

CHISWICK WOMAN MAGAZINE

December 2016 | Complimentary
chiswickherald.co.uk

Nicki Chapman

Chiswick, Australia
and wherever!

Francine Luker
Hairdressing and Beauty Academy

Winser London
Winter whites and Christmas gifts

Brooke Burfitt
Award winning actress

Helen Currie
BYC hot yoga

YOUR M&S
Christmas Food Guide

Royal Parks
What to do this winter

Wendy Nixon
The inspiration behind Armstrong Cuthbert

Beauty | Fashion | Living | Style | Wellbeing



Chiswick Herald

MAGAZINE

Dear Readers,

Welcome to our rebranded lifestyle magazine Chiswick Woman. We are excited to share this first issue with you in the merry month of December.

In a year that has produced a vast array of surprising and world changing events, we are now beginning to wind down and collect our thoughts for Christmas time. Most of us will be thinking ahead about next year and what we will be hoping to achieve professionally and personally.

I would like to take this moment to thank you for your support during 2016.

Until next year and issue two, I wish you all an exciting Christmas and a Happy New Year. Good food, lots of love and celebrations all round!

Katie x



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Chiswick Woman Magazine©
is published by
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Winner's Yasmin Le Bon shows their favourites for this seasons fashion (p24)

SPELLBINDING PERFORMANCE OF WAGNER'S PARSIFAL



Chiswick soprano Cecilia Bailey and the cast of Elemental Opera presented Wagner's last opera, Parsifal, at St. Michael and All Angels Church, Bath Road last month.

The imaginative director Mark Burns placed the action in East London. The church became a Victorian opium den for the night, and the dockworker Grail Knights celebrated their 'communion' with Laudanum. The male chorus were strong if at times a little ragged, and the female chorus both on and offstage were smaller than in a mainstream opera house but no less effective.

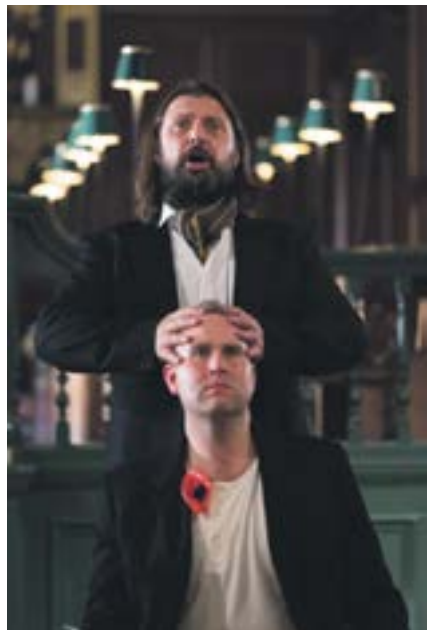
All of the soloists sang and acted compellingly, drawing us into the opera and the emotional and intellectual struggles of the individual characters. There is not enough space for the plot here, but the wounded Amfortas (Stuart Pendred) son of Titurel (Louis Hurst), who needs the Grail to stay alive, both sang and acted powerfully and movingly. The part of Gurnemanz, a marathon role, was acted by Adam Leftwich who, having been ill, could not sing for the whole opera; Gerard Delrez took over from the side. They combined well. The title role was sung by Brian Smith Walters in true glorious heroic tenor form.

Cecilia sang the very challenging role of Kundry, bewitched by Klingsor - sung by the slight Peter Brooke with an unexpectedly strong voice, to seduce Parsifal and so gain control of the Holy Grail. Brian showed Parsifal's transition from 'blameless fool' to anguished hero with accomplished skill, and Cecilia produced a beautiful range from very quiet, to big, round and Church-filling; both she and Brian at times rocked us back in our seats with their heart-rending tone. Their Act 2 was in itself a saga and quite spellbinding.

The entry of the Flowermaidens in Act 2 drew smiles all round; the seductive ladies came through the Church, stopping to accost members of the audience, but somehow managing to sing as a balanced whole. Their fight over Parsifal was wittily directed and then piercingly interrupted by Cecilia from on high, at the top of the steps leading to the High Altar. A magnificent piece of theatre.

The lighting by Frithjofur Thorsteinsson and design by the director were minimalist but highly effective. Conductor Michael Thrift directed the music with calm authority. The sound tapestry created with piano, organ and string quintet was exceptional for fringe opera.

Operas rarely have happy endings. Parsifal's is poignant but we are left wondering how happy it really can be. There is atonement and redemption, but also, inevitably, death.



THE FEEL GOOD FACTOR

AS CHISWICK HIGH ROAD CONTINUES TO LOSE THE INDEPENDENT BUSINESSES WHO PROVIDE IT’S UNIQUE CHARACTER, WE TALK TO SALON OWNER WENDY NIXON, WHO IS SUCCESSFULLY BUCKING THE TREND.



Chiswick’s iconic High Road is one of the key reasons that many people are attracted to live in the area. Restaurants, bars and boutiques create that characteristic vibe, but never at the expense of a bustling, functioning community. So, a great place to run a business? Well yes and no....

Wendy Nixon, owner of hair salon Armstrong Cuthbert, has seen plenty come and go during her 30 years in Chiswick, so who better provide an insight into what it takes to survive and thrive in one of London’s most competitive retail environments.

The first thing that strikes you about Wendy is her continued passion for the hairdressing industry and the impact it can have on people’s lives.

“We are not in the business of cutting hair, it’s much deeper than that, we make people feel good about themselves and the confidence that comes with that.”

Starting out as a junior on an apprenticeship at just 16, her journey to salon owner is a testament to dedication, hard work and a willingness to take the odd calculated risk.

“I did not excel academically at Brentford Girls School, but one thing my father always drummed into me was the importance of having a trade behind you. He was a carpenter who developed a successful building company, so I guess that ethos rubbed off!”

Wendy took ownership of Armstrong Cuthbert, a family business, in 2007 after managing the salon for many years. As she readily admits, the timing could have been better.

“The Banking Crash happened almost immediately, and this hit everyone’s pockets, so almost overnight people were

spending much less. This had a major impact on the High Road and for a couple of years, it was definitely survival mode for many of us.”

Economic circumstances slowly improved, the salon remained afloat and Wendy is in no doubt who takes most of the credit for this.

“The loyalty of my customers was, and remains, the lifeblood of the business. Many other salons were heavily discounting to attract any custom they could, but we did not go down that route. We just focused on delivering a great value service and rewarding our regular clientele.”

Then, in 2013, things really took off for Wendy when global beauty brand Aveda identified her business as the ideal outlet for their organic hair products.

“I was always a fan of Aveda and their ethos, so when they approached me it seemed a natural partnership.”

Since then, the salon has gone from strength to strength, culminating in two successes at the 2016 London Hair & Beauty Awards, including Hair Salon of the Year. As she enters her 10th year as the business owner, it is recognition of which she is rightly proud.

“I am particularly pleased for my team, who make our customers feel so welcome and deliver a great experience, but you do also reflect back on yourself as that 16 year old, sweeping hair, and how far she has come.”

And so to her thoughts on Chiswick today, and the challenges for independent businesses on the High Road....

“Well, firstly I would say that I love Chiswick and wouldn’t

want my business anywhere else. There is definitely a community atmosphere here that you often don’t get in London, and you never know what is going to happen or who will walk in.”

Last year the salon was chosen as the location for a Children In Need trailer on the BBC, and has also participated in ‘The Edible High Road’, part of Abundance London linked to The Chelsea Flower Show.

“It is important to take an active part in local business and charity initiatives because it reinforces that we are part of this community.”

But Armstrong Cuthbert is not immune from the realities facing her contemporaries.

“Incremental rent and rate increases are a massive threat to the abilities of independent shops to survive, and also parking issues along the High Road do little to attract non-locals. With Westfield just up the road, the local council needs to think a little more closely about the overall experience for a Chiswick shopper.”

Which leads us neatly back to the secret of her success – any tips for other small businesses starting out in Chiswick?

“I think we have tried to move with the times, allowing customers to engage with us through modern technologies, but have never lost sight of the fundamentals.... a friendly expert service, ongoing investment in both the team and salon, and understanding the value, in every sense, of what we do.”

Armstrong Cuthbert can be found at 177 Chiswick High Road or www.armstrongcuthbert.co.uk



London City Cufflinks £289

THE ESSENCE of the city of London has been captured in a highly detailed silver cufflink design, serving as the perfect gift to commemorate city-centric moments - for him, for her, residents, visitors, students, business associates and many more who share a love of the capital.



Evra Jewellery

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Bouf

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Under the Same Sun

Under the Same Sun by a Swedish based design duo producing eco luxury yoga, swim and surf wear. Each piece is ethically produced from recycled materials in exclusively designed prints. Each pair of leggings recycles 25 green bottles!



Totem

Luxury jewellery label by Paddy Dickinson based around the concept of storytelling. Every piece in the range is ethically produced, using recycled and sustainable materials from sacred seeds sourced in Bali, recycled silver and rose gold and handmade paper from eco plants in the Himalayas.



Eileen Fisher

Eileen Fisher is a pioneer in producing ethical and organic luxury clothing and accessories, known for her classic and tran-seasonal cuts with 4 prominent stores in the UK including Wimbledon.

CHRISTMAS GIFT GUIDE



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Molly & The Wolf

Treat your loved ones to a gift that keeps on giving with Wolf's Craft Club (download here)! Come and join in the fun with a 1, 3 or 6 month subscription and receive an imaginative craft kit, beautifully packaged and personally addressed each and every month. The perfect gift for nieces and nephews, godchildren and grandchildren,



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Keep things minimal and stylish with a journal from Swedish lifestyle brand, kikki.K.



Salt-Water Sandals

Treat your little ones to a pair of iconic Salt-Waters - with a colour for any occasion these really are a must-have for any wardrobe, all year round.



Selfish Mother

Give Back this year with a Christmas jumper that not only looks good, but does good too. These collaborative jumpers from Selfish Mother X Save The Children donate 50% of every jumper sold to the charity.



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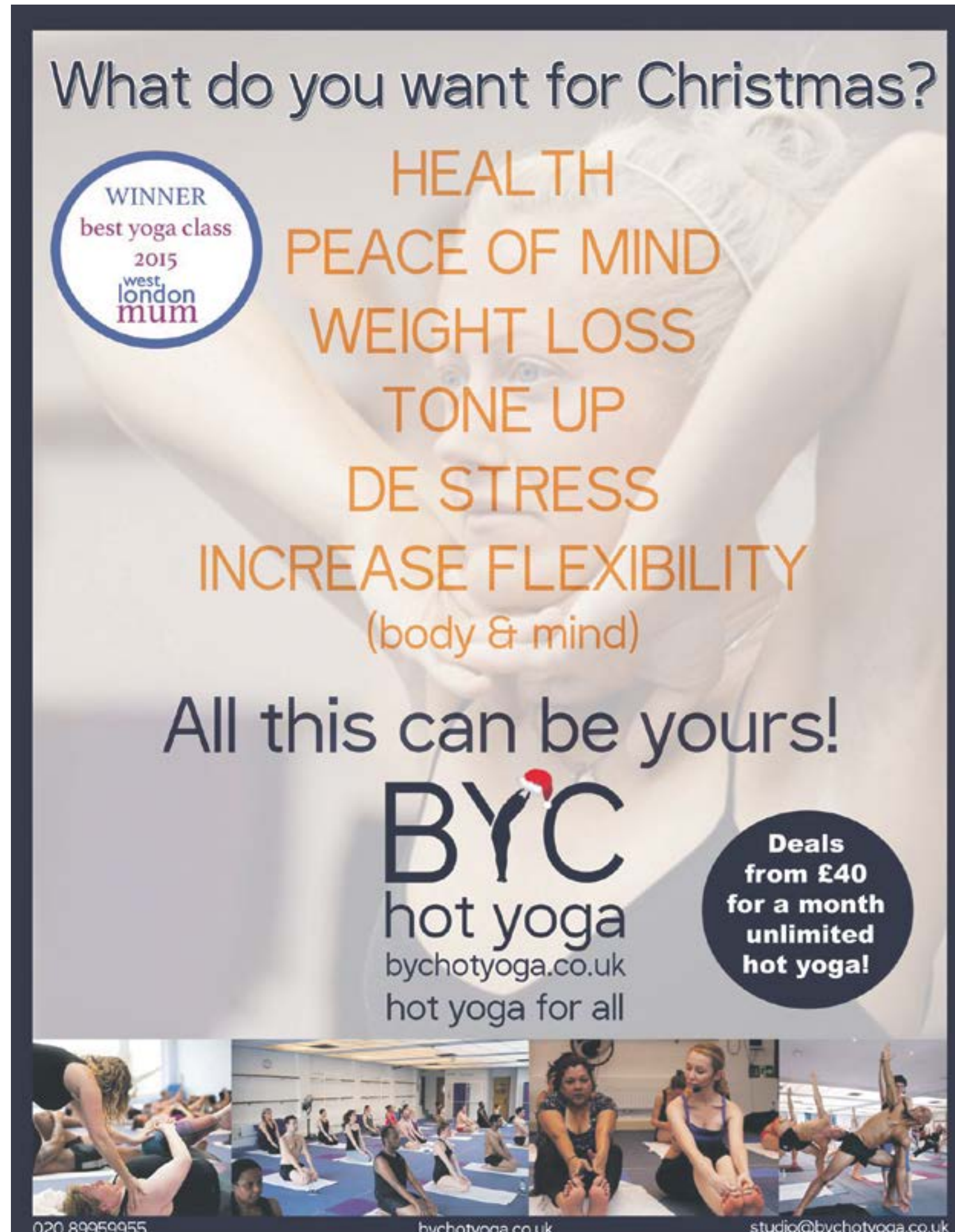
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AN ALTERNATIVE TO THE PANTO- CINDERELLA WITH A TWIST

POP-UP THEATRE COMPANY DEBUTS AN IMMERSIVE THEATRICAL PRODUCTION
OF THE FAIRY TALE THIS CHRISTMAS



Mary Munro

A new state of the art pop-up theatre company is standing firmly apart from typical pantomimes this year, creating an unforgettable family spectacle of Cinderella. Humdalila Productions will showcase its debut interpretation of the classic fairy tale for two weeks over Christmas at Chiswick House and Gardens.

The performances will be hosted in a state-of-the-art, pop-up theatre tent in the beautiful Walled Gardens at Chiswick House. Running from the 16th-31st December, the production will create an unforgettable theatre experience for both children and adults alike. The highly entertaining, artistic and immersive show will transport families into the dazzling fairy tale of Cinderella. The show includes twists on the classic, with the Fairy Godmother partnered with a thrilling illusionist vagabond, an astonishing lizard with his spectacular acrobatic routine, classical and contemporary dancing mice, and a live orchestra performing an original score. Humdalila Productions was brought to life by Mary Munro, owner of the boutique children's entertainment company, Stage Star Events, which is recognised as one of London's leading children's private entertainment companies and specialises in private theatrical performances. Mary saw a gap

in the market for a much larger variety of family entertainment and an alternative to traditional panto, and as such, has produced a highly entertaining, yet beautifully artistic stage show.

Mary has said ahead of the show: "I believe that aside from the myriad of pantomimes at Christmas, there is little choice for the public when it comes to children's musical theatre. We have created a whole new world for Cinderella to exist in and are thrilled to bring this bespoke event to life. Stepping away from the traditional panto, this production aims to bring surprise and magic to our audience over the Christmas period. We promise no audience member will be left disappointed.

"We are honoured to be able to host our magnificent performance in the stunning venue at Chiswick House Gardens. We are extremely pleased that we have this magical setting to provide an air of enchantment to the whole experience. The beautiful location and talented performers are sure to make it a captivating and memorable experience to remember."

Preparation is underway for this unique musical theatre. No detail is too small; the set and couture costumes have been meticulously

designed to ensure every detail is crafted to the highest standard for an exquisite production. Lyrics by Felix Hagen will be accompanied by an eight-piece orchestra to illuminate the performance.

Before the imaginative show begins children can enjoy face painting and balloon art while adults can relax with a drink at the fully licensed bar. A pop-up restaurant will also be serving delicious meals for all the family before the performances to create a day out like no other.

Shows will be running twice daily between 16th and 31st December, excluding Christmas Day. For more information about the event, visit www.humdalilaproductions.com. Tickets are available to buy from the website with prices starting from £30.

For further media information contact Louisa at Humdalila Productions :

T. 020 7420 3550
Email: StageStarEvents@you-agency.com
Twitter: @YouAgency

TOP TEN THINGS TO DO IN THE ROYAL PARKS THIS CHRISTMAS

NOW ITS NOVEMBER WE CAN OFFICIALLY START TALKING ABOUT CHRISTMAS. THIS YEAR WE HAVE PLENTY OF FESTIVE TREATS TO GET YOU IN THE MOOD, FROM HYDE PARK WINTER WONDERLAND AND WINTER HORSE DRAWN CARRIAGE RIDES, TO CHRISTMAS INSPIRED WALKS AND FESTIVE DRINKS.



1. Visit Hyde Park Winter Wonderland on its tenth anniversary

No Christmas countdown is complete without a visit to the UK's number one festive destination, Hyde Park Winter Wonderland.

New additions include the internationally renowned 'Nutcracker on Ice' at the Winter Palace and the UK debut of the world's largest transportable rollercoaster, Munich Looping.

Don't worry though the usual favourites including The Magical Ice Kingdom, outdoor ice skating, Zippo Circus and the Giant Observation Wheel, will all be back.

We recommend booking all major attractions in advance and visiting on weekdays if you have little ones. Visit the Hyde Park Winter Wonderland website for tickets and more info.



2. Buy your sustainable Christmas tree from a Royal Park

From 27 November you can buy your Christmas tree and decorations in Bushy Park (Diana Car Park), Greenwich Park (Bower Avenue) and Richmond Park (Roehampton Gate Car Park). Each park will also stock a selection of natural wreaths, garlands, holly and mistletoe. Trees are sustainably sourced from the Highlands in Scotland and sales support the work of The Royal Parks.

For more info click here.



3. Improve your sense of direction in Hyde Park

Follow the North Star they say, but which way is north?

Without the aid of a compass, most of us don't have the foggiest idea what direction we are facing. Follow in the footsteps of your ancestors and learn how to navigate the old fashioned way, by using clues from the sun, wind and plants.

The two-hour workshop will also help you identify trees in winter from their buds, twigs, bark and shape.

Afterwards, why not wander down to the Serpentine Bar and Kitchen and relax with a festive drink. Personally, we can't get enough of their salted caramel cappuccino.

When: December 3, 10am-noon.
Cost: £10.
Adults only. Book via the Royal Parks Foundation website.

4. Visit the Frieze Sculpture Park in The Regent's Park

Combine fresh air and culture, by visiting the Frieze Sculpture Park in The Regent's Park until January 8.

Entry is free and sculptures from 19 different artists will be on display in the beautiful English Gardens. Download the free Art Fund app which provides the lowdown on each installation.

5. Discover the origin of Christmas traditions in a walk through Kensington Gardens

As the year's shortest day approaches; join the Royal Parks Foundation for a stroll through Kensington Gardens to look at the seasonal folklore and traditions that have developed



over the centuries. On this walk you will find out what Christmas traditions Queen Victoria and her consort Prince Albert introduced to Britain, why robins appear on Christmas cards, and how holly was protected by Kings.

When: 9 December, noon.
Cost: £5. To book you place visit the Royal Parks Foundation website

6. Uncover a time machine in Brompton Cemetery

A time machine? Or something more sinister?

Unfasten your doors of perception with an extraordinary tale of occult, magic and secret time machine in Victorian London. What on earth is really inside the Hannah Courtoy Tomb?

Be sure to bring a candle in a jar to guide you as we wander amid the 35,000 graves in Brompton Cemetery. And remember to dress warmly for an evening that is guaranteed to chill your bones to the very marrow.

When: December 10, 7pm.
Cost: £8 (25% of proceeds will go to the Brompton Cemetery Restoration Fund)
Purchase tickets via antiquebeat.co.uk

7. Blow away the cobwebs in Bushy Park

Temperatures may have dropped but that's no excuse to stay indoors. Grab your trainers and visit Bushy Park, the second largest of London's eight Royal Parks. On a crisp sunny day, The Woodland Gardens are particularly stunning. Afterwards, reward your efforts with a mulled wine and mince pie in the Pheasantry Cafe.



8. Enjoy a horse drawn carriage ride in Richmond Park in December

Snuggle under a blanket and enjoy the stark wintry beauty of Richmond Park with a carriage ride drawn by our majestic Shire horses. The experience will include a unique behind-the-scenes visit of the working stables at Holly Lodge. Proceeds will fund sustainable conservation initiatives with the horses in the Royal Parks. Refreshments and blankets are provided. Tickets sell out fast so book yours now via The Royal Parks Foundation website



9. Watch the Peter Pan Cup on Christmas Day

Since 1864, swimmers have been taking to the water in Hyde Park to compete in an icy 100 yard race before heading home to tuck into their Christmas dinner. Only members of the Serpentine Swimming Club can take part but the public can watch from the sidelines.

When: 25 December, 9am at the Serpentine Lake, Hyde Park.
For more information visit the Serpentine Swimming Club website.

10. Go on a guided walk of Richmond Park on Boxing Day

Walk off that extra helping of Christmas pud by joining the Friends of Richmond Park for a guided stroll on 26 December.

Meet at Roehampton Gate car park in Richmond Park at 10am. The walk is free and will last approximately two hours.

CHISWICK ACTRESS WINS AWARD AT WEXFORD FILM FESTIVAL

Brooke Burfitt took home Best Actress at the 2016 Wexford Film Festival in Ireland this November. It was the first screening of the feature length thriller "By Any Means", in which Burfitt plays the lead role of Mimi Wyatt - a C-list reality show star. Brooke Burfitt grew up in Chiswick on Duke Road, where her parents still live.

Brooke says, "Chiswick has a great supportive community for the Arts, so it never seemed beyond the realms of a possibility to pursue a career as an actress."

She adds the role of Mimi was her most challenging to date, "Mimi is calculating and ego-centric and so her personality makes it difficult for you to sympathize with her during a traumatic ordeal. But it was fascinating because it is such a different role to the sweet girl-next-door I would normally play. I have never had to push myself like that before."

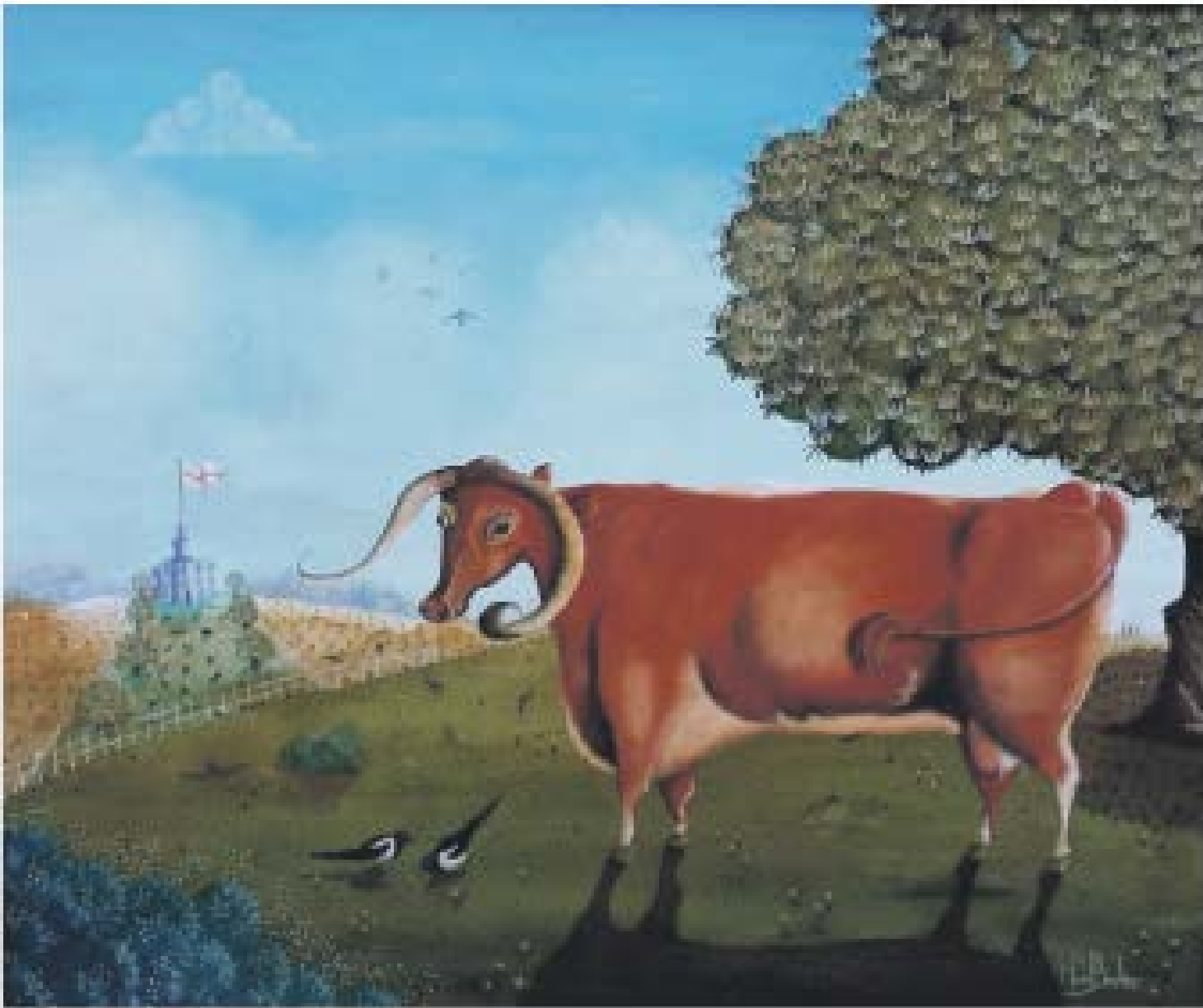
The movie was shot last Autumn in New York. The story goes that Mimi gets kidnapped after a night-club appearance. Her kidnapper, Frank Watson (Thomas Gipson), holds her hostage for a ransom of \$123,000. He is a desperate man in need of cash to save his terminally ill daughter. Mimi must work out how to raise the money, but will the police believe her version of events? The film also stars US reality show stars Jonathan Cheban (Keeping Up with The Kardashians) and Michelle Money (The Bachelorette).

The movie also went on to win Best Film, with the director Leighton Spence collecting both awards at the ceremony.

For more information about the film, check out their website www.byanymeans2016.com or follow the films updates on Twitter @byanymeansmovie.



Noel Barker



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Available for private viewing by appointment at georgieholman@hotmail.com

Check out more of Noel Barker's originals and limited edition prints at www.noelbarker.co.uk

How to have a truly joyful Christmas



You've put up the tree, you've ordered the turkey, you've bought the presents, you've had the argument about who is going to pick up Granny on Christmas Eve...so what now? How are you really going to ENJOY Christmas?

Well, for most of us, we would say that we are going to enjoy Christmas by spending time with our family and friends. By being WITH the people we love.

And that is actually the heart of the Christmas story.

Christmas is, of course, about Christ.

And Christians believe that God came to be WITH us in the person of Jesus Christ. God wanted to be with us – because he loves us and wants to help us and to bring us true joy. The name Emmanuel (which is what Christ is called in the Bible) is Greek and means 'God with us.'

So, as you make your final plans, do remember to stop at some point and hear the story again – of Jesus born of Mary, in a stable, with angels proclaiming the good news and shepherds and kings coming to see what is happening.

Maybe you'll get the chance to watch a school nativity play or to come to a Carol service or watch a programme or film on TV.

Whether you are a Christian or not, whether you have a faith or not, find the truth in the story – that we can all choose hope rather than despair, love rather than hatred, light rather than darkness.

The angels appear to the shepherds saying, 'Fear not. For, lo, we bring you good tidings

of great joy that unto you is born this day a Saviour who is Christ the Lord.'

Maybe you feel you don't need a Saviour. But, looking around our world today, it seems clear to me that we do. And we won't find a Saviour in the places we often look for one – like in the White House or 10 Downing Street.

We find our Saviour in the tiny baby in the manger.

Why? Because, as the children sweetly sing in the beautiful carol Away in the Manger, Jesus is the little Lord Jesus. Jesus is from God. He's not simply human – full of the same weaknesses and sinfulness that we all suffer.

Think of it like this. If we are all – every human being on the planet – enslaved to some kind of sinfulness – our pride and greed and selfishness, our lack of hope and trust that things might be better and that we might play a part in making them better – then how can any human being rescue us?

Only God through Jesus can bring us true freedom and being truly free is good news.

The shepherds were socially the bottom of the pile, almost outcasts – and yet these are the people God chooses to tell about first – that Jesus is born. The good news is that, in God's eyes, the poor and the marginalised come first.

The kings were from a different faith to Jesus and yet God guides them to the stable by a great star. The good news is that whether you are Christian or Muslim or Jewish or Buddhist or Sikh or of no faith at all, God loves you.

Jesus grew up to bring healing to the sick,

forgiveness to the guilty and hope of new life to those who mourn. This is all very good new indeed.

Yesterday I had lunch with a friend who sadly lost his wife this year to a sudden illness. He is, of course, lonely and knows that he will miss his wife even more at Christmas. But he clings to the hope he has in Christ, in the story that God gives us, which starts with the incarnation – God becoming one of us – at Christmas and ends with the resurrection at Easter – God raising Christ from the dead. My friend said, I just go on hoping that death is not the end. That love is stronger than anything, even death.

And so do I.

And so may you this Christmas.

As the wonderful carol, O Little Town of Bethlehem, puts it:

We hear the Christmas angels
The great glad tidings tell
O come to us, abide with us
Our Lord, Emmanuel.

So please enjoy being with those you love this Christmas.

But, this year, make a little extra space, if you can, for the God who loves you and always will. The God who reveals himself in the story of a baby born in a manger.

Merry Christmas!

Rev Martine Osborne
ST MICHAEL'S CHURCH ,
ELMWOOD ROAD,
CHISWICK

Chiswick poet Tony Inwood reminds us of the true meaning of Christmas...

CHRISTMAS LIGHTS



We love the lights of Christmas,
They sparkle and they glow
They lift the hearts of shoppers
And brighten up a show

We delight to hear the carols
And all the Christmas songs
To share with all our families
And know that we belong.

We love to open presents
To see just what's inside
And see the joy of loved ones
Our warmth we cannot hide.

We spare a thought for lonely ones,
The homeless and the old
We need to share our warmth with them,
Not leave them in the cold.

When midnight chimes on Christmas Eve,
Church windows are ablaze
As Christians go to worship God
And joyfully sing his praise.

We love the lights of Christmas,
The birth of Christ our Lord
He lights our hearts forever
Eternity assured.

Tony lives in Chiswick and is a regular contributor to the Chiswick Herald. © Tony Inwood 2016.

CHISWICK, AUSTRALIA AND WHEREVER!

NICKI CHAPMAN IS ONE OF BRITAIN’S BEST KNOW TV PERSONALITIES, ENJOYING SUCCESS IN BROADCASTING AFTER HER APPEARANCE AS A JUDGE ON THE GROUNDBREAKING SERIES POPSTARS. JUGGLING LIFE BETWEEN CHISWICK AND WHEREVER HER PROFESSIONAL WORK TAKES HER, NICKI’S UNRELENTING ENERGY, DRIVE AND ENTHUSIASM CONTINUES TO FLOURISH.

Working in the music industry for 20 years, Nicki became a household name after appearing as a judge on the early 2000’s reality TV show Popstars, a show that was an instant smash hit with the resulting band Hear’say going on to sell over a million copies of their first single ‘Pure and Simple’. She then appeared as part of the judging panel alongside Simon Cowell on Pop Idol, one of the biggest shows to grace the UK’s TV screens preceding X Factor and Britain’s Got Talent.

She continues to present some of the UK’s most loved television programmes - Wanted Down Under and Escape To The Country. Nicki also occasionally takes over the airwaves at BBC Radio 2 for her good friend Vanessa Feltz

Originally from Kent, Nicki left school at 16 feeling rather direction-less and panicked. “I carried on with my studies to learn a few more skills at college until I was 19. I then took off to Australia!” says the joyous Nicki. “There was no Home and Away or Neighbours back then, but I loved it so much that I applied for a visa when I returned to London.”

It was during this time that a job in the music industry popped up. Starting off as a Promotions’ Assistant at MCA Records, she quickly became one of the youngest and most successful publicists in the industry. Three years later she moved to RCA Records as Head of TV Promotions where she began a long association with Simon Cowell.

“I threw myself into the interview and got the job. Although I’d planned differently, Australia was put on hold” continues Nicki. “Funnily enough, I had no idea I’d be working on a much loved and life changing TV programme based down under!”

After leaving the music industry but continuing to work in TV and radio, Nicki also trained and qualified as a professional coach providing a range of support, empowerment and advisory skills for not just celebrities but also corporate executives and open-minded individuals.

“It’s another area I feel passionate about. It’s for everyone, young mums to professionals. I’m able to help them find the answers for themselves and it’s exciting to be part of that process.”

During her training, Nicki had her own personal coach and felt it was like talking to a friend, but without the commitment it brings. “That friendly ear was really impor-

tant. To have someone listening and giving you that attention was incredibly helpful. Sometimes we need another person from the outside to turn to. Now I’m doing this for others I find it incredibly rewarding and love working closely with people.”

Earlier this year, Nicki filmed a brand new TV show for BBC1 called Operation People Power with Dave Myers (one of the Hairy Bikers), which airs Mid December. The series features various volunteering projects in Bristol that help people get their confidence back, learn new skills and enhance their social confidence. Importantly, it also highlights the impact volunteering can have on the local community.

Because of her experiences in Bristol, Nicki has felt drawn to this type of work and volunteered in a high street Charity store here in Chiswick, whenever she can. Nicki is proud to be part of the community, loving the independent shops and the Village atmosphere.

“I love Chiswick! It’s close to Heathrow which really helps as I travel so much. When it comes to the High Street, The Blow Dry Bar is my favourite place to visit; they’ve saved my life on a few occasions! I use the local gym and I adore Outsider Tart for a few devilish nibbles.

“I’m known for filming Escape To The Country and living here in West London means I get the best of both worlds - countryside during the week with the show, and Chiswick with all it offers at the weekends! The perfect combination!”

And with Christmas soon upon us it’ll be time out for Nicki as she prepares to spend time with those close to her over the festive season.

“I often do holiday cover on BBC Radio 2 over Christmas, but this year I’ve decided for a change and will have time off from work.

“At Christmas time I love being with my family and friends. If we spend it in London, there’s always a trip to our friends’ pub in Twickenham by the river called The White Swan. Everyone wears their Christmas jumper too! On the menu will be the usual Christmas feast, Turkey and all the trimmings!”

Join Nicki on Wanted Down Under and Escape to the Country. You can also catch her friendly voice covering for Vanessa Feltz on BBC Radio 2.



FINDING CONFIDENCE THROUGH BEAUTY

OWNER OF IN-DERM CLINIC IN CHISWICK, EWA RUTKOWSKA, TALKS ABOUT HOW HER APPROACH HELPS PEOPLE REGAIN CONFIDENCE THROUGH PROVEN AESTHETIC PROCEDURES.



Ewa Rutkowska



Niki Bedi, who presents the Early Breakfast Show Monday to Friday on BBC Radio London, is a keen advocate of Chiswick's In-Derm

Offering bespoke treatments for various skin conditions and permanent hair removal, the In-Derm Skin Clinic, set in chic, fully equipped state of the art premises, opened almost a year ago after Ewa branched out on her own after working for other clinics across London.

'Once I was qualified, clients and friends suggested I go it alone. This gave me the confidence to seriously think about just that which led to the setting up of In-Derm Skin Clinic in Chiswick,' says Ewa.

A passion that grew into a business, Ewa holds internationally recognised qualifications that allow her to practice a number of treatments for skin conditions and hair removal.

'My main area of expertise is the removal of moles, skin tags, warts, millia, keratosis, xanthelasma and more and I also offer expert treatments for lines & wrinkles, acne, pigmentation, scarring, rosacea, and hair removal,' continues Ewa.

'In serious cases, where they may be advanced medical implications, I will refer clients to seek further medical advice from their GP, but thankfully, the majority of treatment remains aesthetic and solely based around appearance.'

The In-Derm Skin Clinic's most popular treatment is permanent hair removal using Electrolysis. This treatment is common with women suffering from unwanted hair, particularly facial hair.

How does Electrolysis work?

Electrolysis works by the insertion of a tiny probe into the hair follicle. The aim being to damage the base of the growing hair in order to cut off the blood supply and nutrition to the hair. This prevents any new growth from developing. The technique is selective and no damage should occur to surrounding tissues. Each hair must be treated multiple times.

Ewa says 'During their first appointment, patients should clearly explain what expectations they have of the hair removal treatment. We will then tell them whether this is the right treatment for them and whether it can achieve the results they'd like. We will also ask for a patient's medical history to make sure that there are no reasons why they shouldn't undergo electrolysis treatment. At this

point, we will also ask the patient to sign a consent form. Photographs of the area to be treated may also be taken by the practitioner for a "before and after" comparison later.'

Ewa is keen to outline the fact that peer pressure and social media can make a person go forward with procedures that they may not need, but does make the point that reasons for treatment are solely down to the individual.

'We live in a world of internet and social media with selfies bombarding our profiles. People are becoming more and more conscious about how they look. Removal of a mole or other unsightly blemish, making the skin looking radiant and healthy can improve self-esteem and confidence of the individual. At the same time, people must be 100% certain that they want to go ahead with treatment as it will be life changing and in the majority of cases, the changes are extremely positive.'

'Today, we live longer than ever and there is more pressure to look younger for longer with blemish free skin.' Ewa is pretty philosophical; 'It's not possible to stop the ageing process but lots can be done to slow it down dramatically.'

Outside of the clinic, Ewa has a passion for belly dancing, being part of a troupe that performs in theatre and at professional shows and festivals.

'I love belly dancing! I tried it a few years back and fell in love with it. I'm lucky that the dance group I'm now a part of perform professionally, but that aside, it keeps you fit and the social aspect is fantastic!'

With her radiant smile and great personality, it's easy to see why Ewa has a long list of satisfied clients in and around the Chiswick neighbourhood. And, on the quiet, Ewa has a few celebs that use her services.

'Yep, I've a few household names that visit the clinic, but who are they? Well, that's for me to know and you to wonder!' Fair enough....

Ewa is offering FREE consultations to Chiswick Woman readers. Contact Ewa at In-DERM Skin Clinic (at the Revival Clinic) 2A Acton Lane, W4 5NE Chiswick, London. Tel: 07443 548 025



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WINSER LONDON WINTER WHITES

Ignoring black in the bleak mid-winter gives your wardrobe a breath of fresh air. Don't try to match shades - enjoy the subtleties of warm whites through ivory to oyster. Take the white look out by day or by night with well-tailored trousers and luxuriously cocooning knits in interesting textures. The cape and poncho are great winter go-tos - easy chic that adds a stylish extra layer of warmth. Add some punch to your head-to-toe white outfit with a dash of confident colour, like a Hollywood red Winsler London cashmere wrap or a flash of a red-soled Louboutin heel.



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• Audrey Cashmere Belted Cardigan £250 & Wide Leg Flat Front Trouser £195



• Miracle Crochet Shift Dress £135



• Katherine T Shirt £89



• Ruffle Jersey Top £69



• Cashmere Blend Chunky Coat £199, Merino Wool Rib Roll Neck £79 & Wide Leg Flat Front Trouser £195



• Cable Knit Aran Jumper £150



• Detachable Collar Shift Dress £125



• Miracle Fitted Dress £135

TIME TO PARTY!

Spin through cocktail hour in a haze, dressed in the new souped-up Winsor London LBD, reimagined with a detachable embellished collar, adding sparkle by night. Gorgeous layers of georgette silk, feminine ruffles and sumptuous silks comprise the key ingredients this Christmas. For that classic air of sophistication, opt for a fluid, slim-line look in the Winsor Lauren Tailored Blazer and Wide-Leg Flat-Front Trouser – a simple yet glamorous desk-to-dinner outfit that just calls for a killer heel and gorgeous jewellery as you walk out of the office.



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• Georgette Silk Layered Shift Dress £175



• Shift Dress with Ruffle Trim £135



• Merino Wool Shift Dress £125



• Miracle Georgette Sleeve Dress £150

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- 1. Audrey Cashmere Jumper £195, Cashmere Wrap £150 & Cashmere Hat with Detachable Pom Pom £69
- 2. Cashmere V Neck Jumper £185, Cashmere Wrap £150 & Cashmere Hat with Detachable Pom Pom £69
- 3. Merino Wool Rib Roll Neck £79
- 4. Oversized Cashmere Wrap £250
- 5. Cashmere Blend Button Cape £150
- 6. Cashmere Hat with Detachable Pom Pom £69
- 7. Spot Print Silk Pashmina £99



8.



8. Pearl Necklace with Silver Clasp £125

9.



9. Gift Box

10.



10. Sterling Silver and Freshwater Pearl Bracelet £49

11. Long Cultured Oval Freshwater Necklace £99

12. Freshwater Pearl and Silver Stud Earrings £25

13. Real Silver Pearl Drop Earrings £95

14. Freshwater and Silver Bracelet £99

11.



12.



13.



14.



AUTUMN & WINTER 2016 TRENDS

9 KEY LOOKS YOU NEED TO KNOW

Autumn/Winter 2016’s top-line fashion trends may be wildly different from each other, but they’re all supercharged with one major element—creative electricity.

That may sound obvious. Of course designers switch things up each and every season to offer new and exciting things, you’re thinking, but there’s something about the industry right now that’s pushing boundaries and offering up new sartorial ground to be stomped upon.

The fashion world is in a major state of flux: The concept of see now, buy now is increasingly important (well, you don’t want to wait, do you?), and many designers and super-brands are also rethinking not only how they present their collections but when and to whom.

The old-school fashion calendar or idea of the runway show is being pinched and tweaked into new forms, and this overdue disruption has sparked an inventive energy—one that results in seriously covetable clothes, whether outré and bold or honed to perfection for everyday wear, without scrimping on luxe detailing or points of difference.

Some of the most talked about labels of A/W 16 didn’t even have fashion shows. Some buyers are investing heavily in menswear brands for women. Some hyped-up names create limited-edition runs only and are challenging the norm with super-high price points or controversial trends (gigantic shoulder pads, anyone?).

But all fashion editors are in agreement that now is the time to be you—take A/W 16’s trends and make them your own. Mix and match if you want to. Wear them head to toe if you want to. If you’ve always harboured a love for dramatic costuming, now is your time. Or major purists out there who only wear white and black? That’s entirely cool too. Don’t be afraid to step out of the norm—individualism is seriously on trend.

But enough of the business speak; let’s get down to what’s important for your A/W 16 shopping list. Scroll to see the top fashion trends for next season so you can brag well in advance and get your must-wear plans in order.

#4: Unashamedly '80st



Pictured: Moschino, Philosophy di Lorenzo Serafni, Lanvin

The 1980s was writ large across the runways of London, Milan and Paris. Power dressing is back, but the lens is predominantly focussed on eveningwear: Spiked stilettos are back in town, as are satin, ruching, oodles of gold jewellery, fishnet tights and asymmetric cuts. Leather and lace, latex and lurex—no after-dark outfit detail is left unadorned or devoid of shimmer.

#5: True Velvet—



Pictured: Valentino, Roksanda, Ellery

Arriving in a shocking array of bright hues, velvet is no longer the fabric of dark, romantic, gothic evening-only clothes, but one to be mixed into the most vibrant street styler’s daytime wardrobes. You’ll find it used in everything from trouser suits to thigh-high boots.

#6: Haute High Octane



Pictured: Carven, Marni, Chloé

Sure, we all know sport luxe—it’s been around for yonks—but this next level of adventure-seeking, high-throttle, all-terrain athleticism is quite different. A/W 16’s girl is kind of the badass chick who rides in on a motorcycle, paraglides to work, is an expert off-piste skiing champ and probably wears her bulging outdoorsy wardrobe with her regular attire.

#1: Surreal Stripes



Pictured: Salvatore Ferragamo, Max Mara, Fendi

Who doesn’t love stripes? But even better than your average Breton, designers have run with the linear look, combining unusual colours, different proportions and textures for a new take this season. Join the bold barcode brigade, we say.

#2: Elevated Everyday Outfits



Pictured: Lemaire, Jil Sander, Stella McCartney

You wouldn’t exactly call this movement minimalism, but if you can imagine a time when designers are really focused on creating the kind of luxe everyday clothes that do the job simple pieces do—with the added bonus of really interesting pattern cutting, fabrications or details—you’re on the right track.

#3: Big Cat Family



Pictured: Givenchy by Riccardo Tisci, Dolce & Gabbana, Loewe

Cats are officially one of the most Instagrammable things ever, so is it any wonder designers have delved into the world of felines? From literal pussycat prints through to kitty jewellery and reworked classic leopard prints, there’s no shortage of ideas to sink your claws into.

#7: Trussed Up



Pictured: Versus by Versace, Preen by Thornton Bregazzi, Alexander McQueen

Corsetry has returned from fashion Siberia in a very noticeable way. The most approachable is the idea of wearing a bustier over a dress, but the underwear-as-outerwear styling can be taken to more literal extremes, should you wish.

#8: Granny’s Great Adventure



Pictured: Mary Katrantzou, Maison Margiela, Chanel

The runway’s penchant for Little Edie-style eclecticism continues, and this time everything’s been ramped up yet another eccentric notch. Imagine raiding a grand dowager’s closet and throwing on whatever you find with wild abandon: All of nana’s favourites are in here, but they’re powered up in terms of exotic prints, colours and styling combinations.

#9: Costume Goth



Pictured: Rodarte, DSquared2, Marc Jacobs

Darkness descended onto many a catwalk for A/W 16, but this was no gentle foray into lightweight goth garb—designers opted for full-on dramatic, theatrical ensembles that matched steampunk Victoriana with modern twists like denim jackets or tweed skirt suits.



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41% OF WORKING WOMEN AGED 30 AND OVER IN BRITAIN WANT TO GO OUT MORE

- BIGGEST BARRIERS TO MEETING FRIENDS ARE DISTANCE AND WORK SCHEDULES
- 45% OF DIVORCED OR SEPARATED WORKING WOMEN AGED 30 OR OVER WANT TO GO OUT MORE DURING THE WEEK
- THIS CLIMBS TO 50% AMONG WOMEN AGED 30 OR OVER WITH CHILDREN IN THEIR HOUSEHOLD

41% of working women aged 30 and over living in Britain, would like to go out socially with friends more often than they currently do, during the working week. The biggest barrier to seeing friends more frequently is distance (20 per cent). These are the findings of a new survey by YouGov commissioned by social networking site wouldlovetogo, which aims to help people make new friends and improve social connections in the real world. The research was undertaken in August 2016 with a total sample size of 2,063.

The figure rose to 50 per cent for working women thirty and over with children in their household, compared to those without children (35 per cent). 46 per cent of separated or divorced working women aged thirty and over wanted to go out with friends more during the working week, compared to 38 per cent of those married, and 46 per cent of those never married. The survey reveals the biggest barriers for women aged thirty and over to seeing their best friends more frequently are: distance (19%) and work schedules (13%), followed by child responsibilities (11%) and money (10%).

Carl Dennie developed social networking site wouldlovetogo to help people find new friends to go out and share activities with. The website is open to both sexes, but attracts more women than men, supporting Dennie's premise that women are particularly interested in making new friends to go out to events with. "I am delighted wouldlovetogo has resonated with women in particular and I hope it will enable our members to go to events they would otherwise miss. Some people are happy to go out on their own, but we are social creatures and most of us prefer to attend events with another person. The YouGov research findings support this. The reason I created this site was so my partner Katie could find other people to go to the theatre with and we wouldn't fall out about me not wanting to go. Often, even in a relationship, your other half isn't interested in going to see the same things. Wouldlovetogo is not a dating site, but you never know, we might be saving relationships along the way!" said Dennie.



WHAT`S IN A MONTH?

DECEMBER...



- 1. An old wife's tale states that if snow falls on Christmas Day, Easter will be warm, green and sunny.
- 2. The name December comes from the Latin decem for "ten", as it was the 10th month in the Roman Calendar.
- 3. The term Yuletide comes from a Norse tradition of cutting and burning a tree to bring in the Winter Solstice. This was to last through 12 days - later known as the 12 days of Christmas.
- 4. December 12th is Poinsettia Day, a celebration of Christmas flowers. The Poinsettia Plant is particularly well known for its red and green foliage and is widely used in Christmas floral displays.



- 5. Saint Nicholas who would eventually be called Santa Claus, was originally the patron saint of children, thieves and pawnbrokers! Because of the many miracles attributed to his intercession, he is also known as Nicholas the Wonderworker. His reputation evolved among the faithful, as was common for early Christian saints,[7] and his legendary habit of secret gift-giving gave rise to the traditional model of Santa Claus.
- 6. December 28th is considered by some to be the unluckiest day of the year.
- 7. The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that are dyed green!
- 8. Spiders and spider webs are considered good luck on Christmas.



- 9. Common decorations on a Christmas tree each have their specific meanings. Candles - the light of the world; the star at the top is a reminder of the first Christmas night; Candy canes are to represent the Shepherd's cane.
- 10. "Jingle bells" was composed in 1857, and not for Christmas - it was meant to be a song for the American tradition of Thanksgiving!
- 11. In 1647 Oliver Cromwell, English Puritan leader, banned the festivities of Christmas for being seen as immoral on such a holy day. Anyone who was seen celebrating was arrested! The ban was lifted in 1660.
- 12. An ancient legend states that forest animals can speak in human language on Christmas Eve!



ASPIRE AND ACHIEVE



Founder of LHAA and LBTA Francine Luker



With three hairdressing and barbering academies in Borehamwood, Camden and Loughton, the LHAA have now opened their fourth hairdressing and barbering academy and their first beauty training academy in Chiswick. Francine Luker and her husband Trevor opened their first academy in Elstree in 2011, and today their academies provide training to over 800 apprentices and students.

Years of working in the corporate sector led Francine to make a serious career change. She had her weekends off, a good salary and all that goes with it, but felt that she was ready for a new challenge. "I'm not usually a risk taker, but my children had grown up and I wanted a new and exciting change," she says.

"We chose to start a business in hairdress-

THE LONDON HAIRDRESSING APPRENTICESHIP ACADEMY (LHAA) AND THE LONDON BEAUTY TRAINING ACADEMY (LBTA) HAS RECENTLY OPENED NEW PREMISES IN CHISWICK. FOUNDER FRANCINE LUKER TALKS ABOUT ITS ONGOING SUCCESS.

ing and barbering over other sectors, because it is a vibrant and creative industry that provides fantastic opportunities and careers for young people. People will always have their hair cut and coloured, even during a recession, and hairdressing services cannot be replaced by the internet!"

Francine went to Haberdashers Askes Girls School in Ealing and after completing her business degree at a London university, she worked for TVS Television in media research and business development, also qualifying in a post-graduate CIM Diploma in Marketing. Francine then became a university and college lecturer teaching marketing and international trade for 13 years, before joining the awarding organisation Edexcel which provides academic, vocational and work-based learning qualifications. Francine then worked for Pearson PLC in a Regional Managers role.

In 2011, Francine left the corporate world of Pearson to set up the first LHAA Academy and was subsequently joined in the business by her husband Trevor. She says, "Five years ago we entered the sector and now we are the largest hairdressing and barbering training provider in London. We provide hairdressing and barbering training to young apprentices, as well as adults looking for a career change or to return to work. We support 90% of our learners into employment within a salon, working with over 300 salons across London. We

help salon managers and owners find the right apprentices, and we support them further with high quality training on a day release for their apprentices".

Francine and Trevor have also opened their first Beauty Training Academy (The London Beauty Training Academy) in their Chiswick Academy. This provides training in beauty therapy, nail technology and media hair and make-up.

"We have invested in the best resources and equipment for both our hairdressing and beauty academies. This gives all our students the opportunity to learn skills using the latest equipment, and at the same time we make sure they all feel welcomed and looked after. Most importantly, they enjoy their learning experience! Class sizes are small to ensure we deliver the personalised training they need to be successful."

"It requires many different skills to become a good Hairdresser or Beauty Therapist; creativity, confidence, good communication skills and most importantly a passion for hairdressing or beauty, something our academies will always encourage, nurture, and develop, helping people reach their professional aspirations".

Enrol now for hairdressing, barbering & beauty courses
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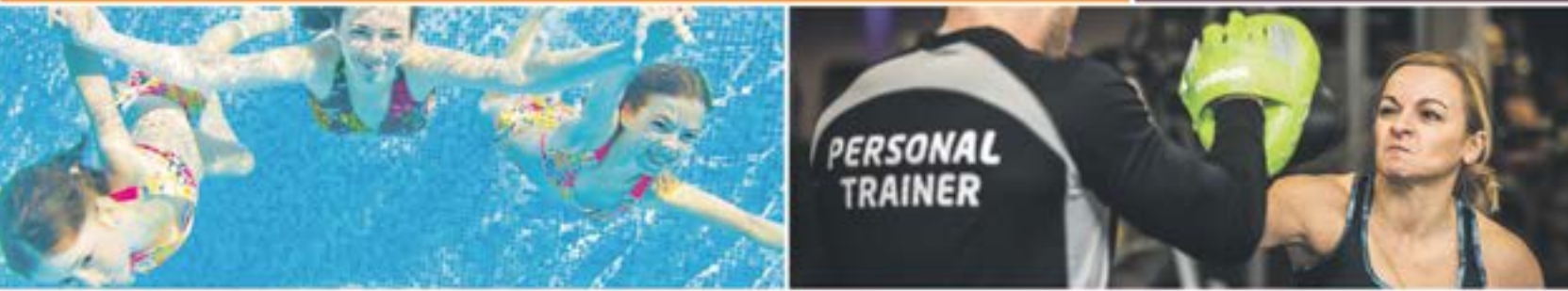


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RESTORE, RENEW AND HEAL

BYC HOT YOGA CHISWICK HAS BEEN A POPULAR CHOICE WITH PRACTITIONERS OF THIS PARTICULAR STYLE OF YOGA FOR NEAR ON 15 YEARS. SEEN BY MANY AS INCREDIBLY BENEFICIAL TO THE BODY, MIND AND SPIRIT, A MORE THAN WARM WELCOME AWAITS YOU FROM HELEN CURRIE AND HER FRIENDLY TEAM AT BYC HOT YOGA CHISWICK.

Helen trained in Los Angeles and was a yoga teacher for four years prior to taking the next step, opening BYC in Chiswick High Road in 2002, becoming the 2nd woman to open a hot yoga studio in London. "Fourteen years ago we opened, and we're still going strong," she says, "Many of our customers have been with us since the beginning, and I think that's testament to the yoga & obviously, the studio and my teachers. I think we have something really special!"

With a wonderful sense of humour, Helen pro-

motes a comfortable and easy going family atmosphere, where they don't take life too seriously, and that in itself is seriously refreshing! I was welcomed with a warming Elderberry and Echinacea tea and enjoyed the scent of Geranium filling the reception - so pleasant.

My first hot yoga experience (not at BYC hot yoga I hasten to add) was not the best, but today at BYC, I learned the tips and tricks to get the best out of my next one! Apparently it's all in the hydration and breathing. Basically;

drink water, eat something and don't hold your breath in class and you'll be flying. Helen explained to me that her passion about hot yoga stems from the fact it is accessible for all. From 14-80 years of age and (almost) everything and everyone in between.

"I see mini miracles almost every day here, people having breakthroughs; both physically and mentally, getting their strength and motivation back," says Helen.

"The yoga has helped me through a lot. I orig-





inally came to it to help ease an injury I sustained falling off a horse, but the yoga has supported & carried me through many tough periods of my life too. I opened BYC hot yoga and had two of my 3 children within the first 2 years of opening. It was the best and most challenging time of my life. Without the yoga, I'm not sure I would have survived with my sense of humour and mind intact!"

Although Helen practised during her pregnancies, she wanted to point out that BYC hot yoga isn't for those in their first trimester and would only advise those with a regular routine to continue during their 2 & 3rd trimester.

Hot yoga is healing, restorative and body-renewing. The classes are adaptable to the individual's capability, taking it gently when first starting out or if you come with injuries. Others that have practiced longer and have greater capability can take their practise deeper. All classes are for all levels.

"I consider myself very lucky indeed that I can share my experience and knowledge of Bikram Hot Yoga and see people restore themselves and smile more", says Helen.

"I particularly enjoy teaching Bikram Hot Yoga, because the people it attracts are so diverse. What brings people through the doors is so varied, from fitness and weight loss, to peace of mind, de-stressing and everything in between. I enjoy the fact that at BYC hot yoga all the teachers and staff have created an amazing space that people can come to and enjoy their yoga, feeling safe and cared for."

Everyone is supportive of one another and there is no competition or rushing through the class. The classes all remain an hour

and a half long. Where some studios have decided to shorten the sequence to make it an hour, BYC hot yoga has stuck to its guns:

"I have seen the yoga work such wonders over the years, so why mess with something that works so well? We have stuck with 90 minutes to honour the cycle of taking action, following with the resting period for the body. We also honour the 2nd set of every posture. This is often where the magic truly starts to happen", says Helen.

"Going by the sun and the moon, action and rest, the practitioners benefit more this way. It aids unrestricted blood and lymph flow. It's a chance for people to disconnect from the stress of the material world, relationships and have that time to decompress."

But, it's not all Yoga for Helen. She is involved in motor sports, driving a Renault Clio Sport, and has raced at Brands Hatch, Goodwood and Silverstone. She encourages more women to do it. "I got bored of watching my other half all the time, so I started competing and have won Trophies doing so. It's the fun atmosphere that keeps me going back and, fingers crossed, I'll be participating in the Brighton Speed Trial next year."

Christmas 2016 will be fun, light hearted & sweaty at BYC this year. Open everyday, except Christmas day, Boxing Day and New Year's Day. Classes start at 6.30am Mon - Fri and 9am on Saturdays and Sundays. Final Classes starting at 8.15pm Mon - Thur.

For more information visit www.bycho-tyoga.co.uk.

BYC Hot Yoga.1st Floor, The Studio, Essex Place, Chiswick, W4 5UT.

Principles

Bikram has the same principles behind all Hatha Yoga. There are 8 limbs to yoga, Asanas is the 3rd limb, being body postures and the 4th limb being Pranayama, breathing. Hatha is Sanskrit for Ha meaning Sun, Tha meaning Moon. Sun positive, Moon, negative. It means uniting opposites. Ha being action, force, Tha being rest, pausing.

Asanas are performed to keep your body healthy, Pranayama being your life force.

The beginners Bikram yoga is a specific system of 26 postures repeated twice, 13 standing postures and 13 floor postures practiced in a room heated to 40 degrees. The class starts with a breathings exercise and ends with a breathing exercise.

Benefits

Over the many years that Helen has taught Bikram Yoga she has seen so many beneficial changes in people; muscle strength and flexibility, energy levels, breathing , posture, ideal weight, digestion, immune system, nervous system, circulation, depression, stress, confidence. Helen is still to this day amazed and surprised by some of the stories people share with her of how the yoga and the studio in Chiswick has helped change their lives.

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



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ESTÉE LAUDER

ON THE COUCH WITH CHISIWCK THERAPIST, NICK ROSE

UNHAPPY RELATIONSHIP, UNHAPPY CHILDREN?



When couples with children come to therapy one of their biggest fears is that any trouble in their relationship might be affecting the children and often guidance is sought about how best to protect them. The bad news is that such fears are well founded, the good news is that there are things that can be done. In this two part article we will talk about how to approach difficult situations, highlight warning signs and suggest ways for handling them constructively.

First of all you need to complete a thorough assessment of your relationship to be clear about what the concerns might be - a clear understanding of how you are in your relationship will enable you to think more clearly about the times and situations when things may be problematic and when your children might be affected.

So thinking about your relationship - are you happy with it? Do you always say whats on your mind? Do you feel listened to? Do you feel understood? Do your needs get taken into account? Is your relationship as strong as it has always been? Do you think your partner is happy? Does your partner do the things he or she used to enjoy? Do you laugh together? Do you enjoy your sex life? Do you have lots of happy memories together? Do you look to the future together with a sense of excitement?

If you are starting to identify think about some problem areas try and be as clear as possible about what you have noticed. Avoid conclusions like we are so loving anymore - instead identify behaviour for example we don't have date nights any more. Once you have identified behaviours, think about when the behaviour change happened. What was happening in your lives at that time, what was the impact of events, what was discussed at the time and were issues resolved? Even if you were happy with the way things were handled, was your partner? Have you ever checked in to see if your partner was happy? Thinking about any unresolved issues, what happens when situations arise that remind either of you of it? How do you handle it? What is the impact of it? What gets said

and what does not get said? By now you should have a good idea of the situations, contexts and times where conflict may exist. Even if you feel comfortable with the problem areas identified and think that conflicts are manageable between yourself and your partner you may want to think about whether there is anything to address with your children. So the second stage is to now think about your children.

Bringing conflicts to mind what do you think your children would say, think and feel about them? Do you remember anything they said or how they reacted? Did you understand their reaction? Did you explore with them what they wanted from what they said or did? Has their behaviour changed at home, at school or with their friends and how do the changes correspond with changes in your relationship? Has their relationships changed with you, your partner, other family members and relationships?

If you are starting to think about times when things were difficult and finding yourself worrying about whether you handled them in the best way then the very first thing to do is to stop that negative train of thought. Instead congratulate yourself for your courage in giving this some thought and look at this as merely a stepping stone to improving things.

A relationship without conflict is unlikely to be one where those in the relationship are fully engaged so it can be really helpful to remember that intimacy can come from conflict in as much the same way as through good times! Conflict shows the existence of care and what is important is that it is handled in the most skilful way. The problem for children is that they often only see the negative situations and may start to worry about what might happen or even, in situations where parents have resolved a conflict not know for certain that is the case and suspect that worse is still to come.

Child Psychotherapist Juliet Lyons says:

"Protecting your children from abusive or frightening behaviour is important. But avoiding conflict for the sake of keeping the peace will not be helpful for your children in the long run. It is important that your children learn that it ok to stand up for yourself when you believe that your partner has got it wrong and that you can work through this. This can model for your children how to navigate your way through difficulties in relationships, how to express yourself, hear your partner and compromise".

In the last article I encouraged doing a review of your relationship so as to gain a clear perspective on the areas of struggle. By doing this you should be able to recall actual events and situations and the details of what happened, when, where, why, how and who was there. The value of specific events is that they are much more valuable in resolving problems than thinking of struggles in terms of generics, for example I don't feel loved any more, I am not cared for, there is no respect in this relationship..

Think about these events and bring to mind your children, were they there? did they say anything? ask any questions? show any behaviour that suggests they might have been aware of the conflicts? Again, identify specifics for example, they stopped doing homework, asked whether you are both ok etc. When you have done this think about how you responded to them, what do you think they understood, what did you want them to understand, what did you not want them to know and why, do you still feel comfortable with how you dealt with the situation?

If you are thinking about this with your partner it can be really useful because there will be two different perspectives feeding into the thinking around this but you should both agree that whilst it will feel very compelling to get drawn into the conflict again and about who was to blame this is not what you are attempting to do, stay focussed on the children and agree to agree that you will return to any unresolved issues between you at another time to be agreed.



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Chiswick, London, W4 1NP (located above
Campbells Chemist within the Cove Spa)

Adds Juliet:

"The language you use is very important. It is important to make sure that you are taking responsibility for your own feelings, aiming for an ability to express vulnerability, rather than blame and attack. Marshall Rosenberg has written an excellent book on this subject- Non-violent Communication: A Language of Life".

Hopefully you will now have been able to identify situations, behaviours, conversations that suggest whether your children may have been affected by your conflicts. Even if nothing comes to mind it is worth thinking about whether you have spoken to your children about conflict in relationships? Conflict is inevitable however what is important is to develop skills in handling them when they arise. And irrespective of whether you think your own struggles may have been affecting your children it can be really useful to remember that. In reading this article and thinking about this issue you are starting to change your approach to conflict and ultimately that is what will be important to your children not only because they will be reassured but because you are modelling skilful behaviour.

Safety must always be the first consideration. Abusive behaviours are not to be tolerated and if you are unclear about what is abusive take some time to read about abuse and bullying (our next article will focus on this) in the meantime and assuming you conclude that the conflicts are without abuse and you wish to speak to your children then the best way to get started is to ask them whether they have any concerns about conflict either in life generally or in the context of the family? If you have a specific event in mind then state it for example, when asked me whether we were ok

after the argument I had with your mother / father I wonder whether my response was clear, whether you understood, whether you were left with any worries?

By starting this conversation you are showing that it is ok to talk about conflict, demonstrating that people may react in the heat of situations but that it can be useful to revisit conflicts rather than leave them unresolved, that talking about them may not resolve them immediately but is an important first step. Of course you may find it very hard to have these conversations, feel under pressure to be perfect parents or feel defensive, the important thing is to be aware of what is happening for you and remember it is always possible to say "I am not sure about that right now, I need to think and get back to you". Ultimately you need to have a conversation where any concerns your children have can be understood and addressed. For example, some children can worry that they might be to blame for the conflict in their parents relationship.

In addition to helping your children feel reassured such conversations may help you to further understand the conflict in your relationship. Remember though you are the adults and you have full responsibility to manage your conflicts in such a way that your children can feel secure, learn about conflict and learn about how to manage them skilfully. In finishing Juliet recommends:

"Of particular importance is that you don't endlessly argue over your children in front of them and that you find a way forward together during times when you can fully express your feelings without fear of disturbing your children".



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YOGAPLUSEXERCISE

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

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

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

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

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

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

His weekly one-hour class is now held at the Buddhist Vihara

in The Avenue (www.yogaplusexercise.weebly.com) and has been running regularly for over 6 years. It consists of a warm-up, core exercise, a long yoga phase, and ends with a relaxation phase to relaxing music.

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

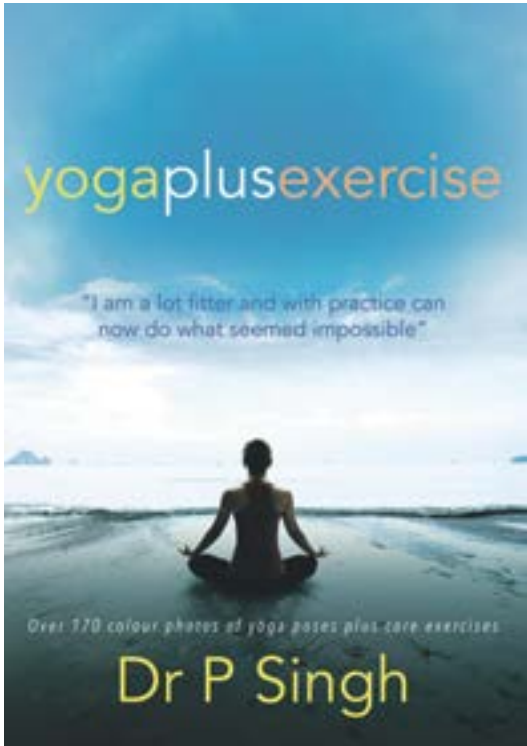
His core group of students has been with him for years, and their personal feedback confirms that yogaplusexercise works.

The book is available direct from Singh for 20% less than the RRP of £12.99 to magazine readers on orders placed before 19 December, and p&p is free to mainland UK.

For more details of Singh's classes and to contact him, go to: www.yogaplusexercise.weebly.com

If you have a medical condition, Singh recommends you first obtain medical clearance before attempting yogaplusexercise, and even if allowed, know your own limits. His class is not suitable during pregnancy.

In this month's magazine Singh illustrates a conventional ashtanga pose: warrior II and then some variations.



Warrior II
From mountain pose (standing upright with arms beside your hips) step your legs wide apart keeping both feet pointing forward. Raise both arms to the sides so they're parallel to the floor and stretch them wide apart, pulling your shoulders back and stretching your chest.

Turn your right toe and leg to the right 90 degrees. Look over your right leg then bend it (keeping your right knee in line or over your right toe) as you exhale.

Keep both shoulders and arms above and in line with your legs. To help you achieve this, imagine you are against a wall and push your arms into it especially your left arm.

Keep your left leg straight and feel your groin stretching as you push it downwards towards your right heel. Keep both arms parallel and stretched throughout.

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

Twisted warrior II
Warrior II can be made more challenging by then: twisting your torso, raising your back leg's heel, and adjusting your feet so they are in line with each other. As you twist your torso and look over your rear shoulder, exhale to increase the twist. Don't forget to keep your arms stretched and parallel to the floor throughout.

Lunge and twist
This core exercise is a combination of first lunging forward with your left leg, keeping your knee over your left toe, then twisting your torso to your left as though hitting a ball with a baseball bat held in both your hands.

For extra twist, exhale as you twist.

Bow
A variation of the bow pose is to start on the floor on all fours. Using your right forearm for support and stability, slowly lift your left leg using your outstretched left arm and hand. To add a twist to an already challenging pose, try using your right arm to lift your left leg with your left arm on the floor for support.

PRIVATE DOCTOR SERVICE WINS BEST PROFESSIONAL SERVICES AWARD

+Richmond Practice Private doctors service was the winner of the Best Professional Services category at the Richmond Chamber of Commerce's Business Awards 2016, hosted by CEO Anne Newton and media executive, journalist and broadcaster Greg Dyke.

The practice prides itself in offering the services of private GPs, Paediatricians and Gynaecologists in the community who works together as a multi-disciplinary team from shared premises.

This year the judges placed particular emphasis on good customer service with the following comments being made by patients of the practice:

"You did everything well. Dr Renz put me at my ease with his quiet professionalism."

"Dr Frontino was superb - my first pregnancy scan. She was calm, reassuring and professional. I would like her to conduct all my scans during the pregnancy."

"Dr Radloff has to be one of the best, if not the best GP I've ever had. Her attention to detail, her calm approach and her willingness to listen make her an absolutely perfect physician to turn to when I'm concerned about any aspect of my health."

Local Petersham founders Johanna and Sebastian Renz, developed the practice from the vision Sebastian had to start a "Gruppen-praxis" or what is also called a Polyclinic. The other ideas came from what the team learnt from private health care provision in the USA, South Africa and particularly in Germany. This they combined with their NHS experience to develop +Richmond Practice. The practice was found in 2005 from a single room at Roseneath dental surgery.

At **+Richmond Practice** the aim is to ensure that attending a doctors' appointment is hassle free. You can therefore schedule a same day appointment, results request, repeat prescription via telephone or online. Specialist appointments are usually taken without a referral letter.

A clean bill of health from the Care Quality Commission

The practice's nomination to the awards was strengthened by a positive Care Quality Commission review earlier this year. The



healthcare watch dog who provided a glowing reportcommented as follows:

"As part of our inspection we asked for CQC comment cards to be completed by patients prior to our inspection. Patients reported that they had received and excellent service and the staff were caring and helpful. Many comments expressed satisfaction at being listened to and found the reception staff friendly, efficient and helpful. All patients commented on the cleanliness of the practice."

The owners mentioned how well they felt supported by the Chambers as regular attendees of events and training sessions. They were in particular grateful for the hard work of Anne Newton, CEO who is always available and supportive.

For same-day appointments call 020 8940 5009 or go online at www.richmondpractice.co.uk

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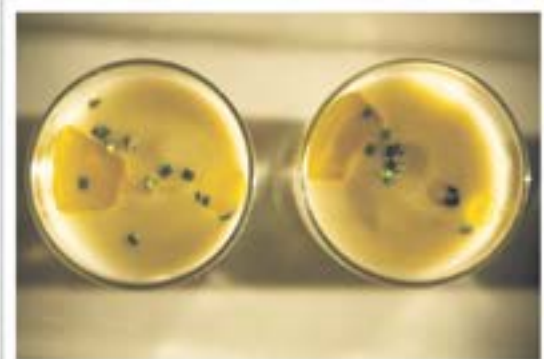
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OH, LITTLE WONDER!



Described as the gem of Chiswick, Little Bird opened its doors this summer offering incredible handcrafted botanical cocktails and delicious grazing food. Brainchild of local restaurateur Lorraine Angliss, Little Bird is a welcomed addition to her established and well loved stable of restaurants, namely Annie's in Chiswick and Barnes and Rock & Rose in Richmond.

The low level seating offers a cool and casual dining experience whilst playing Motown and soul, relax and unwind in the tropical surroundings, dimly candle lit with elegant service. The menu changes with the seasons allowing guests to enjoy a relative selection whenever they dine. A dim sum style inspired menu is a unique contrast to the norm, offering pan-asian cuisine and Mediterranean classics.

Enjoy the likes of blackened miso cod fillet, soft shell crab, lamb Meatballs with herb couscous or sirloin steak with garlic crisps and creamy aioli; a great vegetarian offering is also available including firm customer favourite, grilled Halloumi salad - all taken care of by ex River Cafe chef Michelle Lepherd.

The cocktail list has been designed and created by award winning mixologist Benji Purslow, whose influence has

provided a unique Little Bird identity, which everyone that visits us has absolutely loved. Benji has won countless awards and worked at some of the best bars in London. He is also a U.K. Brand Ambassador for Four Roses Bourbon.

The wine list is small but perfectly formed and offers a range of classics to enjoy with your food. Interesting and different craft beers are also proving popular with their unique and delicious flavour, all flamboyantly designed of course! Little Bird is situated opposite Chiswick overground which means it's dangerously easy to access with ample street parking. Open seven days a week from 5pm till late. For that all important after work drink - cocktail hour Mon to Fri 5-7pm.

Michelle has added Christmas additions to the a la carte menu and private hire is available during the day in December.
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Inspired by the classic dessert, the Shellfish Knickerbocker Glory is sure to wow, comprising decadent layers of king prawn, lobster and champagne mousse. Or try the Smoked Salmon & Egg Royale, a runny poached egg, surrounded by smoked salmon and topped with hollandaise.



Smoked Salmon Carpaccio

£6.00, 160g

This Italian inspired carpaccio is extra-thinly cut and beautifully paired with a red onion and caper dressing. A contemporary twist on smoked salmon, the dressing adds sharpness to the natural sweetness of the mild and delicate twice-smoked Lochmuir™ salmon.



Light & Delicate Smoked Salmon
Smoky & Robust Smoked Salmon

£ 5.50 100g/ £15.00 300g

Choose between two new buttery and succulent salmons, Light and Delicate with a fresh finish, or Smoky & Robust with a full and bold finish.



2 The Smoked Salmon Show-Starter

£6.00, 100g

Choose the ultimate seafood starter, combining Scottish Lochmuir smoked salmon, a delicate shellfish terrine and a shimmering golden salmon mousse bauble.

2 Scottish Smoked Salmon Soufflés
£5.00, 200g

A light and delicate Scottish Lochmuir™ smoked salmon mousse topped with smoked salmon pieces and dusted with gold lustre.



2 Shellfish Knickerbocker Glory
£8.00 260g

Layers of decadent king prawns, lobster mousse and champagne mousse topped with king prawns.

2 Smoked Salmon & Egg Royale
£6.00, 230g

Perfect for the start of the day or festive feast: a blini topped with a runny poached egg and wrapped in Scottish Lochmuir™ smoked salmon. Ready to bake in the oven, then simply drizzle with hollandaise.



Christmas with love...

GAMMON WITH A MAPLE AND PLUM GLAZE

GET THE PERFECT HAM FOR YOUR CHRISTMAS FEAST BY FOLLOWING THIS GREAT FESTIVE RECIPE WITH A TASTY TWIST.



Ingredients (serves 12 people)

- 5kg cured/smoked gammon on the bone
- 2 onions, quartered
- 1 tbsp cloves
- 1 tbsp juniper berries
- 300g plum jam
- 250ml cup orange juice
- 3 tbsp maple syrup
- Pinch chilli flakes
- 90g cloves
- 4 fresh bay leaves

Directions

1. Place the gammon in a large pot, add onions, cloves, juniper berries and bay leaves and cover with water. Bring to the boil and simmer for 3½ hours.
2. Remove the pot from the heat, set aside and allow the gammon to cool completely in cooking liquid. Refrigerate overnight.
3. The next day, place the plum jam, orange juice, maple syrup and chilli flakes in a small pot. Heat, stirring and allowing to simmer for 10 minutes or until the liquid has thickened.
4. Preheat the oven to 170°C and cook the gammon for two and a half hours.
5. Remove the gammon from the oven and turn the heat up to 220°C.
6. Peel the skin off the ham and discard. Score the fat in a criss-cross pattern, stud with cloves. Brush the glaze over gammon, place in the oven and bake for 30 minutes, or until golden brown.
7. Allow to rest for 30 minutes, then slice and serve.

QUICK TURKEY WRAPS

THESE QUICK TURKEY WRAPS ARE THE PERFECT SIMPLE RECIPE THAT CAN DEFINITELY SHINE AND BE A HIT AT ANY SOCIAL GATHERING.



Ingredients (serves 8 people)

- 8 cooked turkey portions
- 15 ml oil
- 1 red pepper, finely chopped
- ½ green pepper, finely chopped
- 125 g mushrooms, chopped
- Salt and pepper to taste
- 125 ml mascarpone cheese
- 30 ml sherry
- 6 Filo pastry sheets
- 100 ml butter, melted
- Extra butter, melted

Directions

1. Preheat the oven to 200 °C.
2. Debone the turkey and chop into fine pieces.
3. Heat a bit of oil and fry the peppers and mushrooms for a few minutes. Season with salt and pepper.
4. Add the sherry, cook for 5 minutes, then add the turkey, mascarpone cheese. Stir well.
5. Coat a baking tray with butter.
6. Then roll the filo pastry out on a flat surface. Brush each sheet with melted butter and place two sheets on top of each other. Cut the double-layered filo pastry in half.
7. Fold the pastries' sides in and roll up. Smear with extra butter. Cut to the desired length.
8. Bake for 10 – 15 min or until golden brown.
9. Use any leftover meat, fish or vegetables for these filo wraps. Serve with a dipping sauce.

CHOCOLATE CHIP COOKIE & BERRY TRIFLE

THIS TWIST ON A CLASSIC PUDDING WILL MAKE EVERYONE SMILE AND ADDS A CONTEMPORARY FLAVOUR THAT EVEN YOUNGER DINERS WILL LOVE.



Ingredients (serves 8 people)

- 60g butter, softened
- 70g golden brown sugar
- 1 egg yolk
- 75g flour
- Half tsp bicarbonate of soda
- 100g dark chocolate, chopped into chunks
- 60ml sherry
- 450ml cream
- 2 tbsp icing sugar
- 300g mixed fresh berries
- 2 tbsp caster sugar

Directions

1. Preheat oven to 190°C (gas mark 5).
2. Beat together the butter and sugar. Add the egg and continue beating.
3. Sift flour and bicarbonate together. Stir well to combine. Stir in chopped chocolate.
4. Drop spoonfuls on a lined baking tray and bake for 10 minutes or until cooked. Allow to cool completely.
5. Then start to make the rest of the trifle. Whip cream and icing sugar until peaks form. In a separate bowl, toss berries with caster sugar.
6. Place the cooled cookies in a sealable food or sandwich bag and crush roughly with a rolling pin.
7. In a large serving bowl or individual glasses, layer cookie crumbs, pour over sherry, top with cream and berries.
8. Repeat layers. Sprinkle with the remaining cookie crumbs.
9. Savvy tip. If you don't have a lot of time but still want to try cookies instead of the traditional sponge base for your trifle, you could use your favourite shop bought cookies.

BABY APPLES FILLED WITH SAGE PORK

JUICY APPLES AND SAVOURY PORK WITH A HINT OF SAGE IS A WINNING, FESTIVE COMBINATION.



Ingredients (serves 8 people)

- 6 pork sausages with sage
- 8 apples, cored
- 250ml apple juice
- Salt and freshly ground black pepper to taste

Directions

1. Remove the skin from the pork sausages. Fill the apple hollows where the cores were with the pork mince.
2. Place apples in oven roasting pan and pour apple juice over. Flavour with salt and black pepper.
3. Place in warm oven and bake for 15- 20 minutes or until the apples start to burst open. Serve warm.

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TIRED LOOKING KITCHEN? TIME FOR A MAKEOVER

ARE YOU AVOIDING A KITCHEN REMODELLING PROJECT BECAUSE OF ITS COST? DON'T BURN A HOLE IN YOUR POCKET! LEARN A COUPLE OF SMART WAYS OF MINIMISING THE COST OF THE PROJECT AND GIFT YOURSELF AN UPGRADED KITCHEN.



A penny saved is a penny earned.

In tough economic times, it is wise to curb your expenses and save money. It is because any amount of money that you save will help you in difficult times. But, what if you are required to use your resources urgently on a home remodeling project and there is no other option.

A kitchen that is in dire need of repairs should be upgraded immediately. It is because it can pose to be a health risk to you and your family members. And remember, not every kitchen remodelling project has the ability to give you financial nightmares. Here are a couple of smart ways of minimizing the cost of the project:

1. Stick to your Budget

Everyone agrees that it is easier said than done. Creating a budget is simple but sticking to it is a difficult task. While creating a budget for the kitchen remodelling project, consider the following three things:

- 1. How much you can afford to spend on the project?
- 2. How much time do you want to allocate to it?
- 3. Will it complement the look of your home?

Also, consider breaking down the total cost as it will enable you to come up with a realistic budget. Break down the total cost into different categories such as:

- Labour cost,
- Installation cost,
- Cost of buying new appliances,
- Cost of replacing the cabinets,
- Painting cost, etc.

2. Outline your Priorities

Make a list of things that you want to change. You will find out that there are several things in the kitchen that you want to replace or repair. But, remember that a limited budget cannot fulfil all your dreams. If you are



cash-strapped, it is essential to focus on things that require repair. Avoid replacing kitchen appliances because they look old. Also, if the kitchen cabinets are dull, do not change them. You can re-paint them and make them attractive.

3. Figure out the Financial Part of the Project

It is fundamental that you know the details of how you will pay for the project. It will ensure that you do not face any problem in the future.

Also, it is a good idea to prepare for unexpected expenses. Set aside a portion of your savings to take care of such expenses. It will prevent you from applying for loans at exorbitant rates.

4. Do not Relocate

It is a tradition to stay away from home during the process of remodelling a kitchen because, obviously, it is difficult to cook in a kitchen that is being renovated. But, if you want to save money do not think of relocating to a nearby hotel. Avoid spending money on rent for another house as well. Remember to set up a temporary kitchen in your home before beginning the project.

5. DIY is an Option

Tearing down the kitchen and building a new one is not a DIY job. But, if you are undertaking a simple renovation project in the kitchen, you can do it on your own and save money in the process. Replacing old appliances with modern ones, changing the kitchen cabinets, installing new flooring, etc. are simple tasks that you can finish on your own.

6. Hire the Experts

You will not save money by hiring an amateur kitchen renovation contractor. If they make mistakes, you will have to spend additional money on rectifying them. So, once you finish listing the DIY tasks, discuss the entire project with an expert.

The goal of a kitchen remodelling project is to upgrade your kitchen as well as your lifestyle. And, if you work smartly, you can achieve the goal with limited resources. So, do not make rash decisions and spend time in minimizing the cost of the project.

Good Luck! Katie x



FORMER OFFICE BUILDING PROVING POPULAR WITH CHISWICK RESIDENTIAL BUYERS

Local buyers have been flocking to 500 Chiswick High Road's luxurious show apartment ever since it opened earlier this autumn, and from these newly unveiled images you can see why.

The development is Chiswick's newest address and comprises an exclusive collection of 59 apartments, seven penthouses and five townhouses with private outdoor space. It is proving highly popular with local buyers including downsizers and young professionals, keen to take advantage of the rare opportunity to purchase an easy to maintain new build property in Chiswick, from where they can enjoy the riverside lifestyle, Michelin star dining and boutique retailers.

There has been strong interest from local downsizers currently living in large period properties who want to stay in Chiswick but live in an easy to maintain property. Young city professionals are also being drawn to the development, attracted by Chiswick's amenities and great transport links into central London. However, the mix of properties available at the scheme means enquiries are coming from a multitude of demographics all with different reasons for buying – one local resident has even reserved an apartment for her nine-year old child.

So what other factors are driving interest in Chiswick's newest address? Each apartment benefits from private outside space, overlooking an attractive landscaped courtyard. A concierge service and secure underground parking also add to the desirability of the development. The two bedroom show apartment displays the exceptional modern specification available, including oak flooring, underfloor heating, stylish bathrooms and quartz kitchen work surfaces.

500 Chiswick High Road is perfectly situated to enjoy the best of Chiswick living with a plethora of artisan cafes and delis, two Michelin star restaurants and independent, upmarket fashion boutiques all located within five minutes of the development. The River Thames is also just a short walk away, offering residents the opportunity to experience a riverside lifestyle with sporting clubs and rowing a popular pastime.

Tina Dedman, Divisional Sales and Marketing Director of Redrow London, said: "500 Chiswick High Road blends the perfect combination of luxury, style and convenience. Each of the apartments has been designed with generous proportions with particular attention shown to the open plan living areas to create the perfect space for entertaining and relaxing. Understanding the importance of outdoor space, we have designed each of the apartments to include spacious private balconies overlooking a landscaped courtyard.

"As local people will know, Chiswick is an area that is dominated by period properties, so a new build development of this kind is a real rarity for the area. We are seeing significant interest from young professionals and downsizers seeking an easy to maintain property from where they can enjoy the Chiswick lifestyle. It is perfect for those looking to combine stylish, modern London living with the charm of Chiswick's cosmopolitan, village atmosphere."

500 Chiswick High Road also boasts excellent transport links to the fashionable neighbourhoods of Chelsea, Kensington and Knightsbridge, which are accessible in less than 30 minutes from nearby Chiswick Park underground station, a four minute walk from the development and Gunnersbury Station a six minute walk, and access to the heart of the West End is only 7.5 miles away by car.

Additionally, the forthcoming Crossrail link at nearby Ealing Broadway Station will provide quicker access to central London, Canary Wharf and Heathrow Airport. Residents can also reach Heathrow Airport in 30 minutes by underground and Kings Cross St. Pancras International in 34 minutes.

The 500 Chiswick High Road show apartment is open seven days a week from 10am to 4pm.

Apartments at 500 Chiswick High Road range from 402 sq ft to 1,660 sq ft. Prices start at £420,000.

For more information visit www.redrow.co.uk/london/developments/500-chiswick-high-road or call Redrow London on 0203 430 6920.





ARTIST IN VIEW... JANE HARGRAVE

Born in Hammersmith London in 1956, Jane lived in Putney with her family before moving to Paris, her stepfather's job as a foreign correspondent taking them to France when Jane was 7 Years old.

She studied at the Ecole Active Bilingue in Paris for two years. When the family returned to England, Jane attended The convent of The immaculate Heart of Mary in Billingshurst, Sussex. This is where she discovered her artistic talent and had a hippy art teacher who was encouraging and supportive of her work, away from the strict Nuns. She also studied ballet and dance up to intermediate level.

Her Art teacher had a series of her work up for show for the convent's open day, paintings of women with earrings and make-up, but the Nuns had a different take on Jane's work and had it ordered off the walls.

Expelled at 14 - Jane was found with a friend, breaking and entering the pig farmer's son's bedroom late at night, and was removed from school the following day.

Accompanying her family to Moscow in 1970 for a year, they returned to Putney and went to a local comprehensive school for girls. Walking home from school at the age of 16, she was spotted by a well known photographer and by 18 moved out of home and started her modelling career.

A model for Models 1 in London, her work took her to New York, Paris, London, Spain, doing fashion shows, commercials and advertising.

Jane settled in London starting a family in her early 30's. It was at this time she rediscovered her artistic talents and in 1992 studied at the Richmond Adult Community College and at Chelsea Art School.

Since then, she has undertaken a deeper more meaningful journey. At times a difficult path of curiosity and questioner, it has been a voyage of discovery developing her own artistic language and eclectic imagery.

With inspiration and insightful observations of the Universe absorbed by empathy, Jane communicates through in-feeling with the deep levels of the human psyche, all incorporated into her work.

Jane's ongoing endeavour seeks the new; a new way of being in the world, a new way of seeing and understanding the human system and behaviour.

“I incorporate an assimilation of the layers of human existence, finding an ‘all over-ness’, a dense continuum of events, profoundly involved and connected with everything.”

Jane Hargrave

Artist



That Magic Place 2 oil on wood 40" x 40"

For exhibitions and viewings please visit
www.janehargrave.com

CHRISTMAS AT KEW

AS TWILIGHT FALLS, THE MAGIC BEGINS...

WEDNESDAY 23 NOVEMBER 2016 – MONDAY 2 JAN 2017, 5PM – 10PM

TIMED ENTRIES BETWEEN 5PM – 8.15PM



This Christmas, the Royal Botanic Gardens, Kew will once again transform into a magical after dark explosion of festive colour, as visitors embark on a mile long illuminated trail inspired by the Gardens themselves, for the much anticipated Christmas at Kew 2016. After the roaring success of the last three years, Kew has once again teamed up with entertainment promoter Raymond Gubbay Ltd to create this breathtaking display of over 60,000 lights.

Visitors will begin their journey through a botanic wonderland via two giant Christmas trees festooned with ribbon as the sweet aroma of mulled wine, hot chocolate and roasting chestnuts fill the air. As they head off into the night past a Choir of Christmas Trees, visitors will pass a carpet of light, gently swaying like blossom in the breeze, made up of a whopping 1,700 delicately flickering lights, before warming themselves at the scented Fire Garden inspired by Five Gold Rings from The Twelve Days of Christmas.

Throughout the trail, visitors will come across three stunning, internationally commissioned works from the creative studio PITAYA; a glittering Crystal Tree dripping with giant illuminated crystals, twelve enormous yet delicate colour-changing reeds rising high into the night sky, and seventy five pulsating crystal flowers scattered across the ground creating a shimmering crystal lawn.

Visitors will also get the chance to pass through a Tunnel of Lights animated by a staggering 63,000 pixels creating patterns and pictures to a well-known Christmas soundtrack, before stopping at the Kew Christmas Karaoke Juke Box where the whole family will be able to join in a Christmas sing along.

As visitors pass the spectacular bee inspired Hive installation gently glowing in the night, there'll be a chance to pause at Mistletoe Moments for those Christmas romantics, before a

larger-than-life cluster of Christmas Candles comes into view. The North Pole village will boast Santa and his elves, while a Victorian carousel and helter skelter at White Peaks will fill the younger visitors with joy.

A spectacular finale will see the Palm House Pond burst into life with an explosion of brightly coloured laser beams, streams of light and flickering orbs that dance in time to much-loved Christmas classics. As the winter trail comes to an end, visitors will finish the trail under the stars while toasting marshmallows, before admiring a stunning range of Christmas gifts for all the family at Victoria Plaza.

Adam Farrar, Head of Commercial Activities says "The fourth Christmas at Kew is set to be a true celebration of the magic and joy of the festive season. Being able to use the landscape and glasshouses of Kew to create such a unique and inspiring trail, swathed in seasonal colour, is a real treat for us and our visitors alike – it's not often that you get to experience tens of thousands of lights after dark within a world famous botanic garden."

Christmas daytime offer

At Kew's day time Christmas workshops, visitors will be able to make rustic Christmas crafts from natural materials collected in the Gardens, before setting off on Kew's Winter Walks and admiring the beauty of the Gardens during this enchanting season. There will also be the chance to catch a ride on Kew's Victorian Carousel and helter skelter outside White Peaks Café.

Workshops as well as other festive activities are included in the entry price and offered on a first come first serve basis.



THE LUDDITES FEATURING RICK ASTLEY

IN AID OF NORDOFF ROBBINS
23RD DECEMBER AT SHEPHERDS BUSH EMPIRE

The Luddites, a three piece rock band featuring Rick Astley, will play a very special one off Christmas show at the O2 Shepherd's Bush Empire in aid of Nordoff Robbins December 23rd.

This show will see The Luddites (Rick Astley on drums and vocals, Graham Stack on guitar and Simon Mattacks on bass) performing rock songs by classic bands such as The Clash, The Sex Pistols, The Undertones and AC/DC to covering more recent acts such as Blink 182, Foo Fighters and the Killers. They will also throw in some Christmas favourites along the way!

The Luddites play:

December

Thurs 23rd LONDON, Shepherd's Bush Empire

Tickets go on sale Friday 4th November at 9am and are available from www.ticketmaster.co.uk, www.ticketweb.co.uk, and <http://gigsandtours.com/>

About Rick Astley

Without doubt, 2016 belongs to Rick Astley. His No.1 Album '50' (which has sold an incredible 150,000 copies) is a 12 track opus he wrote, produced

and played every instrument on, catapulting him back into the spotlight. And he intends to stay there.

Rick plays his own set of sold out UK shows in the spring next year, including a show at the Royal Albert Hall April 13th. He and his band also play the following Forest Live shows:

June

Fri 16th TUNBRIDGE WELLS, Bedgebury Pinetum,

Sat 17th TETBURY, Westonbirt Arboretum

Fri 23rd NORTH YORKSHIRE, Dalby Forest

July

Sat 1st SUFFOLK, Thetford Forest

Sun 2nd CHESHIRE, Delamere Forest

Sat 8th RUGELEY, Cannock Chase Forest

www.rickastley.co.uk

CHISWICK ACTRESS LANDS DISNEY ROLE



Rising star Sophie Simnett beat hundreds of other hopefuls to win the lead role in Disney’s new smash-hit musical series. The 18-year-old, from Chiswick, was studying for her A-levels at Putney High School when she went for the lead role in *The Lodge*, which has become Disney’s biggest new show in four years and is broadcast in 108 countries.

She told *Wonderland* magazine: “When I was younger I sang in a barbershop quartet at school, but that’s about it. I did singing lessons with a teacher, but that was classical. And when I auditioned for *The Lodge* they were like, ‘Do you do pop?’.

She added: “It’s great. If you look at all of those people’s careers individually they’ve all been totally different. They are in the entertainment industry but in different ways.

“It’s amazing that Disney has given them that platform that I can perhaps use, and any of those careers would be great. I think it’s important for everyone to be inspired, but not idolise necessarily.”

In *The Lodge* Simnett plays Skye, a 15-year-old girl who gives up her life in the city to look after her family’s country lodge. The series was filmed in Northern Ireland.

Despite her newfound fame, the teenager is cautious about becoming a spokesperson for young people.

She said: “I’m just taking it a step at a time, but I guess I hope to do more film work. It’s interesting. It’s all really new at the moment: this opportunity, this platform.

“Our audience is really impressionable – young teen girls and boys – and it’s important to use our platforms to educate, but it doesn’t mean shoving our political viewpoints down people’s throats.

“Skye is incredibly strong. I think my peers and I are very aware of feminism, it’s a very important topic. I mean, feminism defined is believing in equality in both genders, why isn’t that inherent?

“We have to embrace it and go with it. There’s such a massive group of supporters for these equal rights, you would hope people who didn’t believe it would see that and be like, ‘Oh, wait.’”

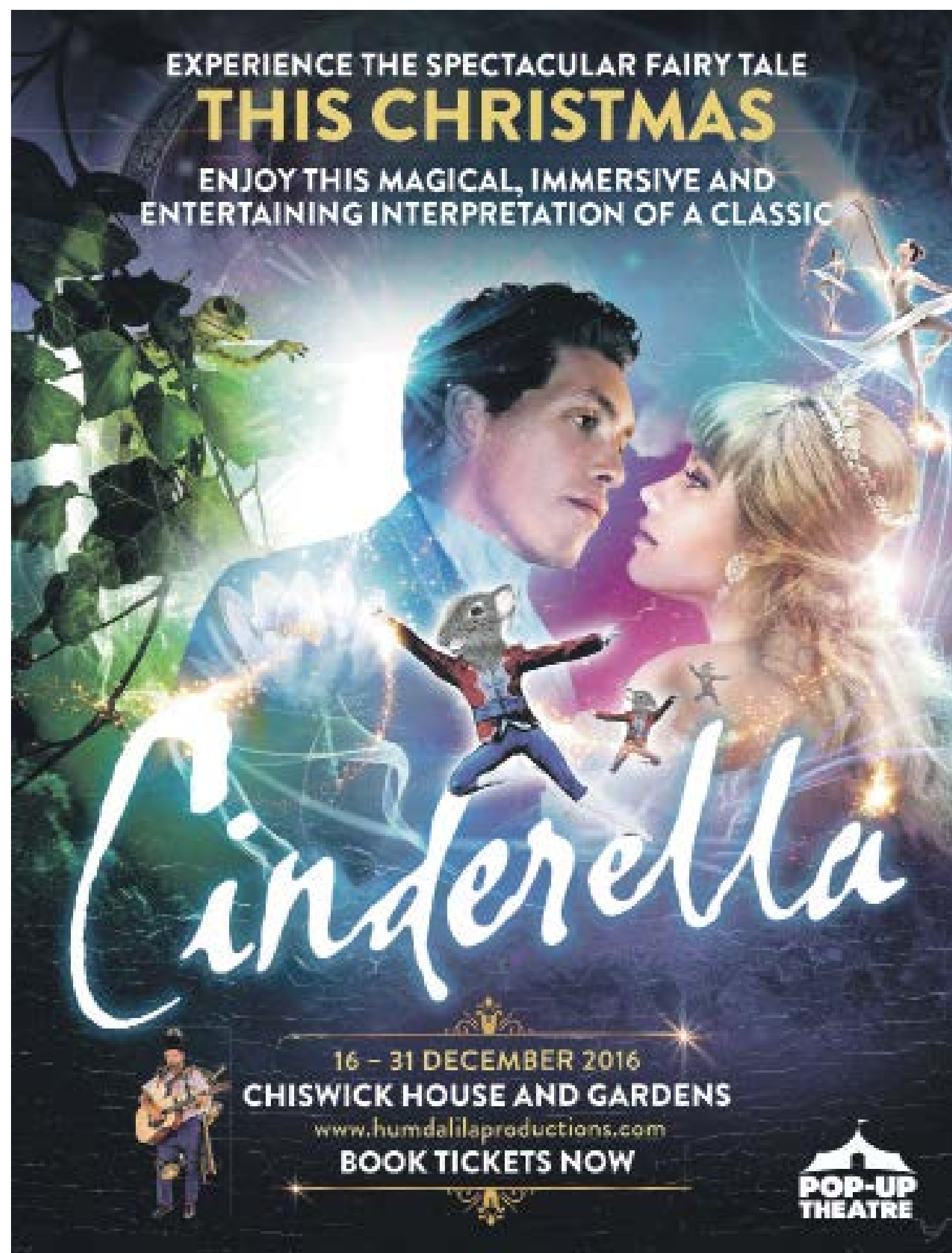


Sophie Simnett (Kate) with Ross McCormack (Singe) in a still from the film ‘Mum’s List’ (2016)



Sophie with cast of *The Lodge*

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Burlington Court, W4

£450,000

A purpose built, share of freehold, well presented, ground floor, 1 double bedroom flat within easy reach of Chiswick Mainline station. Fully double glazed throughout, the flat consists of an entrance hall with entry phone, separate w/c, a light reception room with storage, a separate eat-in fitted kitchen, 1 double bedroom and bathroom with storage. Located within a short walk to Chiswick Mainline station (regular services to Waterloo every 20 minutes) there are excellent local bus services to central Chiswick and Turnham Green tube station. There are easy road links to the A4/M4 & A316 to the M3 and it is also near to the open space and facilities of Dukes Meadows. Current EPC rating C.



Alexandra Gardens, W4

£469,950

New to the market is this spacious 2 bedroom top floor flat in Alexandra Gardens with long lease and no onward chain. Accommodation comprises 2 double bedrooms, family bathroom, good size kitchen and large reception room. Property is double glazed. Alexandra Gardens is situated very close to the historical Chiswick House and grounds and has transport links via the E3 bus route into Turnham Green as well as the M4 for speedy links in and out of the city. Great first time purchase or rental investment. Current EPC rating D.



Kent Road, W4

£495,000

Second floor 3 bedroom ideal investment flat in a quiet location within easy reach of Chiswick's many transport links. Accommodation comprises entrance hall with 3 bedrooms, modern kitchen, shower room with w/c and separate w/c, reception room, communal garden with exterior storage space and available with on street parking. Located on the corner of Kent Road and Church Path within easy reach of Chiswick Park tube station (District Line), South Acton station (Overground) and local bus services, restaurants, as well as Chiswick High Road with its multiple local amenities and further transport links. Current EPC rating E.



Weston Road, W4

£950,000

For the first time in 30 years, Borthwicks are delighted to offer this mid terraced 3 bedroom, freehold, well-loved family home with a through reception with options to extend (stpc), close to South Acton train & Chiswick Park tube stations. It comprises a large through reception, w/c, utility room, newly fitted kitchen & paved garden, 3 good sized bedrooms & bathroom. An ideal opportunity to do both a loft extension & side return (subject to planning consent). It is within a 10 minute walk from Chiswick Park Tube Station & close to South Acton train station. It is also within easy reach of Chiswick High Road. Ideal for a family or an investor alike. Chain free. Current EPC rating TBA.

www.borthwicks.co.uk

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Antrobus Road, W4

£324 per week

A lovely first floor 2 bedroom flat, close to local amenities in a quiet residential street available with on street parking. Accommodation comprises of own front door with stairs to central hallway with a bright front reception, modern eat-in kitchen, shower room, rear double bedroom and single bedroom/study room at the front. Situated at the top of Antrobus Road within a short walk to Chiswick Park tube station (District Line) and to the 94 bus terminus which is direct to Oxford Street. Available from the 4th December. Current EPC rating TBA. Fees apply.



Cavendish Road, W4

£345 per week

A ground floor, 2 double bedroom, Victorian conversion flat available with a large easy maintained shared patio garden within easy reach of Chiswick Mainline Station. The accommodation consists of communal entrance hall, hallway leading to 2 double bedrooms, open plan reception into kitchen, a family bathroom to the rear & separate toilet. There is a large rear garden and on street parking. It is a short walk to Chiswick Mainline with excellent local bus services to central Chiswick and Turnham Green tube station. Available either part furnished or unfurnished. Current EPC rating D. Available immediately. Fees apply.



Chiswick Village, W4

£288 per week

One double bedroom top floor flat located in Chiswick Village, a well maintained purpose-built development close to the tube and all other amenities. The accommodation consists of one double bedroom, reception room, separate kitchen and bathroom. HEATING AND HOTWATER INCLUSIVE IN RENT. Chiswick Village is a short walk to Gunnersbury Station (District Line tube and Overland Trains). It is within easy reach of Chiswick High Road with its multiple transport links, gastro bars, cafes and shops. The property benefits from large well maintained communal gardens and unallocated car parking. Available at the end of December. Current EPC rating E. Fees apply.



Cedars Road, W4

£583 per week

A spacious and airy 5 bedroom house on Cedars Road consisting of five large bedrooms, reception room, family bathroom, downstairs WC, kitchen along with front and rear gardens. The property is located with a 10 minute walk from Gunnersbury Tube Station and Chiswick High Road's multiple transport links, shops and restaurants. The property is also situated with a minute from the M4/A4 corridor offering speedy access in and out of the city. The house is suitable for a large family needing extra space within a prime location. Current EPC rating E. Available NOW. Fees apply.



Grafton Road, W3

£380 per week

Three bedroom property comprising of two double bedrooms and a smaller third bedroom, a large reception area with enough space to dine if needed and also a good sized family kitchen. Located on Horn Lane within a short walk to Acton mainline station and equal distance to Acton town centre with its many shops, supermarkets, garages and parks. The property is available now. Current EPC rating G. Fees apply.



Chiswick Village, W4

£365 per week

Spacious 3 bedroom property in the popular Chiswick Village development. The Property has just undergone full redecoration. Comprising of three double bedrooms, reception area, kitchen, bathroom and balcony off the master bedroom. The grounds are always kept immaculately clean and well presented with brick BBQ's in each corner of the communal area. Current EPC rating D. Available now. Fees Apply.

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Ennismore Avenue, Chiswick W4
5 bedrooms, 4 bathrooms, 2 reception rooms,
garden, roof terrace, period house. EPC: E.
Freehold. Guide price: £2,400,000.



FOR SALE

Sutton Court Road, Chiswick W4
5 bedrooms, 2 bathrooms, 2 receptions, garden
parking, semi detached house. EPC: E.
Freehold. Guide price: £2,250,000.



FOR SALE

Grange Road, Chiswick W4
6 bedrooms, 2 bathrooms, 2 receptions,
garden, period terrace house. EPC: D.
Freehold. Guide price: £2,250,000.



FOR SALE

Duke Road, Chiswick W4
4 bedrooms, 2 bathrooms, reception room,
garden, period terrace house. EPC: D.
Freehold. Guide price: £1,450,000.



FOR SALE

Chiswick Stalthe, Chiswick W4
4 bedrooms, 2 bathroom, 2 receptions, patio,
parking, riverside house. EPC: C.
Freehold. Guide price: £1,299,999



TO LET

Fauconberg Road, Chiswick W4
2 bedrooms, 1 bathroom, reception, parking
mansion block apartment EPC: C.
Unfurnished. Guide price: £1,750 per month



TO LET

Quayside House, Brentford TW8
2 bedrooms, 2 bathroom, reception room,
balcony, river views, apartment. EPC: B.
Unfurnished. Guide price: £495 per week



TO LET

Cranbrook Road, Chiswick W4
3 bedrooms, 2 bathroom, reception room,
kitchen/diner, garden, period house. EPC: D.
Unfurnished. Guide price: £800 per week



TO LET

Mortlake High Street, Mortlake SW14
3 bedrooms, 2 bathrooms, 1 reception, terrace,
parking, riverside apartment. EPC: C.
Unfurnished. Guide price: £4,999 per month



TO LET

Westcroft Square, London W6
5 bedrooms, 2 bathrooms, 2 receptions, kitchen,
patio, roof terrace, period terraced house. EPC: E.
Unfurnished. Guide price: £1,200 per week



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