

# CHISWICK

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MAGAZINE

An Interview with

## Katie Piper



Photo by Dan Kennedy

An Interview With  
**Katie Piper**

**Chiswick Magazine**  
PWR Media  
Unit 22, 205 Chiswick High  
Road  
Chiswick  
London  
W4 4HH

t: 020 3623 0567  
e: newsdesk@  
chiswickmagazine.co.uk  
w: chiswickmagazine.co.uk  
Twitter: @chiswickmag

**Editor**  
Katie Saunders  
katie@chiswickmagazine.co.uk

**Business Development  
Manager**  
Annmarie Frankland  
annmarie@chiswickherald.co.uk  
020 3623 0567

**Publisher**  
Paul Williams

**Design and Production**  
Paul Williams and Ed Fitzmaurice

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Editor



## APRIL 2018

Dear Readers,

We're excited to have Katie Piper on the front cover of our April issue, and it's a real pleasure to share with you my chat with her about motherhood and her new book release 'From Mother to Daughter' inside. She's an inspirational woman, having overcome difficult life experiences, building her life back up and starting the Katie Piper Foundation; to help others who have suffered similar experiences, and additionally designing her own clothing range and maternity wear.

We're also coming into April, which means Easter celebration and Easter Sunday lands on April

fool's day this year! We wonder how many pranks will be played on people's Chocolate Eggs, Easter Bonnets or at the table of the traditional Sunday lunch roast?!

Local writer Sadaf Quyoum brings us more Beauty, Interiors and Fashion info. I catch up with Vicki Anstey from Barre Works Richmond and I look into Sniph - game changers of the fragrance industry!

Enjoy and have a great Easter!

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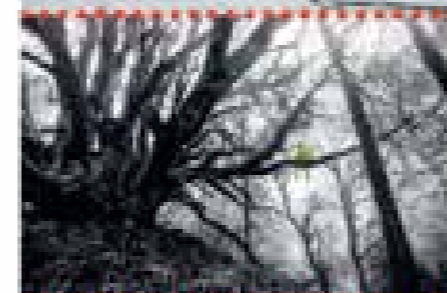


**8 MARCH – 14 APRIL**

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## Chiswick woman inspires Ovarian Cancer campaign

A Chiswick woman who was told that her abdominal pain was from a parasitic infection she picked up in India instead of the reality of ovarian cancer, is currently behind a high profile media awareness campaign for the disease.

Rebecca Readshaw, a 36-year-old floor manager and camera operator for the BBC World Service, is now living with incurable ovarian cancer, five years after being diagnosed with stage 3 of the disease. Now with stage 4 disease and about to embark on a second clinical trial, Rebecca is passionate about telling others what to look out for.

"I don't know how much longer I've got, but for now I'm doing well and I want to make sure I help spread the word about ovarian cancer. "Before I was diagnosed, I didn't really know much about cancer at all. I was really naïve as no one in my family had ever had it before," says Rebecca.

Rebecca's journey with ovarian cancer began after a six month trip to India. While on holiday she had been plagued by tummy troubles, including bloating, which continued on her return.

She had suffered from IBS for years and thought that the bloating she was experiencing was part of this. Her GP diagnosed Rebecca, with Giardia, a parasitic infection in her digestive system, and put her on a course of strong antibiotics.

This helped to kill the parasites and

ease some of the symptoms but then she started getting sharp pains in her stomach again. She returned to her doctor who told Rebecca not to worry as she had a history of IBS and her intestines had "taken a bit of a battering from the parasite".

It was February 2012 when Rebecca first went to her GP. By the end of the year she was suffering so badly from constipation she was unable to work.

"It was so painful," she says. "I started taking natural laxatives, which helped a little bit. The pain became more intense and when I did manage to go there would be blood with it too."

In the October 2012, Rebecca's GP referred her to a specialist at London's Chelsea and Westminster Hospital, but she wasn't actually seen until March 2013 because of an administrative error. By this time she had a lump appearing on the left side of her stomach and could feel this was where the pain was coming from.

The specialist consultant referred her for a colonoscopy, an MRI scan and a CT scan. The following month, she went back for her results expecting it to be a problem with her bowels, instead she was told she had stage 3 ovarian cancer.

It had been a tumour on her left ovary which had been blocking the bowel causing constipation and a lot of pain. "I couldn't believe it. I sat there blinking.

I'd never at any point thought I might have cancer and here I was being told that I did and that I wouldn't be able to have children and I would need to start chemotherapy as soon as possible."

Rebecca was referred to The Royal Marsden, not far from where she lives, and began an initial round of chemotherapy. However in July 2013 the chemotherapy had failed to shrink the tumour, which had grown to 9cm at the time of surgery. She was given a full hysterectomy, with her ovaries and womb removed, alongside a large part of her bowel.

This meant that Rebecca had to have a permanent colostomy bag which she was "heartbroken about" being squeamish and so young to live with it. The surgery also meant that she went immediately into an early menopause.

She had a further three cycles of chemotherapy and, in November 2013, was told her cancer was in remission. But just before Christmas, she got the news the cancer was now stage 4 as it had spread to her lung, liver, lymph nodes and other parts of her pelvis.

Doctors continued to monitor her with regular scans and, in October 2016, she was accepted on to a clinical trial at the Royal Marsden Hospital. The cancer became active again though, so she was taken off the trial, given a round of radiation therapy and put back onto standard chemotherapy. She is now about to embark on another clinical trial. This time a phase 1 trial which means it is in the early stages of drug testing.

"A lot of people think that it is an older woman's disease," says Rebecca, "whilst it's true that most women diagnosed will be aged 50-plus, everyone needs to be aware of the symptoms and that it can strike at any age."

"I often wonder had I been seen by a female GP if my ovarian cancer might have been picked up earlier too. As it

happens it was stage 3 when it was finally diagnosed, over a year after my first visit to the doctors," says Rebecca.

Two years into treatment, in April 2015, Rebecca married her boyfriend of eight years, Ming Yeung. He is a senior cameraman and editor at Getty Images and has shot this month's high level media campaign for the charity Ovacome.

The idea of the 'Have you been tealed?' campaign is that people will see the images of the 11 celebrities involved wearing teal - the signature colour of ovarian cancer - and ask themselves if they know the symptoms of the disease.

Ovacome's patron, the actor Jenny Agutter, is fronting the campaign, with the actors Nigel Havers, Jane Asher and Terri Dwyer, the comedian Omid Djalili, the TV and radio presenter Sara Cox, the MPs Caroline Lucas and David Lammy, the singers Hollie Cook and Kele Le Roc and broadcaster and former MP John Nicolson.

Central to the campaign is Ovacome's BEAT acronym highlighting the main signs of ovarian cancer: B is for bloating that is persistent and doesn't come and go; E is for eating less and feeling fuller quicker; A is for abdominal and pelvic pain felt most days and T is for toilet changes, both urination and bowel.

"We know that women recognise the symptoms of bloating but they often dismiss it," says Ovacome chief executive Victoria Clare. "It is understandable that they often only seek advice because of less easy-to-ignore pain, but this mindset must change. If women experience persistent bloating or any of the other BEAT symptoms they should visit their GP."

If you are worried about ovarian cancer visit [www.ovacome.org.uk](http://www.ovacome.org.uk) or phone Ovacome's freephone support line on 0800 008 7054.



## BRIGHT SPARKS CHARITY: educating disadvantaged children

**Dr P Singh**

comments to Singh@permjitsingh.com

The initial spark for Bright Sparks came in 2001 when a group of women working together in the Punjab in the north of India, decided to provide an education for ten local children involved in child labour.

Bright Sparks School was set up in 2002 by Gail Edwards and Nimrat Kaur and has grown to become an international charity - registered in India, England and Wales, and based in Chiswick, England.

The school is a happy and energetic learning environment for over 100 children, who receive a flexible and supportive education, enabling them to learn at a level which suits them.

The children live with their parents in a slum on the outskirts of Mohali in Punjab, in illegal settlements that could be demolished by the government at any time, and in unsanitary conditions without running water. Often, a whole family shares one room.

Many of the children are involved in child labour, some as young as eight years old working to support their families, and so have fallen through the gaps of the normal schooling process.

Many of the families belong to government recognised 'scheduled castes' - the lowest castes in Hindu society, and are typically rural migrant families from the poorer rural states of India.

The children's parents move to Mohali to seek employment, but being illiterate they work mostly as unskilled workers.

Bright Sparks enables children to spend time with their friends and have space and time away from the harsh environment they live and work in, making the school a very important part of their lives.

Bright Sparks gives the children a potential way out of poverty, an opportunity to learn and progress, earn a higher income when they are old enough and so transform their lives.

The school's staff work closely with the children's families and support them where possible with difficulties that may stop their children from coming to school. These can include paying for

the loss of a child's wage, providing medication, transport costs to hospital and, on occasions, giving food parcels to families.

It recognises that the best way to make long-lasting changes is to work in partnership with local people and services to meet the needs of the children coming to school each day.

£10,000 a year is needed to maintain and run the school. With continued support the school hopes it will employ more teachers to deliver education and support for older children and increase the capacity of the school further.

### A small donation goes a long way

All donations contribute to the running costs and future development of the charity. Even a small amount can make a big change.

£5 a month will enable the school to buy computers and books providing skills that could be the difference between a job with prospects or a life lived hand-to-mouth.

£10 a month will provide an education for a child or young person who will often be the first family member able to read and write.

£25 a month will pay for 80 hours of class tutoring a month.

£35 a month will pay for a computer teacher.

To make a donation please contact the charity via its UK website [brightsparks.org/donate](http://brightsparks.org/donate) or email Chairperson: Sharon O'Connor [[shazaconnor@gmail.com](mailto:shazaconnor@gmail.com)] or Secretary: Tim Burley [[tim@brightsparks.org](mailto:tim@brightsparks.org)]

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Bright Sparks is a registered charity in England and Wales. Charities Commission number 1126402

Get fit and donate: try a yogaplusexercise class in Chiswick for just £4 (donated to Bright Sparks). Send an email via [yogaplusexercise.weebly.com](http://yogaplusexercise.weebly.com), or contact Dr Singh on 07800 862499 and quote 'Bright Sparks'

## 'WHEN GIRLS GO TO SINGLE SEX SCHOOLS, THEY STOP BEING THE AUDIENCE AND BECOME THE PLAYS'

Robin Robertson (Girls Schools Association)

### Why Girls do achieve better in a single sex setting?

For many years now research has shown that girls achieve much better in an all girls' setting when at secondary school. There are 217 girls schools in the UK and significant numbers of these are in the independent and grammarschool sectors. When you add to these, the comprehensive state girls' schools, the picture of student achievement continues to show that girls in all girls schools, outperform girls in mixed schools quite significantly. In the top 200 state schools this year, 69 were all girls schools. Brentford School for Girls was one of these, featuring yet again in the top percentage of schools in England for the 4th consecutive year. So why are girls' schools such an enormous success???

Many of our girls tell us that they love being in a single sex school as they do not have to put up with some of the distractions from the boys that they faced at primary school, with them sometimes feeling a little unnoticed by their teachers

Teaching staff in an all-girls setting are trained specifically to work alongside girls and the classroom pedagogy is firmly rooted in strategies, which we know can make a difference to girls and help them to learn. This makes a big difference to their day to day learning within school

The school environment and strong pastoral care is firmly rooted in supporting girls and young women. We are aware of the issues which girls and young women may face and actively promote a curriculum that builds confidence and promotes strong self-esteem and self-worth amongst the girls'

A girls' school environment allows no girl to sit

back and be passive! Leadership plays a strong role throughout a girls school and developing ambitious young women who are well prepared for the future is always a key feature of any of the extra-curricular programmes that run

There is no glass ceiling when it comes to the choices that girls make within an all girls' setting. Girls are encouraged to take all of the opportunities that a girls' school has to offer. Subjects which can often be deemed as more male orientated, become anyone's choice at a girls' school, and career choice becomes a matter of 'choice' and nothing else!

Finally, people will often say that your children remain children for longer when you send them to a single sex school, innocence retained!!!!!! I believe that there is a real element of truth in this.

Both of my sons go to a boys' school, and certainly the young women and girls I see every day at my school, seem to enjoy retaining their sense of 'self' and 'being'. Why as parents would we want to 'rush' the growing up? School is a place where young people can grow and be themselves, a place where the distractions from others should not define the gift of a good education. I am an absolute advocate for girls education not just because girls do achieve better in an all girls' setting, but because I truly do believe, the bespoke pastoral care provided and the strong sense of ambition, and leadership nurtured in a single sex school, enables girls to always have a voice and ensure that they are players in the performance and not just part of the audience!!!

**Marais Leenders - Headteacher Brentford School for Girls**

# Rock and Roll in K West

afternoon tea, pedicure and the spa



Nestled in an Edwardian terrace close the Shepherd Bush tube station is the formerly BBC Building Kensington House that in the 70s and 80s hosted an endless list of Rock 'n' Roll royalty where they recorded iconic music. Artists such as Bob Marley and the Wailers, Bowie, The Kinks and Roxy Music were some of the great musicians that recorded here and this theme is woven through and encapsulated in the K West Boutique Hotel. Since becoming a hotel, the venue has continued to be a hotel where artists performing at the Shepherds Bush Empire and the Apollo like to stay while performing. Since its days as a recording studio K West has undergone an £80M refurbishment as part of the Landmark London Group.

On the ground floor by the entrance, The Studio Bar has been given a

moody, music-infused atmosphere come the evenings. Industrial style pendant lamps hang low over raised tables, and textured silver wallpaper by Dixon & Turner gives the bar a modern edge. The polished dark walnut-wood flooring brings warmth to the area, which is opened up with the use of floor-to-ceiling mirrored pillars and relaxed seating arrangements. Up-cycled furniture is used to create high backed booth seating along the back wall, separated by silver and black voile curtains to create intimate VIP style corners. Chic black and white artwork depicting musicians hang above each booth, with punchy contrasting accents of colour adding vibrancy. Even the drinks menu has been injected with some Rock 'N' Roll swagger, with six signature Bourbon Whiskey Cocktails available, plus the quirky K West special 'Pickleback' shot of Jack Daniels

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whiskey accompanied with a shot of pickle juice. Every Friday and Saturday, top DJs play from 10pm until 2am, while the hotel's expert mixologists create exotic cocktails for a distinctly cool crowd.

By day, Studio Bar is a light and airy space for creative media meetings over coffees and laptops. Plugs are fitted conveniently by seats; ensuring meetings never run out of charge, and a 'Geek Hub' laptop bar with complimentary iMacs for guests to use can be found tucked into a snug area around the corner from the bar.

On the mezzanine floor above the Bar, Studio Kitchen is an informal eatery with an urban New York vibe. This is continued in the menu which offers a range of US style 'dude food' such as indulgent burgers, as well as a selection of modern European dishes. Edgy city landscape sketches stretch along the walls, mirrored by a quirky wave of banquet seating hugging the back of the room. Sprinklings of filament light bulbs suspended on individual wires

add an abstract, arty feel to the room.

On a wet and windy afternoon I was warmly welcomed and shown to the mezzanine floor Studio Kitchen for my Glam Rock afternoon tea where menus reflect seasonal themes of Christmas, Spring, Summer and Autumn. My waitress Ikram seated me in a lovely corner table where I could drink in the ambience and atmosphere while listening to Suede playing Animal Nitrate. With Ikram's extensive knowledge of the menu and she advised I try The Tea Rex Tea with its smoky flavours and infusions, it was a deep and aromatic tea that stimulated my taste buds for the food to come.

All of the Festival Glam Rock Teas will include enticing mini-clubs and rainbow brioche sliders, fresh blueberry 'rolling scones' with clotted cream and homemade jams, as well as a selection of delectable minted strawberry and watermelon mini-slushies; a selection of macarons, sorbet cones, and white chocolate mini cheesecake bowls.

## Scents sent directly to your door. On a Monthly basis!

A new concept in the form of a monthly subscription is coming to life from a fragrance company called Sniph. The people behind Sniph have created a monthly service, for a set rate you'll receive a fragrance to keep you smelling good every month of the year, "Life is too short not to smell your very best," says Sniph.

Tech meets scent with Sniph - the company is a disruptive innovator of the perfume industry making it a convenient way to experience several global niche perfumes brands over buying one expensive perfume bottle. Sniph aims to challenge consumer perfume habits of a 'signature scent' as an outdated marketing concept to keep consumers purchasing the same one. The perfume industry is dominated by a few global brands and Sniph aims to change this and give a voice to artisan perfume houses that value creativity and uniqueness.

I received a perfume and a Sniph Fragrance dispenser in a smart black box. I put the two parts together which turns into a neat and compact twist to open and close perfume. It certainly looks sophisticated and the fragrance I received was a French scent - Etat Libre D'Orange - Afternoon of a Faun EdP, which is a spicy and woody fragrance, where risqué meets sensual. I loved receiving the box, like enjoying receiving a present, and opening it up to have a fragrance that was a surprise; you can order what you want from the website and choose what you'll be receiving.

From personal experience Sniph, is a refreshing idea that is fun and has an element of surprise mixed with a lot of sophistication!



I've been invited to receive a fragrance box this month to try them out, and so far I'm really impressed. Generally a perfume is personal, chosen specifically to your own sense of smell and personality. A smell you like, another person may repel. Sniph has teamed up with various perfume creators and have chosen scents that will appeal to a wide range of noses. These perfumes are decanted into a Sniph perfume dispenser, which is appropriately hand bag sized and easy to use.

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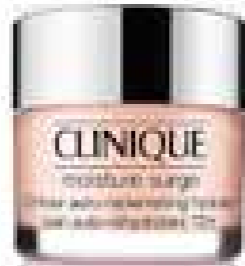
# BEST BEAUTY BUYS

by Sadaf Quyoum

From ultra vibrant cheeks to scientific skincare, here's our edit of the best beauty buys.

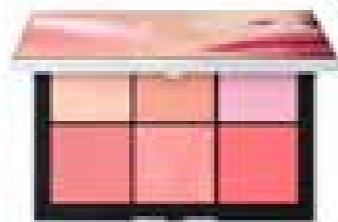
### Flawless Filter

Charlotte Tilbury's Hollywood flawless filter got the beauty world excited with her recent launch, backstage at Temperley London, she showed beauty journalists how she'd been using her new Hollywood Flawless Filter complexion booster on the models. This illuminator has all the ingredients to help makes lines and pores appear smoother. The ultimate high gloss, high glow celebrity-skin-filter-in-a-bottle! Charlotte is known for her celebrity makeup looks, particularly the glowing skin base that's consistently flawless with all her clients. The product is available in 7 different shades. [charlottetilbury.com](http://charlottetilbury.com)



### Bare Necessities

The Bare minerals new Gen nude give cheeks such a soft and sheer look. While the brand's love of nudes is not news, this range promises high shine in one coat. A range of 10 show-stopping shades from mauve, pink, peach and beige handpicked to flatter and enhance every skin tone. The mineral rich formula helps to keep lips looking full and soft. [bareminerals.co.uk](http://bareminerals.co.uk)



### Fountain of youth

Lumity facial oil is taking the globe by storm. This nourishment facial oil promises to restore elasticity, replenish moisture and promote collagen. This oil has been blended using 32 clinically tested ingredients making this product truly unique. Scientist Sara Palmer says "I wanted to cover all the skin's needs in one product, so I selected each ingredient as the best source of specific nutrients that together provide the full range of optimal nourishment the skin craves." The texture completely absorbs into the skin leaving a dewy finish. [lumitylife.co.uk](http://lumitylife.co.uk)



### Cheek Palette

Narsissist wanted Cheek palettes launched 1st April. A curated selection of 12 new and beloved cheek shades in high-profile shades. Made for play. The shades come in two limited-edition palettes. Brighten up with cool corals and pops of pink, or go bold with radiant reds and deep raspberry in matte, satin and shimmer finishes. The covetable formula feels silky smooth and provides blendable application. [narscosmetics.co.uk](http://narscosmetics.co.uk)

### Thirst relief

Clinique moisture surge with activated aloe water helps skin create its own internal water source. A light, refreshing gel that plumps skin with hydration for a full 24 hours. Fine lines, flakiness and tightness are washed away. One drink of Clinique Moisture Surge Extended Thirst Relief and skin looks and feels happier and healthier. [clinique.co.uk](http://clinique.co.uk)

### Bronze Goddess

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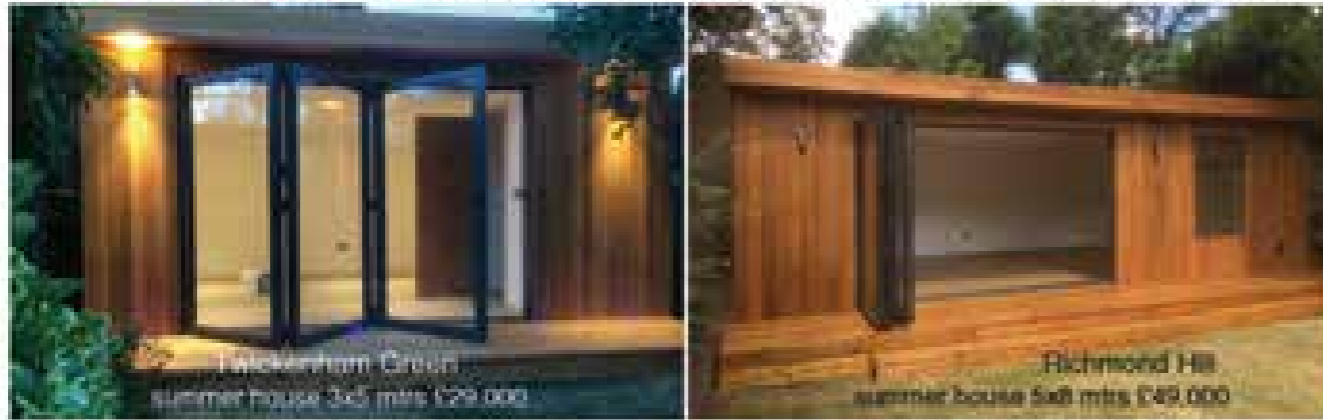
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# You Collect Art...

A column by Kourosh Mahboubian  
[www.mahboubianfineart.com](http://www.mahboubianfineart.com)



A large oval antique mirror is fitted in an ornate, heavily carved wooden frame. Reflected in the mirror is an unframed contemporary oil painting by David Rankin. To the left of the scene is an older oil painting by an unknown artist, framed in an elegant but simple gilded wood frame. A Tiffany lamp and kudu horns complete the picture in the entrance hall of an elegant New York City apartment.

## A Primer On Frames

Think of a frame as the packaging that perfectly finishes a work of art. It has the power to turn a five year-old child's finger-painting into the masterpiece you display on your bedroom wall. A bad frame can also significantly degrade the appearance of your art.

Framing a piece of art well involves many variables, can get expensive and is usually handled best by an expert. Go to one who specializes in the particular type of frame you're looking for. The process may seem daunting but the information I'm imparting here will help you get the job done right and the end product will be worth the effort.

### The purpose of your frame

Every frame has three primary functions: to protect the art, to focus attention on it, and to give it an enhanced, finished appearance. This is your starting point. For instance, if you have a work on paper, you may want to mount it in an acid free mat and frame it under glass, to protect it. Likewise, your old oil painting may need a majestic gilded frame to make it shine rather than a modern strip frame.

### Types of frames

Having set a direction, you now have to

choose from the many options. Breaking them down into broad categories for further simplification, we have simple moulding frames, ornate decorated frames, shadow boxes, and unframed art that is mounted on a rigid substrate. A simple moulding frame is often the best choice for modern art. It is an L-shaped strip of wood or metal that fits around the edge of an artwork. Stretched canvases or other rigid artworks usually don't need anything more. However, this type of frame can also incorporate glass and an acid free mat when needed. Galleries and collectors often mount works on paper, such as drawings or photographs in an archival acid free window mat that is then placed under glass in a simple black, white, grey, or natural wood frame. The simplicity of this style makes it versatile and classic.

Ornate frames function in the same manner as simple ones but they have varying degrees of additional carving, gilding and decorative work. Because of this, they can be very expensive. A beautiful decorated frame will add opulence to a room but bunching too many of them together can make a



A large oil on canvas by Jon Schueler is framed with a very simple, barely visible natural wood strip, as is typical of most canvases by New York School abstract expressionists. [www.jonschueler.com/](http://www.jonschueler.com/)

space feel heavy, excessively formal, or worse, gaudy.

The shadow box is a variation of the simple moulding frame that uses wider edges to create a shallow box around the artwork. It is a stylistic choice that is often used with modern art to help isolate the artwork from external visual elements while also reducing surface glare. Adding glass to a shadow box closes the art in, creating the effect of a showcase.

Over the past decade or so, there has been a trend in contemporary art and in photography in particular to mount prints onto rigid substrates like Plexiglas or aluminium, which can then be hung without a frame. The latest variation of this method takes it a step further to digitally print images directly onto the substrate. It gives the art a luminous quality when printed on Plexiglas and a shimmery, three-dimensional one on aluminium. Either way, the effect is dramatic. To avoid problems, if you would like a print that is mounted on one of these materials it's best to buy it that way from the start. The artist, working with an image lab, will produce a finished piece for you and will typically either sign and number the back of the substrate or provide a signature sticker that can be affixed to it.

#### The mat board

If you plan to use a mat, have it custom made using two sheets of high quality archival board – a top piece for the window and a bottom one for the mount. I like to use is 100% rag 8 ply museum board for this. The artwork should be affixed to the mat's bottom board using paper corner pockets or, if necessary, a couple of non-permanent archival tape



Three works on paper by Mel Bochner, framed under glass in white wooden shadow boxes. (Photographed at the Gerald Hartinger Fine Arts booth at Art New York 2017)

hinges that are attached to the back of the art. If the artist's signature or other significant information is hidden from view in your mat, make sure that the mounting will allow easy access to it at a later date. The window should be measured to leave around 10 – 15 cm of border space around the artwork but the exact amount of border is a matter of personal taste.

#### The glass

If your frame has glass, you need to decide whether you want to use real glass or an acrylic pane and if you want it with or without an anti-glare coating and with or without UV protection. Glass doesn't scratch as easily as acrylic so I prefer it for small frames. However, with larger frames there is a greater risk that it will shatter. For anything bigger than 40 cm in one dimension, I always use acrylic. As for the anti-glare and UV protection, they do cost more but get them if your budget allows you to, especially if the art will be hung in a sunny room.

#### Your personal aesthetic

Technical issues aside, your personal aesthetic should guide you in every aspect of building your collection. This includes framing and hanging the art. If you are in doubt, keeping things simple and classic is usually a good plan. I also feel that a variety of framing styles used in the same space will make a collection feel more organic. Finally, don't worry if the frame you have isn't perfect or doesn't go well with the rest of your room. You can try it in another room or change it down the road, and your home isn't an outfit. It doesn't have to coordinate perfectly.

# jk | At home with joliekorek.com



#### At Ease At Work

A high powered law firm, Gersowitz, Libo & Korek, based in lower Manhattan, tirelessly fighting for the rights and compensation of their clients hired Jolie Korek & Co. to design a space that best represented them and inspired their work style. The partners came to Jolie Korek & Co. to design an efficient, innovative, and warm environment.

Gersowitz, Libo & Korek's firm's décor is both inviting and impressive. Upon entry into the reception area there is a large floor to ceiling glass wall; etched into the wall is the bold firm logo. This glass wall in the entryway has several purposes, it allows in light, creates privacy for the conference room with its sandblasted glass, and sets the design tone for the office. GLK partners



Photography by Peter Kubilus

wanted to have an old world feel, yet a modern efficient design at the same time. Barristers' ambience was created by staining the base and placing a dark brown trim around the doors and windows, while contrasting the light walls and rug create a fresh and inviting ambience.

The corridor in the office needed to be both beautiful and durable. Jolie Korek & Co. used a strong commercial carpet and Phillip Jeffries wall coverings to create stubborn dirt resistant surfaces. The Gersowitz, Libo & Korek partners asked Jolie Korek & Co. to collect inspirational photographs from The New York Times photo archives to narrate the human rights philosophy of the firm. Photos of Muhammad Ali, Nelson Mandela, Mahatma Gandhi, John F. Kennedy, Amelia Earhart, Tiananmen Square protests and Woman suffrage protests flank the walls of this linear hallway. The gallery is entertaining, while at the same time gives the clients a perspective on the firm's dedication to civil representation.



Photography by Peter Kubilus



Photography by Peter Kubilus

The conference room has comfortable Aero desk chairs, a sophisticated library, ample lighting from the pendants, and wonderful views of Manhattan. The conference room has housed several fundraisers, negotiations, conferences, examinations before trial, and celebrations. The design is comfortable, pragmatic, and classically elegant.



Photography by Peter Kubilus

The cubicle areas throughout the office create individual work spaces. The floating counters and the half walls define the individual work spaces, hiding papers and creating a sinuous line throughout the office. Each cubicle includes subtle custom designed faux wood cabinetry. The faux wood Macassar trim and stained grey cabinet doors are more durable and more cost effective than natural wood cabinetry. The look and function is modern and timeless.

When the staff returned to work after a couple of months of renovation they entered into a transformed modern space. GLK staffers were grateful to Jolie Korek & Co. repeatedly stating that the office felt fresh, efficient, elegant and homey.

# CHISWICK VICTORIAN WONDER

by Sadaf Quyoom

This month we take a look at the stunning home of Caroline and Felix Milns, Directors of Zulufish, a design and build and Interior design consultancy based in Chiswick. Quite simply I left their home feeling totally in awe.



Never have I come across a home that allows different types of decor that is contemporary mixed with vintage, modern, traditional and classic pieces all under one roof and guess what?... it works! What I loved the most is how you walk into constant surprises. You turn a corner from a contemporary space to then suddenly vision yourself sipping on some mint tea in a lovely Moroccan spot with tea-lights and trays. You look up and there is always some amazing lighting dangling, giving you a luxurious hotel like feel throughout. This home is a genius design with architectural features that are cleverly laid out. The small details throughout the house and the bespoke designed skirting, panelling and architraves all give a seamless flow and shadow gap line. All panelled doors line up with panelling on hall panelling. In this house the devil is always in the detail! The couple bought this run down villa set on a leafy open street, moments from Chiswick high road in late 2012. The property was completely run down and crying out for their sense of design and style. The couple wanted to add space, bring in light and give the feeling of simplicity and clean lines.

When asked how they feel living in their home the couple describe it as 'a beautiful light filled oasis perfect for contemporary family living.'

### HALLWAY

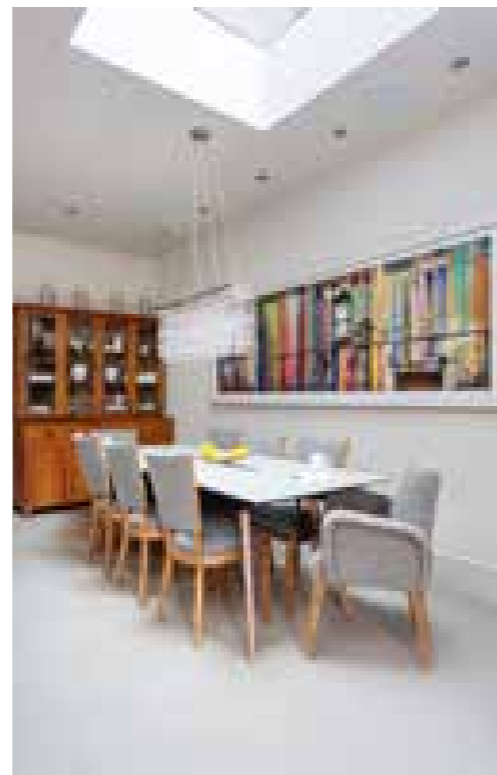
The hallway is one of my favourite features in the house and has been cleverly decorated to add space and character by moving the staircase and adding a feature glass window in the hallway. The floor tiles and colour combination ooze sophistication and elegance, almost giving you the feeling of living in a hot country. Traditional Victorian hallways can feel narrow however the feature internal glass window and beautifully decorated shelves gives you the illusion of space. "I love the way the tiles in the hallway go from outside right into the powder room. I love bringing the outside in, feeling of continuity. We wanted to open up the front room and not hide our favourite pieces away so added a feature glass wall, in reverse the hallway also now has a sense of space. This connected the spaces whilst still giving the front lounge privacy for movies." Caroline Milns

### GET THE LOOK

The bespoke joinery was designed by



Zulufish and made by HUX. The tiles are by Patricia Urquiola. The lighting and vintage American post office box were sourced from the Rosebowl market in LA. Caroline designed the post box's timber cladding and stand, and it was produced by HUX.



**LOUNGE**

The lounge has a stunning mix of warm blues, greys and yellows combined with brass decorations and dark wood..

**GET THE LOOK**

The lunar pendants are from CTO lighting. The Oscar sofa is by Mathew Hilton for SCP.

**KITCHEN/DINING**

One of my frustrations with kids' toys especially when you are a minimalist, is the mess and attention it creates in the area I love to relax the most. How do you create a kitchen allowing play time without it overtaking the entire kitchen? This beautifully designed family kitchen is contained by not letting it overrun its boundaries and overwhelm the space, whilst still giving the kids space to enjoy the area too.

**GET THE LOOK**

The sofa is a vintage 80s Roche Bobois recovered in a fabric that looks like a Chanel suit fabric. The floor lamp is the Arco Marble floor lamp by Castiglioni. Ceiling decorations are paper poms put up for a big 40th party. Concrete dining table from 'Numero Unique'. Art work by Barry Cawston, from Drugstore Gallery. It was taken from a dilapidated building in New York. Bespoke kitchen by HUX.

**MASTER BEDROOM**

One of the joys of decorating with grey is its sheer versatility. The soft shades of grey in this bedroom, sit beautifully with touches of purple creating a harmonious scheme. The panelled wardrobes and opulent furniture creates class and style.

"We wanted our master bedroom to have complete sense of calm, layering lots of different soft grey textures with a shot of purple here and there. Translucent porcelain lighting gives a soft glow at night." Caroline Milns.

**GET THE LOOK**

Bed is from Scapa Home. Wallpaper - Maya Romanoff. Dressing Table & night stands - HMD Interiors. Cushions by Nikki Jones.

**MASTER ENSUITE BATHROOM**

The bathrooms have a different feel to the rest of the house. The huge double doors leading to a large freestanding bath under the window adds drama and a spa like feel to the room.

**GET THE LOOK**

Bath -Victoria and Albert bath. Tiles all Vicalvi. Bathroom hardware from Westone bathrooms. Zulufish.co.uk  
Zulufishinteriors.co.uk  
Hux-london.co.uk



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# WINSER LONDON

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## The Trouser & Legging Collection

Winsler London has become a go-to brand for the ultimate in flattering, comfortable and confidence-boosting styles. With its reputation as 'The Trouser Destination', the brand focuses on flattering cut and exclusive fabrics - which all have a touch of stretch for comfort and to reduce creasing.



**Cotton Twill Capri Trousers £89**  
White, black, midnight navy, stone, camel & khaki



**Miracle Leggings £89**  
Black, midnight navy, coffee & rich berry



**Sporty Trousers £99**  
Midnight navy/livory, ivory/midnight navy, black/livory & black/rich berry



**Emma Miracle Capri Trousers £89**  
Black, petrol, midnight navy, camel, rich berry & Kensington grey



**Satin Back Crepe Wide Leg Trousers £99**  
Midnight navy & black



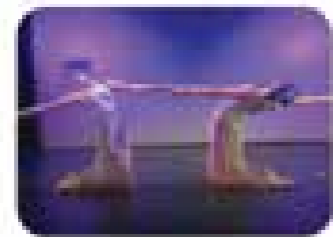
**Emma Miracle Trousers £99**  
Kensington grey, black, midnight navy & petrol



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*Satin Back Sporty Straight Leg Trousers £99  
Midnight navy & black*



*Lauren Wide Leg Trousers £199 Black, midnight navy & pearl*



*Winser Italian Fabric Jeans £125 Midnight navy, black, white & mink*



*Cotton Twill Straight Leg Trousers £89 Khaki, white, black, midnight navy, stone & camel*

## The Occasionwear Collection

Winser London has become a go-to brand for the ultimate in flattering, comfortable and confidence-boosting styles. Considered designs and fabrics in the SS18 collection lend themselves perfectly to special events and deliver confident style. The brand's Miracle dresses are recognised for the exclusive 2-way stretch Ponte di Roma fabric that makes them chic and super easy to wear.



**Cotton Shift Dress with Trim £115**  
*Ivory/Winser blue, fuchsia/soft pink*



**Cotton Shift Dress £115**  
*Dusky blue, ivory, Winser blue, midnight navy & dusky pink*



**Silk V-Neck Top £130 & Milano Cotton Pencil Skirt £89**  
*Ivory, black, midnight navy & pearl Soft white, Kensington grey, dusky blue, dusky pink & Winser blue*



**Miracle Dress £139**  
*Dusky blue, magenta, black, midnight navy, Winser blue, rich berry & rich blush*



**Grace Miracle Dress £150**  
*Kensington grey, petrol, magenta, dusky pink, Winser blue, plum, coffee, midnight navy, black & dusky blue*



**Lauren Miracle Dress £139**  
*Dusky pink, Kensington grey, midnight navy & black*



**Lace Dress £189**  
Ivory, dusky blue, midnight navy & black



**Katherine Short Sleeve Miracle Dress £139** Kensington grey, midnight navy & magenta



**Emma Short Sleeve Miracle Dress £139**  
Black, petrol & dusky pink



**Charlotte Miracle Dress with Silk Bell Sleeves £169**  
Kensington grey, dusky pink & black

# INDEPENDENT BRANDS YOU NEED TO KNOW

by Sadaf Quyoum

No quiet back street was left untrawled, no website or pop-ups were left undiscovered when it came to the search for the best unique independent brands. Chiswick magazine fashion desk searched high and low for those hidden gems that'll make you say: "I can't believe I didn't know about this brand before!" There's that wonderful feeling we all get when we discover something new: a new restaurant, an up-and-coming area, or maybe the next new beauty treatment. For me, it's a new and emerging brand. Whilst we all have our go-to brands that seem to just work for us, there are so many incredible independent brands out there that I absolutely love. Even better some of these brands are based in Chiswick! There is something to say for these incredible women who have set up their business through determination and a vision to succeed. Whether they are inspired through their travels, their children or their home, they all offer something truly unique. The secret's out...here's our picks of the best Independent brands to keep an eye out for.

## AURORA

### Who's behind it?:

Founders Sarah Auerbach and Devina Dicarlo (right, bottom) launched Aurora London in 2013 in order to sell personalised luxurious leather handbags and accessories at affordable prices.

### The Inspiration:

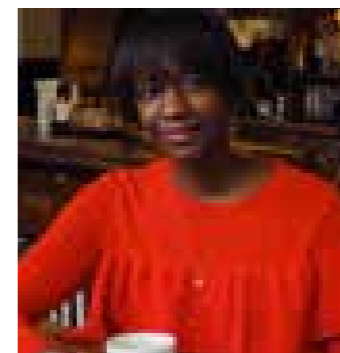
"We design and sell luxurious handbags for discerning women, at affordable prices. All our bags can be monogrammed".

### Price range:

Bags start from £108

### What you need to know:

They pride themselves on their customer service. There is a beautiful range of colourful leather and the choice to personalise makes this brand stand out from the crowd. A personal favourite is the Gigi!



## ILLEDECOCOS

### Who's behind it?:

Chiswick based founder Deola Charles (left, top) imagined a collection of sleek silhouettes in the softest natural yarns that were always easy-to-wear and beautiful to touch...stylish everyday pieces for a contemporary capsule wardrobe.

### The Inspiration:

"Taking inspiration from the beautiful and unspoiled Cocos Island, the brand is a celebration of natural allure, combining effortless "Londoner" style with island ease. The nature-inspired colour palette blends subtle neutrals with modern brights. The result? A stylish collection of go-to layers you'll want to reach for again and again."

### Price range:

Knitwear starts from £110

### What you need to know:

The current s/s collection has stunning details, luxurious cashmere and a beautiful range of colourful knitwear.  
[illedecocos.com](http://illedecocos.com)



## P.i.C STYLE

### Who's behind it?:

Rhoda Chan's (right) P.i.C style was born out of an obsession to do fashion the right way. Put simply, people want to know where their clothes come from and who makes them. The collection is interchangeable, giving you the ability to create over 50 clean looks from just 8 beautiful pieces.

### The Inspiration:

"P.i.C really is about buying 'less is more' but doing it the right way!" #fashionforthefuture

### Price range:

Starts from £75

### What you need to know:

The Hackney jumpsuit! It makes for a versatile piece in your wardrobe; effortless eco-cool and made in London!

[picstyle.com](http://picstyle.com)



## NIGHTS BY WILDER

### Who's behind it?:

Elizabeth Kelly set up 'Nights by Wilder' in search for stylish nightwear for boys and girls inspired by her children Luella and Lenny.

### The Inspiration:

"Stylish sleeps for little people, made from hand spun organic cotton dreamt and made in England."

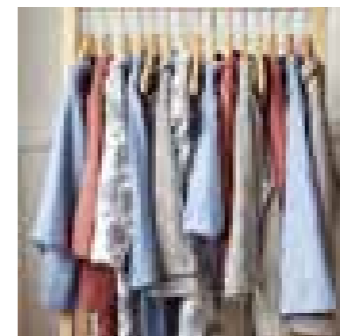
### Price range:

Starting from £42

### What you need to know:

Each collection includes five long and short sleeved sets and a night dress in classic chambray, stripes, folkloric florals and a magical star print.

[nightsbywilder.com](http://nightsbywilder.com)





## CLARE SLATER

### Who's behind it?:

Clare Slater London brings you an exciting new collection of handbags and small leather accessories. The range features exquisite leathers including patent, metallic leathers and printed hair on hide. Hand-finished in a small Spanish town which is world-renowned for its leather goods and excellent craftsmanship.

### The Inspiration:

"Handbag styles are lightweight, slouchy and versatile for everyday use. The quality is further enhanced by meticulous attention to detail in every element of the Clare Slater London collection. Designed with the real woman's lifestyle in mind, many of the bags can be worn from day to evening. Functional features include pockets which are not only in the right place, but also the right size and a keyfinder so that you never misplace your keys again."

### Price range:

Pouches start from £55

### What you need to know:

Clare regularly organises pop-ups in Chiswick celebrating a wonderful range of independent brands. Personal favourites are the zebra print clutch and the gorgeous tissue holder accessories.

[clareslater.com](http://clareslater.com)



## IRIS SANDALS

### Who's behind it?:

Anastasia, the founder and designer of the brand draws her inspiration by the beauty and colours of nature, the uniqueness of cultures, her exotic travels and the infinite opportunities of material blending. Every collection piece is handmade with exquisite attention to detail, using high quality leather and handpicked materials. IRIS brings unique, timeless pieces to the woman who values comfort and individuality. Based in London, Anastasia launched the first IRIS ready to wear sandal collection for Spring/Summer 2014 featuring limited edition pieces.

### The Inspiration:

"IRIS is a lifestyle brand that specialises in handmade leather embellished designs and costume jewellery. It encompasses comfort, individuality, elegance and luxury with a fresh approach to fashion and a playful twist".

### Price range:

Starting as little as £46

### What you need to know:

Apart from the ready to wear collections, Anastasia offers bespoke services for bridal and occasion sandals including assorted accessories, as she enjoys the one to one consultation with her clients.

[irissandals.com](http://irissandals.com)



## TAYLOR BLAKE

### Who's behind it?:

Taylor Blake began in 2015 through Emily's passion of wearing beautifully designed, high quality shoes every day. Her moto is simple: she thinks "you deserve shoes with leather insoles that let your feet breathe, with comfy leather uppers and soles that won't fall apart after a season's wear and best of all... in stylish, contemporary materials that will make you forget what you were doing and gaze at your feet!"

### The Inspiration:

"All my shoes are handcrafted in a single family run factory in the heart of the shoe industry in Spain. The factory has been in the family for generations and there is a real pride shown in the work which is immediately obvious to Taylor Blakes customers."

### Price range:

Starting from £85

### What you need to know:

All the materials are hand chosen delivering the very best comfortable leather shoes with a fabulous range of colour and prints.

[taylorblake.com](http://taylorblake.com)



## WYSE

### Who's behind it?:

In December 2014, Marielle decided to design her own range of cashmere jumpers. She wanted to create something that she would love to wear in shapes that suit everyone, never plain or boring and affordable.

### The Inspiration:

"Being half french, simplicity and elegance is everything and I find that less is always more. But everything I design has a detail, be it a lurex thread, sequins, metallic leather or a pop of colour! I want it to be the jumper that makes people take a second look and ask where it's from!"

### Price range:

Cashmere starts from £189

### What you need to know:

The cashmere is effortlessly stylish with details that simply make this a staple in your wardrobe. From hearts to stripes and stars, Marielle has it covered in a chic way.

[wyselondon.co.uk](http://wyselondon.co.uk)



## KIREI

### Who's behind it?:

In 2015 Hina Moss set up Kirei (pronounced kee-ray) to create a timeless women's collection from natural fabrics with interesting textures, patterns and embroideries, effortless clothing that could be worn in many ways, for many years.

### The Inspiration:

"We produce our collection in one of our favourite countries ...India where we have a beautiful inspirational working space in central Delhi . We travel out to meet our Indian Kirei family and discuss the production of our fabrics and clothes with the local artisans there."

### Price range:

£65 for a lace top

### What you need to know:

Each item is specially made with natural fabrics and gorgeous laces and trims, to make you feel special.

[kireiclothing.co.uk](http://kireiclothing.co.uk)



## HARRY ROCKS

### Who's behind it?:

Harry Rocks was founded by designer Laura Rowan in 2009. She specialises in creating uniquely personal pieces and original designs in sterling silver, gold and semi precious stones. Each and every item is handmade, with love, in London.

### The Inspiration:

"I set up HR 8 years ago. I wanted to make jewellery from sustainable materials that will look gorgeous and last, that you would buy yourself or as a gift. My background is high street design and I wanted to design pieces that wouldn't break the bank balance. We want our customers to know that every item is handmade with love in London."

### Price range:

Starts from £35

### What you need to know:

The Personalised collection is exactly that! totally personalised for the lucky customer which makes it unique and a true one of a kind. You can select fonts, finishes, size, letters, dates and birthstones. You can also request and new ideas so let them know if you have something in mind.

[harryrocks.com](http://harryrocks.com)



## HOUSE OF SPRING

### Who's behind it?:

Founder Radhia showcases a contemporary shoe collection mixing French chic with the vibrant energy of London.

### The Inspiration:

"In 2010, I met someone special in London and started to split my time between London and Paris. I am influenced by the Parisian effortless elegance and I enjoy the creative diversity that London has to offer. This combination of two fashion capitals has influenced my fashion style. I have been strongly influenced by my Mum, a seasoned shoe hunter, and I was inspired by her passion."

### Price range:

Loafers start from £155

### What you need to know:

House of Spring offer a in-house stylist who can bring up to 6 pairs of your chosen shoes to your doorstep. 'Shoes and the City' is a complimentary VIP service!

[houseofspring.co.uk](http://houseofspring.co.uk)



## MONA FINE JEWELLERY

### Who's behind it?:

Chiswick based Mona Pattni has been in the fine jewellery trade since 1990. A quintessential Jeweller since 1990 with expert knowledge in the jewellery industry. Growing up and having been immersed in a tradition of family jewellers, Mona has achieved a wealth of experience in this field. From a history of owning a successful Jewellery retail business in Central London to developing an International market including Dubai, Hong Kong and Singapore.

### The Inspiration:

"My unique artistic pieces celebrate the wonderful journey of self discovery of the strong feminine woman."

### Price range:

Starts from £20

### What you need to know:

Specialising in 18 carat gold with Diamond and precious Gemstones. The MFJ team incorporates qualified Gemologists and Diamond specialists along with stylists and designers to bring you the very latest collections.

[monafinejewellery.com](http://monafinejewellery.com)

## DOLCE ROOPA

### Who's behind it?:

Dolce Roopa is a luxury accessories brand founded by textile designer Roopa Sachidanand. Roopa offers hand painted and digitally printed elaborate prints on exquisite fabrics that are influenced by her cross cultural upbringing along with a lifelong love of travel.

### The Inspiration:

"Being able to document my travels through my art and then onto fabric is an amazing experience as it brings to life not only some unforgettable memories but also allows my audience a glance into the different places and cultures that continue to inspire me, creating a visual travel diary."

### Price range:

£55- £125

### What you need to know:

Each exquisite scarf tells a story on her travels and her Indian heritage. Deep inspiration from local culture, iconography, colour and tradition experienced by Roopa.

[illedecocos.com](http://illedecocos.com)



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# HOW TO ACHIEVE THE BODY OF A DANCER

Advice from Vicki Anstey,  
 Barreworks Richmond.

**1. For the best results how many times per week do you need to be hitting the gym/classes to reach this kind of goal?**

We generally recommend attending at least 3 classes a week for optimal results and to notice visible changes in body shape and posture. We have seen endless transformations into the coveted lean and graceful physique of a dancer by many of our clients who commit to weekly classes at Barreworks. There is no magic pill though! It takes consistency and hard-work - like anything that's worth having!

**2. Do you recommend meals and specific dietary tips to help the process?**

We don't advise clients to follow any harsh or restrictive diets as this is generally unsustainable long term and doesn't aid the muscle repair process. We work with local Nutritionists to provide education and tips for balanced meal plans and pre/post-workout refuel snacks. We definitely encourage clients to add as much variety as possible and avoid eating snacks high on carbs before exercising. Having a protein rich meal within 30 minutes after the class will ensure optimal muscle repair and speed up metabolism.

**3. What's the best time to workout, morning, afternoon or evening? Or doesn't it matter?**

Our studio timetable is designed to suit any preference and work around the busiest work schedule. We all have different algorithms too, so its a really personal thing. Our advice is to try classes at different times and see how your energy levels respond. However, the impact of time of the day will generally be minimal - you will get



transformative results regardless of what time of the day you exercise if you do it regularly and in a guided programme.

**4. Are many of your customer's dancers already or regular folk wanting to get in shape?**

Our classes are open to clients from any age, gender and level of experience. The Barreworks clientele consists of both regular customers (including complete beginners) and professional dancers. We also train elite athletes, clients recovering from injury or faulty movement patterns and many over the age of 65. We are proud to be able to accommodate all needs and ability-levels. Class sizes are small and we offer individual correction and modification throughout the class.

**5. Sometimes working out is painful, what's your advice on making it more comfortable?**

We believe that the best form of exercise is the one you can actually enjoy! We push clients (safely) to their limits (and beyond) in every single class, but we also make sure they enjoy every second of it. What makes Barreworks unique is that every single workout is completely different to the next, so you'll never do the same class twice! Although very challenging, our classes are fun, energising and will make you discover muscles you didn't know existed. There is a tremendous spirit of camaraderie in the studio too, we all 'shake' together! We also vary our playlists as music is very important part of our workouts. Clients can switch off from their everyday life and completely focus on their performance and achieving the body of a dancer, often without even realising they are working out...





# TOP FITNESS TIPS FOR SPRING

Chances are you've been thinking about getting back on the fitness bandwagon all winter long but haven't had the motivation. Well don't fear, spring is here and it's time to get out and about again.

As each day passes the sun is rising a little earlier and setting a little later, which means it's the best time to come out of winter hibernation, put a pause on all those comfort foods and get outdoors. With summer just around the corner here are our top tips to get back outdoors into a healthier better version of yourself.

### 1. Make it easy to fit incidental exercise into your lifestyle

We're all so busy that fitness and health can usual take a back seat. Start with assessing how you can increase your movement in your everyday regime. This could be walking a few extra blocks to work, taking the stairs at the tube or even doing a short 15-minute body weighted workout in your lunch break.

### 2. Set short term achievable goals

It's all in the little wins to achieve long term goals. Start with goals you know you can achieve and let the momentum build. The biggest downfall we see in adherence to physical activity and setting goals is going too hard too fast. The key is the start slowly building the number of kilometres you walk, the number of fitness sessions you attend or how intense you make an activity. That way you are more likely to continue your fitness pathway, preventing risk factors and reaping all the health benefits.



### 3. Wear gear you feel good in

Invest in some good shoes and sweat wicking weather proof gear. You never know what you'll get in London, it may start out sunny, but be drizzly by the end of your activity. If you're feeling comfortable and confident in your work out gear, you'll want to exercise and won't mind the variable weather conditions.

### 4. Vary your fitness and make it fun.

Fitness isn't a one size fits all. Motivation can waver and yes, we are all human sometimes we just can't be bothered. Grab a few friends, make it a social event, create yourself a supportive environment that makes you accountable but also enjoy doing physical activity. This may be getting a group of friends in the park for Frisbee, football or Pilates or gardening at the local community centre. Changing up and doing different work outs is also important, for example you benefit more from doing resistance exercises

for bone health, walking or running for cardiovascular training or yoga for flexibility and a combination of all is three times as better for you than one.

We've found a some great initiatives to engage in outdoor activities in your local area and around London.

Sky Ride – Guided Bike rides for all ages and levels.

London Friday night skate and stroll – Looking for something different, skating around London !

Green Gyms - fun and free outdoor sessions where you will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds.

Parkrun – 5km runs around a local park near you cater for all levels

Our parks – 'Turn up and tone up' is the motto, group fitness all around London Parks Trim Trails – The great outdoor gym company supplies exercise stations in parks where you can use your own body weight to work out.

GoodGym - helps you get fit by doing good. A running group that combines regular exercise with helping our communities.

The benefits of exercise are countless. Not only does exercise improve your heart health, but it also reduces risk factors associated



with heart disease, stroke and diabetes. By creating stronger muscles and bones you improve you balance and coordination, this can help with falls risk, weight management as well as improve your mood, mental health and sleeping patterns.

### 5. Seek some expert advice

If you haven't been active in a while or don't know where to start come see a qualified Fitness Professional such as an Exercise Physiologist, Strength and Conditioning coach or Physiotherapist at Pure Sports Medicine for a tailored fitness advice or to address any injuries or concerns you may have. This may be for heart health, pre-existing muscle injuries, resistance training or goal setting. We will work with your lifestyle and schedule to make sure we find the best activities to achieve your spring time fitness goals.



## HOW TO PROPERLY RECOVER AFTER A HEAVY WORKOUT

by Leon Scott

With fitness and workout trends today encouraging more people towards weights and high intensity training, one aspect that can be easily forgotten is how to effectively recover after a draining workout. Recovery is just as crucial as your workout, particularly if your workout intensity is high, heavy or fast. Below is professional footballer for Darlington FC and Multipower ambassador Leon Scott's top tips for recovering properly after a heavy workout.

### Stretching

Stretching is a great way to relieve tension within the muscles and it can also minimise soreness which we can all feel following a heavy session. Famous examples of these include England Rugby star Jonny May, who's known to do up to 4 hours of stretching every day to reduce the likelihood of muscle strains and injuries.

Foam rolling is another method of stretching that goes a long way to improving elasticity and improves tissue quality. By slowly rolling over various areas of your body, you'll help break up adhesions and scar tissue and speed up the healing and recovery process post-workout.

### Massage

Soft tissue treatment is another important part of the recovery process for me. It improves my flexibility, as massages help stretch the muscle fibres, which in turn can also reduce tension within the body.

Massages may seem like a luxury, but for elite sportspeople they're absolutely vital – it's another great way to target muscle issues, or locate niggles that you otherwise may ignore. I've also found that the therapy improves my circulation, which allows me to breathe easier and move more freely during training sessions.

### Nutrition

I strongly believe that the amount of time it takes for my muscles to recover from a workout is directly correlated to the foods

I decide to fuel my body. My post-workout meals always consist of a strict balance of carbs to boost insulin levels, proteins to recover damaged tissue and greens to balance your diet.

Eating along these lines will help your body decrease muscle protein breakdown, increase muscle protein synthesis, restore glycogen stores, all of which will enhance your recovery.

Following a heavy workout, I'll generally need supplements to assist with full recovery - I always have my Multipower 100% Whey Protein, BCAA powder, L-Glutamine and Creatine.

### Sleep

The importance of sleep can often be overlooked and is very easy to miss in today's society with television, phones and other technologies. Good sleep hygiene, where establishing a consistent sleep schedule of at least six hours per night, is absolutely essential to ensure good quality sleep, which will allow your body to replenish energy stores and repair damaged tissues.

Ensuring I only go to bed when I'm actually tired, utilising the light within the room, writing down my days gratitude and not looking at my phone once I'm in bed. These are strategies which I use that aid with my recovery.

Leon Scott is a Multipower ambassador. For more info visit [www.multipower.com](http://www.multipower.com)

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# KEEP YOUR CHILDREN SAFE AND WELL IN THEIR USE OF THE INTERNET

Dr Nicholas Rose



My previous editorials have focussed on safety and how to speak to your children if you are concerned about how they keep themselves safe but also if you have any concerns because of the way you see them using the internet. Today I thought it would be useful to consider appropriate use of the internet to contribute to the wellbeing of your children.

In June this year new studies provided evidence that moderate use of the internet and social media does actually benefit children and young people. Suggesting that use of social media helps build resilience and develop social skills thus having a positive

impact on mental wellbeing. So it looks as though the usual thinking about moderation in all things does also apply to the new digital age too.

More than a third of 15 year olds in the UK are understood to be classed as "extreme internet users" sending over six hours a day online and 95 percent are using social media. Extreme users are more likely to report being bullied online and research by the NSPCC identified that 80 percent of children felt unsafe using social media to some degree.

In all cases research suggests that parents need to be supported in helping children use the internet

appropriately but there appears to be very little guidance out there on how to do that. Most focus is still on safety rather than wellbeing.

Current thinking concludes it is unlikely that one size will fit all and that the appropriate use of the internet will depend upon a range of factors. You might like to think about your child's age, interests, social networks and particular needs.

If your child could do with help in particular areas then the internet will be able to offer advice, support and even tools. It is most likely that the most effective approach is to actively talk to your children about how they use the internet and look for how it can support them. Focussing purely on time spent online is going to be too limited.

To understand the uses that lead your child to experience positive outcomes and affirmation to their self esteem and seek to strengthen and support this use is likely to be more effective than focussing on usage where it either

appears to be causing distress or at best appears to have little benefit.

Rather than any single solution, it appears that children benefit most when parents use a combination of approaches including modelling positive behaviour, using a collaborative approach to setting limits on usage, keeping up to date on developments and technologies around security and online safety and showing curiosity and a willingness to support positive behaviours.

Technology can be something that parents can think they are ill equipped to deal with, especially when children can be more up to date and often more proficient in handling technology. However what parents do have more knowledge about is the importance of balance - you can therefore support your child in the same way as you would for any other issue - food, friendship, health. You don't have to know about the technology - just about how best to find a healthy balance.



# Building resilience in children and adults

The Key Clinic was launched by psychologist Sarah Warley with the aim of unlocking the potential of children who are struggling with learning and behavioural problems, either at home or at school.

Having seen the benefits of the clinic's therapies on their children, many parents asked if the clinic could also help adults and teenagers.



As the brain is just as capable of changing and rewiring itself when we are older, as it is when we are young, the clinic also treats adults and teenagers, to great effect.

The experience of the practitioners at The Key Clinic is that, while labels like Dyslexia and ADD are used to describe a cluster of symptoms, little is done to try to understand why the symptom is there in the first place. The aim at the Clinic is to explore the causes of these symptoms and to treat the underlying problem without the use of drugs. Problems, which once were deemed 'for life', can be overcome, provided the right stimulation – or key – is given to the brain. The Issues

## The Issues

Anxiety and depression play a significant part in 21st Century life. Modern parents put their children first and store up their own stress and difficulties until they reach a crisis. Teenagers are under increasing amounts of pressure, and rates of self-harm and suicide are on the rise.

Traditional medicine offers anti-depressant medications (which do not work for everyone) or a long wait for a talking therapy (which may or may not prove effective).

## The Causes

For the past 100 years, modern psychology has focused its efforts on unpicking the circumstantial history that leads to mental illness – the divorce that caused the depression; the critical parents that created the unconfident child. But new studies suggest that it's not our circumstances that make us who we are, but how well we are able to cope with those circumstances. Resilience, it appears, is the key. And building resilience increases our chances of good mental health.

## The Key Clinic Approach

The Key Clinic helps adults and teenagers using a similar multi-disciplinary, integrated approach to the one they use on children. There are four parts to the Resilience Programme:

Neurodevelopmental Movement

- Auditory Therapy



- Nutrient Therapy
- Cranial Osteopathy
- The Resilience Programme

The Treatment Plan may include:

### 1. Neurodevelopmental Movements

to help mature the nervous system and build up resilience.

### 2. Berard Auditory Integration Training (AIT)

to help flatten out any hearing curves associated with depression or anger.

### 3. Nutrient Therapy

to help normalize neurotransmitter levels in the brain, without using drugs, through targeted vitamin/mineral therapy.

### 4. Cranial Osteopathy

to help heal the physical imprint left in the body by previous emotional or physical traumas.



For further information or to book an assessment of a child, teenager or adult, please contact The Key Clinic on:

01635 761565

[admin@thekeyclinic.co.uk](mailto:admin@thekeyclinic.co.uk)





# SIX WAYS TO SPRING CLEAN YOUR HEALTH

By Dr Sara Kayat

*Founding GP at GPDQ – the UK's first GP-on-demand-app and resident GP on ITV's This Morning's "Second Opinion"*

The mornings are lighter, it's not dark on your morning jog anymore – spring has arrived!

With cherry blossom finally starting to bud, talk of spring and the cleaning rituals associated with it has begun. But why limit your spring clean to your house, when your own body needs a good health overhaul and declutter? Here are six ways to give your health the 'spring' in its step that it needs:

## 1. Get moving in the garden

With the cold weather thawing out, it is time to brush off those cobwebs and engage with Mother Nature again. As well as the obvious cardiovascular benefits of exercise, we know that it also has the benefits of improving our immune system, mood, sleep, self-esteem and concentration and reducing stress and tension. But specifically exercising outdoors gives you contact with the natural world, increasing your sensory stimulation and boosting creativity. It also has the bonus of being free and easy to access and increases our vitamin D levels from the sun. If going for a jog isn't your thing, it has been shown that gardening can burn up to 256 calories and hour, so perhaps now is the right time to start tending to those crocuses. Unfortunately we can't always rely on the British spring time to be sunny and dry, so if you are stuck at home, remember that vacuuming will also burn 170 calories an hour, so your spring clean is killing two birds with one stone.

## 2. Visit the farmer's market

People tend to gain an average of 5 pounds during the winter months, usually due to inactivity but also because it tends to be a time for more hot cocoa, wine and hearty stews and casseroles. Now it's no longer winter and you're not loading up on calories "to keep you warm", start to stream line your diet again and introduce fresh, vibrant, lighter and brighter meals. Spring is an amazing season for fresh produce with certain foods like asparagus, artichokes, peas, mussels, cod, to name a few,



all reaching their absolute peak. So becoming inspired to find healthy ways to lightly cook and enjoy the produce is so important in that step towards a good nutritional balance and ditching ultra-processed foods. Make it fun by taking a walk through your local farmer's market on a weekend to pick out your new favourite, fresh produce.

## 3. Clean out your medicine cabinet

Medicines play an important role in treating many conditions and diseases, but when they are no longer needed we tend to stash them in a cupboard. Over 70 million expired medicine products are kept in UK cabinets. Keeping them out of direct sunlight and in a dry place is also important, as they are unlikely to be as effective having sat on your window sill all year. However if you do decide you need to reach for the meds again, please ensure they have not expired. If they have you will need to dispose of them appropriately to help reduce harm from accidental exposure or intentional misuse. One in four people have knowingly taken expired medications in the UK. If it doesn't say how you dispose of them safely in the leaflet, please take them to your pharmacist who will gladly do it for you.

## 4. Prepare yourself for allergy season

That wave goodbye to winter isn't always a good



thing for everyone, as we welcome in hayfever season. With this come the persistent sneezing, coughing, runny nose, itchy eyes and throat. It is usually worse between late March and September, but the counts are the highest when the weather is warm, humid and windy. If you are a sufferer, prepare yourself by checking the pollen forecast and stock up on antihistamines and nasal sprays. You can help yourself by vacuuming regularly and dusting with a damp cloth, and by keeping windows and doors shut when you are indoors. It would also be useful to put Vaseline around your nostrils and wear sunglasses to avoid the pollen from getting into your nose and eyes. If you have particularly severe hayfever that doesn't respond to the standard treatments, you may benefit from immunotherapy to slowly build up your immunity to the pollen, but it needs to be carried out in winter time, so you have sadly missed the boat for it this year.

## 5. Focus on sleep

With daylight saving time "springing" the clocks forward by an hour, you may be annoyed to know that you will be getting one hour less sleep. Our body's circadian rhythm will of course adapt within days, but I suggest we use this (slightly annoying) opportunity to reset our own sleeping habits. Go to bed and set your alarm so that you are getting an average of 7-8 hours of sleep a night, wake up at the same time every day (yes, even on weekends) and

stop pressing that snooze button. With the earlier sunrises you may even find it difficult to sleep till your alarm, and if that is the case consider blackout curtains or sleeping masks, but personally, I would suggest embracing those early mornings! If you're also being woken up too early by the birds chirping outside your window, consider background noises, like white noise machines, to help neutralise and mask their tweets.

## 6. Change your work-out routine

Spring is a new beginning and a perfect time to switch up your work-out routine to make exercise more exciting. Sign up to an upbeat Zumba class or a sexy Salsa session with your mates or go swimming at your local gym. With the weather improving, you should consider cycling – it's one of the easiest ways to fit exercise into your daily routine because it's also a form of transport. By cycling to work or doing a few short cycling journeys during the week and a longer ride at the weekend, you can effectively build your cardio and fitness. Dancing, swimming, walking and cycling are all forms of physical activity that keep the heart healthy. If you struggle to find time for these, try simple things like standing up from your desk at work, taking the stairs instead of the lift, or having a nice walk instead of jumping in an Uber. Small changes in your daily routine will make all the difference.

### ABOUT GPDQ

- GPDQ is the UK's first GP-on-demand app, that connects its users (patients) directly with a local NHS GP who will visit them within hours at a location of the patient's choice, may it be their home, workplace or a hotel if they are travelling from abroad.
- GPDQ was the first 'in person' GP-on-demand app to launch in the UK, and was also the first to achieve CQC approval.
  - Since GPDQ's launch in October 2015, its 45 fully-qualified and practicing NHS GPs have completed 4,000+ appointments across London, Manchester and Birmingham.
- Patients can request a GP and track their progress from their smartphone, via the GPDQ app (downloadable for iOS or Android) or alternatively, they can call GPDQ, or visit the website to book an appointment.
- Patients receive a full 25-minute consultation with a GMC-registered GP who has undergone GPDQ's rigorous screening process, and if successful, they then undergo GPDQ's intensive patient care training programme.
  - GPDQ was founded by third generation GP and NHS-evangelist Dr Anshumen Bhagat.
- Follow GPDQ on social media: <https://twitter.com/GPDQUK> / <https://www.facebook.com/adoctordeliveredquick/>.

# WHEN DID YOU HAVE YOUR LAST WELL WOMEN CHECK?

**By Dr Diana Yakubovich MD, Consultant gynaecologist at +richmond practice**

A well women check is a health check for the early detection of some gynaecological problems. It is giving the opportunity for women to discuss their health and any concerns they may have. It is also an opportunity to discuss contraception, fertility and menopause. There is an increasing trend that women are now choosing to get these done annually.



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A well women check includes:

- Personal medical history: the doctor will ask you about your periods, any previous pregnancies, any history of unusual bleeding or discharge.

- Family history: important to assess your risk factors for disease.
- General wellbeing tests (blood pressure, weight/BMI, urine analysis).
- Abdominal and pelvic examination
- Smear test: the smear test detects abnormal cells in the cervix in order to prevent the development of cervical cancer. For years we know that cervical cancer is caused by the Human Papilloma Virus, which is transmitted sexually. The smear test is offered in the NHS from the age of 24 but it can be beneficial for you to have earlier if you have started your sexual activity earlier.



- Breast examination: your breasts will be viewed and examined to check for any lumps or abnormalities such as discharge, masses or unusual skin puckering.

- Ultrasound (optional, additional fee applies)

Consult your doctor

- If you want a health check for early detection of some gynaecology problems
- During the well women check you have the opportunity to discuss all your concerns.

At +richmond practice we are offering a well women check with a female gynaecologist. We are offering an ultrasound at the same time to

assist in diagnosis. Usually, a smear and/or blood results are available in few days and you can have a follow up appointment to discuss all of your results if needed.

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## Cajun Style Shrimp and Green Bean Sorghum Bowls

Cajun is a distinctive culinary culture which originates in Louisiana. Cajuns were French-speaking people forced out of the Acadia region of Nova Scotia in Canada in the 1750s. Their cuisine tended to rely on ingredients found in the local wild, which is why Shrimps (Prawns) and crayfish became real symbols of the Cajun diet. They were very creative with the available food sources and found innovative way of combining them in their recipes. Due to the domination of the wetlands and the deficiency of cultivable fields, even alligator could be seen on the menu. The Cajuns also borrowed a lot of food items from neighbouring cultures such as peppers, rice and okra which eventually became meal staples. This patchwork-type diet comprises a variety of foods all having unique nutritional properties. Specifically having a look at our authentic Shrimp (Prawn) and Green Bean Sorghum Bowls recipe. The shrimps (prawns) are usually included in "heart healthy" nutritional guidelines and have an ability to decrease lipid levels in the blood due to the high content of beneficial omega-3 fatty acids. Now onto the olive oil which is a source of monounsaturated fats also contributing to cardiovascular health. Whereas the sorghum belongs to a group of gluten-free grains, hence it is strongly recommended for people who have a gluten intolerance and celiac disease. The red bell peppers together with the celery provide you with valuable dietary fibres, vitamins and trace minerals... So when cooking is over, set the table, get your favourite jazz tracks on your mp3 and submerge yourself in the emotional atmosphere of the American South!



**Serves** 4 bowls  
**Prep** 15 mins  
**Cook** 4 hrs  
**Total Time** 4 hrs 15 mins  
**Dietary** DF, GF

### Ingredients

220g/7.75oz sorghum grains  
750ml/3 cups water  
350g/12.25oz shrimps/prawns, peeled  
100g/3.5oz green beans, blanched and cut into 2" pieces  
1 tsp. cajun spice  
50g/1.75oz red bell pepper, diced  
50g/1.75oz celery stalks, diced  
120g/4.25oz white onion, diced  
30ml/1fl oz olive oil

### Method

1. Rinse sorghum grains under running water.
2. Combine sorghum, bell pepper, onions, celery, and water in a slow cooker. Cook on high heat setting for 3.5 to 4 hours.
3. Combine olive oil, cajun spice, and shrimps (prawns) in a bowl. Leave to marinate for at least 10 minutes.
4. Sauté shrimps (prawns) in a pan until pink.
5. Add green beans and sauté.
6. Pour all contents of the pan into the sorghum and toss well.
7. Season with salt if needed.

## Ground Turkey and Vegetable Stir-Fry

It's considered, Christopher Columbus and his crewmen were probably the first Europeans to see and taste turkey. During his trip to the coast of modern Honduras in 1502, friendly locals offered Christopher Columbus and his crew a dish that contained a meat which the Spaniards called gallinas de la tierra or "land chickens". In 1519 Hernando Cortes saw them at the markets of Mexico. Furthermore, in the early 1500s Spain became the first European country that received turkey from the New World. Ironically, turkey eventually made the full-circle of travel back to America with English settlers when they brought it to Virginia in 1584. Nevertheless, turkey was recognised as the central dish of the Thanksgiving festival as quickly as the late 18th century. Eventually, turkey gained such great popularity that legend says that President Benjamin Franklin complained about the selection of the bald eagle as the US national symbol.

Turkey meat is well-known for its low cholesterol level and higher protein content than that of chicken meat, and is usually recommended for inclusion in low-energy and special medical diets like DASH (Dietary Approaches to Stop Hypertension). Turkey meat protein has a better amino acids profile than broiler chicken, due to the longer growth and the muscle maturation of the birds. Clearly, it's easier to make a nutritionally balanced diet with turkey than with any other meat. Additionally it has a distinguished and pleasant flavour when accompanied with spices and citrus fruits or veggies. That's why we'd like you to add our tasty Ground Turkey and Vegetable Stir-Fry to your home cookbook! Give it a try!

**Serves** 4 servings  
**Prep** 10 mins  
**Cook** 10 mins  
**Total Time** 20 mins  
**Dietary** DF, GF

### Ingredients

300g/10.5oz ground turkey  
250g/8.75oz cabbage, shredded  
150g/5.25oz carrots, julienne  
20g/0.75oz garlic, minced  
50g/1.75oz shallots, minced  
20g/0.75oz ginger, minced  
½ tsp. five-spice powder  
15ml/0.5fl oz cane vinegar  
30ml/1fl oz oyster sauce  
15ml/0.5fl oz peanut oil  
15ml/fl oz sesame oil  
½ tsp. salt  
¼ tsp. pepper



### Method

1. Heat peanut oil in a pan.
2. Add ground turkey.
3. Sprinkle in five-spice powder, salt, and pepper.
4. Stir to brown ground turkey.
5. Add cane vinegar.
6. Add carrots and cabbage. Stir fry for a minute over high heat.

# Going out for drinks and dins? Visit the Pharmacy on Devonshire Road

Evans & Peel, London's original Detective Agency themed cocktail bar, have been scouring the UK for the best ingredients to deliver exciting dishes to serve to the folk of West London, transforming from, not just an expert cocktail bar but also into a destination restaurant.

They have two sites, the Pharmacy in Chiswick and Detective Agency in Chelsea, both will be launching a new Smokehouse menu on 27th March featuring a selection of southern American dishes all made daily using their own in-house smoker, as well as a small plate led bar menu. Guests will even be able to get 20% off their food bill from 27th March – 3rd April during their soft launch period.

The Smokehouse menu will consist of regional BBQ dishes from Carolina style pulled pork, via St Louis with cut pork spare ribs, all the way to Texas style brisket, and Pulled eggplant and mushroom brisketall served with pickles, buttermilk potatoes, BBQ beans and slaw, as well as house sauces. All meat will be dry rubbed with their own tailored spice blends and smoked slowly over oak for up to 17 hours making them succulent and tender. Both venues will also serve a bar menu featuring small plates of Buffalo wings, Mac 'n' Cheese with pulled



pork or smoked mushrooms, Padron peppers and Root beer BBQ beans with pork brisket. Both venues serve an eclectic list of intricate, seasonal cocktails focusing on variations of classics. The Detective Agency serve the 'Not Your Average Joe Martini', an adaption of the Espresso Martini using Buffalo Trace Bourbon, Coffee Liqueur, Tonka Bean, Benedictine and Cold Brew Coffee. Both cocktail bars specialise in spirit infusions such as basil infused vodka and saffron liqueur adding another level to their cocktails on offer. The Pharmacy 'prescribe' botanical and herbal cocktails to their guests such as 'Marabout Healing' using Brokers gin washed with toasted sesame oil, Cynar and homemade date syrup.

Guests will be fully immersed into 1920's American prohibition with quirky props and original vintage furniture alongside low lighting offering inviting guests into the unknown world of Evans & Peel.

*Evans & Peel Pharmacy Cocktail Bar 42  
Devonshire Rd, Chiswick W4  
Bookings: 020 8994 4947*



## Low-Carb or Low-Fat Diet?

### Low-carb or low-fat? The experts have their say

First, you're told a 'low-fat' diet is better than cutting out carbs then the next minute you're reading that a 'low-carb' diet is the way to go. Confused? So are we. Traditionally, the concept of eating a low-fat diet was associated with weight-loss, yet recently the concept of cutting down on carbs has come to the forefront of recent weight-loss diets. A recent study took place where obese men and women were put on either an intense low-fat or low-carb diet over 6 days. The results showed that a low-carb diet led to more weight loss, but the low-fat diet was more likely to lead to fat loss[i] – which doesn't really settle the long-standing debate.

### So, what do the experts think?

"The key point to note is that you want a healthy diet to follow for life, not just a diet that focuses solely on weight loss. If you start cutting out unhealthy processed food and empty calories that come from junk food and alcohol you are likely to lose weight and feel better. Choosing food rich in protein and fibre will keep you fuller for longer as well as helping to stop your sugar cravings. By doing so people are more likely to not feel deprived and more likely to stick to the new plan for longer. A weight loss plan should be a whole lifestyle and diet change for life to avoid crash dieting and the yo-yo effect," explains Natures Plus Nutritionist Michela Vagnini.

Michela adds, "It would also be interesting to see the effect of a low-fat and low-carb diet on long term health. A low-fat diet has been recommended for over 30 years now to reduce or prevent cardiovascular issues and weight loss but we now know that it wasn't very successful. Since the introduction of low-fat or fat-free foods in

the market, we have seen diabetes rising as a pandemic disease, cardiovascular health problems getting worse and obesity getting higher than ever."

We've asked our health experts for their top tips on sustaining not only healthy eating habits, but healthy lifestyle habits to help improve your overall health over a long period of time.

### Eliminate your sweet tooth

A spoonful of sugar in your coffee? Reaching for the biscuit tin at that 3pm slump? Take the challenge of culling out sugar-filled treats from your diet. "As you eat, your blood sugar goes up and insulin is released. If you are eating refined sugar and carbs they will hit your bloodstream fast and cause an imbalance in blood sugar. Your body will release more insulin to deal with this rapid rise in blood sugar. Once dealt with, the blood sugar levels will drop, but because you've generated the release of so much insulin, the levels will drop too low and you will soon feel like snacking on a bar of chocolate. The more sweets you eat, the more you will crave them – it is a catch 22," explains Dr Marilyn Glenville, Leading Nutritionist and author of Natural Alternatives to Sugar.

"Make sure you eat a healthy breakfast, which contains protein as well as carbohydrates (scrambled eggs with rye bread) and continue later during the day with vegetables; this helps to maintain a steady flow of blood sugar. This means, that by the time you get to 4pm, your blood sugar should not have dropped so much that you need that quick sweet fix," suggests Dr Glenville.

### Take up Pilates

Eleonora Sansoni, instructor at the new holistic wellness boutique, Maître of Thyme. "Pilates has a strengthening component making you feel taller and leaner, but due to the nature of its exercises, it doesn't specifically address lipidic compositions. However, I believe that the plethora of benefits that Pilates has like

an increase in strength and flexibility, better postural awareness and becoming more body-aware can have a positive impact on people's beliefs and attitudes towards sports and activity. More confidence with movements could lead to approaching activity designed for weight loss with a reduced risk of injuries and faster results. There isn't a specific move that achieves this; just regular, consistent and bespoke Pilates training."

#### **Eat to feel full, not to clear your plate**

"Pay attention to how your stomach is feeling and eat slowly, don't get sucked into the pressure of clearing every scrap of food on your plate. Eat to feel satisfied, not stuffed," advises Nutritionist Cassandra Barns.

#### **Mindless snacking**

If you feel like you are constantly grazing through-out the day, then you could be adding unnecessary calories to your diet. "Snacking is important as it maintains my metabolic rate and staves off awful hunger pangs, which can sometimes lead you into temptation. The key is to snack often, but ensure that you are eating healthy snacks in small portions. Midmorning I have a small handful of nuts which are a rich source of protein, helping me to stay fuller for longer. Mid-afternoon I like have an oat biscuit or two with a generous topping of avocado, cream cheese or hummus," tells Alix Woods, nutritionist at Quest Nutra Pharma.

#### **Embrace mindfulness**

Maija Kivelä, Yoga instructor at the new holistic wellness boutique, Maître of Thyme explains, "Yoga can increase your mindfulness and as a result, individuals will become more aware of what they are eating and make better eating choices. Yoga helps with increased flexibility and muscle strength, improved respiration, energy and vitality, maintaining a healthy metabolism, weight management and cardio and circulatory health. I really hope that my

classes will not only support physical and mental strength but also perfect students' postures, make them happier and help them to follow a healthier lifestyle."

#### **Protein is Key**

If your diet is lacking in protein then you may be more inclined to go back for seconds. "Including protein in your meal helps to slow down digestion, leaving you feeling more satisfied and fuller for longer. In-turn, this can help with weight loss as you're less likely to have as many calories. To ensure you're getting your daily dose of protein, try a plant-based protein powder. They are easy to digest and can be kept low-calorie. They can be used to make smoothies or shakes, and also added to savory foods such as stews and soups. I'd recommend Natures Plus Almond Protein Powder (£40.50, [www.naturesplus.co.uk](http://www.naturesplus.co.uk))," suggests Cassandra.

#### **Lower your stress levels**

Do you struggle to control your stress levels? This can have an impact on your waistline. "After a stressful event cortisol levels in the blood often remain high for a while, effectively increasing your appetite because your body thinks you should refuel after all this fighting or fleeing. This means people under constant stress quite often feel constantly hungry. Worse, their body urges them to stock up on the foods it thinks will be most useful after all that 'activity' – carbohydrates (like sugar) and fats," says Marilyn.

For extra support, try NHP's Tranquil Woman Support capsules (£24.77, [www.naturalhealthpractice.com](http://www.naturalhealthpractice.com)). These capsules provide nutrients that help with hormone balance, digestion and immune support to help you manage a busy lifestyle.

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In her own words...

## KATIE PIPER

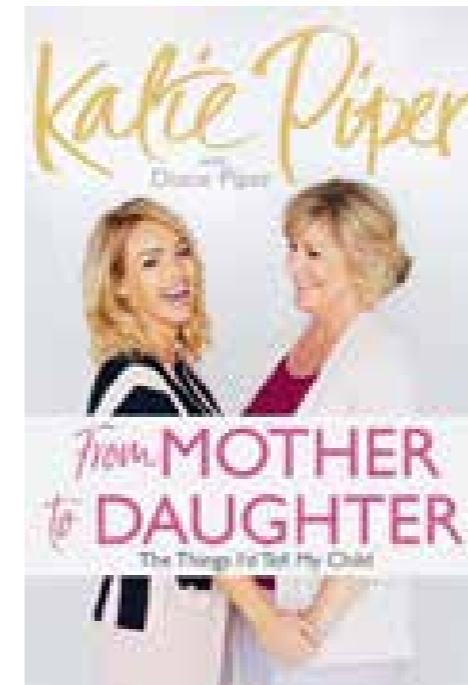


**Katie Piper is a mother, author, TV presenter and fashion designer and inspirational speaker. She set up The Katie Piper Foundation which is going on tour across the UK this year, from March until the end of May. You can visit the website for more information about location and tickets.**

**I spoke to Katie about the launch of her new book 'Mother to Daughter' which is the sixth book Katie has published. Her previous books have been a success and cover topics about confidence and how things get better through positive affirmations.**

**What was your inspiration behind the book?**

Whether you're becoming a mum for the first time or you have children who are growing up faster than you could have ever imagined, motherhood can feel like the most joyful and yet the most daunting of times. But you're not alone. Whilst pregnant with my 2nd child, the concept of writing a parenting book that was more than the average parenting book was important to me. I hope it will be



KATIE'S NEW BOOK

something that mothers and daughters can share together and I hope it helps people. My mother shared parts of her experience as a mother in the book as well, which was really nice to have her input and support.

**You talk about fears surrounding becoming a mother in the book-what were those fears?**

With my second pregnancy, there were fewer fears. The thoughts around getting it wrong or how I will cope are there for most mothers, and they were there in my first pregnancy, but there is no right or wrong way. You go with what feels right. You listen to your intuition and your baby.

**How were your pregnancies and the birth?**

I had normal pregnancies both times. I experienced tiredness, especially having a toddler and a new born, but I have a good network around me. My mother in law and husband were very flexible and if I needed to go and sleep for a while I could. From the moment I knew my first baby was a girl I started to plan, hope and dream. I couldn't wait to experience that special bond, but I wondered how I'd feel about being a working mum, how I'd hold on to the person I am. I also knew that the world has changed so much

since I was growing up. What advice, values and role models would help give my daughter the confidence and strength to cope with all that might come her way - and to give her an open mind and warm heart?

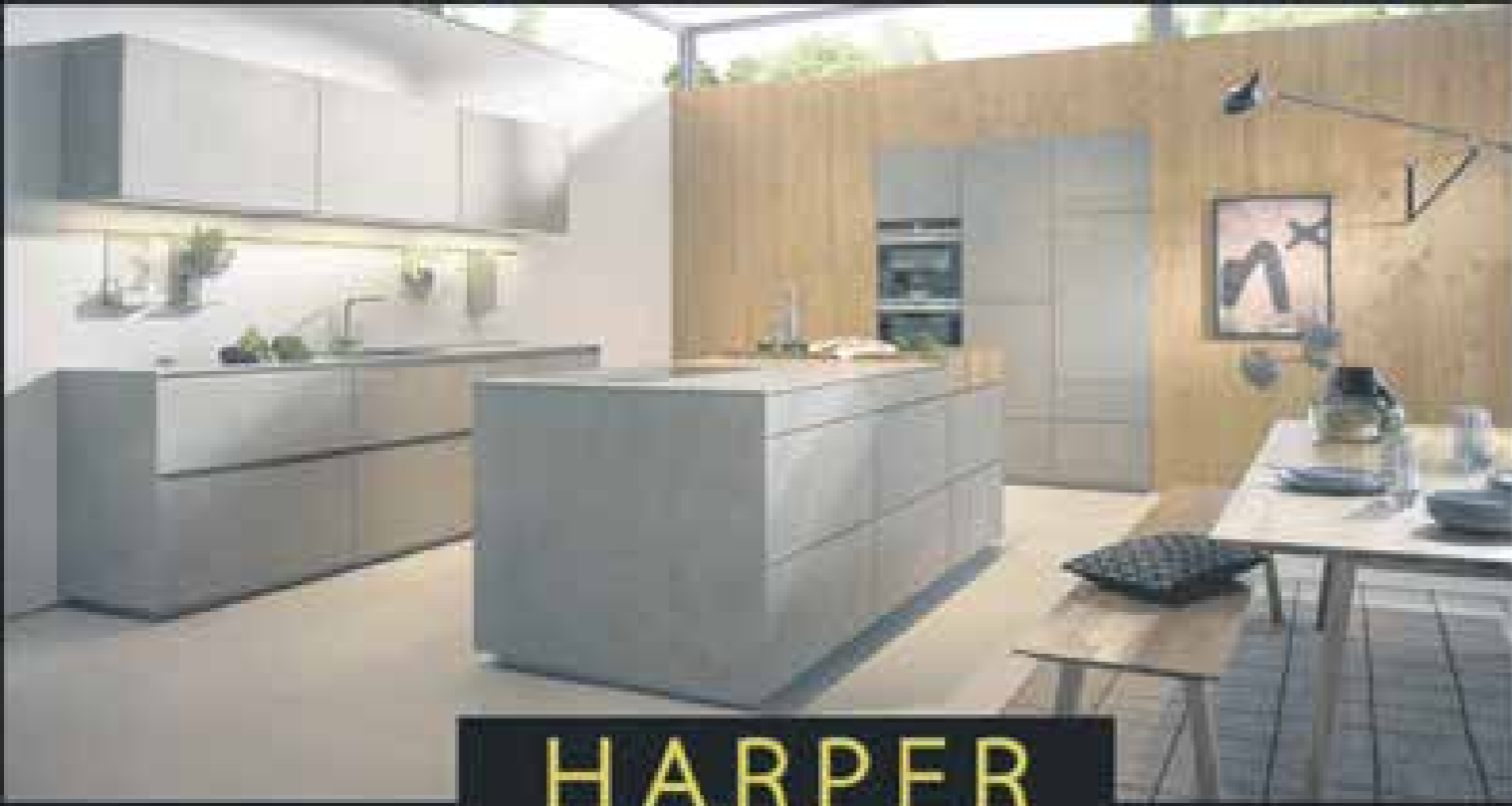
**What has the feedback for your books been like?**

It's been 8 years since I published my first book. An autobiography and self help books. The feedback has been very positive and actual counsellors and psychologists use them with their clients.

From Mother to Daughter is about Motherhood, what you learn as a mother, the things you would tell your daughter and most of all it's Katie and Diane Piper's celebration of the incredible power of mother-daughter relationships.

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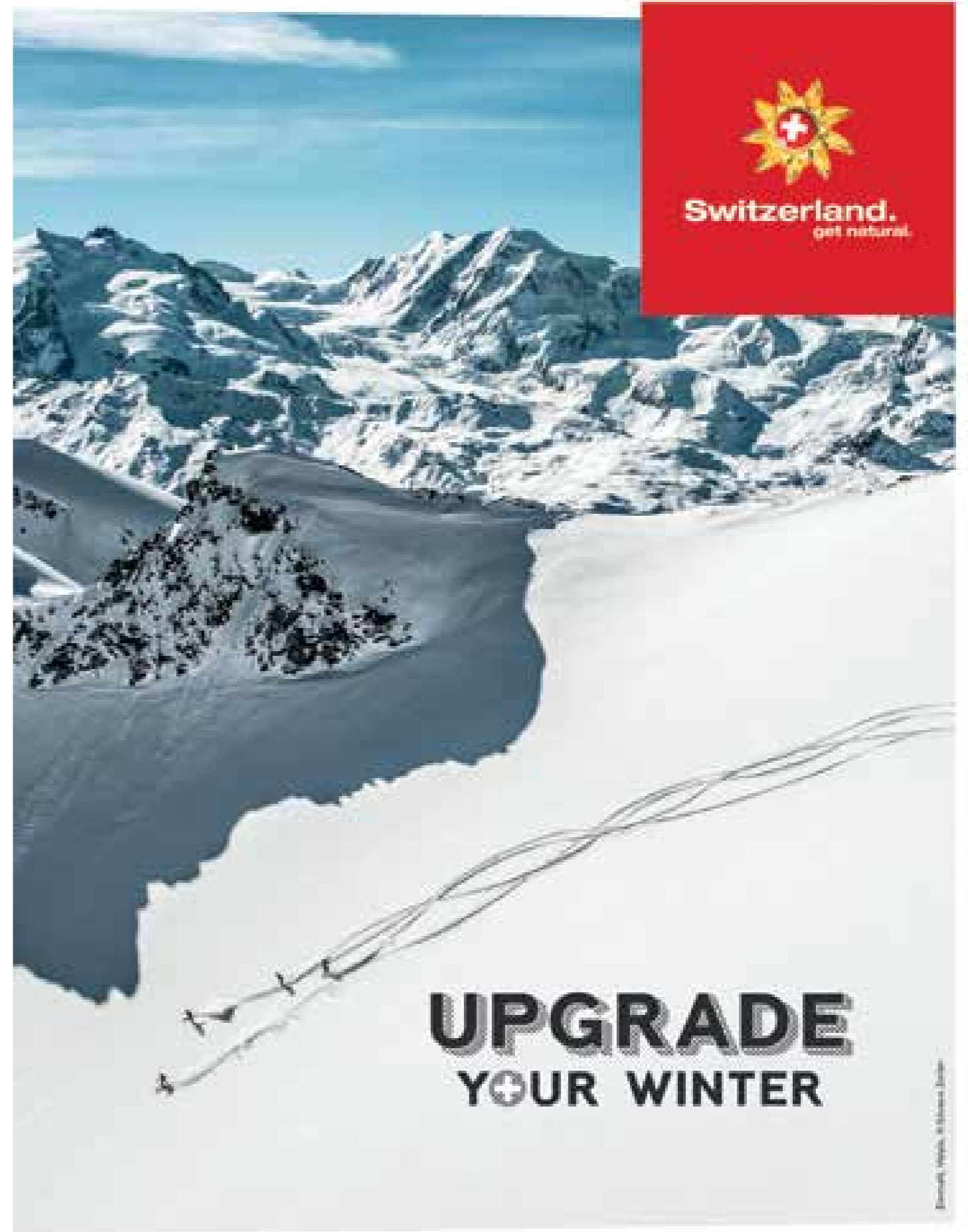
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# WHAT'S NEW IN MELBOURNE AND VICTORIA



There's no slowing down in Victoria this season as the exciting state continues to prove itself as Australia's capital for sport, fashion, food and much more. With Melbourne Fashion Festival, the Australian F1 Grand Prix and the Melbourne Food & Wine Festival in March, the city is alive with the sound of movement – whether that is in high heels or on four wheels! And, of course, Melbourne, recently voted as the world's happiest city, has a number of new culinary delights for visitors to tuck into.



#### **Melbourne voted as the happiest city in the world**

Melbourne is not only the most liveable city in the world, but also the happiest, according to the latest Time Out City Life Index – put together using the answers of 15,000 people from 32 cities around the world. In the survey, 89% of Melburnians said they enjoyed living in the city and two out of three said they find it easy to make friends. The bohemian neighbourhood of Fitzroy, packed with cool art galleries and eat streets, was voted as the city's most-loved suburb. In the same Index, Melbourne came in at number 4 as the world's most exciting cities, ahead of London (5th), Barcelona (10th) and Sydney (28th).

#### **Formula 1's season opener arrives in Melbourne this month!**

The Formula 1 Australian Grand Prix is the ultimate playground for the world's biggest stars – and visitors to Melbourne are gearing up to watch as the fastest cars in the world tear up the Albert Park Grand Prix Circuit at the 2018 season opener, taking place 22-25 March 2018. Racing fans will experience an electrifying atmosphere as Australia's very own Daniel Ricciardo vies for a podium spot in front of his home crowd. Both keen motorsports fans and those who want to soak in the glamour of this star-studded event will experience a new level of excitement and opulence.

#### **Melbourne Food and Wine Festival is back this month!**

From 16-25 March, the internationally acclaimed Melbourne Food and Wine Festival returns to shine the

spotlight on Victoria's incredible culinary offering. With the theme of 'Community', more than 250,000 food and wine lovers are expected to gather for the 26th edition of the foodie festival.

The state-wide celebration includes over 300 events turning the region into a gastronomic playground, ranging from regional longest lunches, historic cocktail journeys, a gourmet salt lake sunset dinner and a dumpling making party. Food and wine lovers are encouraged to explore within Melbourne and in the outer regions, such as the Yarra Valley, with the Wine and Herb Festival and the Mornington Peninsula picnic.

#### **New lookout point set for the Great Ocean Road's famous 12 Apostles**

The 12 Apostles, one of the most famous landscapes along Victoria's world-famous Great Ocean Road, will have a new viewing platform by 2020. Architect Denton Corker Marshall has been appointed to design a masterplan to revitalise a 28-kilometre stretch of the scenic Great Ocean Road.

The proposed lookout at "the Saddle", one of three designated viewing areas for the Twelve Apostles, will be an angular building perched on the cliff top. The building will create a "bold counterpoint" to the natural environment, which the architects say will allow visitors to experience the scale and drama of the landscape.

Two other facilities are also planned for the revitalisation of the "Shipwreck Coast" of Victoria (from Cape Otway to Port Fairy): a new lookout located at Loch Ard Gorge and a new pedestrian bridge in Port Campbell Creek.



chili caramel and garlic crumb.

#### **New restaurant, Laura, opens at sculpture park Point Leo Estate**

Laura is the new, more refined dining restaurant at Pt Leo Estate, considered by many as regional Victoria's premier destination for art, food and wine – located on the southern-most tip of the Mornington Peninsula (90 mins from Melbourne).

Named after the celebrated Jaume Plensa sculpture, Laura is Culinary Director Phil Wood's more considered culinary expression of the Mornington Peninsula and offers diners a set-course menu of up to six dishes, all of which tell a story of this cool-climate maritime region. The restaurant has idyllic views towards Western Port Bay and is set to become a premier destination for all those who love great food, wine and art. Two new sculptures will also join the 50-strong line-up in the next few months at Point Leo Estate, a 134-hectare sculpture park which opened its doors in October 2017.

#### **Meet Galah, Melbourne's new Australian-themed cocktail bar**

Opened in early January, Galah celebrates top Australian produce, native ingredients and locally crafted drinks – all in a very relaxed atmosphere. Located in a resorted old storage facility, Galah's menu

includes a variety of local cheeses and cured meats, wines from across Victoria and Australia, and signature cocktail creations such as the "Bush Pepper Man". The name of "Galah" comes from the pink cockatoos, which are said to lead to a drink when lost in the "bush". Galah is located in the High Street of Windsor, a neighbourhood in south Melbourne that has become a foodie's delight with its outstanding array of bars and restaurants.

#### **Table is set for Victoria's High Country Harvest**

The Victorian High Country's annual salute to its amazing produce, chefs, winemakers and brewers returns for its sixth big year across three long weekends from Friday 4 to Sunday 20 May 2018. The programme for this year's festival will feature more than 50 mouth-watering events in beautiful village cafes, restaurants, wineries and farms from the lesser-known Victorian region of the High Country. Sustainability, stunning scenery and a touch of foodie royalty are all on the menu.

A perfect excuse for a road trip, High Country Harvest visitors will have the chance to taste, forage and savour the festival ambience at village bonfires, farm gates, bars and wineries and at masterclasses with chefs, winemakers and brewers. The region of the High Country is located 2-3 hours from Melbourne.

#### **Melbourne Art Fair will focus on solo shows for its 15th edition in August**

The 15th edition of the popular Melbourne Art Fair will feature 40 leading galleries from Australia, New Zealand and Southeast Asia, presenting a curated selection of some of the newest and most respected names in contemporary art. The Fair returns in August with a focus on solo shows and considered group presentations from both new and established galleries. Some of the recent and long-term participants returning to Melbourne Art Fair include important Melbourne galleries such as Anna Schwartz Gallery, Alcaston Gallery, Tolarno Galleries and Anna Pappas Gallery, amongst many others. Melbourne Art Fair will also welcome five galleries that will be returning after a multi-fair break including Melbourne-based STATION. Melbourne Art Fair is the flagship event of Melbourne Art Week, set to take place in Southbank 2-5 August 2018.

#### **Melbourne to host the ICC World Twenty20 finals in 2020**

Melbourne's world-renowned Melbourne Cricket Ground (MCG) will be hosting the men's and women's finals of the ICC World Twenty20 in 2020, strengthening the city's reputation as the sporting and events capital and a global events city of Australia.

The ICC World Twenty20 is the International Cricket Council's (ICC) 'World Cup' for its fastest growing and most popular tournament and is considered one of the largest sporting events in the world.

For the first time in its history, the ICC World Twenty20 will feature two stand-alone events as the men's and women's tournaments will be scheduled for different times of year. This landmark move will see Melbourne become the home of both the men's and women's finals – the men's competition will take place from 18 October to 15 November 2020 and the women's tournament from 21 February to 8 March 2020.

#### **RESTAURANT & FOOD NEWS**

##### **Hanoi Hannah opens a new Vietnamese restaurant in Richmond**

Commune, the hospitality group behind Hanoi Hannah's Vietnamese restaurants, has opened a new eatery in Richmond, a neighbourhood that food lovers should not miss while in Melbourne. Launched at the end of February, "New Quarter" is a replica of the group's sister restaurants in Windsor and Elsternwick. New Quarter's expansive kitchen has made room for a menu that explores the breadth of Vietnam's signature cooking styles. Its dishes range from chargrilled lemongrass chicken basted in young coconut juice to crispy soft shell crab salad tossed with green mango





Guide price: £525 per week

**Wilton Avenue, Chiswick W4**

A recently refurbished 2 bedroom apartment with wooden floors and a private patio area. 2 bedrooms, 2 shower rooms, open plan living area, fully fitted kitchen and garage. EPC: C. Approximately 65.8 sq m (708 sq ft).

Available furnished



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Guide price: £1,100 per week

**St. Marys Grove, Chiswick W4**

A newly refurbished, bright and spacious 5 bedroom detached family home. 5 bedrooms, 2 bathrooms, cloak room, 2 reception rooms, kitchen, utility room and west facing garden. EPC: E. Approximately 214 sq m (2,305 sq ft).

Available unfurnished



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Guide price: £825 per week

**Airedale Avenue, Chiswick W4**

A recently refurbished 4 bedroom family home situated on a sought after residential road. 4 bedrooms, 2 bathrooms, guest cloakroom, double reception room, kitchen and rear garden. EPC: E. Approximately 121 sq m (1,300 sq ft).

Available furnished or unfurnished



Guide price: £1,600 per week

**Burlington Lane, Chiswick W4**

A stunning brand new Georgian style 4 bedroom Townhouse. 4 bedrooms, 3 bathrooms, 2 guest cloakrooms, 2 reception rooms, kitchen and dining room, media room, utility room, 2 private court yards, garden and garage. EPC: B. Approximately 247 sq m (2,660 sq ft).

Available unfurnished.



Guide price: £1,725,000

#### Esmond Road, Chiswick W4

Having undergone a complete refurbishment to exacting standards the house is offered in excellent condition throughout. 4 bedrooms, 2 bathrooms, downstairs WC, reception room, kitchen/dining/family room, garens, period terraced house. EPC: E. Approximately 177.53 sq m (1,911 sq ft). Freehold.



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Guide price: £999,999

#### Berrymede Road, Chiswick W4

An immaculately presented family home on the cul-de-sac end of a highly regarded tree lined road. 4 bedrooms, 2 bathrooms, downstairs WC, kitchen, reception room, balcony, roof terrace, garden, semi detached house. EPC: E. Approximately 131 sq m (1,410 sq ft). Freehold.



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Guide price: £1,499,950

#### Dale Street, Chiswick W4

A superb Glebe Estate house which has been the subject of sympathetic remodelling highlighting architectural flair and design. 4 bedrooms, 2 bathrooms, downstairs WC, 2 reception rooms, kitchen/breakfast room, gardens, period terraced house. EPC: D. Approximately 138.33 sq m (1,489 sqft). Freehold.



Guide price: £1,325,000

#### Chiswick Green Studios, Chiswick W4

A stunning duplex apartment offering an abundance of natural light, situated in a highly regarded development. 2 bedrooms, study, 2 bathrooms, open plan kitchen/dining/reception room, garden, secure parking, porter, residents gym. EPC: D. Approximately 126.44 sq m (1,361 sq ft). Share of freehold.



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Beaumont Road, W4

£530,000

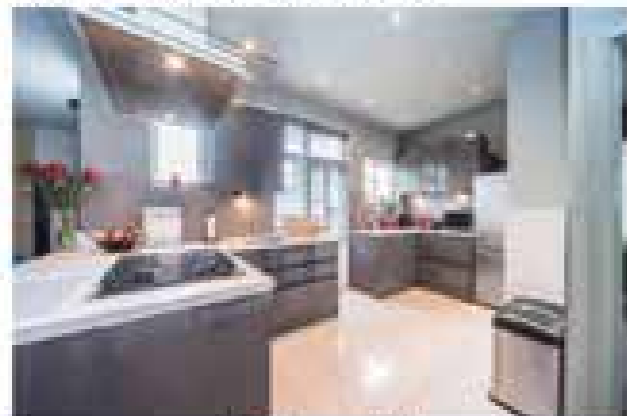
Borthwicks are happy to bring to the market well presented split level, two bedroom, two bathroom property located on this popular, residential road. Accommodation comprises dining room, large reception room, kitchen, bathroom, two double bedrooms and an en-suite shower room. Property has just been repaired inside and outside and has newly fitted carpets through. It would benefit from updating the bathroom and the kitchen. Property is located within easy reach of Chiswick High Street with its many restaurants, cafes, and shops. Good transport links offering speedy connections to Central London. Offered to the market with no onward chain. EPC rating C.



All Saints Road, W3

£449,950

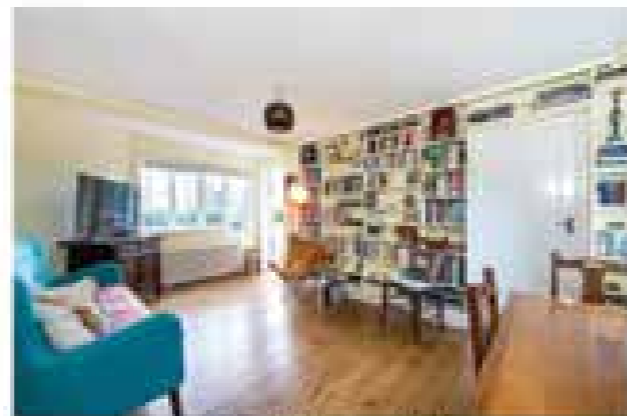
Borthwicks are pleased to offer to the market this 2 bedroom flat located on the top floor in the new development of Acton Gardens with a parking space. The flat comprises 79 SQ M, 2 bedrooms, utility room, family bathroom lounge/kitchen and a large private balcony. The flat is accessed by stairs and has entry phone system. All Saints Road is located within a one minute walk from South Acton Train Station offering easy and swift access to the city. Also a short walk to Acton Town Tube Station (District & Piccadilly lines). Offered to the market with no onward chain. EPC rating B.



Ivy Crescent, W4

£835,000

A stunning 3 bedroom, 2 bathroom split level apartment with garden and Freehold title comprising solid Dutch oak flooring in the living area and bedroom with plenty of built in storage, original Victorian spiral stairway leading down to private garden, open-plan hand built kitchen with Corian work tops and integrated appliances, and a stunning wet room. Top floor offers family bathroom and 2 good size bedrooms with fully fitted luxury carpets. All original windows were restored in 2012. This property needs to be seen. Ivy Crescent is located close to Chiswick High Road and within a very short walk to Chiswick Business Park and Chiswick Park Station (District Line).



Chiswick Village, W4

£450,000

Beautifully presented (Share Of Freehold) property comprising large reception room with dual aspect and south facing balcony, double bedroom with ample handmade built-in wardrobes and access to the Handless Camden style kitchen has a Corian work top with seamless sink and breakfast bar, integrated Italian appliances. The ceilings have been fully soundproofed so there is no noise pollution from upstairs. EPC Rating D

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Rothschild Road, W4

£275 per week

right corner built first floor one bedroom apartment located on Rothschild Road. The accommodation comprises a lounge with kitchen area, double bedroom and room. The property is well located being only a short 10 to Chiswick Park Tube Station (District Line) and is on easy reach of Chiswick High Road with its many schools, game bars, cafes and shops. It is also close to A4/M4 offering speedy access in and out of the city. Current EPC rating D. Available 23<sup>rd</sup> November. Fees apply.



Chiswick High Road, W4

£325 per week

1 double bedroom top floor flat ideally located on the popular Chiswick High Road within a stone's throw of Chiswick Business Park & Gunnersbury tube station. The flat comprises of a contemporary reception room into open plan kitchen which is currently being replaced, a large double bedroom with built in wardrobes and separate bathroom. It has great transport links on Chiswick High Road with its multiple bus services and via Gunnersbury tube station. This would suit a professional couple being close to Chiswick Business Park. EPC Rating - C. Available at the end of December. Fees apply.



Devonshire Road, W4

£340 per week

Borthwicks are pleased to offer this one bedroom flat in the heart of Chiswick, located right on the sought after Devonshire Road, moments from Chiswick High Road and short walk to Turnham Green tube station (District Line Zone 2). This property comprises of a reception room, large double bedroom and separate bathroom with both a shower and a small private outside space. The property is recently been redecorated. Early viewings essential. Available now. Current EPC rating B. Fees apply.



Heathfield Court, W4

£447 per week

close two double bedroom property accessible by lift with off street parking is situated in a prime central well location close to all Chiswick High Road's centres including Turnham Green and within easy access to Chiswick Park tube station. Two double rooms, a spacious lounge, a fully fitted kitchen and en-suite shower room. The flat boasts off street parking, unusual gardens and a 24 hour care taker with heating & water included. Located in a well-respected and sought block it is moments from Chiswick High Road as well as having easy road access in and out of West London. Further transport facilities. Current EPC rating C. Available mid November. Fees apply.



Cunnington Street, W4

£499 per week

A spacious three bedroom Victorian family house located in a quiet tree lined residential street in Chiswick. The accommodation consists of two double bedrooms and a single bedroom, two bathrooms, a spacious double reception and a fully fitted en-suite kitchen. There is a secluded west facing courtyard garden. The house is close to Chiswick High Road and its' superb range of shops, bars and restaurants. Chiswick Park underground station (District Line) is a short walk away and motorists have easy access to Heathrow Airport, the M25 and the West via the A4/M4. Current EPC rating D. Available 4<sup>th</sup> December. Fees Apply.



Ravenscroft Road, W4

£357 per week

Two bedroom property that has been fully refurbished bring it up to a modern standard and vibrant feel consisting of a bright and airy lounge with double door leading to a secluded patio garden that is a real centrepiece to the summer, there is also a modern fitted kitchen, a good sized double bedroom, a smaller single second bedroom and a tiled bathroom with shower over bath. The flat is carpeted through out. Located Minutes from Chiswick Park Tube Station (District Line) it is great for the commuter as also for the driver the flat is only minutes away. Current EPC rating. Available 15<sup>th</sup> December. Fees apply.

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- Residential Street
- Large Kitchen/Diner



#### St Albans Road, Chiswick, W4

Borthwicks are delighted to be offering to the rental market this splendid four bedroom family home in the ever popular St Albans Avenue situated in the prime Bedford Park area of Chiswick. The house consists of four double bedrooms, a light and airy reception, a large eat in Kitchen that leads to a well maintained garden. There are also two bathrooms and a cloakroom that lends itself to a family wanting a modern home in a prime location in W4. St Albans Avenue is situated within a 5 minute walk from

Turnham Green Tube Station (District Line, Zone 2) and is also within a stone's throw from Chiswick High Road's shops, restaurants, coffee shops and multiple transport links making this home ideal for a busy working family with the need for good transport links as well as a busy home and social life. Current EPC rating - E. AVAILABLE NOW and offered on an unfurnished basis.

Please call to arrange a private viewing Paul Charman, Lettings Manager 020 8994 8441  
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- 3 Bedrooms
- Wet Room
- Family Bathroom
- Approx. 1644 sq. ft.
- Garden
- Amazing Kitchen
- Beautifully Presented



#### Ivy Crescent, Chiswick, W4

Coming with a Freehold title occupying the first and top floor of this Victorian house, accommodation comprises solid Dutch oak flooring in the living area and bedroom with plenty of built in storage, original Victorian spiral stairway leading down to private garden, open plan hand built kitchen designed by the chef owner allowing amazing entertaining space with Corian work tops and integrated appliances, and a stunning wet room with exposed London Stock bricks.

Top floor offers family bathroom and 2 good size bedrooms with fully fitted luxury carpets. All original windows were restored in 2017, light switches and power points are finished in black nickel. This property needs to be seen. Ivy Crescent is located close to Chiswick High Road and within a very short walk to Chiswick Business Park and Chiswick Park Station (District Line).

Please call to arrange a private viewing Robert Winter, Sales Director 020 8994 8441  
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