledge to stand together, shoulder to shoulder, on the front line against cancer. Together, we can unleash a powerful fighting spirit to stop cancer in its tracks."

One in two people in the UK will be diagnosed with cancer at some stage in their lives, but the good news is more people are surviving the disease now than ever before. Survival rates have doubled since the early 1970s.

Cancer Research UK's Race for Life, in partnership with Tesco, is an inspiring women-only series of 5k, 10k, Pretty Muddy and marathon events which raise millions of pounds every year to help beat cancer sooner by funding life-saving research.

Money raised through Race for Life allows Cancer Research UK's doctors, nurses and scientists to advance research which is helping to save the lives of men, women and children across London.

To enter Race for Life today visit raceforlife.org or call 0300 123 0770.



Kew Gardens presents a painting of the Miracle Pine to the Japanese Ambassador

On March 8th 2016, the Royal Botanic Gardens, Kew's resident botanical artist Masumi Yamanaka presented her painting of the Miracle Pine to the Japanese Ambassador, Mr Keiichi Hayashi, at the Japanese Embassy in London.

This stunningly detailed painting depicts the lone miracle pine which was the only surviving tree out of 70,000 in the town of Rikuzentakata after the devastating tsunami hit Japan on 11th March 2011. This miracle pine became a symbol of hope in Japan, with this gesture from Kew Gardens marking the five year anniversary of the Tohoku earthquake and the lasting relationship between Kew Gardens and Japan.





SOPHIE ELLIS-BEXTOR SEES WONDER IN SHOPPABLE POP VIDEO

British beauty Sophie Ellis-Bextor, 36, has released a shoppable pop video to launch the new C. Wonder fashion collection curated by celebrity stylist Brad Goreski, exclusive to QVC.

The 100-second film sees the *Strictly Come Dancing* finalist snapping her fingers as she transform into eight different looks from the new chic daywear range. Shoppers can simply click on each outfit to be taken to the QVC website to purchase and channel their inner bohemian goddess.

The film features a specially composed song "Wonder" featuring vocals from new up and coming talent Biba to mark the launch of the collection and provide the backing track for Sophie's magical wardrobe change dances.

The C. Wonder range curated by E! Fashion Show Police panellist, Brad Goreski, whose celebrity clients include Jessica Alba, Demi Moore and Jenna Dewan Tatum, is designed for women who are preppy and chic with a modern bohemian spirit.

Ranging from £23 to £65, the collection mixes tailored classics, such as white and navy blazer-style jackets, with vibrant prints, bright colours and beautiful swathing fabrics, plus cute denim essentials.

Hero items from the line include a black lace t-shirt dress (£65), a printed Carrie button blouse featuring an all-over modern floral

motif (£38) and a Caitlin printed blouse in Raspberry featuring a sophisticated geometric print (£29), coming soon.

Speaking of the reason behind the collaboration, Sophie explains, "I really like the stylish and accessible nature of the C. Wonder collection at QVC. I have a passion for all things 60s and 70s inspired so it's a perfect addition to my wardrobe."

Creative Director for C. Wonder, Brad Goreski said: "I'm so excited to bring something wonderful to QVC UK as the Creative Director of C. Wonder! This line is all about global travel and exploration, and I hope that the C. Wonder woman will love our preppy, bohemian look. Wearing C. Wonder means being confident, comfortable, and chic - and that's what I love about fashion and style."

Nick Chalkley, Fashion Buying Director at QVC, commented: "Our customer spends an increasing amount of time shopping online so a shoppable pop music video is a great way to launch the brand in the UK. Shoppers can enjoy browsing as they watch Sophie showcase the range and buy their favourite items at the same time."

A peek at some of The C. Wonder range launched by Sophie Ellis-Bextor...



Bronzo Italia Infinity 19cm Bracelet

QVC Price:
£25.00



C Wonder Border Print Trouser

QVC Price:
£40.00



C Wonder Short Sleeve T Shirt with Embroidered Cut-Out Yoke
QVC Price £33.50
(is in black in the picture)



Roberto by RFM L'infinito Figure of 8 Bracelet
QVC Price:
£42.00



Clarks Smart Deva Block Heel Sandal
QVC Price:
£45.00



C Wonder Printed "Carrie" Button Front Blouse
QVC Price:
£38.00



C Wonder 5 Pocket Slim Leg Jean
QVC price:
£35.00



C Wonder Rolled Tab Tunic Dress with Patch Pocket



C Wonder Cropped Denim Jacket
QVC Price:
£48.00



C Wonder 3/4 Sleeve "Catrina" Blouse
QVC Price:
£36.50



C Wonder Brocade Jacket with Twill Binding



C Wonder Lace T-Shirt Dress with Slit Neckline
QVC Price:
£65.00

The Chiswick Man and revival of legendary music club

MANY PEOPLE WILL ALREADY KNOW OF THE CRAWDADDY CLUB IN RICHMOND WHICH PLAYED SUCH A BIG PART IN THE HISTORY OF THE BRITISH 60'S BLUES REVOLUTION AND THE LAUNCH PAD FOR THE CAREERS OF SUCH HOUSEHOLD NAMES AS THE ROLLING STONES, YARDBIRDS, THE WHO, LED ZEPPELIN AND MANY OTHERS - WHAT THEY MAY NOT KNOW IS THAT THE CLUB WAS REVIVED IN 2012 BY LOCAL MUSIC ENTHUSIAST MIKE RIVERS AND HAS BEEN GOING EVERY MONTH WITH MUCH SUCCESS.



Bill Wyman and Mike Rivers (photo by Emma Stoner)

We caught up with Mike to find out more.

So, Mike, how did this come about?
To cut the story short, my original plan was to revive the Richmond Jazz and Blues Festival and in the process of trying to find funding a potential sponsor suggested that I look at reviving The Crawdaddy which was something that never entered my mind, but once the reality hit me that finding a major sponsor would be too difficult and time consuming, I discussed it with my wife and some musician friends who all encouraged me to go for it.

Following a very positive meeting with the Richmond Athletic Association, who own and run the premises where the Crawdaddy was originally located after its short lived tenure at The Station Hotel, we agreed to a three month trial and now, 5 years later we are still going strong.

What are your highlights in that time?
I guess our opening night with The Blue Bishops and our guest Bill Wyman was pretty special, especially as Bill came along with his own camera to take some photos.
I am particularly proud of bringing some big name artists to a relatively small venue such as Jo Harman who since appearing with us in 2013 and '14 has gone on to appearances at The Albert Hall, the O2, the Jazz Café and many other prestigious venues. Booking the outstanding Connie Lush from Liverpool last year was something of a coup. We will also be in our third year of running our charity event, The Phoenix Festival where we were honoured to have such musical luminaries as Martin Turner's Wishbone Ash and members of 70's soul band Kokomo. Last year we raised in the region of £2000.00 for Lord Winston's Hammersmith based Genesis Trust.

What does the future hold?
We have begun planning for this year's Phoenix Festival which will be bigger and even better. The date will be announced sometime in April and on 16 September we will be paying tribute to the founder of The Crawdaddy Club, Giorgio Gomelsky, who sadly passed away recently. One of the original Yardbirds will be present alongside a number of respected musicians who played there in the 60's.

How can we find out more?
Our website is crawdaddyclubrichmond.com and I am always happy to answer question by email at crawdaddyclubrichmond@gmail.com

HIGH ROAD MARKET COMES TO CHISWICK

High Road Market, launching on April 9th in the grounds of Belmont Primary School, Chiswick, is the latest addition to west London's burgeoning artisan food scene. An entirely unique interactive food market, this new market will showcase local and London food producers' and will also offer craft beer, local brews, some beats, and some wonderful coffees.

The market can be found every Saturday at Belmont Primary School Playground, Belmont Road, Chiswick, London W4 5UL. TEL: 020 8994 7677

What's on offer? You'll find fresh delights such as Channel Fish, offering up daily catches such as Skate Wings, Red Mullet, and Smoked Haddock. Pick's the Butchers showcase beautiful rare breed meats from the north of England. And Wild Country show off our rich nature reserve with their fresh veg and herbs. You'll also find delight such as fresh pies, Namia cheeses (a London cheese company), Bad Ass Cakes, Pizza Maria with their pimped up Piaggio van serving up fresh pizzas, plus Bold Spirits who always seem to get the party started. Kids will love the music, the board games, the food, and the atmosphere.

High Road Market will also be offering a variety of tastings and demos each week, so that guests can learn as well as eat...

High Road Market offers a comprehensive food shopping experience. Whether you're after a loaf of bread or a full weekly shop there is plenty on offer to ensure you leave with a basket brimming with seasonal, locally sourced, home grown ingredients.

www.highroadmarket.co.uk
@highroad_MK
FB - High Road Market

Trader profiles:
Cobble lane cured:

Chosen by the Evening Standard as one of the 1,000 most influential Londoners in 2014, Cobble Lane cured transform top quality free-range meat into delicious hams, salamis, whole cuts, sausages and bacon. Taking a slow and caring approach they don't use any chemicals to accelerate the process nor to stabilise or artificially enhance the flavour of their charcuterie.

Pick's Organic farm:

For a perfect Sunday roast then look no further than Pick's Organics. Every week their very own butcher brings along bounty of organic pork and beef lovingly reared on their farm in Leicestershire.

Wild Country Organics:

A modern organic family farm run by Dr Adrian Izzard, Wild Country Organics have developed growing techniques to produce a wide range of the tastiest organic vegetables and salads all right here on his modern organic farm in Cambridge.

Chiswick dentist's Sierra Leone Mission

A Chiswick dentist has made several trips to Sierra Leone on a mission to bring dental care and education to children, their families and communities. She founded the Smiling World Foundation in 2012 and is busy planning a forthcoming summer trip.

Dr Raffaella Gabassi and her team have distributed much needed medicines and educated and treated patients throughout Sierra Leone.. She is particularly delighted with the team's local mobile units to access remote rural villages where there are 3 dentist for 6.5 million people. In these circumstances a toothache has the potential to become deadly. She said " We have received generous support and I am particularly pleased with the five ambulances that we were able to send to Sierra Leone as part of the mobile units."

Dr Gabassi who is based at White Dental & Cosmetic Rooms on 128 Chiswick High Road said " My ultimate goal is for the foundation to set up a dental training school to empower the local community.

The smiles and love we receive from the children and the wider community of Sierra Leone is truly amazing.

This is what makes it so worthwhile to see a big smile on the patients' faces after treatment. For more information on how you can help Dr Gabassi and the Foundation please see <http://www.smilingworld.org/>





Top ten things to do in the Royal Parks this Spring

1. Visit the colourful Isabella Plantation in Richmond Park

In spring expect a kaleidoscope of colour in the plantation, as bluebells carpet the floor and evergreen azaleas and rhododendrons put on a bewitching display of vivid pinks, purples and reds.

To enable more people to enjoy this enchanting 40 acre woodland garden, a free minibus service will operate every Wednesday from March 23 until October 26, 2016. The fully accessible minibus drives a complete circuit of the park stopping at the main Richmond Park car parks and the Isabella Plantation. It also stops outside the park at Ham Common crossroads (65 bus stop) and the barrier in Danebury Avenue, near Roehampton Gate.

The best time to see the azaleas and rhododendrons in full bloom is the end of April and start of May.

2. Get involved in nature in a Royal Park

Become a nature explorer this spring by getting your hands dirty with

meadow sweeping, pond dipping, tree tracking and bird watching in a Royal Park.

The free drop-in sessions are being delivered by the Field Studies Council, which work in partnership with The Royal Parks to deliver education in Bushy, Greenwich and The Regent's Parks.

March 21: Greenwich Park by the children's playground

March 23: Bushy Park by The Pheasantry Cafe

March 24: The Regent's Park by The Ready Money Fountain

Time: Activities will run between 11am and 2.30pm. No need to book, just drop in.

Cost: Free

NB. activities are weather dependent and will vary between parks.

Our charity, The Royal Parks Foundation, will be putting on free educational nature activities throughout Easter in Hyde Park.

3. Go on a pelican tour in the oldest of London's Royal Parks

On April 13, stroll with the Royal Parks Foundation through St James's Park, uncovering the hidden history of some of London's iconic locations including The Mall and Horse Guards Parade.

Learn about the pelicans of St James's Park, first introduced in 1664 when the Russian Ambassador presented some to King Charles II.

End the tour just in time to see the Royal Parks' Wildlife Officer feeding the pelicans their favourite fish - mackerel, whiting and sardines.

Time: 1.15pm-2.40pm

Cost: £5

4. Cheer on Virgin Money London Marathon runners at Greenwich and St James's Parks

On April 24 get up early to cheer on the runners as they set off from Greenwich Park to run a gruelling 26.2 miles to the finish line at The Mall in St James's Park. Once you've waved them off relax with a cup of tea and a bacon sandwich at the newly refurbished White Lodge Cafe by St Mary's Gate. At St James's Park, you can see the winners being crowned on podiums, adorned in flowers grown by the Royal Parks apprentices in the Hyde Park nursery.

5. Smell the roses in Hyde Park

Located in the south east corner of Hyde Park, the Rose Garden features seasonal flower beds, a grand pergola and two ornate fountains, but the heady aroma of its traditional roses are the real attraction.

The roses begin to flower in mid May and by the beginning of June are in full bloom. Afterwards, soak up the stunning views of the Serpentine Lake from the nearby Serpentine Bar and Kitchen.

6. Listen to the sounds of Spring

When visiting London's eight Royal Parks you may notice it's spring by the sight of leaves returning to the trees or the colours of the flowers in bloom, but close your eyes and you may hear spring in the form of Woodpeckers drumming, Nuthatches calling or Chiff Chaffs singing.

The best time to hear birds singing is at sunrise when they sing more frequently, vigorously and louder. Referred to as a dawn chorus, male birds sing to attract a mate or warn other males from their territory.

At sunrise on May 8 join the Royal Parks Foundation for a guided walk through Hyde Park's more wooded area to hear the dawn chorus in full effect.

7. Celebrate the blossom at Chestnut Sunday

With its roots in Victorian times, Chestnut Sunday is an annual celebration of the blossom on the horse chestnut trees in Bushy Park

Festivities include a parade through Chestnut Avenue at 12.30pm complete with military vehicles, vintage cars and City of London horses.

Also, expect live music, historical re-enactments, and traditional fairground rides.

Date: May 8

Time: 12.30-4.30pm.

8. Watch a play under the stars in The Regent's Park

From May-September take your seat in the Regent's Park Open Air Theatre, an outdoor auditorium set in the beautiful surroundings of a Royal Park.

Kicking off the season is an adaption of Michael Morpugo's children's novel 'Running Wild'. The story recounts the adventures of a little boy who, after being saved from a tsunami by an elephant, has to survive in the Indonesian jungle.

Other plays include Shakespeare's Henry V, Andrew Lloyd Webber's Jesus Christ Superstar, and Jane Austen's Pride & Prejudice.

9. Go on a wildlife expedition in Brompton Cemetery

Become a wildlife explorer and help us discover all the animals that call Brompton Cemetery home at a BioBlitz event on May 27 and 28.

This scientific expedition will generate important biodiversity information about the Grade 1 listed garden cemetery and inform our future conservation plans.

No need to book, just drop in.

The event is open to all, but children under 12 will need to be accompanied by an adult.

Date and times:

Friday, May 27: 5-8pm

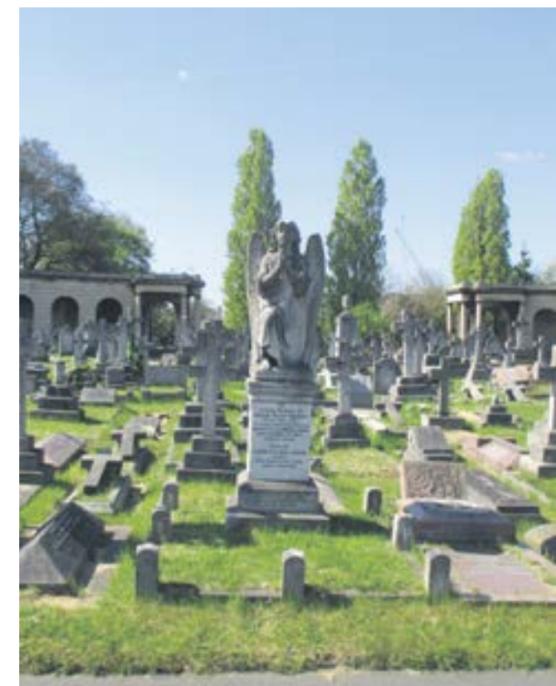
Saturday, May 28: 9-5pm

10. Buy tickets to Barclaycard Presents British Summer Time Hyde Park

Having earned its title as the hottest event in London's festival calendar, Barclaycard presents British Summer Time Hyde Park makes a welcome return in July.

Confirmed artists for 2016 include Stevie Wonder, Massive Attack, Carole King, Take That, Florence & The Machine and Kendrick Lamar and Mumford and Sons with more acts to be announced.

For a full list of events across London's eight Royal Parks visit www.royalparks.org.uk/whats-on Follow us on twitter @theroyalparks and facebook via www.facebook.com/TheRoyalParksLondon



WINNING WINSER

Think Pink



As Winser London celebrates its third anniversary this month, Founder & CEO, Kim Winsor has much to be proud of. The business has already exceeded expectations.

Recognised as one of the UK's most internationally renowned and inspirational business-women, Kim founded Winser London when female friends and relatives echoed her own frustrations while looking for affordable, but high quality, stylish clothes. Winser London is her answer - with Yasmin Le Bon as its face, the brand offers a clever collection of luxurious womenswear at a surprisingly affordable price.

It is a neat concept and the collection is not only available online at winserlondon.com with international shipping, but also in pop-up boutiques at Marlow, Gerrards Cross, Rossiters of Bath and Fenwick Bond Street - and in Peter Jones and three selected John Lewis stores across the UK and now launched in California USA.

"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."

Kim Winsor OBE, Founder & CEO of Winser London

Fashion designers have fallen in love with the colour pink over the past year, with international fashion brands such as Prada sending it down the catwalk. But can an adult wear it confidently without looking like a cute little girl? You're in the pink if you keep it grown-up and fuss-free. Layer textures, keep fabrics and yarns of the highest quality and pair with white, champagne and ivory or even black.



1. Audrey Cashmere Jumper £195 & Oversized Cashmere Wrap £250
2. Crepe Jersey Wide Leg Trousers £125 & Merino Wool Rib V Neck Vest £59
3. Crepe Jersey A Line Coat £250 & Crepe Jersey Wide Leg Trousers £125
4. Merino Wool V Neck Jumper £79 & Gossamer Wrap £50

www.winserlondon.com

Winser London stores
 Peter Jones, Sloane Square
 Fenwick Bond Street
 79 High Street, Marlow
 (01628 478880)
 43 Packhorse Road, Gerrards Cross
 (01753 889174)

Join the Winser London Club for styling tips and exclusive invitations by registering your email at winserlondon.com

Kim Winser's Top 4 Style Tips for Spring

1. Choose great pieces that never date:

Seek out pieces that will become old friends - the ones you'll grab from your wardrobe each morning to make you look and feel great. A cashmere jumper in a timeless colour, a quality merino coat, the perfect silk shirt, the modern classic short trench as worn by Emma Watson.



1.

1. Milano Wool SB Coat £250 & Cotton Twill Straight Leg Trouser £79
2. Audrey Cashmere Jumper £195
3. Silk Shirt £165
4. Winser Short Trench £195



2.



3.



4.

www.winserson.com

Winser London stores
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 (01628 478880)
 43 Packhorse Road, Gerrards Cross
 (01753 889174)

Join the Winser London Club for styling tips and exclusive invitations by registering your email at winserson.com

2. Look stylish wherever you are:

You are always juggling - kids, work, house, friends, travel - and you want to look amazing while you're doing it all. The Winser London collection helps you look effortlessly chic: choose a few staples (see above) and add in a pop of colour or a Breton stripe to freshen up your look - and your mood!



1.



2.



3.



4.

1. V Neck Silk Top £130
2. Cotton Striped T shirt £59
3. Merino Wool V Neck Jumper £79
4. Winser Tweed Coat £450

3. Never think about age:

There are so many rules about how you 'should' or 'should not' dress at a certain age. For me it's all about personal style and feeling confident. It's great to put the perfect outfit together and then mess it up a bit - a tailored trouser, roughly turned up to highlight a bare ankle and a Stan Smith trainer; a beautiful silk shirt, tucked into jeans at the front and left out at the back; a simple stripe T-shirt dress with trainers by day, heels by night. Don't play by the rules - clothes are there to have fun with!



1.



2.



3.



4.

1. Casual Luxe Roll Neck £99 & Pull on Tapered Leg Trousers £195
2. Lauren Silk Bow and Blouse £195
3. Silk Shirt £165
4. Cotton Stripe Jersey Dress £79



Clever clothes shopping

How is it that the fashion editors and celebs manage to look so effortlessly chic all the time? What are the secrets of clever clothes shopping? Kim Winser and her styling team give us a backstage look at how the fashion industry shops:

1. Work out what suits your body shape and always make those pieces your starting point – an A-line skirt does wonders for a pear-shape: try the Winser London Pleated Skirt.

Soft Cashmere Roll Neck £150 & Lauren Pleated Skirt £250



2. Decide on a colour palette that suits your complexion and seek out those colours – don't be distracted by other hues. One colour head-to-toe heightens and slims; Winser London's new Chambray Blue suits all colourings.

Cashmere V Neck Jumper £185 and Cashmere Wrap £150



3. Think in terms of outfits – identify what bottoms you have or need to buy and consider what type of top would work with each. The Winser London Silk V-neck Top works with everything.

Silk V Neck Top £130

4. Work out the situations you need to dress for – school run, lunch with girl friends, business meetings, a glitzy evening on the town? Buy for those occasions so you're not making a last-minute dash to the shops the day of a party. A fab coat will pull it all together – try the Winser London Milano SB Coat in your favourite colour.

Milano Wool SB Coat £250



EXCLUSIVE CHISWICK HERALD READER COMPETITION

Winser London is a neat womenswear concept offering affordable, but high quality, stylish clothes. With Yasmin Le Bon as its face, the brand offers a clever collection of luxurious womenswear at a surprisingly attractive price.

To win a Winser London Silk V-neck Top worth £130 in the colour of your choice (see palette below), simply register online at winserlondon.com and answer the following question: **What was Kim Winser awarded her OBE for?**

Send your answer in an email with WINSER in the subject line to thoughts@winserlondon.com by the closing date of 15th April 2016.

Ts & Cs: This prize is for the value of £130 only and cannot be exchanged for cash. This prize cannot be used in conjunction with any other promotion. If you would like further information, please contact customerservices@winserlondon.com



For a personal styling session with the Winser London experts, call one of their local boutiques at 79 High Street, Marlow (01628 478880) or 43 Packhorse Road, Gerrards Cross (01753 889174) or visit winserlondon.com and join the Winser London Club by registering your email for styling tips and advice.



The Red Brick Blueprint of Bedford Park

Bedford Park is described as the world's first garden suburb, and was the model of how much of England's housing would be built, although perhaps with less attention to detail, and in most cases working with a smaller budget. Unlike Hampstead Garden Suburb it was not a cooperative, but became a model copied by the Garden City movement and suburban developments around the world. Bedford Park's church of St Michael and All Angels is the centerpiece of the community, with its medieval references and human scale much loved by arts and crafts practitioners William Morris and the Pre Raphaelite painters.

In 1875 Jonathon Carr bought 24 acres of land just north of a relatively new Turnham Green Station. The City of London was only 30 minutes by train. The land was full of mature trees, which were preserved in the original design, becoming a major feature of Bedford Park. The whole project was seen as a pioneering venture, a 'picturesque suburbia' complete with community buildings such as a church, shops and schools and unlike many of these communities it boasted a public house 'The Tabard'.

Jonathan Carr was the son-in-law of Hamilton Fulton of Bedford House. He saw the potential of the area around Turnham Green Station and embarked on speculative building there, buying up land from Bedford House and its neighbours. He proposed a plan which preserved the beautiful old trees already growing in the grounds and promoted the new dis-

trict as a healthier place to live, within reasonable distance of the City.

Architects Godwin and Shaw set the predominant style of the development designing houses, church and public-house, followed by May and then by Adams. Queen Anne style houses were referenced by tile-hung gables, and white joinery contrasting attractively with the red brick facades. Curved gables refer to Dutch or Flemish style, and Arts and Crafts foliage and flowers make for highly individual houses. Many were built with artist's studios in the garden, and according to a survey of early residents it seems that a third of the population were artists, architects, musicians and actors. Among the architects drawn to the area was Voysey who built a modern house on South Parade with its own integrated studio.

May worked as Shaw's assistant and became part of an informal group of architects, whilst taking on the task of completing the layout and design of the buildings.

He moved into 6 Queen Anne's Grove and was also responsible for the houses in Priory Gardens, with its pretty terrace with shell-shaped porches. As well as designing houses for The Orchard, Addison Grove, and Marlborough Crescent, he adapted drawings for the Club on The Avenue, enlarging the building, and adding a theatre much needed by the high proportion of Bedford Park's artistic residents.



St Michael and All Angels Church



Glazed and infused with colour

by Beryl Robinson



Janice Tchalenko bowl



Louise Taylor vessels

Contemporary practitioners are always in debt to their predecessors and in the visual arts the influential figures of John Ruskin and William Morris were at the forefront of theory and criticism, design and activism. Ruskin examined the complex relationship between art and society, the relationship of industry to that which is made by hand. William Morris put Ruskin's ideas into practice, celebrating all that is hand crafted, reliant on touch and the natural beauty inherent in materials, whether in the application of paint, or the iridescent glaze of ceramics.

By the mid 19th Century a vocal minority was profoundly disturbed by the level to which craftsmanship had begun to disappear and public taste was for mass-produced and predictable machine made objects in the wake of the Industrial Revolution. Hence the revival of the art of hand printing was championed, alongside the individual making of all forms of art and objects, including painting. The idea was that there should be no real difference between the fine and decorative arts.

Many converts followed this thesis relentlessly spreading these ideas around Europe and the Arts & Crafts Movement opened the door for Art Nouveau, the modernist designs of architect Le Corbusier, the Bauhaus Design School in Germany and the Union des Artistes Modernes in France. It also influenced Mackintosh and the Glasgow School of Painting, running parallel to the irrepressible Glasgow School of Art.

The Central School of Arts and Crafts was established later in 1896 and grew directly from the Arts and Crafts movement. In 1908 the school moved to purpose-built premises in Southampton Row, renamed as the Central School of Art and Design. Amongst its alumni was a legacy of artists and designers including Eric Gill, artist and typographer, Terence Conran, designer and founder of Habitat, abstract and figurative painters Victor Pasmore and Lucian Freud. Contemporary painting in its turn, recognized the value of independence from subject matter and the technique of layering and building an image that could reference the world without being tied down by representation. Just as a sculpture could be built of clay, or a vase glazed to saturation, painting was free to explore the material of paint and its pure effect on the spectator.

The painterly surface of contemporary British ceramics drew on the discipline of painting and the process of glazing. The painterly free brushwork was influential in studio ceramics and its break with the restrained oriental influence that previously dominated studio pottery. Practitioners developed highly individual styles, some using brightly coloured decoration and pattern, glaze trailing on glaze, thereby achieving vivid colour and expressive form. The cross fertilization of disciplines has long been established in art practice allowing freedom of expression beyond the confines of any single discipline.



Beryl Robinson paintings

High praise for local school



Brentford School for girls are delighted to have received a complimentary letter from the department for education. The letter congratulates them on being in the top 100 non selective schools in England for the academic progress which students make. The letter comes following another successful Ofsted Inspection earlier on this month. Head teacher, Marais Leenders says 'I am incredibly pleased that once again the school has been commended for its fantastic examination results. The students and staff work so hard at Brentford to ensure that every student achieves their full potential, achieving not just academically but also developing the wider skills which are so critical for future adult success.'



Marais Leenders

Brentford School for Girls has gone from strength to strength over the last 5 years becoming an increasingly popular choice for parents. This letter once again shows the strength and quality of what is an excellent school.

Brentford Does Bugsy!

This year, Brentford did Buggy! The cast of Brentford school for Girls worked tirelessly from September to create another spectacular School Musical! The play showcased to the public on Wednesday 23rd March at 7.30pm in the main school hall. The audience were not disappointed as there was a great deal of Razmataz and lots of splurging!

Jade Nairne, Director added in addition to the Wednesday night performance, the play was seen earlier in the week



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Parents say:

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!

Ofsted say:

Children have a lovely time at the nursery and make superb progress. Staff provide an extremely positive, inspiring environment, which captures children's interests and entices them to learn and to initiate their own ideas.
 Ofsted inspection 2015, www.ofsted.gov.uk

Please call 020 8995 9538 or email
devonshire.nursery@childbase.com

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

Part of Childbase Partnership



Ref: VMI16



I 
time
together

Osterley Park & House
Cadbury Easter Egg Hunt
Fri 25 - Mon 28 March

Bunny has hidden his precious eggs somewhere in Osterley's Georgian gardens! Can you follow the clues to find them and your chocolate prize at the end?

£3 per hunt. Normal admission applies, members and under 5s go free.

020 8232 5050 nationaltrust.org.uk/osterley

National Trust 

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FOREVER

6 Reasons Veganism Holds The Key For A Healthy Sex Life

A vegan diet can increase sexual stamina

EVER WONDER ABOUT GOING VEGAN? VEGANISM CAN BOOST YOUR SEXUAL STAMINA FROM INCREASING YOUR NATURAL LUBRICATION TO GIVING YOU MORE ENERGY IN BETWEEN THE SHEETS.

1. Smooth and Silky Skin

Feeling comfortable in the skin you're in is necessary to boost your sex drive in between the sheets. If you're self-conscious about your skin, you are less likely to be confident during sex. A vegan diet can help you achieve smooth, silky, and glowing skin because it contains a higher content of vitamin C – essential for collagen metabolism increasing the elasticity of your skin – found in fruits and vegetables. It's best to opt for fruits and veggies high in antioxidants to help counteract the effects of free radicals and anti-inflammatory agents.

A diet characterized by high calories, high glycemic, high fat, and meat foods can contribute to acne breakouts, according to a 2012 study published in the journal *Dermato-Endocrinology*. Leucine – an amino acid found in meat – can increase skin inflammation and break down collagen and elastin. These types of diets can also increase the risk for cardiovascular disease.

2. Better Tasting Bodily Fluids and Fresher Body Odor

Going on a vegan diet can actually make you physically taste appetizing to your partner – without adding any outside substances on your body. It is commonly believed fruits such as pineapples can give semen a better flavor by counteracting the acidic taste, according to a study done by the website *Pork and Gin*. Six heterosexual couples agreed to have one partner eat pineapple and the other to rate overall quality and sweetness of their "sex wee" for a week. Although the findings of the study should be proceeded with caution since there was no blinding, no randomization, and no control group, the researchers found

eating pineapple can make a significance difference to both the overall taste and sweetness of bodily juices.

In regard to odor, a vegan diet that is high in fruits and vegetables, will keep your body smelling fresh. A 2006 study published in the journal *Chemical Senses* found body odor when on the nonmeat diet was judged as significantly more attractive, more pleasant, and less intense than meat-eaters. The findings highlight that red meat consumption has a negative impact on perceived body odor. Smelling good can lure your partner closer to you for some one-on-one time behind closed doors.

3. Increase Natural Lubrication

Vegan foods can naturally increase lubrication for women because of the high water volume in fruits and vegetables that are responsible in keeping the body hydrated. Cucumbers, watermelon, and cantaloupe can also help hydrate the skin, lump out fine lines, and give a radiant glow. Foods that are rich in omega 3 fatty acids such as sunflower seeds, raw pumpkin, salmon, among others, can help nourish and tonify a woman who suffers from vaginal dryness. Naturally increasing lubrication can eliminate those moments of reaching for the lube during sex by making both men and women feel more at ease and less self-conscious about their performance and bodies.

4. Increase Blood Flow

A vegan diet will not only scrub the plaque off the arterial walls from meat, but it will get the blood circulating to the nether regions, specifically for men. A meat-laden diet does not only



negatively affect blood flow, but it also greatly increases the amount of synthetic hormones that the body takes in. These hormones can lead to a reduction in sperm count and even increase the risk of testicular tumors.

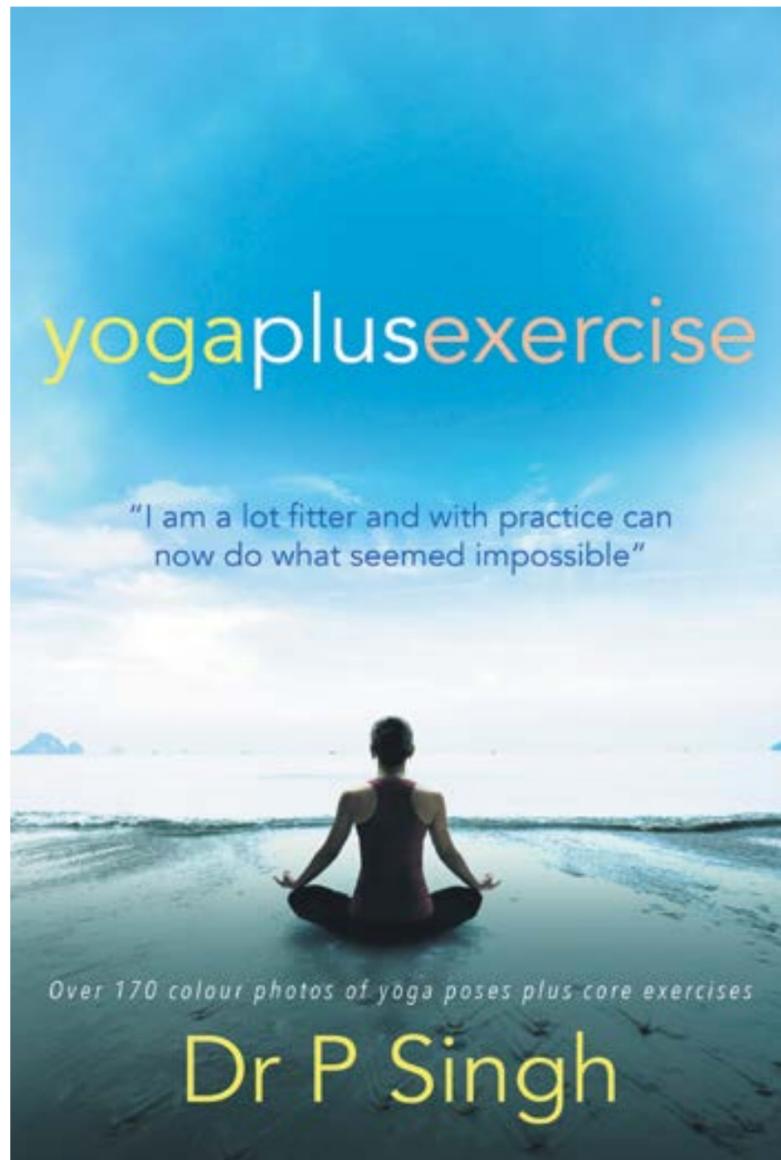
"Cutting meat and dairy products out of your diet is a great way to lower your cholesterol and blood pressure naturally and help get your equipment back in working condition," according to People for Ethical Treatment of Animals (PETA). Moreover, going on a vegan diet can help with weight loss in men, and therefore lead to an increase in penis length. The more blood flow to a man's penis, the more likely women are bound to experience multiple orgasms.

5. Boost Energy

If you want to last longer in between the sheets, you need to increase your energy naturally. A vegan diet that is high in fruit content can provide more sustainable energy that will not lead to the "sugar crash" usually seen in processed sugar. For example, a banana is high in potassium, which is a nutrient that helps in sex-hormone production and boosts energy. Other energy boosting foods known as vegan aphrodisiacs include chocolate and nuts.

6. Happier and Less Stressed

Consuming fruits and veggies can effectively increase serotonin levels – the happy chemical – which can lead to the desire to have more sex. According to a 2012 study published in the *Nutrition Journal*, those who don't eat any meat tend to be happier and less stressed than those who eat meat. The team of researchers attributed this to the presence of fatty acids, specifically arachidonic acid (AA) – an animal source of omega-6 fatty acids – which can cause mood-disturbing changes in the brain at high levels.



Dr P Singh PhD - a Chiswickian for almost 20 years - has recently published a book about his unique blend of yoga plus exercise.

The easy-to-use guidebook takes you step-by-step through a unique fitness programme he developed - bringing yogaplusexercise together to create an enhanced, naturally synergetic health experience.

The poses and exercises described in the guidebook have evolved over time. Some retain their conventional ashtanga yoga and hatha yoga roots, while others are either variations or his own innovations.

The book provides clear, concise instructions for each pose or exercise, has over 170 colour photos of poses and exercises, a list of essential dos and don'ts, and is indexed so each pose and exercise can be found easily.

With yogaplusexercise, you'll improve your strength, flexibility, and posture. As you become aware of your improved health, you'll feel better, physically and mentally.

With just an hour of yogaplusexercise a week over ten weeks, Dr Singh is confident you'll feel healthier.

His weekly one-hour class at St Michael & All Angels (www.yogaplusexercise.weebly.com) has been running regularly for over 5 years and consists of a warm-up, core exercise, a long yoga phase, and ends with a relaxation phase.

Occasionally in the summer, you might see him and his group performing yogaplusexercise on the nearby green enjoying the summer sun, blue skies and being close to nature.

His core group of students has been with him for years, and their personal feedback confirms that yogaplusexercise works.

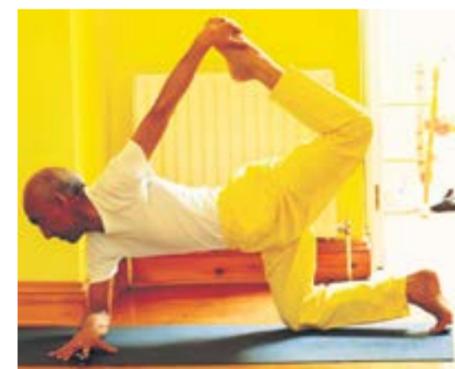
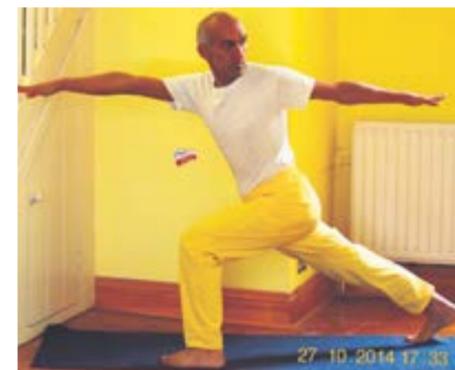
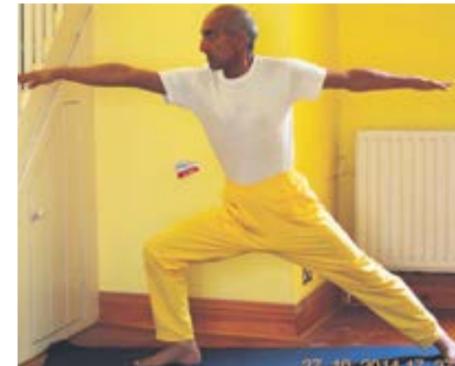
The book is available on Kindle or paperback through Amazon for £5.99 and £9.99 respectively.

Product details of book
 · Paperback: 110 pages
 · Publisher: CreateSpace Independent Publishing (22 Feb. 2016)
 · ISBN-10: 1522712593; ISBN-13: 978-1522712596

Contact information for Dr Singh:
www.yogaplusexercise.weebly.com

Dr Singh advises: yogaplusexercise should only be attempted at your own risk, and if you have a medical condition, after you have obtained medical clearance. It is not suitable if you are pregnant. Know your limits and go slow.

Yogaplusexercise



In last week's magazine we looked at the preliminary steps before starting a yogaplusexercise session, the warm-up poses, and then some initial core moves including the lunge and twist above.

This month we look at a conventional ashtanga pose: the warrior II. From mountain pose (standing upright with arms beside hips) step your legs wide apart keeping both feet pointing forward. Raise both arms to the sides so they're parallel to the floor and stretch them wide apart. Turn your right toe and leg to the right 90 degrees. Look over your right leg, exhale then bend it keeping your right knee in line or over your right toe. Keep both shoulders and arms in line with your torso, i.e., avoid pushing your left shoulder out of line with your torso. Imagine you are against a wall and push your left shoulder back so it stays over your left hip and push it against the wall.

Keep your left leg straight and feel your groin stretching as you lean deeper over your right toe. Keep both arms parallel and stretched throughout.

Inhale and lengthen your spine and straighten your right leg, then step into mountain pose. Repeat warrior II on the left side.

Warrior II may also be enhanced by adding a twist of the torso, making balancing more challenging.

Bow

A variation of the bow is to start on the floor on all fours. Using a forearm for support and stability, slowly lift a leg from its ankle using the outstretched arm and hand on the same side as the leg being lifted.

To add a twist to an already challenging pose, use the arm on the opposite side to lift the leg.



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TERMS AND CONDITIONS APPLY

GET WAISTED CELEBRITY FLAT TUMMY TRICKS



It's this time of the year again: you have booked your first beach holiday this year and decided that you want to look and feel good in bikini.

You may have noticed that for some reason, more weight accumulates around your middle. Your arms and legs may be acceptable looking, but your mid-section seems to defy all attempts at diet and exercise. Perhaps, your clothes feel un-

comfortable, your waistband is too tight and you've got a "muffin top" pouring over the waistband of your jeans?

If this sounds familiar, be careful! Excess weight around your middle does not only look unsightly but it can also be very damaging to your health. Excess belly fat may increase your risk of Type 2 diabetes, heart disease, stroke, high blood pressure and even cancer (especially breast cancer). Unfortunately, this type of fat is also very stubborn - normal diets and rigorous exercise regimes rarely work.

With all of this in mind, we put together 10 tips from celebrities and asked our experts what to do to tackle this stubborn fat.

Stop dieting

Jennifer Aniston admitted in one of her interviews: 'I stopped dieting when I figured out that you just have to eat regularly and properly within moderation. The fads are too much.'

'Stop dieting and don't count calories, otherwise your body will think there's a famine and will raise stress levels, which contribute to fat storage.' Explains Dr Marilyn Glenville, the UK's leading Nutritionist (www.marilynglenville.com), author of *Fat Around The Middle*.

Eat little and often

Billie Faiers, known from *The Only Way is Essex* curbs her cravings but having five meals a day. 'Another new thing for me was to eat little and often, so I have five smaller meals every day rather than three big ones. Because I release energy really slowly it's better to graze during the day, and it means I'm not starving

hungry and tempted to run out and get a McDonald's cheeseburger.'

'Try to keep your blood sugar levels and energy levels stable by eating regularly. Eat breakfast, lunch and dinner plus a snack mid morning and one mid afternoon, with no longer than three hours between. Try not to eat carbohydrates after 6pm. This will stop those roller-coaster highs and sugar cravings. Because your blood sugar isn't allowed to drop, your body will no longer have to ask you for a quick fix. As the blood sugar steadies, so will the mood swings.' explains Dr Glenville.

Don't skip breakfast

Kim Kardashian, proud owner of trimmed waist always starts her typical day with protein-packed breakfast 'I usually have scrambled eggs or oatmeal' she mentioned to *Harper's Bazaar*.

'If you miss breakfast your body immediately registers famine and hangs on tight to your ample stores of fat. You are also more likely to reach for high sugar and fatty snacks later during the day.' explains Shona Wilkinson, Head Nutritionist at www.Nutricentre.com.

Eliminate or reduce all added sugar and refined carbohydrates

Megan Fox, known from her perfect figure follows to a strict, no carb diet. 'I cut out all bread and those sort of carbohydrates. No crackers, no pretzels, no chips. Nothing unhealthy.' she told *E! News*.

Why is it so important to say no to sugar and carbs? 'Avoid any foods that make your blood sugar rise quickly, because - as blood sugar drops again - your

body releases adrenaline and cortisol to stabilise it once more and you end up caught in a catch 22 situation. Swap to whole grain alternatives that release energy slowly.' says Dr Glenville.

Add protein to each meal

Scarlett Johansson, known for her curves and tiny waist follows a high protein diet rich in turkey, chicken and fish. She also grills and bakes her food instead of frying to save calories.

Why should we include lean meat, seafood and Greek yoghurt in our daily diet? Dr Glenville explains 'Protein slows down the rate that stomach processes food and delays the passage of the carbohydrates with it. As soon as you add a protein (be it animal or vegetable) to a carbohydrate, you change it into a slower releasing carbohydrate, that keep your sugar levels at bay.'

Eat essential fats

Do you want to look like an angel? Adriana Lima, *Victoria's Secret* Angel swears by Omega 3 supplement 'I eat a lot of protein and green vegetables and I always take supplements like Omega-3.'

Why is it essential for a flat tummy? 'Long term dependency on low fat products might mean that you're consuming less saturated fat, but also that you deficient in the good fats - essential fatty acids, found in oily fish, nuts and seeds. They help to boost your metabolism so don't forget to include them in your diet. You can also try taking supplement, such as Quest Vitamins Omega 3 (www.revital.co.uk, £6.19)' says Nutritionist, Cassandra Barns.

Don't eat on the run

Gwyneth Paltrow, famous health guru is also a devotee of mindfulness - a theory, which says it is about being more aware of how you eat than what you eat.

'Eating on the run gives your body the message that time is scarce; you are un-



der pressure and stressed. Furthermore, your digestive system will be less efficient and you will most likely overeat, as it takes approx. 20 minutes for our brain to register that you are full. Make a point of sitting down and eating your food as calmly, as possible.' Says Dr Glenville.

Watch what you drink

Gemma Atkinson, who recently took part in *I'm A Celebrity Get Me Out Of Here*, where she showed her immaculate figure, limits herself to 'one big night out a month, and drinks low calories drinks including vodka lime and soda.'

Why is it so important to watch what you drink? 'Cut out not only all caffeine and sugary drinks but also significantly reduce alcohol intake (cut it out completely for a month if you can). Alcoholic beverages contain empty calories, which means they

have no nutritional value. In addition, those calories won't satisfy your hunger so you will end up eating more than you should. Drinking too much alcohol will not only make you put on weight but it will also give you fat around the middle.' says Dr Glenville.

Pilates

Halle Berry keeps her abs in a great condition thanks to Pilates. We asked Lynne Robinson, founder of Body Control Pilates and author of *Pilates for Weight Loss* to explain how Pilates can give you a flat tummy 'The reason Pilates is so good at trimming inches off your waist is because one of the key Fundamentals of Pilates, alongside Alignment and Breathing, is Centring. This involves learning how to control all your movements from your centre. In Pilates you learn how to use your deep core muscles to support

your spine. These muscles wrap around your waist like a natural built in corset. It's been called your 'girdle of strength!' Every exercise you do in a Pilates session teaches you how to work from your centre. No wonder we are famous for reducing waistlines!

Don't eat processed food

Elle MacPherson, the 51 year old Australian model, who shows no signs of ageing, eats only whole foods such as vegetables that she can recognise and which haven't been interfered with in a manufacturing plant.

'Processed food is packed with salt, which can cause bloating. They are also high in refined fructose that "programs" your body to eat more calories and store fat. Just like alcohol, fructose is metabolized straight into fat.' explains Wilkinson.



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CARING FOR AN ELDERLY RELATIVE

With age, health problems and hospital visits can become all too regular. The older generation can be more susceptible to germs, and seemingly minor illnesses can sometimes lead to complications. There are, however, some easy to follow tips to help prevent the spread of germs and keep the elderly safe at home or in the hospital.

Fay Watt, Managing Director of first aid and healthcare specialists NatraSan, offers her helpful tips:

Keep their home clean: The elderly can have health issues such as incontinence and whilst this can be frustrating and embarrassing for all involved, keeping areas clean and sanitised is important. NatraSan kills 99.9999% of germs (which is 100 times more effective than a bleach product), helps to kill odours and can be used on a wide variety of surfaces, including soft furnishings, so accidents can be cleaned up and disinfected quickly and safely.

Install safety equipment: If your elderly relative is unsteady on their feet, installing grab rails, handles and non-slip surfaces in the home and garden may help them to get around more easily, promoting their independence.

Keep wounds clean: Senior skin tends to be fragile and cuts and grazes may occur more regularly. Keeping wounds clean and germ-free will help overall health. NatraSan not only disinfects cuts but as the hypochlorous acid formula is completely inert to human tissue; it helps to speed up healing too.

Sanitise at the hospital: There were over 15,000 recorded instances of MRSA infections between November 2014 and November 2015'. MRSA, a tough bacterium that is resistant to many antibiotics, is not the only potential health risk in hospitals or care homes, however, other germs can spread easily too, causing illnesses which can be dangerous to the elderly. NatraSan is proven to kill MRSA bacterium and 99.9999% of other bacteria and germs within seconds of contact, so it can help to sanitise skin and surfaces rapidly. Keep a bottle handy for any visits to the hospital or doctors.

Fay Watt, Managing Director of NatraSan, says:

"It is inevitable that when we get older, we develop health problems that can be frustrating and upsetting for everyone involved. NatraSan offers the elderly and their carers safe protection from 99.9999% of germs and bacteria, including MRSA, - that's over 100 times more effective than 99.9% products. It is such a handy product as it can be used on everything from skin to fabrics (except aluminium), to keep areas sanitised after any accidents or when visiting hospitals."

NatraSan costs £10.00 for 250ml and £7.00 for 100ml - available at www.natrasanuk.com



SPRING EDIT 2016

TIME FOR SOME NEW PRODUCTS

As the weather brightens up our days and the clocks go forward, it is time to start looking towards sunnier days and the onset of British Summer Time. This also means a time to switch up your beauty regime to lighter products, new colours and some great new products that are now hitting the shelves!

I love restocking my skincare and make up bag for this season as it points to fresh beginnings and fresh skin!

NEW tone-matching 'chameleon' concealer for red & sensitive skin with soft-focus technology, prebiotics & SPF Has just launched and is ideal for covering up this season. New KALME Chameleon Concealer does it ALL and more!

Chameleon Concealer contains magical new tone-matching and soft-focus technology for perfectly concealing skin prone to redness (including rosacea), spots, bumpiness and sensitivity.

The tone-matching technology allows the concealer to change colour as it's applied to match skin tone exactly. Chameleon Concealer costs £19.95 (50ml). Available from www.skinshop.co.uk

Katherine Daniels Concentrate for Dry Skin is a unique skin boost which nourishes, hydrates and protects the skin all-in-one. Combining skin boosting ingredients with true anti-ageing properties, skin will be plumped and protected with a "new skin" effect. Concentrate for Dry Skin will leave the skin plumped, protected and looking like new. The formula is paraben and mineral oil free. £35.00 www.katherinedanielcosmetics.com to purchase online.

Slough off that dead winter skin with the new Rituals body scrub. There are lots of different ones in the range but I love the Hamman Hot Scrub (£19.50) The exfoliation leaves skin exceptionally soft and refreshed and creates a warm and delicious feeling that immediately reduces tiredness.

Ideal for revealing soft, Spring cleansed skin! Light one of the candles (£21.00) and you have yourself a min spa experience at home. www.uk.rituals.com

Put some oomph back into your hair with the very nourishing new range from Phyto. There is an excellent shampoo and treatment conditioner (Phytokeratine Extreme Shampoo from Phyto. Developed for ultra-damaged, dry or brittle hair, its advanced formula with botanical keratin and hyaluronic acid penetrates the hair fibre to rebuild internal structure, leaving you with supple, silky soft locks. £15.50) from www.lookfantastic.com

If you suffer from hair loss then it's worth trying the new Phytologist 15 Anti-Hair Loss Treatment from Phyto. (£79.00) The anti-hair loss treatment has 15 biologic actions that work on the loss and growth of hair. Apply after shampooing and leave to melt into the scalp, for denser, stronger and healthier hair, use three times a week. Stockist as above.

Clinique has some fabulous new Spring releases (out May 2016) which will get skin looking squeaky clean. Extra Gentle Cleansing Foam (£18.00) thoroughly cleanses without stripping skin. The new wipes are a great addition to the range, especially during the upcoming Festival season. Take The Day Off Micellar Cleansing Towelettes are impregnated with the same top selling cleanser of their name and are ideal for eyes and face. (£16.00) I sense they will become a must have for travelling!

Also new from Clinique this season are the NEW Clinique Pop Lacquers, Oils and Eye Shadows. The newest lip additions to the Clinique Pop family range from pretty pops of sheer colour to full coverage and full shine; creating endless ways to make lips pop. Clinique's Pop Artistry trend also includes nourishing tints that add a hint of dewy colour to lips and cheeks and buildable shadow shades to make eyes pop. Have fun with colour, new shades, finishes and formats.



(£15.00 & £16.00 each from www.clinique.co.uk and all good department stores)

If you are into fitness, starting a new regime or training for the Marathon, try the new recovery sandals by OOFOS. The recovery shoes (from £40 RRP) are designed specifically for runners to soothe and reinvigorate the feet, allowing a faster recovery time. The shoes absorb 37% more shock than other foams and feature a patented footbed design that cradles your arches and reduces stress on sore feet, knees and backs, enabling more natural motion. They are really comfy, like walking on wads of cotton wool! Available in seven colours online at oofos.co.uk and selected retailers including Up and Running, London City Runner and Run4It.

Murad has a fab new product out for Spring, Hydro-Dynamic Quenching Essence - is a silky hydration booster which breaks on the skin like water - it's gorgeous! When layered under a serum and moisturiser it helps deliver anti-ageing results with the power of pure hydration. It also contains some quirky ingredients such as:

Mexican Blue Agave Leaf Extract bonds to the skin's surface to restore skin's ability to attract and retain water Glycolic Acid gently exfoliates to open hydration

pathways and encourage cell renewal

A super-hydrating botanical blend of Watermelon, Apple and Lentil helps relieve dryness, leaving skin soft, plump and youthful.

A lovely addition to your Spring beauty buys! (£59.00 from good spas and www.murad.co.uk)

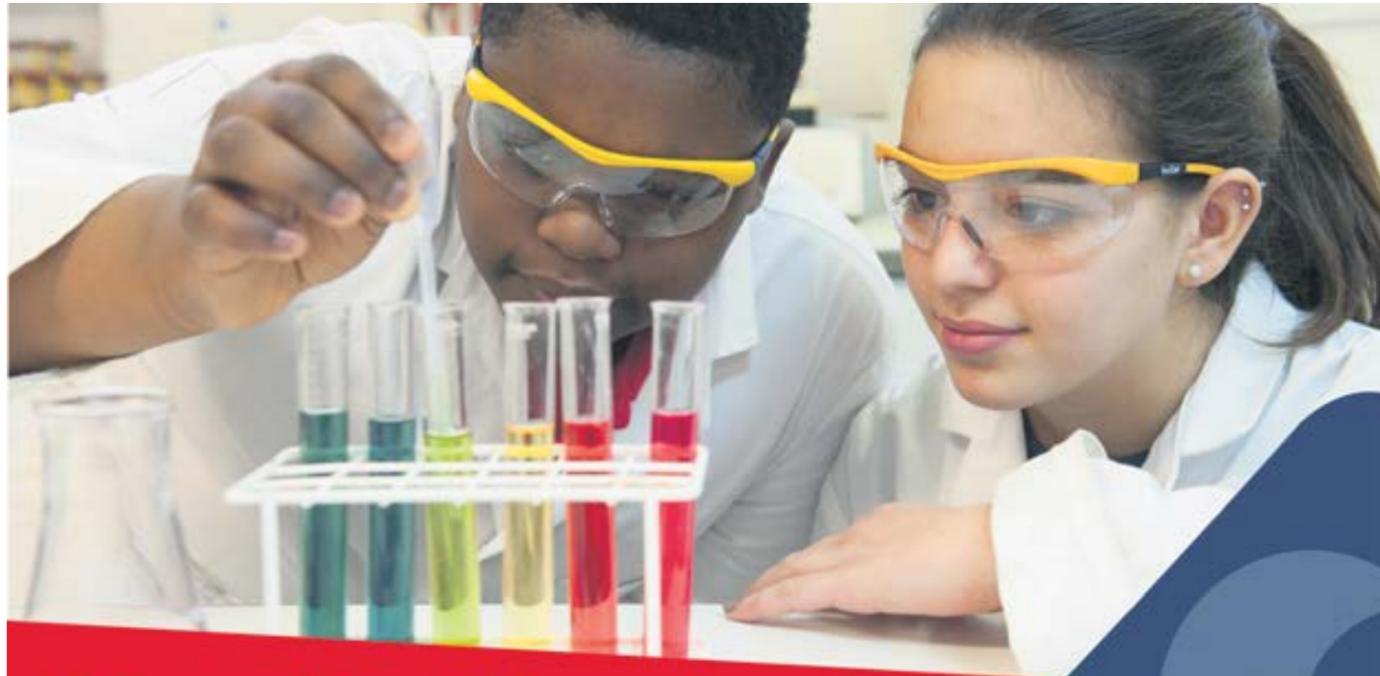
The lovely Greek brand Korres has some wonderful Spring products that are now available. Also lots of great products coming in May! See below for my top picks. KORRES Wild Rose Advanced Brightening & Nourishing Face Oil RRP: £30.00 and available to buy online from www.MarksandSpencer.com (Launching 23rd March 2016)

KORRES Black Pine Advanced Firming, Nourishing & Anti-Wrinkle Active Oil RRP: £45.00 and available to buy online from www.MarksandSpencer.com (Launching 23rd March 2016)* KORRES Almond Cherry Shower Gel RRP: £8.00 and available to buy online from www.MarksandSpencer.com (Launching 11th May 2016)

KORRES Almond Cherry Body Milk RRP: £10.00 and

available to buy online from www.MarksandSpencer.com (Launching 11th May 2016)

Ashleigh and Burwood have some gorgeous Spring home fragrances that will bring the outdoors in! I love the new reed diffusers in Peony, £13.49, A beautiful bouquet of peonies, with a hint of crisp red apple and floral blooms of jasmine, carnation and velvety rose. I am also a big fan of their Oil Fragrance Lamps and the Water Lily refill oil is a beautifully fresh accord opening with bright citrus and ozonic, watery notes which mingle with floral blooms of white jasmine and lily of the valley on a smooth base of musk and creamy sandalwood. Spring, right there in the bottle! www.ashleigh-burwood.co.uk



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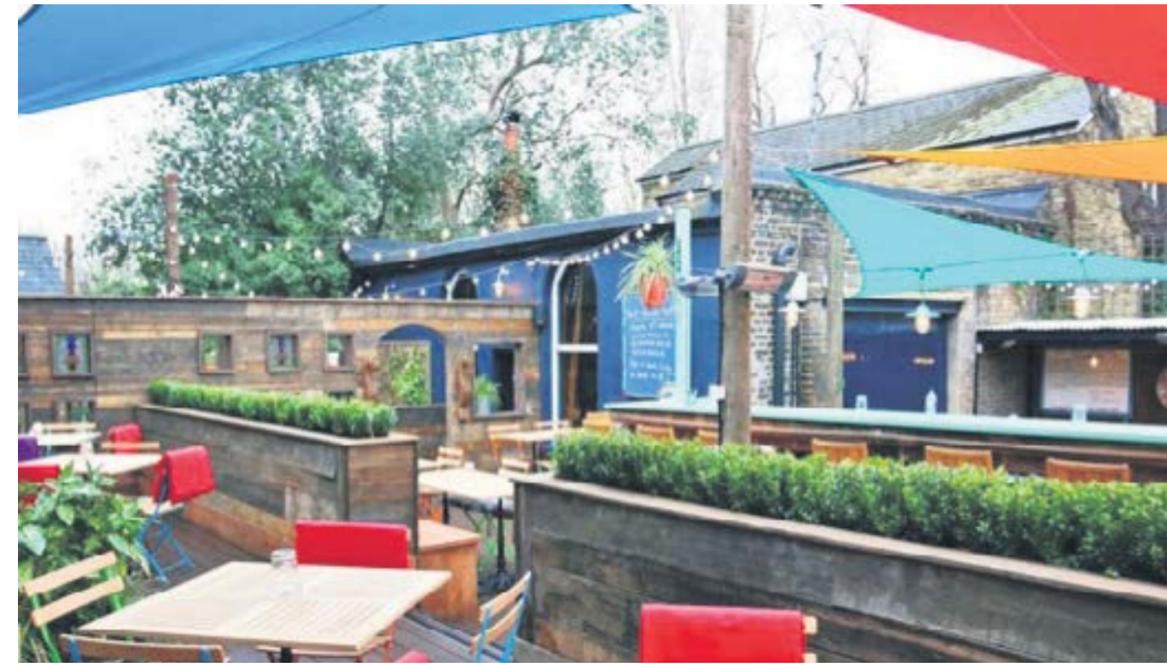
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The Pilot, Chiswick reopens following refurbishment

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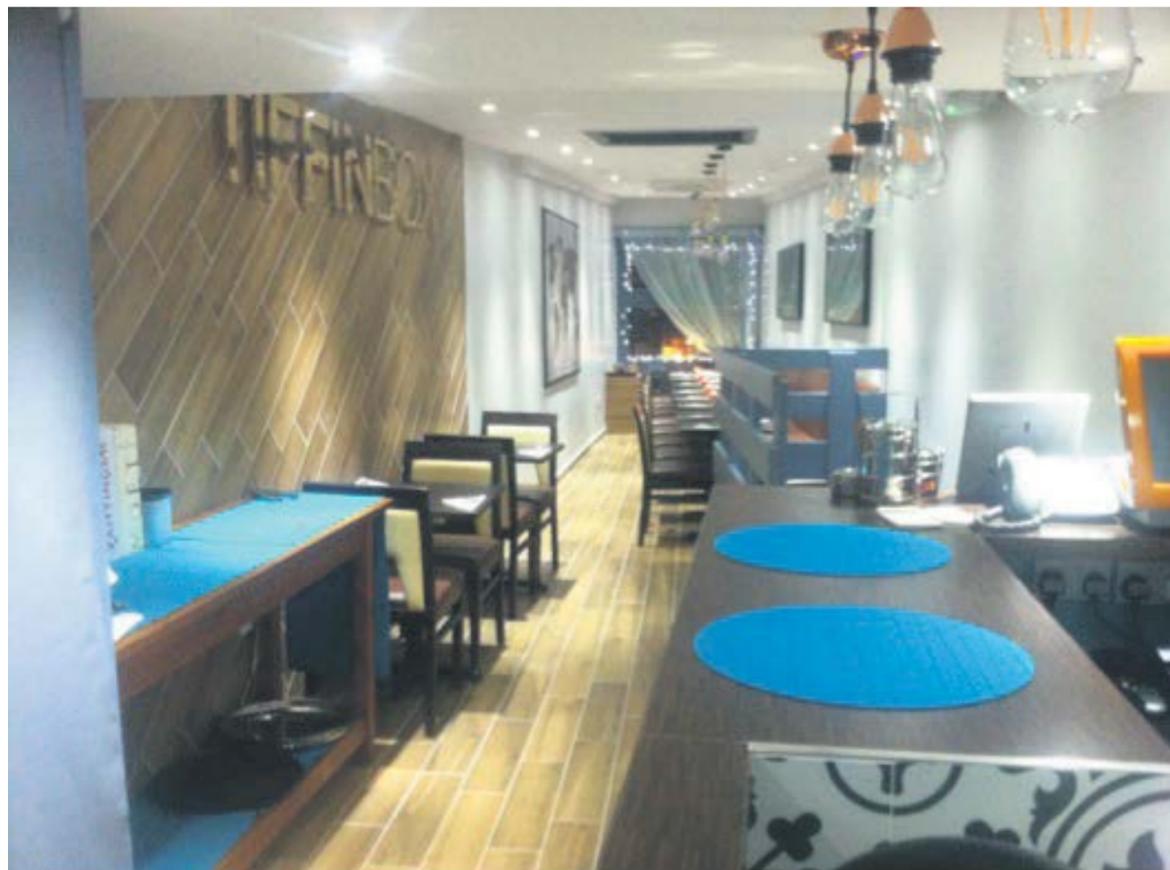


Under the watchful eyes of manager Harriet Teague, the refurbishment has seen the pub retain its traditional pub feel with a few modern touches, creating a light and airy space.

The new menu will continue to boast fresh, home-made food, including delicious seasonal dishes, with ingredients from local suppliers. The bar is stocked with an exciting array of beers, including Fuller's new red ale, Montana Red, alongside Frontier craft lager and London Pride. The vast array of spirits boasts over fifteen varieties of gin, including unique infusions in conjunction with

fellow Chiswick resident Sipsmith. This, together, with an extensive wine list and soft drinks, means there is a beverage for everyone.

Adam Sykes, Operations Manager, said: "The Pilot is a great pub and this refurbishment has breathed new life into this beautiful period building. The delicious food offer, alongside our quality drinks range, together with the fantastic location in Chiswick, means there is no better place to relax. We're looking forward to welcoming customers to the new look pub over the coming weeks."



An exquisite taste of India in W4



The well established Tiffin Box take away on Chiswick High Road with its excellent reputation has expanded and recently opened a bijou and stylish diner upstairs.

We arrived for our reservation at 7.30pm on a busy Saturday evening and were ushered up to the diner and warmly welcomed by the owner Amer and shown to our table. We perused the extensive menu while we tucked into traditional pappadams with delicious mint, mango, tamarind and mixed pickle chutneys.

As a starter my guest chose the jingha prawns and I had samosa chaat. The service was brisk and attentive as the tables around began to fill with guests. The starters were served in traditional Indian tiffin boxes used throughout the Indian capital by Delhi housewives to send home cooked lunches to husbands and school children by a network of delivery boys across the city.

The jingha prawns were spicy yet subtle cooked to perfection and the somosa chaat came in a light tamarind sauce, accompanied by a bottle of Pinot Grigio served in ice and at just the right temperature.

The food at the Tiffin Box has a northern Indian influence with an extensive menu, catering for meat and fish eaters plus vegetarians. When we finished our excellent starters we chatted with Amer the owner who is originally from Manchester and has been at the Tiffin Box for fifteen years and rightly proud of his latest addition and venture of the Diner.

Our main courses arrived after ten minutes and were beautifully served in tiffin boxes. My guest chose the classic standard Bombay Chicken 65, always a good measure if an Indian restaurant and it did not disappoint. I went for my all time favourite Rogan Josh, both accompanied with chappatis and plain booked rice. Elegant perfection and wonderful flavour, both these classic dishes were delicious and the chicken and lamb cooked to exquisitely.

By now the Diner was filling with more guests and the ambience was relaxed and chatty. The service was attentive and unobtrusive and we were able to take our time finishing our fantastic food. I would definitely recommend The Tiffin Box Diner for a relaxed and delightful meal; it was a most enjoyable evening.

Annamarie Frankland

5/5

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Tastes of the States

MEAT AND SHAKE IN EALING OFFERS AUTHENTIC US FOOD, COOKED TO PERFECTION AS THE OLD SOUTH DEMANDS...

So, you're looking for some authentic smoked ribs or a smoky pulled chicken salad and some good sweet potato fries! This southern barbecue is a great place to visit with its unique range of sauces which complement the meat.

I had a great welcome upon arrival, and a no fuss reservation acknowledgement. Seating; was clean, ready and waiting.

Fast and attentive table service from friendly down to earth floor staff, and a prompt delivery of drinks and food after ordering was a pleasant experience.

The menu options varied from burgers to ribs to salads and sides. The drinks! - Nice options, milkshakes to camomile tea! When The Oreo milkshake landed for my dinner date, we though wait, this seems a little too frozen but throughout the meal we realised the consistency was perfect as it softened and lasted the whole meal. The sweet potato fries were cooked in grape seed oil and wheat free which was good news for me. Food came out nicely presented on boards and attention to detail was noticeable. The Chicken Salad was hearty and filling.

The overall atmosphere was laid back and the music playlist was a great choice throughout the night. It was a perfect place to sit, relax, chat and eat for an after work meal with a friends or family or a date, and I'd definitely re-book for another rib night!

Katie Saunders

4/5

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LET'S BE PRACTICAL, LAUNDRY IS UNTIDY!

When designing your house, "unless you are a minimalist tidy freak", there are bits, pieces and items that all need a home. Let's be practical laundry is untidy! Not only that, for the smooth running of a house there are functions that just need to be accommodated within the envelope of home. So how do you find space for laundry? Planning!



One of the biggest responses I received on Twitter for a tweet recently was one of a wall mounted drying rack for clothes. Who knew that this one feature would generate such a long discussion? I have recently designed and installed this item into a project where the client really didn't like to use a tumble dryer, using a washing line in the garden wasn't practicable - so I researched on the internet and found a number of options.

1) A homemade wooden rack - which would have worked, but the difficulty is finding someone to make it for you and being bespoke would have been prohibitively expensive for a practical item such as this. But this one from www.pulleymaid.com is rather good and the price is brilliant.

Add image of "Clothes airer" by Pulley Maid

2) That stalwart of the 'useful item you didn't know you needed' Ikea do some great wall mounted racks like the Grundtal Drying Rack - wall mounted stainless steel for only £20.00

3) For something a bit more substantial and it can easily be moved to hang outside the house as well as in, Julu Home have developed this rather smart

wooden rack system.

Add image of "Doris Pine White Laundry Ladder" by Julu Home

4) In a recently completed laundry room, squeezed into the attic slope of a attic extension. Not the best of head room, but for someone of my height 5'5" it's fine. I can walk beneath the line which takes two loads of washing I used one of these wall mounted folding compact washing lines from The Clothes Airer Company. It gives you 20 mtrs of drying line.

Add image of Compact washing line by The Clothes Airer Store

In a busy household where you don't want your drying clothes to be sprinkled around the house drying on radiators and folding racks - a well designed small space can save you this issue. You don't have to have a special room for laundry, just some thought put into where it's all going to go - and shock horror gasp, the washing machine doesn't have to go in the kitchen! Not something that is often considered important by many interior planners, but to me a well-designed room for laundry is a thing of beauty!



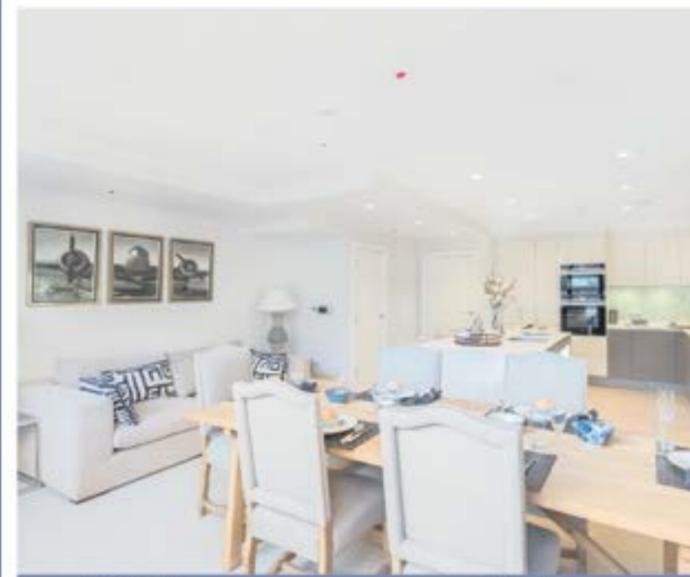
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*Fees to include drawing up the tenancy agreements and reference charge for one tenant - £282 inc VAT one-off fee. £36 inc VAT for each additional tenant/occupant/guarantor reference where required. Inventory check out fee - charged at the end of or early termination of the tenancy and the amount is dependant on the property size and whether furnished/unfurnished. For more details visit savills.co.uk/fees





Kelvin Court, W4

£500,000

A spacious newly refurbished 2 bedroom, purpose built, first floor flat with wooden flooring & communal gardens situated in Grove Park, moments from Chiswick Mainline station. It comprises of a spacious entrance hall with storage, 2nd bedroom with built-in cupboards, south facing reception room into bay with wireless TV & Sonos installed, new fitted kitchen with breakfast bar, master bedroom & modern shower room. Situated on Spencer Road, Chiswick mainline station is a short walk away with frequent services to Waterloo. Chiswick High Road is within easy reach & there are excellent local amenities including the River Thames, Duke Meadows, parks, sports clubs and shops. EPC rating - D.



Chaplin House, W4

£415,000

A fourth floor, 1 double bedroom, new build apartment with lift, balcony & parking option with a wide choice of transport possibilities within easy reach of Chiswick. It comprises a spacious entrance hall with storage & entry phone system and doors to an open plan reception room/fully fitted kitchen with sliding doors to a wide balcony, a double bedroom and a modern bathroom. In a secure new development, it is situated with great transport links nearby at South Acton station as well as Acton Town (Piccadilly Line) or Chiswick Park (District Line) tube stations within a 10 minute walk to Chiswick High Road with its multiple shops, cafes and transport links. EPC rating - B.



Chiswick Village, W4

£470,000

A beautifully presented two bedroom second floor apartment accessible by lift with private balcony situated in a well-managed, purpose built 1920s mansion block. Accommodation consists of entrance hall with 1 bedroom with built-in wardrobes, modern kitchen, bathroom & large reception room with engineered wooden floor and master bedroom both with access to a private balcony. Chiswick Village is located within a short walk from Gunnersbury underground (District line and Mainline) or Key Bridge stations. It is near the river with its established riverside pubs and restaurants as well as being in the Strand on the Green Primary School catchment area. It is within easy reach of the shops, bars and multiple travel links of the Chiswick High Road with the M4/A4 being on the doorstep offers easy access in and out of London. EPC rating - D.



Wolsley Gardens, W4

£1,245,000

A 5 bedroom, mid terraced house with wooden flooring, in Grove Park with potential to extend (planning permission granted), ideally suited for a young family. Comprises, hall, double through reception room with wooden flooring, fireplace & dining area, cellar, eat-in kitchen, conservatory & access to a large garden. Upstairs are 3 double bedrooms with storage, bathroom & a top floor 5th bedroom/office, master bedroom, storage & en suite shower. Situated in Grove Park area with its school catchment & Fauconberg Road shops, direct access to A4/M4 & a short walk to Gunnersbury tube station. Further away is Chiswick mainline station & Chiswick High Road & multiple transport links. EPC rating - D.



Heathfield Court, W4

£459 per week

A stunning ground floor, newly refurbished, 2 double bedroom property with off street parking situated in a prime central Chiswick location close to all Chiswick High Road's amenities including Turnham Green & within easy distance to Chiswick Park tube station. With secure entry, it consists of 2 double bedrooms, a spacious lounge, a brand new fully fitted kitchen & bathroom. The flat boasts communal gardens & a 24 hour care taker with heating & hot water included. Located in a well respected & maintained block it is moments from Chiswick High Road with easy road access in & out of West London & further transport facilities. Current EPC rating - D. Fees apply



Beaulieu Place, W4

£254 per week

A fantastic, first floor studio flat set in a small quiet modern development benefiting from allocated parking, communal gardens, and within easy reach of Chiswick High Road. It consists of a spacious reception with wall bed, kitchen area and separate shower room and an external first floor storage unit. It is located in a well maintained & quiet cul-de-sac off Rothschild Road and is a short walk to Chiswick Park tube station or South Acton Station. Chiswick High Road is also within easy walking distance with its excellent local and mainstream shops, cafes and restaurants as well as further transport services. EPC rating - D. Available from 24 March. Fees apply.



Dewsbury Court, W4

£300 per week

An excellent, lower ground floor, 1 bedroom apartment close to Chiswick Park tube station and Chiswick High Road. Accommodation comprises a bright open plan reception room into modern fitted kitchen with wooden flooring, a double bedroom and shower room. Dewsbury Court is located on Chiswick Road within the Belmont Primary School catchment area. It is a short walk to Chiswick Park station (District line) as well as the open space of Turnham Green and Chiswick High Road with its varied shops, excellent local cafes, restaurants and further transport links. EPC rating - D. Available 2nd April. Fees apply.



Launders Gate, W3

£475 per week

A brand new two bedroom bungalow built with the environment and energy efficiency in mind. It consists of two double bedrooms both with double doors leading to an outside area, separate modern bathroom and an open plan living and kitchen area. Features include under floor heating, a wood burning stove, a living roof with grass and lavender, front lawn and tiled path garden, small courtyard to the middle of the property. There is off street parking and a secure gated entrance system. Acton Town Tube Station is close by & is a short drive to the A4/M4 or A40. Available mid to late February. EPC rating - TBC. Fees apply.



Bridgman Road, W4

£425 per week

A A fabulous two bedroom, first floor, newly modernised property which is situated in the quiet and sought after residential street in Chiswick. Recently refurbished to very high standard, the accommodation consists of a reception room with dining area, a contemporary kitchen including dishwasher, two double bedrooms with one en-suite shower room and a second good sized bathroom. The property is located a short walk to Chiswick Park tube station & is near South Acton overground station. Ideal for Chiswick Business Park and would suit a family or sharers alike. Current EPC rating - E. Fees apply



Brackley Terrace, W4

£1,500 per week

An absolutely stunning modern 3 / 4 double bedroomed property situated in a quiet residential road in central Chiswick. Finished to a high standard, it is arranged over four floors & comprises of an open plan living room with bespoke kitchen, a spacious family room with cloakroom and separate utility room, 2 double bedrooms, family bathroom and master bedroom with en-suite bathroom. It has secure gated parking & a private rear garden with security, sound, energy control systems installed. It is situated only a short walk to Turnham Green tube station & the extensive range of shops, bars and restaurants located on Chiswick High Road. There is easy road access to Heathrow Airport, the M25 and the West via the A4/M4. Unfurnished. Fees apply.

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