

THE Kensington MAGAZINE

November 2018

ISSN 2058-2226



Kensington, Church Street.

100 Years of Change in Kensington
1918 - 2018

THANK YOU

WE MADE IT.

On 12 July 2018 Leighton House received confirmation of Round 2 Heritage Lottery Funding for an ambitious capital project that will transform the Museum. The new facility will open in 2021 and will be a resource for the whole community.

We hope that you will visit often and enjoy this local treasure which you have so generously supported, enabling it to fulfil its potential and become a place for everyone.

Your support continues to be fundamental to the Museum's future.

By becoming a Friend of Leighton House you enable the Museum to realise a broad range of activity and ensure that more people can access its unique heritage. A one-off donation can also make a lasting difference.

To join and for more information, please contact: jennifer.sage@rbkc.gov.uk

To donate please visit: <http://easydonate.org/FLHM001>

Thank you and we hope to see you at the Museum soon.



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Wednesday service

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THE Kensington MAGAZINE

Like everywhere, Kensington has experienced huge change in the last 100 years; notwithstanding transport, technology and travel, our experience of schools, shopping in the High Street and the histories of buildings in the area, have changed in ways thought impossible in 1918. Hard to imagine at that time, when Kensington High St had gas lamps, Typewriting Offices, Public Baths; the Poor Law was in situ, and court dress-makers, boot-makers, tailors, court hairdressers, farriers, hosiers and glove makers were familiar sights. In 2018, as all High Streets in the UK suffer, councils and the local community have to think creatively about how to attract and keep the High St. going. Perhaps nowhere is more apparent in this approach, than in Kensington Church Street, where new shops, up-market pop-up shops are appearing, together with a diverse range of charity shops, on short term leases. No doubt Kensington will look very different in the next 100 years too! Lucy

Front Cover Photograph: Kensington Church Street (Image kindly supplied by Local Studies Department, RBKC)

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#KensingtonMag



Lucy Elliott, Editor

(Hair by Toby from Hairspace at Annie Russell)

Read by 34,500 residents and businesses each month. The magazine is also available at WholeFoods, Sainsbury's Local, RBKC Library, Waterstones, Virgin, Marks & Spencers, St Mary Abbots, St George's Church, The Royal Garden Hotel, The Milestone Hotel, Peter Jones in Sloane Square and many other smaller outlets in W8.

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A Revolutionary Way to Health on your doorstep & suitable for ALL ages: CAR.O.L = CARdiovascular * Optimisation * Logic

By Lucy Elliott

On the same day as Google unveiled 'Deep Mind' to the world, I visited Ratna Singh, a former Management Consultant, who has developed a smart bike that uses Artificial Intelligence to personalise and compress a 45-min jog into 40 seconds. This is the first of its type. Ever. CAR.O.L, an acronym for Cardiovascular, Optimisation Logic provides maximum intensity training that takes less than 10 minutes a session, of which the hard part, and its hard, lasts just 40 seconds. By using smart algorithms, CAR.O.L is able to determine the exact resistance that will elicit the highest power you are capable of. In every session, CAR.O.L adjusts the resistance up, down or not at all depending on your fitness level as determined by the rate at which you fatigue. There are seven 'protocols' (types of exercise) you can choose from; each with a variation of combined gentle cycling movement with short bursts of extreme sprints. Wearing every-day clothes and in the privacy of a private room with no mirrors in sight, the whole exercise takes just under nine minutes. And you don't sweat because you work hard for just 40 seconds which means your body does not get hot enough to sweat. Without a change or shower, you can go straight back to the office/home. For the same health benefits, you would have to run at moderate intensity for 45 minutes straight.

On the health side, tests have been run on both sides of the Atlantic. To date there is much evidence that by using CAR.O.L, participants are showing the same or better improved levels of cardiovascular fitness as long exercise sessions and insulin sensitivity has increased dramatically. For those wanting to lose weight or prevent diabetes, this short exercise will dramatically improve their condition. Because of the increase in tiny cells called mitochondria, the body's resting metabolic rate increases. As Ratna explains, "Mitochondria are often referred as the 'powerhouse' of the cell. Mitochondria transform sugar and oxygen into energy that the body uses to function. As we age, we have less mitochondria. Exercise increases the number of mitochondria improving your body's ability to

produce energy. When we don't exercise, the number of mitochondria in our cells actually declines thus leading to diseases such as cancer, a rise in diabetes and obesity." Ratna, whose office is based in Niddry Lodge, 51 Holland Street, takes corporate social responsibility very seriously, and is offering local residents/business staff the opportunity to try CAR.O.L for themselves, particularly with a view to experiencing the rapid health benefits. For those who would like to undertake regular sessions, this service will be offered as complimentary until 1st February 2019, thereafter it will be possible to purchase a monthly membership. (£10.00 a month/ unlimited use, no contract). Recognising the health benefits in such a short time without the need for shower or changing facilities, another option, is for businesses in Kensington to buy a CAR.O.L for their staff – far cheaper than providing gym membership, and being housed in a discrete pod of its own, it can stand in the corner of an office. Priced at between £3-4K depending on service levels, this is a small price to ensure your staff are keeping fit and healthy. Amalgamated reports can be drawn up for management to see the improvement in the health of their staff.

As an individual who positively hates running, this type of 'quick' but effective exercise was a breakthrough in my somewhat lazy mental approach to keeping healthy. For six weeks, I exercised X2 times a week for 10 minutes each session (although three is recommended). Whilst I lost five pounds, the biggest gain was my heart rate which showed a recovery of almost 50 points in just 6 weeks. My fitness level as measured by CAR.O.L has improved by almost 10% and my power by 40%. This means I have much less chance of diabetes, cancer or obesity. All for just 20 or 30 minutes a week.

For complimentary sessions on CAR.O.L please pop in to 51 Holland St or call Yana on 07584 437917. Alternatively if you are a business and would like to explore purchasing CAR.O.L please call Yana on 07584437917 or visit the website: www.mynameiscarol.com

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A Hundred Year History of Chenesiton House (now known as The Milestone Hotel)

By Sarah Goldsmith

Chenesiton House was the name of No. 1 Kensington Court, which is now known as the Milestone Hotel. Named after one of the old spellings of Kensington, the house was built for Anna Maria Lucena on two plots of land with six-stall stables behind in 1883-4 by J.J. Stevenson (architect) and Holland and Hannen (builders). The front of the house was based on late 17th-century Central European architecture with its ironwork and intricately designed exterior. In 1918, the house was a privately owned (Mrs. Lucena having been murdered by her son-in-law in 1908!) until 1922, when it was bought and refurbished as a hotel.

In 1925, the former Chenesiton House was merged with its neighbour, No. 2 Kensington Court, which was also built in the 1880s. It was designed by T.G. Jackson and built by Albert Estcourt, and was designed to be the most striking house to be built on Kensington Court. Its owner, John Athelstan Laurie Riley, was a 25-year old bachelor who was the grandson of the founder of the Union Bank, and whose passion was Anglo-Catholicism and religious education in the London school system.

The London Survey states that “as he was not called to put his hand to the plough,” Riley was able to request a custom design with unusual features. After the house was built, other architects lauded its Tudor influence while also creating a truly modern house for its time. Though it has been modified greatly since it was first built, the architectural individuality is clear.

Once the two buildings were merged into one hotel, the Milestone was christened, its name derived from the old cast iron milestone that is beside the hotel. In the 1950s and 1960s, this iteration of the hotel came into its own.

A brochure from that era touts its “good food,” and “well-stocked wine cellar,” and the fact that some of the rooms even had private bathrooms. All rooms had telephones, radio, plugs for electric razors, and hot and cold running water. The brochure, in English and French, lauds the hotel’s proximity to the Royal Albert Hall and Kensington Gardens, as well as Olympia and Earls Court. An additional allure was “the many overseas dignitaries” staying at nearby consulates passing through the hotel “on their way to Buckingham Palace.”

By 1985, the hotel was owned by a Middle Eastern concern and the hotel had closed. In 1986, there was a fire in the hotel, the source of which is still a mystery. The next year, the hotel was sold, and not much was done. In 1998, the hotel was bought by the Red Carnation Hotel group and fully renovated by 1999, opening as a 5-star hotel. Though a modern hotel in every sense of the word, the atmosphere harkens back to its roots as a Victorian house at the turn of the century.

One can easily imagine soldiers returning from World War I in 1918 passing through its halls and formal rooms; the sense of history pervades. The Park Lounge, which serves a cozy tea by the fire, was the original drawing room. Chenesiton’s restaurant was the original dining room. The Conservatory, built in 2000, was originally the turning point for the carriages entering the stables. Stables Bar is located where the stables of the original house were. The Oratory was the original chapel of No. 2 Kensington Court, and so on.

While the actual Milestone Hotel was a few years after 1918, the buildings comprising the hotel, and their histories, are very much a part of it.

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Kensington News I

NEW BUSINESSES IN THE AREA

BLUSH AND IVORY at 62 Kensington Church St. a designer bridal boutique providing a bespoke wedding dress shopping experience from start to finish.

www.blushandivory.co.uk. **ILAPOTHECARY** at No. 99 Ken Church St. provides customers with cutting edge synergy of naturopathy, homeopathy, herbology and phyto-actives. This beautiful shop also offers weekly healing sessions and workshops at £15 and redeemable against any products bought. www.ilapothecary.com/kensington

GENERAL NEWS

KENSINGTON RESIDENT INTERVIEWS PRIME MINISTER IN Q & A SESSION: when the Windrush saga hit the headlines last year, local resident, composer and writer, **JOY SIGAUD** had not heard of the Empire Windrush, certainly in no memorable capacity so it came as an even greater surprise to be approached by the owner of Sugar Media & Marketing, publishers of BHM magazine to be one of their editors. She accepted the challenge and the first thing she did was to secure an interview with Theresa May for the Windrush Commemorative Magazine. But, instead of focussing purely on the Windrush matter she raised a series of questions affecting the entire community. All the questions were answered and within weeks of her first visit to Downing Street the National Windrush Day was announced to coincide with the publication date of the magazine. Joy was then offered full editorship of both magazines and already her input is evident with a shift towards more community inclusion and an increased free distribution to key locations with the Evening Standard.

Research on how a Victorian family engaged with Islamic art and culture through their travels has just been published on **EMERY WALKER'S HOUSE** website. It illustrates how engraver and photographer Emery Walker (1851-1933), a close friend of William Morris (1834-96), travelled to Moorish Spain and Morocco collecting on the way. His home is the most authentic Arts & Crafts home in Britain, packed with artefacts collected on travels or created by Walker's friends and colleagues, leading protagonists in the Arts & Crafts Movement. The research can be seen and guided tours of the house booked at www.emerywalker.org.uk.

Award-winning restaurant and bar located in Chelsea, **THE WORLD'S END MARKET** serves the finest steak, from the world-class meat connoisseur, José Gordón, as well as grilled seafood, fish and British meats. Above the restaurant, customers can enjoy the extensive selection of premium whiskeys and barrel-aged cocktails at **THE OLD FASHIONED BAR**, which offers reinvented cocktails incorporating flavour combinations and handcrafted alcohol infusions. The bar is also available for hire. Located in the basement is **THE BLETCHLEY**, a cocktail bar where you have to crack codes in order to get your bespoke cocktails. 459 Kings Road, SW10 0LR. Quote 'Chelsea' to receive 10% off your food bill.

On this special 100 year anniversary of women's rights a video was filmed at the famous **CANDELLA CAFE** in Kensington Church St. A new video to celebrate strong women and chess Queens through a music video with music composed by **JASON KOUCHAK** and even starring our very own Faye Dunaway lookalike now living mysteriously in the Kensington and Chelsea

Kensington News II

area! On a more serious note this was a celebration of the 50 year anniversary of the Thomas Crown Affair movie- a homage to the power and grace of women and the theme of women's empowerment. Proof maybe in the new proverb that it is now 'Sexy to be Smart.'

To mark the 70th anniversary of Magnum Photos founder George Rodger's trip to Southern Sudan a beautiful publication will be released by **STANLEY/BARKER** to coincide with an exhibition at David Hill Gallery London. Rodger was the first authorised photographer to document indigenous people of the Nuba mountains, in the former central Sudanese province of Kordofan, and the Latuka and other tribes of southern Sudan. In doing so, he created some of the most historically important and influential images taken in sub-Saharan Africa during the twentieth century. 'Southern Sudan' will be on display at David Hill Gallery, 345 Ladbroke Grove, W10 6HA from 9 November to 18 December. www.stanleybarker.co.uk

LUNA WINTER CINEMA AT KENSINGTON PALACE: showing Home Alone, The Greatest showman, Miracle on 34th St, Die Hard, Elf, Love Actually, The Night Before Christmas and It's a Wonderful Life, all in the Kensington Palace Pavilion. Alcohol and non alcohol served, mulled wine, popcorn and snacks. Seating provided (unlike the summer Luna!) for tickets please see www.lunawintercinema.com

TOPHAT, a luxury boutique caterer, creates sensational food for corporate events, weddings & entertaining at home, for all those special occasions, including birthdays, anniversaries & Christmas celebrations. Founded by Hattie Mauleverer, TopHat is recognised as one of the UK's best caterers in Tatler's Party Guide as well as being voted

one of London's best wedding caterers by the Evening Standard. With an eye for detail and focused on seasonal ingredients locally, TopHat has created a reputation over the last 10 years for delivering phenomenal events and impeccable service with the added personal touch in a very competitive market. Quote 'Kensington Magazine' to receive 10% off the food menus. Visit www.tophatcatering.co.uk or email alicia@tophatcatering.co.uk

Former Army Officer **ANDREW WOOD** is pleased to announce completion of 'Hanham', a novel based on the amazing true story of three brothers who fought in the First World War and their family. In 2014 Andrew's father purchased at auction a tobacco tin that saved a Kensington soldier's life during WW1, wedged in it the bullet sent to kill him. That however was just the beginning... Andrew will be releasing 100 Limited First Editions in February/March 2019 at two special events; find out more and learn about this story by following Andrew Wood Books on social media or visit andrewwoodbooks.com

ANASTASIA RUSSA is the winner of the **2018 PORTOBELLO WALL PUBLIC ART PROJECT**. She has turned the 100 metre stretch into an unconventional canvas depicting scenes and stories from the area's past and present. Over the last few weeks, visitors to Portobello and Golborne Market have been able to witness her adding portraits of inspiring locals, exchanging stories and memories while Anastasia painted live in the street. Originally from Moscow and with just a few months to research she applied an outsider's gaze to capture the rich diversity of the area and its people. 'Connections' will be on display for a year.

Kensington News III

ORCHID BEAUTY will be celebrating 10 years in January 2019. This family run business employs a team of qualified therapists from around the world providing beauty and Thai massage treatments to a discerning clientele. From now until the end of January 2019, any existing or new visitor to the Salon will receive 15% off their treatment by quoting KEN10. Please note this discount can only be used once per person. They look forward to your visit as they approach and reach their 10th birthday. 292 Kensington High St. Opening hours: 10am – 9pm / 7 days a week. www.orchidbeautysalon.com. Telephone: 020 7602 6664

Congratulations to **TRAILFINDERS** who have been voted Best Tour Operator for the sixth consecutive year by readers of The Times, The Sunday Times and The Sunday Times Travel Magazine. Very well done!

In late September, the **COPTHORNE TARA HOTEL** opened its doors for afternoon tea to thirty-five children, who survived the catastrophic **Grenfell Tower** fire in North Kensington on June 14th 2017. General Manager Nathan White explained “These children and their families lost their homes to the fire and some of them stayed at the Copthorne Tara temporarily until they were rehomed. With the start of the new school year, we felt it was important to show these children that their ordeal hasn't been forgotten and that we stand by them. We were able to provide these children with an insight to the world of hospitality, by giving them the opportunity to work alongside our staff in preparing a wonderful tea for their families and at the same time, having great fun. We trust we have infused them with our passion for the hotel industry! Our team is thankful to Grenfell United for their support in



Children participating in the 'Afternoon Tea and Hospitality' event at The Copthorne Tara Hotel
(Image: Kindly supplied by Copthorne Hotel)

organising this charity event.” Grenfell United is a group of survivors and bereaved families of the Grenfell Tower fire, working together for their community and campaigning for safe homes who look after each other and support the wider community.

CHARITY/CHURCH/RESIDENTS' GROUPS/ SOCIETIES' NEWS

Join **SPID Theatre's Living Heritage Project Estate Endz**. In collaboration with SHAK, the project explores the heritage of Alexandra and Ainsworth estate and how young people want to use the ARC Youth Club. They are working with industry professionals for eleven weeks to create a short film. This is the perfect opportunity for anyone interested in a career in the creative industries. If you're aged 13-25, join them on Saturdays. Each drop-in workshop is FREE (expenses given) at Alexandra and Ainsworth estate's ARC Youth Club (NW8 0SW), running from 12-5.30 pm. 020 8969 4570 youth@spidtheatre.com www.spidtheatre.com



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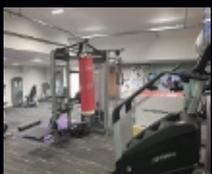
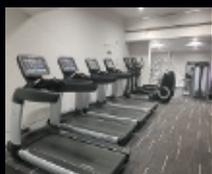
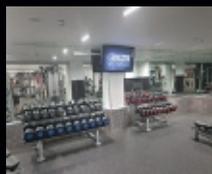
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The Changing Face of Kensington Schools in 100 Years

By Maria Perry with illustrations by Charles Yorke

St Mary Abbots: in 1645 when the Civil War still raged, Roger Pimble left two houses in High Street, Kensington, "for the maintenance of a free school for poor men's children to be taught." At first it was known simply as 'The Charity School'. In 1707 the Church increased the endowment, so that 30 boys and 30 girls could be given "needful learning and work." Nicholas Hawksmoor designed buildings for the school in 1711 and by 1713 it stood in the High Street, with a bell tower and flanked by two painted statues - a boy, holding a pen and a scroll, facing Hammersmith and a girl, clutching a Prayer Book and gazing towards the City. Boys and girls were taught in separate rooms. When their education ended, they were each given a Bible and a guinea.

By 1750 boarders were accepted, but this ceased in 1809, when the school was thought large enough to accept 500 children! By 1860 the buildings needed repair. The High Street was so full of horse traffic, it was considered dangerous for pupils to cross it, so a house was bought in the Church Yard. The charity figures were placed above the school's North door, where they are much photographed by tourists. Once red, the girl's hat has weathered to a deep pink.

St Mary Abbots is a Church of England Primary School. It has always held assemblies and prayer meetings within the Church and the general public are welcome to attend. Although the teaching is traditionally Anglican, pupils learn about other religions and festivals. During his sixteen years as Vicar, the Rev Gilleen Craig stood outside the school gates every week-day morning that he was in London, greeting the pupils and as one wit put it, 'Chatting up the Mothers'. All the children with whom I have spoken miss him enormously. As one Mother commented, "He will be a hard act to follow."

The school has a strict admissions policy, which still fulfils its purpose as a charity school. Children 'in public care' are still given priority. They are euphemistically known as, "Looked after children". SMA is a family school. Brothers and sisters are welcome. The younger children become accustomed to the idea of school, by accompanying their mothers in the morning and watching their siblings go through the gates. Needless to say the academic standards are high. When he was Prime Minister, David Cameron sent his children there. Mrs Doyle, the Headmistress has been at the school for nineteen years.

The Fox Primary School lies between Kensington Church Street and Notting Hill Gate. It is noted for taking in 'brainy kids' and was founded in 1842 by the Hon Caroline Fox, daughter of the 2nd Lord Holland. Originally on the Holland Park Estate, it moved to its present location in 1937. It is co-educational and takes children from 4-11. Established for "the labouring, manufacturing and other poorer classes in Kensington" it has come a long way since then! Its illustrious list of former pupils ranges from the ballerina, Darcy Bussell to the writer, Melissa Benn, daughter of the Labour politician Tony, who has spent most of her life promoting comprehensive education. In the early days of the ILEA one of its most progressive teachers was the poet, Ivor Cutler, who disapproved so vehemently of corporal punishment, that he cut up his birch canes and distributed them among his pupils.

Noted for its academic excellence, the school boasts two playgrounds but is known to many local residents as "the place where you go to vote", since at election times it is used as a Polling Station. This delights the pupils, who get a day off. Perhaps that is why several of them have been attracted to political careers. Its Maths teaching is highly regarded. One

of the brightest little girls I ever met went from the Fox School to St Pauls and then to Aberdeen University, where she studied Chinese. She rose to become one of the top executives at HSBC. The Fox School also has a strong affinity to Holland Park School, which this year celebrates its sixtieth anniversary.

At the opposite end of W8, St Barnabas and St Philip's was founded in 1845. It was supervised by the Minister of St Barnabas Church and amalgamated with St Philip's from 1853. Queen Victoria's mother, the Duchess of Kent contributed £10 a year to its upkeep and Queen Victoria continued the subscription until her death in 1901. As at St Mary Abbotts boys and girls were educated separately; by 1893 there were 594 pupils, compared with 201 today. The buildings were modernised and the new accommodation was opened by HRH Princess Margaret. They were then dedicated by Dr Stoppard, the Bishop of London.

The school remains a voluntary aided Church of England Primary School. It stands far enough from the High Street to avoid the noise and fumes and close enough to Holland Park for a supply of fresh air. It has a cosmopolitan intake including children of 30 different nationalities and aims to promote 'the spiritual, moral, cultural, mental and physical development' of its pupils.

In addition to the National Curriculum it pursues adventurous proposals to add 'sex and relationship education' (parents can withdraw pupils, if they wish) and 'personal health education and citizenship'. As well as an excellent Library, there are 'book areas' in each classroom. Computers are encouraged though a comforting reassurance in the prospectus promises that 'tables, number combinations and mental arithmetic' are



still allowed. R.E. is basically Christian, but an awareness of other faiths is encouraged.

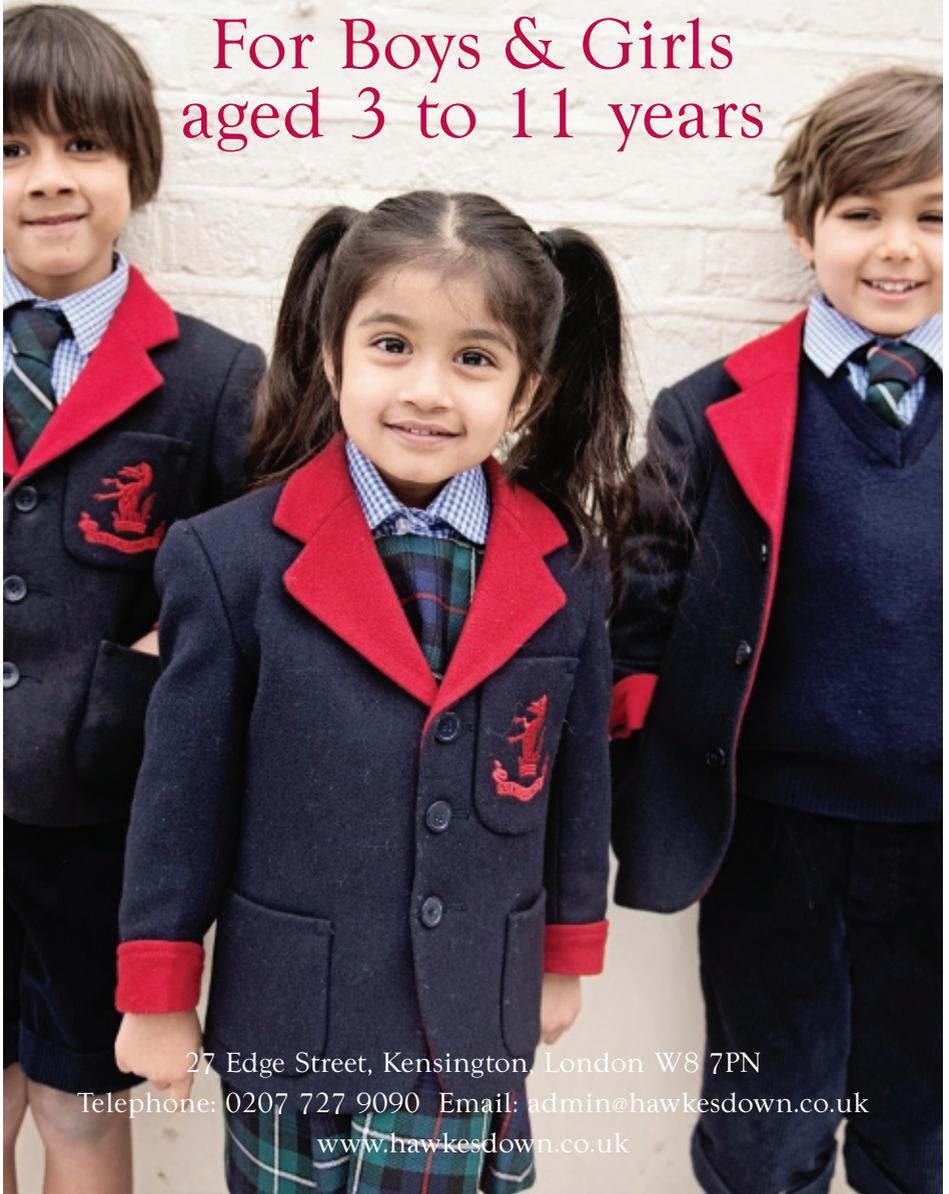
Woodwork (an option for boys when I was at school) has been superseded by Design and Technology. French, Geography, History and Music are available and Special Needs are efficiently covered. There are also educational visits and in Year 6 pupils have a chance to experience boarding at a residential school in Devon.

How things have changed over the years in our schools in Kensington!



Hawkesdown House School

For Boys & Girls
aged 3 to 11 years



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Canine Partners Carol Service 2018

in the presence of
His Royal Highness The Duke of Gloucester KG GCVO

hosted for the seventh year by
Draycott Nursing & Care

Thursday 13 December 2018

7.00pm to 8.15pm

**St Mary Abbots Parish Church,
Kensington High Street, London W8 4LA**

Doors open at 6.15pm. Guests must be seated by 6.45pm.

Readings and performances by
Patti Boulaye, James Dreyfuss, Susan George,
Jamie Jewitt, Michael Peluso and the inspirational
Canine Partners Dog Display Team



Help us to raise £40,000 to fund two Canine Partnerships

Adults £35

Children £10 (12 years and under)

Tickets available online at

www.caninepartners.org.uk/draycottcarols



The Carol Service is followed by a
Drinks and Canapé Reception
until 9.00pm

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A Century of Scientific Transformation

By Dr Alex Anderson

Over the past century, Kensington has hosted researchers who have driven innovation across the sciences: from helping to discover new species to advancing nuclear physics.

Lucy Evelyn Cheesman (1881-1969) was an English entomologist, whose expeditions across the globe allowed her to collect around 70,000 specimens of insects, plants and animals for the Natural History Museum. Unable to pursue her initial plan of studying to become a veterinary surgeon as the Royal Veterinary College did not admit women in 1906, she became the first female Insect House Curator at London Zoo before turning her attention to global expeditions. Between 1924 and 1952 she went on multiple solo expeditions to the South West Pacific and indeed went on a final expedition to Vanuatu after a hip replacement at the age of 73. Her specimens continue to enable new discoveries, including the identification of a new species of blue orchid in 2013 by a researcher from Kew.

The physicist Patrick Blackett (1897-1974) has multiple connections to the area. Born in Kensington, he was a naval officer before studying at Cambridge and remaining there to work on cosmic rays. From Cambridge he moved to head up the department of physics at Birkbeck, and then Manchester University, before returning to Kensington in 1953, when he was appointed head of department at Imperial College. His contributions to research were recognized through the award of the Nobel Prize in Physics in 1948 "for his development of the Wilson cloud chamber method, and his discoveries therewith in the fields of nuclear physics and cosmic radiation."



Lucy Evelyn Cheesman
'Insect House Curator' at London Zoo
(Image Source : Natural History Museum)

The current Physics department building of Imperial College is named the Blackett Laboratory, immortalising his legacy.

A scientist who began their scientific studies in Kensington, and whose legacy supports enhanced access to science for future generations was Daphne Jackson (1936-1991).

Her career began at Imperial College, where she graduated with a degree in Physics in 1958. Continuing her career, she was appointed the first female Professor of Physics in the UK at the University of Surrey in 1971. Beyond her research contributions, Jackson is known for supporting scientists to return to research after a career break, piloting a fellowship scheme to enable this in 1985. After her death, the Daphne Jackson Trust was established, supporting female and male scientists in their return to research after career breaks. These fellowships have helped over 347 individuals return to a research career.

GET WELL SPOON



November

Restorative Chicken Broth for Colds

Complex-tasting and warming, simple to make in advance. Mushrooms are a key ingredient in this dish as both maitake and shiitake are known as medicinal mushrooms.

- 3 large chicken breasts
- 1 head of garlic, halved crosswise
- 2 bay leaves
- 4 whole allspice
- 1½ tsp kosher salt
- 280g maitake or/and shiitake mushrooms, torn into bite-size pieces
- 1 fresh red chilli, finely sliced
- 3cm piece ginger, peeled & finely chopped
- 1 tbsp distilled white vinegar
- 1 tbsp soy sauce
- Freshly ground black pepper
- Sliced scallions and coriander sprigs

Place chicken, garlic, bay leaves, allspice, and 1½ tsp salt in a medium pot. Cover with 2 pints of water and bring to a bare simmer over high heat. Immediately reduce heat to medium-low, cover pot, and cook for 8 minutes. Remove chicken from liquid and let cool slightly, then shred into bite-size pieces.

Strain stock through a sieve into a clean pot; discard solids. Add mushrooms, chili, ginger, vinegar, and soy sauce. Bring to a boil; reduce heat and simmer, stirring occasionally, until broth tastes rich and flavourful, 8-10 minutes. Season, then add shredded chicken and simmer just until meat is warmed through.

Divide soup among 4 bowls and serve topped with scallions and coriander.



In advance - Chicken can be poached 2 days ahead. Let chicken and broth cool separately. Wrap up chicken and transfer broth to an airtight container; chill.

Mushrooms have anti-inflammatory properties and help modulate the immune system, so will fight a winter bug and are also very good for the cardiovascular system. Ginger can help with digestion, and allspice contains many antioxidant, anti-inflammatory, cancer-fighting, sedative, antiseptic, antiviral and antifungal properties. Chicken is an easily digested source of protein, and garlic is famous for its healing properties.

Our book, "Knife, Fork, Get Well Spoon" is available at [Wholefoods in Kensington](#) & on [amazon.co.uk](#)

Over Time: The Sunken Garden, Kensington Palace

By Benedict Bull

Next to Kensington Palace is the rather brilliant Sunken Garden, an authentic Edwardian masterpiece. First planted in 1908, it is terraced with a stone paved pond and serried ornamental beds. It boasts ornamental flower beds, a pond with fountains 'formed from three eighteenth century water cisterns retrieved from the palace' and four trachycarpus marking out the corners of the brick raised hooped lime tree cloister surround.

Last week it was exquisite in the soft Atlantic drizzle, still buzzing with colour in the double rank of beds and the strategically placed tubs. The reds of heucheras and fuchsias, the greens of lawn and lime, and assorted golds and purples and yellows, all moving and vibrating gently in the weak sunlight and dynamic cloud cover. The central pool of water sits still, the lowest layer in this terraced sunken garden, the cisterns floating on piers within it. The lower terraces and bedding displays are set in a rectangular series of grass parterre de broderie.

Outside these, the flanking perennial herbaceous border press against the fine brick retaining wall on which is the lime cloister walk, the upper terrace and exoskeleton as it were of this curious sunken garden. The vibrating colour of the Edwardian brickwork is the perfect harmonic counter point to the bedding displays and the large leaved limes' canopy is likewise to the turbulent English sky.

The beds on the lower terrace are the long herbaceous borders right up against the brick work, like filigree work, and under the cloister windows from the perspective of the hooped lime walk is the mixed herbaceous border of taller and shorter perennial vascular plants. Here the garden is enclosed, one is looking in and looking out above to the sky like a vast

pantheon. The garden is enclosed within the upper terraced walk and the visitor is also enclosed within the diaphanous privacy of the yellow green of the lime leaves, whose changing colour mark the autumn transition, as the xanthophyll's start to dominate in the canopy of the large leaved lime's overarching leaves. One can look inward and across as described or outward through the round window looking east or from the prospect platform looking south, taking in the full expanse of the gardens, the Broad Walk, the Round Pond and goose foot avenues.

The Sunken Garden is a garden within a garden; enclosed and hidden within its lime tree cloister, the herbaceous borders, pool and lead strapwork planter fountains, trachycarpus, roses, fuchsias, heuchera, grasses, its outward and inward looking aspects, all resolve the changing use of the gardens, making connections, accommodating changes in height and volumes of space and types of garden use. The hooped tunnel, hedge and rail sides of the lime cloister resolve the new layout for the visitor; the round window on long vista looking towards the Round Pond [east facing] allows a view out without centralizing on the figure herself or on the Empress in the centre of the goose foot entrance vista, and the viewing platform toward High Street Kensington looking south across Palace's new yew and grass parterre and cour d' honneur [on the east front of the Palace] is brilliantly placed, affording vantage yet not intrusive either.

It seems like another generation ago when all this was a screen of shrubbery behind railings, yet it was quite recent - in fact the new layout is a monument to this age that demands a transparency and accountability not previously conceivable, yet within it the Sunken Garden still sparkles unaltered.



Old School Barbers

Newly opened in Notting Hill Gate, a traditional barber shop created by Val. Old School Barbers has been set up to offer the local community and beyond, the traditional approach to men's haircuts.

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97a Kensington church street W8 7LN

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WINES: Own Label Brands

By Trevor Langley

During recent years the number of offerings of drinks, for own-label brands, has increased significantly. Productions of own-label beverages can be located in supermarkets, retailers, independent wines/drinks specialists, hotels and restaurants, for example, as well as online. For this quest I searched for a company that offers an impressive range of all types of wines and spirits, plus drinks and own-label productions too.

Jeroboams is a leading UK importer and supplier of wines, spirits and other drinks. Jeroboams Sauvignon Blanc is very popular, with many. This white pleaser from New Zealand is especially produced by James Macdonald, winemaker at Stoneburn Vineyards, Marlborough, New Zealand. This production has fresh, tropical fruits for the bouquet, that follow through to the mouthfeel and palate sensation perfectly. Jeroboams White Burgundy is produced by Domaine Borgeot and has an excellent bouquet of ripe fruits. This French wine is extremely popular and the mouth's pleasures endorse it, with many dining occasions being graced with this wine. These are splendid to pair with white meats.

If Rioja is a passion, then Jeroboams Rioja Reserva presentation will not disappoint.

Marqués de Reinoso is produced in partnership with Marqués de Reinoso. I found the bouquet to be enticing for this ruby-coloured wine with an abundance of dark fruits for the nasal senses. The mouthfeel is elegant and full of classy, dark fruits. The palate extends the pleasures, for this powerful, impressive, Spanish production. Fantastic with lamb and a lot of other cuisine. Jeroboams Bordeaux is a very much loved, powerful French Claret, with plenty of dark fruits for the nose and mouthfeel. The palate follows to carry the sensual effects to a superb finish. Wonderful to accompany many dishes including red meats.

I found looking into own-label brands very worthwhile. Many of these own-label wines/drinks are made by excellent, trusted producers, a good number of which have won prestigious awards. Jeroboams has several stores at locations that include Knightsbridge, Notting Hill and Kensington plus online ordering is also available. Take time and pleasure to locate your favourites. For more information and all details:

254 Kensington High St. Tel: 0207 288 8888
Email: orders@jeroboams.co.uk
www.jeroboams.co.uk

IN KENSINGTON WE LIKE TO EAT, DRINK AND BE MERRY!



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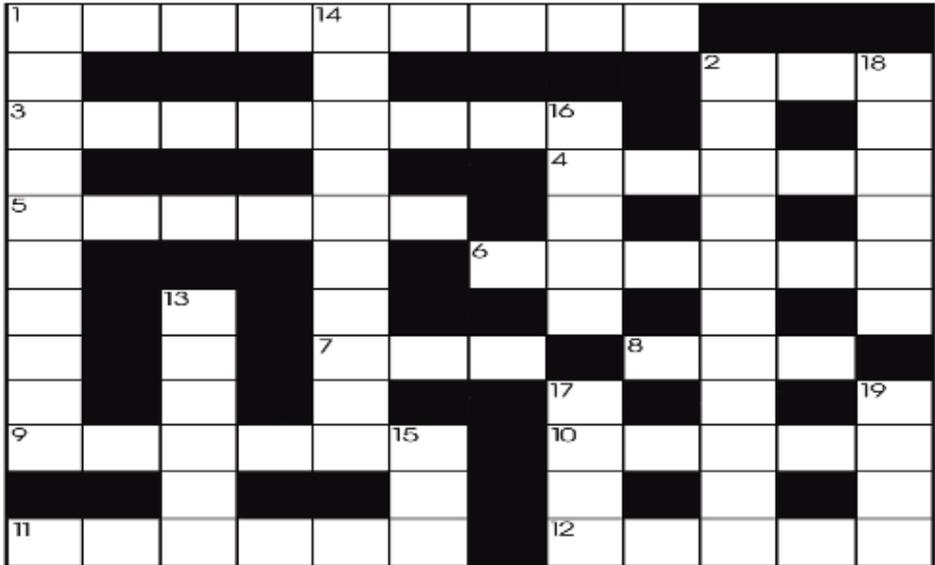
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BELGRAVIA
& KNIGHTSBRIDGE

jeroboams.co.uk

The Kensington Crossword

By Dave Saunders



Pit your wits against our Kensington-centric crossword. Answers on page 29

Across

- 1) _____ Spa, massage and holistic therapies centre at 43 Kensington Church Street, W8 (9)
- 2) ___ Swan, Victorian pub located at 206 Kensington Church Street (3)
- 3) _____ Doherty, four-times Wimbledon men's singles champion; died in Kensington in 1910 (8)
- 4) _____ Wagstaff, stage and film actress who died in Kensington in 1985 (5)
- 5) Country which has its embassy at 2 Palace Green, Kensington W8 (6)
- 6) And 13) down: Builder of Kensington Palace in 1606 (6,6)
- 7) Le Petit ____, wine bar and French restaurant at 1 Palace Gate, W8 (3)
- 8) CA ___ and Son Ltd, Property Management company at 27 Palace Gate, W8 (3)
- 9) _____ Road, thoroughfare between Holland Rd and Addison Rd, W14 (6)
- 10) _____ the Belt, jewellers located at 3 Holland Street, W8 (5)
- 11) _____ Collection, art gallery at 7B Kensington Church St (6)
- 12) ___ Garden Hotel, luxury hotel at 2-24 Kensington High St (5)

Down

- 1) S.J. _____, film, stage and radio actor who died in Kensington in 1941 (10)
- 2) _____ Gardens, residential street between Hornton St and Campden Hill Road (11)
- 13) See 6) across
- 14) Clothing store located 71 Kensington Church Street, W8 (10)
- 15) Betty ____, composer, conductor, singer and vocal coach; born in Kensington in 1930 (3)
- 16) _____ Smeed, British character actor who died in Kensington in 2014 (5)
- 17) Animal ____, pet shop at 17 Abingdon Road, W8 (4)
- 18) Clothing outlet at 38a Kensington High Street which closed in 2018 (6)
- 19) John ____, sculptor of part of the marble group representing 'America' on the Albert Memorial (4)

Kensington Cultural Quarter: What's On I

FRIENDS OF HOLLAND PARK NATURE WALK
3 November 9.00 am -10.30 am. Free
Looking at birds, plants, butterflies and park management. Meet outside park café
Queries Rhoddy Wood 020 7602 0304 or
rhoddy.wood@virgin.net

VALERY GERGIEV & THE MARIINSKY ORCHESTRA
5 November 7.30pm, from £18
The first of three concerts (4th & 5th March 2019) given by Valery Gergiev and the Mariinsky Orchestra as part of the Zurich International Orchestra Series 2018-19. They perform Tchaikovsky's The Sleeping Beauty (excerpts) and Symphony No.5.
Venue: Cadogan Hall 020 7730 4500.
www.cadoganhall.com

MICHAEL HONNOR: "EBB AND FLOOD"
6 – 23 November
Acclaimed artist Michael Honnor creates a striking collection of new artworks for his upcoming exhibition. Michaels' paintings are intensely attractive, capturing the movement and dramatic atmosphere that the land presents. Thackeray Gallery, Est 1968
020 7937 5883. www.thackeraygallery.com

PERSPECTIVE
7 November – 2 December.
Daily 10.00 am – 6.00 pm
Petronilla Silver selling exciting artwork: Nicola Bealing paintings, Tavs Jorgensen experimental ceramics, Sara Moorhouse ceramics changing form through colour, Ismini Samanidou weaving, Nicola Tassie wall and freestanding ceramic sculpture. Venue: Petronilla Silver at Eight Holland Street, W8 4LT
www.petronillasilver.co.uk 07740436242

BABY
To 9 November, Tuesday – Saturday 7:30pm
£16/£12 concs
A Musical by Maltby & Shire full of joy, humour

& love. By Offie Nominated MKEC Productions.
Venue: Drayton Arms Theatre, 153 Old Brompton Road London SW5 0LJ
www.draytonarmstheatre.co.uk/baby
www.mkecproductions.co.uk

LOVE-LIES-BLEEDING BY DON DILILLO
WITH JOSIE LAWRENCE AND JOE MCGANN
9 November - 8 December £8.50 - £25
Print Room at the Coronet.
This perceptive and surprisingly witty story about a family trying to take death into their own hands, explores one of our most urgent debates – what is being alive?
020 3642 6606 www.the-print-room.org

HANDMADE IN BRITAIN –
THE CONTEMPORARY CRAFT AND DESIGN FAIR
9 - 11 November Friday/Saturday 11am – 6pm,
Sunday 11am – 5pm. Advance £8 + booking
fee / Door £10. Free for ages 14 and under.
Concessions available.
Shop for jewellery and contemporary craft from over 100 designers. Venue: Chelsea Old Town Hall, Kings Road, Chelsea SW3 5EE
www.handmadeinbritain.co.uk/chelsea

"WHEN THE GUNS FELL SILENT" - A Kensington Centenary Commemoration at St Mary Abbots Church, in association with Knight Frank.
November 9-11 marks the Centenary of the end of the Great War. In Remembrance and Reverence, a series of events will be held at St Mary Abbots Church to commemorate this historical occasion. Please visit Church or see www.smaw8.org or call 020 7937 5136 for info.



INFINITE POSSIBILITIES at Gallery 508 Kings Rd
9 - 21 November FREE
Laura Fishman, a Contestant of Sky Arts Landscape Artist of the Year 17 has an exhibition showcasing her styles from Abstract Expressionism to pour painting. Tel: 020 3719 3109. www.508kingsroad.com

Kensington Cultural Quarter: What's On II

THE RPT CHRISTMAS MARKET

13 November, 6pm-9pm, £20 (includes drinks, canapes, music, shopping)

14 November, 9:30am-5pm, £5

RPT's 29th annual Christmas Market will welcome more than 50 independent stallholders to this festive event supporting North Kensington's children and young people. Rugby Portobello Trust, 221 Walmer Rd, W11 4EY. www.rptchristmasmarket.co.uk

JAPAN HOUSE - TAKEO PAPER SHOW: SUBTLE

13 November - 24 December, FREE

SUBTLE is the ultimate exploration of Japanese minimalism and the delicate art of paper. It reawakens our sense to the limitless possibilities of what can be done with this 'everyday' substance, presenting works in diverse disciplines across art, animation, architecture, fashion, graphic design and literature. Curated and directed by HARA Kenya, Chief Creative Director for the global Japan House and Art Director of MUJI.

WHITLEY FUND FOR NATURE'S HOPE GALA

14 November 2018, 7pm

Join friends for a wonderful evening to celebrate 25 years of conservation achievements. Speakers include Sir David Attenborough, and past Whitley Award winners. The evening will be compered by Kate Humble, with a show by 'Fashion for Conservation'. Venue: Natural History Museum. Contact 020 7221 9752, info@whitleyaward.org, or visit <https://whitleyaward.org/events/hope-gala/>

SHADOW PUPPET CREATIONS

17 November, 2pm-3.30pm

Children £3; FREE for accompanying adult

The fabulous Knuckle and Joint return to conjure up tales from faraway lands as part of SHADOW PUPPET CREATIONS. Create your own puppet before, taking inspiration from the

beautiful Arab hall, before coming together to perform. Leighton House Museum <https://bit.ly/2POCapq>

KENSINGTON GARDENERS' CLUB:

HENSTEAD EXOTIC GARDEN

17 November 2:00pm free to members

Andrew Brogan will talk about the creation of his Exotic Garden in Suffolk. Afternoon tea, plants for sale afterwards. Meet at the basement lecture theatre of the Kensington Central Library, Phillimore Walk, W8 7RX. www.kensingtongardeners.co.uk

GOSIA LAPSA-MALAWSKA

DISAPPEARING To 18 November

Solo exhibition. 'Closing your eyes isn't going to change anything. Nothing is going to disappear just because you can't see what's going on.' Haruki Murakami. The MUSE Gallery, 269 Portobello Road, W11 1LR. www.themuseat269.com. www.malawska.com

MATTHEW BARTON LTD:

ASIAN WORKS OF ART AUCTION

21st November 2018

The auction will include a fine collection of Chinese jade and 79 netsuke from the Edmund De Waal collection made famous by his memoir 'The Hare With Amber Eyes. Venue: 25 Blythe Road, Olympia, W14 0PD 020 7806 5545 www.matthewbartonltd.com

EAT & DRINK FESTIVAL &

THE IDEAL HOME SHOW CHRISTMAS 2018

21 - 24 November 10.00 am - 6.00 pm

22 Nov 10.00 am - 9.00 pm LATE NIGHT

25 Nov 10.00 a.m - 5.00 pm.

Adult Entry (Wed-Fri): £13 (Sat-Sun): £15

The UK's favourite indoor food festival celebrating the best in modern cuisine, mixology and independent produce all under one roof Olympia, London. The UK's best loved seasonal home event, Ideal Home

Kensington Cultural Quarter: What's On III

Show Christmas with over 600 exhibitors and enough festive filled content to create the ultimate Christmas at home. Tickets via www.eatanddrinkchristmaslondon.com/

SICILIAN EVENING WITH DOLCE & GABBANA
AT BAGLIONI HOTEL LONDON
[22 November from 6:30pm, FREE](#)

Join us in celebrating the re-launch for iconic Dolce & Gabbana fragrance Velvet Sicily Eau de Parfum. Enjoy an authentic Italian Aperitivo in the hotel's Clubino and a glass of Ferrari. Cash bar from 8:00pm. Limited availability, please contact 0207 368 5742 or email n.chaudhary@baglionihotels.com

BURY THE DEAD
[To 24 November £16 - £20](#)

The first professional UK production for 80 years. When six dead soldiers stand up in their graves and refuse to be buried, the military are at a loss for what to do. Finborough Theatre. www.finboroughtheatre.co.uk

DIE FLEDERMAUS
[30 November from 7.00 pm £15.00 \(£13 concession\)](#) Presented by Opera Kensington, this semi-staged wicked and sexy operetta, sung in English, is about mistaken identity and beautiful romantic melodies. Venue: St. George's Church, Aubrey Walk, W8 7JG 07766 663939, r66663939@gmail.com

Bespoke: DELUXE CIGAR AND WHISKY MASTERCLASS [So bespoke you chose the date to suit your diary! £138.00 per couple](#)
The new experience is a fun, yet informative masterclass. The hotel's expert will identify different types of cigar and the best whisky to pair. *A Hoyo de Monterrey Epicure No.2 each
*Paired with three drams of whisky each
*Selection of canapés. Venue: Hotel Xenia. www.hotelxenia.co.uk/meetings-events/cigars-and-whisky-masterclass

RUSSIAN CHRISTMAS BAZAAR
RUSSIAN ORTHODOX CHURCH IN LONDON
ECUMENICAL PATRIARCHATE
[Saturday 8th December 2018](#)
[12 – 4 pm](#)

Russian Goods, Books, Antiques and of course Delicious Russian Food. Venue: St. Mary Abbot's Church Hall, Vicarage Gate, W8

W11 OPERA PRESENTS SHADOWTRACKS
[8 & 9 December - shows at 3.30 and 7.00pm](#)
[\(tickets from £12\)](#) Under the watchful eye of the station clock, commuters rush to catch the last train home. But it is not only the present that leaves its footprint on the bustling concourse. POSK Theatre, 238 – 245 King Street, Hammersmith W6 0RF. www.w11opera.org/box-office

CURTAIN UP, CHRISTMAS MARKET 2018
[9 December 11.00 - 3.30 pm](#) [Entry £2](#)
Will be opened by surprise celebrity 11.30. BBC Radio London's Jo Good to draw the raffle at 3.00pm. Refreshments by Master Chef runner up Julia Gray all proceeds to SANDS Stillbirth and Neonatal Death Charity www.sands.co.uk. Venue: St Mary Abbots Centre, Vicarage Gate, Kensington Church St, W8 4HN proceeds to chosen charity: David Adams Leukaemia Appeal

CANINE PARTNERS CAROL SERVICE 2018 at ST MARY ABBOTS CHURCH
[13 December 7.00pm to 8.15pm. Tickets Adults £35.00 Children \(12 and under\) £10.00](#)
Inspirational Canine Partners Dog Demonstration Team. Readings & performances by: Patti Boulaye, James Dreyfuss, Susan George, Jamie Jewitt and Michael Peluso in the presence of HRH The Duke of Gloucester. The carol service will be followed with Drinks and Canapés. Tickets: www.caninepartners.org.uk/draycottcarols

South Kensington Cultural Quarter: What's On I

BEHIND-THE-SCENES TOURS

Daily from 11:30am

Go behind the scenes with knowledgeable science educators for a look at the Museum's fascinating zoology collection preserved in spirit. Explore some of the Darwin Centre's 27 kilometres of shelves, and you'll encounter numerous treasures hidden among the 22 million animal specimens housed here. Natural History Museum

VIDEO GAMES: DESIGN/PLAY/DISRUPT

Daily, Families, £18, children under 11 free

This exhibition provides a unique insight into the design process behind a selection of groundbreaking contemporary videogames. V&A www.vam.ac.uk

FESTIVAL OF FILM

To 2 Nov

The Festival of Film returns, celebrating the magic of the movies while shining a spotlight on cinema's best scores. The programme is packed with immersive movie and music experiences, including a host of screenings, concerts with a film flavour, exhibitions, talks and tours. Venue: Royal Albert Hall www.royalalbethall.com

RCM SPARKS GUITAR FESTIVAL

4 Nov 11am £15 adult and child

Join us for a fun festival of RCM Sparks events especially for budding young guitar players. Royal College of Music. www.rcm.ac.uk

PRE-EXPLORE LECTURE: THE WATER DIARIES: BRINGING THE WORLD OF WATER ALIVE THROUGH ADVENTURE

9 Nov 6:30pm Free. Fearghal O'Nuallain teaches and explores. He is the founder of The Water Diaries and co-founder of Kindness of Strangers, projects which use stories to engage with our most precious resource and

to share stories that make your heart grow. During term time he can be found teaching geography at a south London school. Royal Geographical Society www.rgs.org

LAUREN CHILD IN CONVERSATION

10 Nov 4pm-3:45pm £7-15

Join bestselling writer, artist and current Children's Laureate Lauren Child for a family-friendly afternoon, as she talks about her newest works and a life in books. V&A Museum www.vam.ac.uk

CHRIS JACKSON: MODERN MONARCHY

16 Nov 7pm-8pm £12-15

From the modern day fairy tales of the Duke and Duchess of Cambridge and Prince Harry and Meghan Markle, to countless royal tours, charitable events and royal appearances, award-winning royal photographer Chris Jackson has been documenting the Royal Family for the last 15 years. V&A Museum www.vam.ac.uk

CHANCE AND CONTROL: ART IN THE AGE OF COMPUTERS

To 18 Nov Free Since the 1960s, artists and programmers have used computers to create prints, drawings, paintings, photographs and digital artworks. This display celebrates 50 years and more of computer-generated art, exploring aspects of chance and control. Venue: V&A www.vam.ac.uk

SOUTH KEN KIDS FESTIVAL

19-25 Nov Free

Prepare yourself for a brilliant selection of children's writers and illustrators coming from both sides of the Channel to the Institut français and participating London schools, under the ever-generous patronage of the marvellous Quentin Blake. Institut français www.institut-francais.org.uk

South Kensington Cultural Quarter: What's On II

FATHER CHRISTMAS AT THE HALL

22 Nov-22 Dec From 9am

Come and meet Father Christmas at his top-secret London headquarters! Once upon a time, nearly 150 years ago, Father Christmas and his workshop elves used Christmas magic to enchant the Royal Albert Hall and turn it into their secret London Headquarters. www.royalalberthall.com

THE MARRIAGE OF FIGARO

From 24 Nov 7pm From £10

Esteemed baritone and RCM alumnus Sir Thomas Allen returns to direct a rousing performance of Mozart's much-loved comic opera. Composed in 1786, Mozart's classic opera has all the ingredients of a modern rom com: love, revenge and deception. Venue: Royal College of Music. www.rcm.ac.uk

IVF: 6 MILLION BABIES LATER

To 25 Nov Free Find out about the remarkable story of in vitro fertilisation (IVF) from the challenges faced by early pioneers to the latest research today. The exhibition explores ten years of testing, hundreds of failed attempts and many setbacks in the quest to treat infertility. Science Museum www.sciencemuseum.org.uk

NAOMI'S JOURNEY

28 Nov 7pm £3 After the murder of her older sister by her German husband, twenty-year old Naomi reluctantly accompanies her mother from Peru to Berlin to follow the trial. As she learns more about the crime and her sister's life far from home, she starts taking more control of her own. Goethe Institut London www.goethe.de

DUOLOGUE

To 2nd Dec, Free

Past President of the Royal Academy, Phillip King CBE will join forces with Alexandre da Cunha, to spend a week of practical exchange and discussion in the studio space. At the end of the week, the space will be left in exactly whatever state it is in. Royal Society of Sculptors www.sculptors.org.uk

THE WIDER EARTH

To 30 Dec Previews 2-12 Oct - £17:50-£79;50

A new theatre in the Jerwood Gallery at the Natural History Museum will be unveiled for the European premiere of award-winning play The Wider Earth, about the story of a young Charles Darwin, will then run for a limited season. Natural History Museum

NHM ICE RINK

To 6 Jan Times vary From £11.55

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Answers to Crossword on Page 23



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