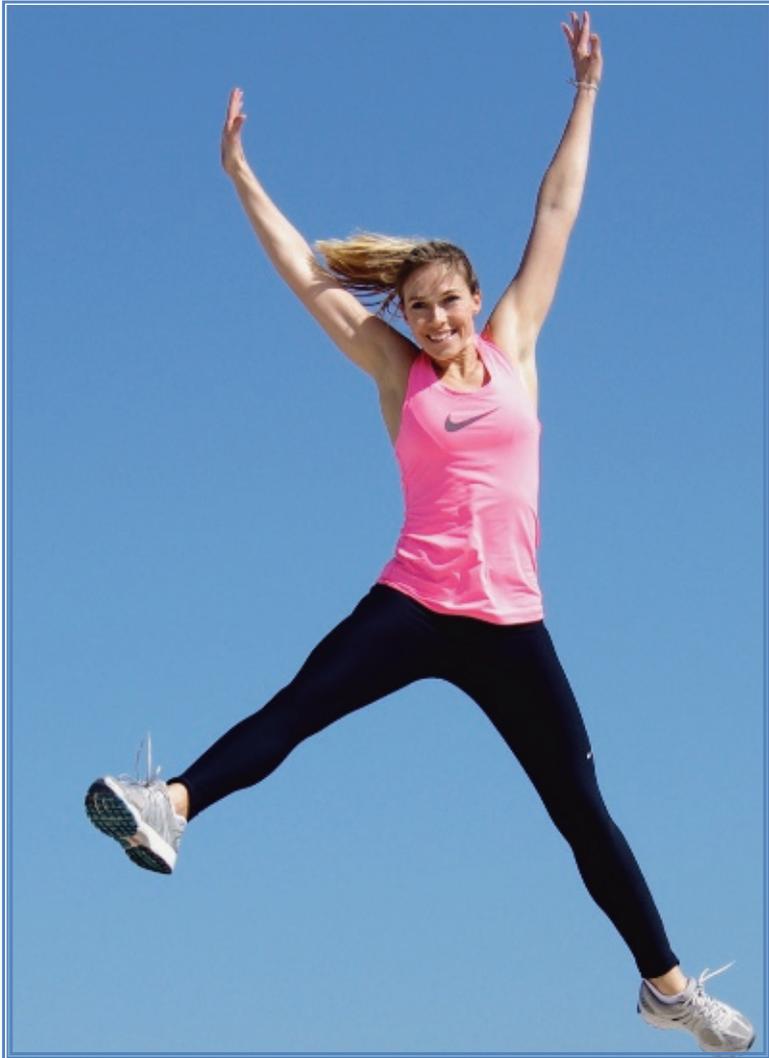


# THE Kensington MAGAZINE

September 2019 - FREE  
ISSN 2058-2226



Health & Fitness in Kensington



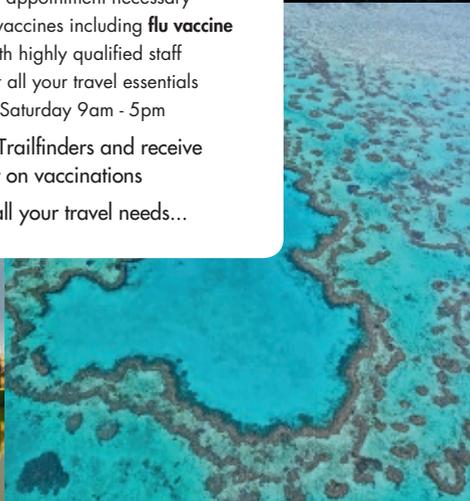
## TRAILFINDERS Travel Clinic

Travel vaccinations and health advice from the Travel Experts right on your doorstep...

- Conveniently located within Trailfinders Travel Centre at 194 Kensington High Street
  - Free consultations and competitive prices
  - Walk in service – no appointment necessary
- Extensive range of travel vaccines including **flu vaccine**
  - Doctor led clinic with highly qualified staff
  - Travel goods shop for all your travel essentials
  - Open: Monday - Saturday 9am - 5pm

Book your travel with Trailfinders and receive a 20% discount on vaccinations

Use Trailfinders for all your travel needs...



TRAVEL BRAND OF THE YEAR



## TRAILFINDERS Travel Clinic

194 Kensington High Street

No appointment necessary!

For more information call  
**020 7938 3999**



Trailfinders is Trustpilot's No.1 rated travel company  
"Truly excellent; patient, friendly, helpful and a mine of knowledge, tips and advice."

Historic Royal Palaces  
Kensington Palace

DISCOVER THE REAL

# VICTORIA

MADE IN  
KENSINGTON



Two revealing new exhibitions  
open 24 May 2019 to celebrate  
the 200th anniversary of Victoria's  
birth at Kensington Palace.

**Book online to save**

Members go free

📍 Queensway 📍 High Street Kensington



# THE Kensington MAGAZINE

Magazine health warning: Please do not be put off by the title of the cover! Even if you are older or have no inclination to exercise, there are plenty of other options to keep you mentally and physically healthy. Being healthy doesn't necessarily mean lots of pumping and sweating; as we feature here in this special edition, mental stimulation can provide physical well-being too. We hope we have encapsulated the diverse range of ways to keeping fit that are available to us here in W8 - there really is something for everyone. We would like to thank resident and business owner, Selma Abbass for her idea of Health & Fitness as a theme for the magazine.

Watch out in mid-September for two Creative Art Crossings appearing on Kensington High Street, one by Japan House London and the other by the Design Museum, reflecting our status as the 'Kensington Creative Quarter', and featuring as part of London Design Festival. This surely will help put Kensington on the map. Enjoy all that's happening in September, Lucy

**Front Cover:** Smiling with health & fitness (Image: [www.lucyelliottphotography.com](http://www.lucyelliottphotography.com))

## CONTENTS

Health & Fitness in Kensington	6/7
The Serpentine Swimmers	8
The Tara Tea Lounge	10
Pat's 5 Fitness Essentials	12
Kensington News	14,16-17
Accidents Do Happen	20
Health, Wellness & Greenery	22
Kensington Crossword	24
Small Box Advertisements	26
Kensington Cultural Quarter What's On	28-30
South Kensington Cultural Quarter What's On	31-33

## CONTRIBUTORS

Aletta Richie, Victoria O'Neil, Maria Perry, Charles Yorke, Dave Saunders, Benedict Bull and Nick Campailla.

## GET IN TOUCH

EDITOR & PHOTOGRAPHY: Lucy M Elliott  
0203 667 8762 07921 558520  
[editor@thekensingtonmagazine.com](mailto:editor@thekensingtonmagazine.com)

PUBLISHER: The Kensington Magazine Ltd

WEBSITE: [www.thekensingtonmagazine.com](http://www.thekensingtonmagazine.com)



[/TheKensingtonMagazine](https://www.facebook.com/TheKensingtonMagazine)



[#KensingtonMag](https://twitter.com/KensingtonMag)



Lucy Elliott, Editor

(Hair by Toby of Hairspace, at Annie Russell)

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

Whilst every care has been taken to ensure that the data in this publication is accurate, neither the publisher nor the editor, nor its editorial contributors can accept, and hereby disclaim, any liability to any party for omissions resulting from negligence, accident or any other cause. All artwork is accepted on the strict condition that permission has been given for us in this publication. The Kensington Magazine Ltd does not officially endorse any advertising material included within this publication. All rights reserved. No part of this publication may be reproduced, without prior permission of The Kensington Magazine Ltd.

# The Walnut Tree Nursery

For boys & girls from 2 years

Please telephone the school if you would like to visit and to meet the Headmistress.



**Hawkesdown House School**

27 Edge Street, Kensington, London W8 7PN

Telephone: 0207 727 9090 Email: [admin@hawkesdown.co.uk](mailto:admin@hawkesdown.co.uk)

[www.hawkesdown.co.uk](http://www.hawkesdown.co.uk)

# Health & Fitness in Kensington: It doesn't matter what you do - just do something!

By Lucy Elliott

To my mind, exercising is a bit like marmite - love it or hate it. There are those who gamely walz through Kensington wearing figure hugging leggings and tops, revealing taught arms and legs. Others, like me, prefer not to reveal the lumps and bumps of life to 55+ and beyond.

However, and as we know very well, exercise is good for us; for our mental wellbeing as well as physical. What we need to remember is that not all exercise needs to be about pumping iron in a disco multi-coloured environment. Some of it can be calm and meditative - just as healthy for you as a run, swimming or tennis - just in a different way.

Here we have outlined as many of the options in W8 as we could find - a wealth of fitness venues and many experienced practitioners who can help you on your way to increasing blood levels and those pesky grey cells, resulting in a fitter you. Quite a few of the venues offer 'Pay as you Go' which is a great way of finding out if that place/service suits you. Once you have decided that a person/venue is the best for you and that you will stick at it, then the longer term 'contracts' are better financially. Sustainability is the name of the game.

## Gyms & Studios (small & large) in W8:

Anytime Fitness (Royal Garden Hotel), Core Collective, Body Machine, Equinox, Upfitness, (all on Kensington High St); Virgin Active (Old Court Place), Mosaic (Holiday Inn, Wrights Lane), CAR.O.L (Holland St)

## Meditation/Yoga/Pilates

The Life Centre (Edge St)

Urban Flow Yoga (Royal Garden Hotel, Ken High St)  
Heartcore Pilates (Stratford Road)  
Barre Core (Ken Church St)  
Califlow (Ken High St.)  
Amanda Hamilton (see below)  
GH Fitness (see below)

## Swimming & Tennis

(pools are a rare commodity in W8)

Virgin Active (Old Court Place)  
Mosaic (Holiday Inn, Wrights Lane)  
Serpentine (Kensington Gardens)  
Tennis: Holland Park: 020 7602 2226  
Holland Park Tennis Club (membership) 020 7603 3928

## Private Trainers:

Leaner-UK (Patrick Fallis)  
GH Fitness (see below)

## Nutrition:

Body Machine (will be offering talks)  
Amanda Hamilton (see below)

In addition you can play tennis and football at Holland Park and there are cycle lanes in Kensington Gardens. If you still feel all this sounds a bit much, crosswords and playing bridge are a good way of stimulating the brain. Finally, Jason Kouchak offers Chess in Holland Park. Below we have given more specific information about some of our genuinely community minded health practitioners/venues:

## Personal Trainers:

Patrick Fallis who runs [Leaner-UK](#) offers a specialised personal training service for Kensington residents. With over ten years coaching experience, Patrick has worked

with a diverse range of clients. From total beginners learning how to exercise, seniors looking to move more efficiently to athletes preparing for their competitive season. Patrick also offers a tailored nutrition and lifestyle coaching service designed to help you manage your stress, sleep more deeply and eat well, without having to give up all the pleasures that food offers. So whether you are just starting out or wanting to get back into shape after summer, Patrick offers you a results driven yet flexible approach to health and fitness. Call 07786 213369

**GH Fitness:** Health and well-being is the foundation from which we are able to experience the best things that life has to offer. GH Fitness is dedicated to helping you discover and cultivate the happiest version of yourself whether you want to run a marathon, reduce stress, climb a mountain or simply feel more energised. Georgianna offers at-home and outdoor fitness and yoga sessions tailored to your specific needs and goals, as well as group sessions. She specialises in pre and post-natal training, run coaching and mobility. See [gh-fitness.com](http://gh-fitness.com)

#### Gyms:

**Body Machine Performance Studio:** A visionary and strikingly designed boutique fitness studio situated in the heart of Kensington. Focus on your mind and your body and discover your Inner Athlete. Body Machine, the first authentic licensed TRX training facility in Europe, offers TRX classes, SpinAddikts™ indoor cycling classes and 1-1 personal training. The gluten-free cafe serves a range of fresh, seasonal food to refuel and nourish your body. In a short space of time Body Machine has successfully

differentiated itself as a place where all levels of fitness can train together and benefit from high level coaching with the most effective, fun and challenging workouts in London. See [bodymachineps.com](http://bodymachineps.com)

Results-driven classes, London's top trainers and unique spaces. An inclusive community open to all levels, **Core Collective** was founded on the belief that fitness improves every area of our lives - exercise makes you feel and function better both mentally and physically. Their mission is to make working out the highlight of your day. Core Collective makes fitness fun, effective, innovative and simple. With expert trainers teaching over ten different class types, there is something for everyone. Choose classes ranging from Cycle, Circuit, Power Yoga & TRX to create a fitness regime bespoke to you. Fitness changes everything. Let them show you how. See [core-collective.co.uk](http://core-collective.co.uk)

#### Nutrition:

Drawing on almost 20 years of clinical nutrition expertise and professional Pilates training, **Amanda Hamilton** works with clients to create highly personalised diet and lifestyle plans. The first stage is discovery, assessing and prioritising a way forward. Next, a programme is developed that focuses on ever improving results, with the real win being the longer-term habit change. Depending on age and stage, programmes can focus on a wide variety of health concerns such as improving metabolism, reducing body fat and balancing energy and hormones. The passing of time is inevitable, how you experience it is entirely up to you. Call 0203 1090 689 or email [info@amandahamilton.com](mailto:info@amandahamilton.com)

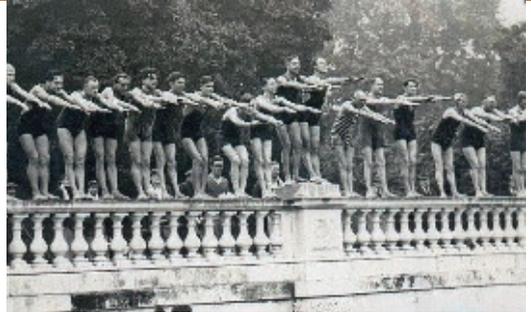
# The Serpentine Swimming Club

By Nick Campailla

In 1974, Dave Allen, a former Kensington resident, made a documentary called 'In Search of the Great English Eccentric' in which he met a man who lived in an old railway box on wheels in a suburban garden, and a man who pretended to fly a Lancaster bomber in his garage. As I recall, Allen's quizzical expression managed to remain on the right side of a smirk throughout, and with a similar resolve I went to see my friend Matthew, a senior corporate lawyer, at the Serpentine Swimming Club at eight o'clock one morning in early August.

There may be nothing outlandish about bathing in open water shared by hundreds of geese (sanitary misgivings apart) over a warm Summer but I was interested in speaking to others, like Matthew, who swim all year round, the 'hardcore', as one gentleman put it to me, 'who get a gleam in their eye when they spot a large chunk of ice'.

I approached the area where the Club congregates and felt a surge of energy and activity, imagining for a moment the hue and cry of a medieval market as warm animal carcasses are brought in on rickety carts and slapped down on trestle tables. Matthew introduced me to Robin, an ex-President of the Club, who kindly had time for a chat. The Club started in 1864 and presently has about 2,000 members, (oldest 94, youngest 1). I asked Robin why he was a 'hardcore'. "Look, I'm 80 and it gets me out of the house early instead of sitting around doing SFA. And it's a useful talking point at cocktail parties. "Have there been any fatalities?" (I tried not to sound too eager.) "Tons – all the original members of the Club for starters," said Robin, laughing.



'Serpies' getting ready for their morning swim in the Serpentine  
(image: [www.serpentineswimmingclub.com](http://www.serpentineswimmingclub.com))

"No, seriously, we have a few cases of hypothermia occasionally and Jim went in with a nasty open wound and got blood poisoning, but we look out for each other." Robin paused to say good morning to a young American woman. By now a group of drying swimmers had gathered round. Danny told me he could swim a mile in 40F which took 30-35 minutes.

"Keeping fit", "Masochism", "Cold water enhances circulation and boosts immune system", "Meeting different people from all walks of life" were other responses. As I said goodbye, I reflected on this community united by a common enterprise; if they weren't swimming they could have been threshing hay together whilst singing songs deeply rooted in the local landscape. It was positive and uplifting. Might it even be enough to make me retrieve my pristine trunks from the back of a bedside drawer?

For more information please see:  
[www.serpentineswimmingclub.com](http://www.serpentineswimmingclub.com)

Editor's Note: Swimmers of this swimming club are referred to as 'Serpies'



  
**BODY MACHINE**  
PERFORMANCE STUDIO

‘Light, airy and open – the space is a refreshing antidote to the current trend for dark, underground gym-caves that are trying to look like nightclubs.’

**METRO**

‘I’m now a convert to the workout after just one 60-minute session’

**EveningStandard.**



**BodyMachinePS.com**

42-44 Kensington High Street, London W8 4PE

✉ [Info@bodymachineps.com](mailto:Info@bodymachineps.com) | [@ bodymachineps](https://www.instagram.com/bodymachineps)

# Newly launched: Kensington's Own Dedicated Tea Lounge

By Lucy Elliott

An 800 bedroom hotel in Central Kensington is hardly the first place you would expect to find the first and only dedicated Tea Lounge in W8. Just off Kensington High St. at the bottom of Wrights Lane, the Copthorne Tara Hotel, takes 'Traditional English Tea' very seriously.

Alongside the more usual teas, The Tara Tea Lounge offers a large selection of Whittards of Chelsea Teas, ranging from the exotically titled 'mango and burgamond' or 'blackberry rooibos'. No bland pot of square sugar cubes here, but instead white cane sugar or honey to sweeten. In the summer months you can have an alfresco tea, on the decking in a small garden, or in the winter months more "hearty teas" will be provided to keep you warm against the cold. Indeed there should be no need to feel the cold, since in the Tea Lounge, which has been decorated in traditional English floral wallpapers, there are two fireplaces.



Tea is accompanied by a three tier stand of sandwiches, scones and 'treats', namely a good selection of bright coloured cakes decorated with various fruit berries – all made or baked on the premises. Government health warning – you need to be hungry to eat all that's on offer! Should



you decide it's too late in the day for tea, you could always try one of their special, but non alcoholic 'Tea Cocktails'.

For special occasions, and certainly for something different, The Copthorne Tara offers Tea Ceremonies and Master classes, held by Whittards. The Tara Tea Lounge is also available for private hire, suitable for 40 seating and 60 standing. If you are struggling to think of different ways to celebrate birthdays or anniversaries, or even Christmas parties, this may be a good option.

The Tara Tea Lounge is open 12.00 noon to 17.00 7 days a week. Traditional Afternoon Tea £19.00 per person. Children welcome.

The hotel are pleased to offer readers of The Kensington Magazine a **complimentary glass of prosecco** to accompany their Afternoon Tea – please just mention the magazine when you make your booking: [F&B.Tara@millenniumhotels.co.uk](mailto:F&B.Tara@millenniumhotels.co.uk)  
Call: 0207 937 7211



# Celebrate Christmas at the Cophorne Tara Hotel London Kensington

## FESTIVE AFTERNOON TEA

Festive afternoon tea including a complimentary glass of sparkling wine per person

A selection of homemade sandwiches

Fruit scones with Devonshire clotted cream, fruit preserves and lemon curd

Selection of seasonal pastries

A pot of tea chosen from our organic loose tea selection

15th November 2019 – 15th January 2020

Served daily between 2.30 – 5.00pm

**£36.00**

per tray, based  
on two people  
sharing

## PRIVATE PARTY NIGHT DINING

### STARTERS

Winter vegetable & lentil soup with parmesan & olive crust

Wild game terrine with gherkin relish

Lemon & dill smoked salmon with orange cream & pickled cucumber

### MAIN COURSE

Cranberry & onion turkey paupiette with traditional trimmings

Grilled salmon with seasonal greens & buttered crushed new potatoes with dill cream sauce

Butternut squash and lentil Wellington with cauliflower couscous & tomato sauce

### DESSERTS

Christmas pudding with brandy sauce

Spiced chocolate ingot

Cranberry & orange cheesecake

15th November 2019 – 15th January 2020

From:  
**£54.00**  
per person

For reservations or more information, please contact our Christmas Coordinator on **020 7872 2912** or email [events.tara@millenniumhotels.com](mailto:events.tara@millenniumhotels.com)

[www.millenniumhotels.com](http://www.millenniumhotels.com)

**Cophorne**  
TARA HOTEL  
LONDON

**£9.95**

**EXPRESS  
LUNCH MENU**  
MAIN COURSE AND A SOFT DRINK



白湯酒  
**BUGIS STREET**  
*Brasserie*  
SINGAPOREAN CHINESE

**£19.95**

**EVENING  
SET MENU**  
THREE COURSES



For further information or to book, please call **020 7872 2912**  
or email [events.tara@millenniumhotels.com](mailto:events.tara@millenniumhotels.com)

SCARSDALE PLACE, KENSINGTON, LONDON W8 5SR  
[WWW.MILLENNIUMHOTELS.COM](http://WWW.MILLENNIUMHOTELS.COM)

**Cophorne**  
TARA HOTEL  
LONDON KENSINGTON

# Pat's FIVE Fitness Essentials

By Patrick Fallis

## *1. Aim to get 7-9 hours of sleep per night*

Sleep is non-negotiable. I would go as far as to say the most important essential of them all. There has never been more data to support the value of good quality sleep. Not only does this lay the foundation of our hormones, but sleep is incredibly important for physical and mental health. A bad night's sleep has been proven to produce poorer decision making, more deaths on the road, increased rates of depression, a strong link to Alzheimer's and a 30% faster rate of physical fatigue when exercising. To learn more about sleep, read one of my favourite books "Why We Sleep" by Matthew Walker. I'd also recommend watching his talks online with Google and TED.

## *2. Focus on exercise consistency over intensity*

All too often we start a new exercise regime with great rigour and enthusiasm only to pack it all in just weeks later. Exercise doesn't have to be gruelling and painful, which is sadly what gets sold to us with the "no pain, no gain" approach. Utter rubbish. We can in fact yield life changing results, from doing just enough and doing it regularly. Once we build exercise into our routines as a habit, it becomes part of our lifestyle. Place your energy on doing exercise you enjoy and doing it regularly whether you feel like it or not. Even if that is just 2 hours of walking a week, keep at it and build on it. Once you have that foundation, you can progress forward at your pace.

## *3. Save yourself the stress of counting calories and do this instead...*

Most of you reading this probably have a very good idea of what "healthy" looks like

when you make food choices each day. The trouble is we tend to eat too many of the calorie dense foods such as bread, pasta, rice and desserts. Rather than eliminating them completely or getting the scales out to measure everything we eat, try using this method. Use your hand and roughly measure out the following - this will give you a rough idea of how much to eat for each meal.

- 1 palm of protein
- 1 fist of veg
- 1 thumb of fat (thinks, nuts, olive oil etc)
- 1 cupped hand of carbs

## *4. Do exercise you enjoy*

Kensington is very much a Mecca of fitness in London 2019. We have a head spinning abundance of gyms, studios and classes available to us. From Personal Training, Spinning, Pilates, Yoga, Barre to Meditation and Thai Chi with more variations of these opening each year.

Whether you just want to go for a walk in Kensington Gardens or play tennis in Holland Park the options are almost limitless. Pick something that you think will be fun and give it a go. Most fitness places have trials or low pay as you go entry points to give new people risk free chance to experience what they have to offer.

## *5. Exercise with friends*

Having a group of people to exercise with will make you more likely to stick to exercise. There will be those days when you really just don't feel like it, but knowing your best buddies are going may just twist you arm enough to change your mind. Go out and enjoy yourselves together!

"HONESTLY THE BEST STUDIO I'VE EVER BEEN TO. COULDN'T RATE IT ANY HIGHER.  
THE CLASS WAS AMAZING, GREAT EQUIPMENT, BEAUTIFUL STUDIO"

"KILLER CLASS AND LEFT FEELING INCREDIBLE!"

"CORE COLLECTIVE JUST MADE HITTING THE GYM MUCH MORE ATTRACTIVE"

— VOGUE

# CORE COLLECTIVE

**£10 OFF ANY CLASS PACK OR MEMBERSHIP!  
USE THE CODE 'KICKSTART'**

23 Pavilion Road,  
London SW1X 0HD

45 Phillimore Walk,  
London W8 7RZ

[core-collective.co.uk](http://core-collective.co.uk)  
[@corecollective](https://www.instagram.com/corecollective)



## New Businesses in the area

**A Place to Heal by Arrigo** ([aplacetoheal.co.uk](http://aplacetoheal.co.uk)), an inner-city sanctuary in the heart of Holland Park was founded by award-winning and internationally acclaimed psychotherapist Fiona Arrigo, offering non-residential retreats and counselling with expert practitioners in a place that feels like home - replete with velvet sofas and soft throws. Lectures to inspire, workshops to empower, meditations to sink into and women's circles to share are specially curated weekly. Providing healing for those living with anxiety, depression, stress, trauma and addiction; and inspiration for those wanting to learn and connect.

Based in Notting Hill, **Young LDN** is a one-stop studio for all skincare and beauty treatments for the young, young-at-heart and celebrities. The unique studio offers a wide range of bespoke beauty and skincare services from lash, brow and nail treatments to LED light therapy, laser removal, and innovative treatments like their exclusive, anti-oxidising CBD facial. Young LDN is the perfect place to escape and be pampered, whether you are looking for a specific skincare treatment or a pre-party glam! Call 020 8354 3970 or book an appointment [www.youngldn.com](http://www.youngldn.com)

Want to beat bloating, chronic fatigue, brain fog, insomnia, stress, weight gain, auto-immune, dental and environmental health issues? Then, come to **The Health Optimisation Summit**; THE place to experience cutting edge tools, techniques and hacks to optimise your health. At this event (Olympia 14-15 September) you will hear and meet top speakers, including

Bulletproof's Dave Asprey, test the latest technologies and food, discover cool "biohacks" and more that will dramatically improve your wellbeing. Over 50 exhibitors will be showcasing cutting edge products, including the amazing CAR.O.L An AI exercise bike that gets you slim and fit in 40 seconds. For £50 off ticket price please go to the Health Optimisation Summit website. <https://summit.healthoptimisation.com> and put in the code KENSINGTON to get the discount.

## General News

As part of the London Design Festival (14-22 Sept), two 'Creative Crossings' will be installed on Kensington High St. These unique works of street art are designed by internationally renowned figures and will lead visitors on a visual journey through the Kensington Creative Quarter. The Bauhaus inspired crossing from The Design Museum is created by award-winning graphic designer and new Pentagram partner Sascha Lobe and celebrates the women of Bauhaus, paying homage to them and whose achievements were often overlooked in design history. The second crossing, by Japan House London, is the work of Hara Kenya, Global Creative Director for JHL and who is President of Nippon Design Centre, Professor at Tokyo's Masashino Art University & Art Director of MUJI. 'Creative Crossings' is a project with the Kensington High Street Business Forum and is supported by the Royal Borough of Kensington and Chelsea. This is a very exciting project and we hope these installations will encourage more visitors to Kensington and showcase the wide variety of talent we have in the locality.



PARK TERRACE



ROYAL GARDEN HOTEL  
LONDON

## DINNER WITH A VIEW

What better way to spend your evening than relaxing in the beautiful setting of Park Terrace?

Just sit back and enjoy the breath-taking scenery of Kensington Gardens, as you tuck into fresh, delicious cuisine made using the finest ingredients from sustainable, local sources.

2 courses £32.50 | 3 courses £39.50

Just get in touch on **020 7361 0602** or [parkterrace@royalgardenhotel.co.uk](mailto:parkterrace@royalgardenhotel.co.uk) and let us do the rest.

2-24 KENSINGTON HIGH STREET LONDON W8 4PT  
TEL +44 (0)20 7937 8000 FAX +44 (0)20 7361 1991  
[WWW.ROYALGARDENHOTEL.CO.UK](http://WWW.ROYALGARDENHOTEL.CO.UK)



DRAYCOTT NURSING & CARE

World class nursing & care  
in the comfort of your own home

One hour to 24 hour daily care,  
plus live-in care

Our daily and live-in care enables our clients to remain in their own home whilst being cared for by professional and highly trained Carers and Registered Nurses.

Established in 1996

For over 20 years Draycott Nursing & Care has been recognised by doctors, consultants and clients for exceptionally high professional standards and 24/7 support.

Find out more at [www.draycottnursing.co.uk](http://www.draycottnursing.co.uk)

+44 (0) 20 7351 7171

## Kensington News II

This summer has favoured [Romulo Café and Restaurant](#) on Kensington High Street. Named Best Filipino Restaurant in the UK at the Asian Restaurant Awards, new classic meets contemporary interiors by Cada (Fortnum & Mason, the Shard) to reveal a reconfigured layout and striking new bar. Geometric black and white wallpaper link London and the Philippines, this being the signature style of the Romulo restaurants in Manila. The equally vibrant, lime-green façade is a stand-out, and new dishes have been added to the menu. Be tempted by the great value prix fixe lunchtime menu on weekdays; two courses for £12.95 or three for £15.75. Perfect for time-pressed diners, and a fantastic introduction to Filipino cooking.

Following on from the very successful 'This is Manga' exhibition at Japan House London, '[Anno's Journey: The World of Anno Mitsumasa](#)' is a delightful (and I don't often use this word for describing exhibitions), family-friendly exhibition which showcases the life's work of prolific storyteller and illustrator, Anno Mitsumasa. Anno has been producing wordless picture books for children, and imaginative paintings for over 50 years. The exhibition includes almost 100 artworks by Anno in a variety of mediums from watercolours, Nihonga, powder pigment (ganryō) on silk, and paper cuts. Highly recommended. (See what's On pages for more information.)

Emerging contemporary artist [Aran Guest](#) is currently exhibiting his unique and iconic artwork at Annie Russell, 1 Kensington Church Walk. Everyone is welcome to view the permanent exhibition "Ethereal Nature" which captures the magical essence of

nature, the creative force within it and the beauty, drama and questions it presents us. Many of the artworks were created in Japan and Thailand, and reveal the flora, fauna and gardens Aran discovered. Take a stroll down Kensington Church walk and lose yourself in these visions of the Far-East.

[263 Kensington High Street](#): After extensive public consultation, including a public exhibition attended by more than 475 people, [Lodha UK](#) has submitted a Section 73 planning application for minor changes to the existing, implemented planning permission for the redevelopment of the former [Kensington Odeon](#). The proposals received a strong endorsement from the local community at the exhibition, with residents backing plans for a single cinema entrance on Ken. High Street, an improved cinema experience, more homes and offices, and new restaurant space to increase the vibrancy of that end of the Hight Street. The application is now in the hands of RBKC Council. To find out more about the proposals and to show your support please visit [www.263KensingtonHighStreet.co.uk](http://www.263KensingtonHighStreet.co.uk)

In her recent book, [God's Gift of Tremendous Power](#), Kensington author and writer [Ann Shakespeare](#) highlights the powerful connection between our physical universe and biblical truth. It is the first book of its kind to bring together – in a lively, practical and non-academic way – the discoveries of modern physics and the dynamic spiritual life that is available to those who would seek it. This beautiful and accessible book is an inspirational guide to living purposefully and fruitfully in the flow of our true identity in Christ Jesus. [God's Gift of Tremendous Power](#) (Deep River Books) is available now in

## Kensington News III

paperback from [www.annshakespeare.com](http://www.annshakespeare.com), priced £10 including p&p.

[Historic Royal Palaces](#) exclusive new 100% cotton range of "Little London" range of exclusive baby clothing is now on sale at the shop at Kensington Palace. Every purchase supports the independent charity that cares for and conserves the unoccupied royal palaces. Created in-house by HRP Buying Team, the multi-colour printed design takes a modern twist on traditional baby clothing with its gender neutral key colours of white and grey. Sizes available are 0-6 months, 6-12 months, 12-18 months and 18-24 months with the hat and booties only in size 0-6 months. Available online at [www.historicroyalpalaces.com/](http://www.historicroyalpalaces.com/)

### **C**harities/Resident's Groups/Societies and Church News

[The Kensington & Chelsea Foundation](#) is our own independent fundraising charity. We're all passionate about this Borough and there's much to celebrate but most of us recognise that not everyone has the same opportunities. Since 2008, the K&C Foundation has been bringing together local charities, individuals, businesses and schools to build a better borough for everyone. In that time, they've done an amazing job and raised and distributed almost £13 million, with £6 million supporting local, grassroots charities and £7 million helping those affected by the Grenfell Tower tragedy. If you'd like to find out how you and your family can help make a bigger local difference, then please contact [team@thekandcfoundation.com](mailto:team@thekandcfoundation.com) or [www.thekandcfoundation.com](http://www.thekandcfoundation.com)

[The Coronet Theatre](#) is delighted to announce the award of £5000 from the Theatres Trust towards the installation of a hearing loop at The Coronet Theatre, helping to improve access. With the introduction of the hearing loop theatre, dance and music productions can be enjoyed properly by anyone who uses a hearing aid. The Coronet would like to thank [@TheatresTrust](#) [#theatregrants](#) most sincerely for this award. Further details about the scheme can be found: [www.theatrestrust.org.uk/grants](http://www.theatrestrust.org.uk/grants)

This year marked the twelfth commission for the [Portobello Wall Art Project](#), with the theme: Rhythm and Sound. From the dance-steps and steel-pan beats of Notting Hill Carnival to the buzz and excitement of the markets. Rhythm and Sound is woven into the rich cultural heritage, identity and place of North Kensington. After a record number of applications for this year's project, [Tony Thomas'](#) winning proposal was chosen by unanimous vote at the Panel meeting in May. Tony is an artist and musician based in W11. He said "Portobello Road reflects the diverse community of London and it has been great to be welcomed by these people and engage them in my work".

Congratulations to [Albert Alfonso](#), [General Manager](#) of 375 Kensington High St. who, along with his team, organised another very successful Summer Party. This year saw many guests and more sponsors than previously; including two artists exhibiting their work. The 400 attendees and 100 children, helped raise £2600 for the Great Ormond Street Hospital.

# Brunello

Bar and Restaurant

## DISCOVER THE SET MENUS OF BRUNELLO BAR AND RESTAURANT

Available every day for lunch and dinner | 12PM - 3PM & 5PM - 7PM

2 Courses | £24 per person  
Includes a glass of prosecco

3 Courses | £28 per person  
Includes a glass of prosecco

FOR RESERVATIONS AND MORE INFORMATION:

Tel: +44 207 368 5900 | Email: [brunellolondon@baglionihotels.com](mailto:brunellolondon@baglionihotels.com)

*Price includes VAT at the prevailing rate and excludes 12.5% discretionary service charge.*

BAGLIONI HOTEL LONDON

60 Hyde Park Gate  
London, SW7 5BB, UK  
Tel. +44 207 368 5800

[www.baglionihotels.com/london](http://www.baglionihotels.com/london)



**BAGLIONI**  
HOTELS & RESORTS

The unforgettable Italian touch



@BaglioniHotelLondon #BaglioniLondon  
@BrunelloLondon #BrunelloLondon

Share with us



*The Milestone Hotel  
& Residences*

AFTERNOON TEA AT  
THE MILESTONE

Indulge in the quintessential tradition of Afternoon Tea,  
upheld in its finest form at The Milestone Hotel  
& Residences, opposite Kensington Palace.

Join The Milestone's Tea Academy to discover how to pair  
Single Estate teas with exquisite cakes and pastries.

1 Kensington Court, Kensington, London, UK  
T: +44 (0) 207 917 1000 | E: [bookms@rchmail.com](mailto:bookms@rchmail.com)

[MILESTONEHOTEL.COM](http://MILESTONEHOTEL.COM)



# Accidents DO happen!

By Maria Perry with illustration by Charles Yorke

At time of writing I am not very fit. I have injured my ankle and shuffle about, trailing bandages, which unwrap themselves and cold compresses, which leak on the carpets. E-mails, flowers and get-well cards abound. It is good to feel loved. Kensington is a village and we do watch over each other.

This lamentable accident happened two weeks ago. I had finished my Saturday shopping and was walking down Church Street, when I spied a 27 bus. I leaped athletically aboard and fell flat on my face. Those who picked me up swore I had tripped over my own umbrella. I alighted opposite La Fortuna with a searing pain in my right leg and sat in a chair outside, asking someone to call the proprietress, meaning to explain I didn't need lunch, but was waiting for Charles to drive me to A&E. The lovely Elsa produced ice-cubes and bandages and had fixed a cold compress, before Charles even drew up at the kerb.

We reached the Chelsea & Westminster at 12.30. It was packed. I was put in a wheelchair, X-rayed and seen by an exhausted young Doctor at 5pm. He diagnosed a sprain, prescribed Paracetamol and frozen peas and provided a crutch. Two days later the hospital rang to say it was a fracture. I must be measured for a walking boot. On arrival my 'fracture' had turned back into a sprain! I rang my G.P. "Mrs Perry-Robinson, what do you want me to treat you for?" "Mental confusion," I suggested. He howled with laughter, telling me to continue the cold compresses, frozen peas being best. There was an instant frozen pea shortage in W8, but my improvised compress of cucumber slices wrapped in cling film, secured by a bandage caused much



mirth. Whenever the bandage slipped the cucumber peeped coyly over the top. The crutch however was an instant success. I wave it imperiously to stop traffic, but I must issue a caveat. Normally I am very fit (but NO, I do not attend a gym.) Forty years ago I worked in John O'Brien's Movement for Actors classes. They exercised every muscle from the eye-lids to the big toes. All participants of those classes remain remarkably supple. This is no reason for SHOWING OFF on a busy Saturday morning. It causes too much anxiety to friends and family and puts strain on our over-stretched, but magnificent, NHS. Nevertheless as my son said, I was lucky, "Better to have fallen on to a bus, Ma, than under one!" So thank you everybody and please take care! If anyone has fallen, I recommend for convalescence all prescriptions from 'Dr' Panos at Menoo Eclectic Food (Holland St): Yoghurt with Greek honey and fruit is a wondrous panacea!

# Chartwell House Viewing Event

A selection of superior retirement apartments for sale



Chartwell House, 12 Ladbroke Terrace, Kensington, London, W11 3PG

## Independent Living for the over 60

Tuesday, 10th September 2019

10:30am to 4pm

VIEWINGS BY APPOINTMENT ONLY

To secure your viewing appointment telephone

Free Phone: 0800 731 6287

[www.goldsboroughestates.co.uk](http://www.goldsboroughestates.co.uk) / [goldsboroughestates@housing21.org.uk](mailto:goldsboroughestates@housing21.org.uk)

Retirement apartments also available in: Cheshire, Merseyside, Manchester, Yorkshire and London (Blackheath & Highgate)

Chartwell House is a prestigious independent living retirement development in Kensington W11 and perfect for those seeking a private home life, whilst being within easy reach of the hustle and bustle of London City. Situated just a short walk from local shops and amenities and easily accessible to Notting Hill Gate and Holland Park tube stations; facilities at Chartwell House include: House Manager, Secure entry system, 24 hour emergency call system, lift, parking available, private gardens, residents' lounge, en-suite guest room. Age requirement 60 (should a couple occupy, one person may be under 60). Our sales team will be available on the day to show visitors the apartments for sale and to answer any questions about leasehold retirement living.

Goldsborough Estates  
A wholly owned subsidiary of

Housing21

**Family Friends**  
helping families to help themselves

Next training:

Thursday 19th & 26th September

or

Saturday 5th & 12th October

10am—5pm (14 hours)



For more information on this Kensington charity visit [www.familyfriends.uk.com](http://www.familyfriends.uk.com) or call 020 8960 9099

Registered charity no. 1028214

## VOLUNTEER MENTORS / BEFRIENDERS NEEDED

- Could you dedicate two hours a week to befriend a parent or mentor a child-in-need in West London?
- Are you reliable and a good listener?
- No formal experience needed
- Expenses, training and support provided

# Health, Wellness and Greenery

By Benedict Bull

It has been suggested that looking at living greenery for just 15 minutes per day can reduce levels of the stress by 65 percent. This has been measured in the reduced levels of the stress related hormones adrenalin and cortisone by Dr David Lewis, a neuropsychologist. In addition to this research, using heart rate and blood pressure readings over 5 years on commuters, he identified the exacerbating stress of helplessness, which he attributed to a lack of control of circumstances experienced by those stuck on public transport.

The role of looking at living greenery is a direct means of reducing stress for us. Take a vista along an avenue of lime or plane trees. The way the plants move in the air is part of the magic of living greenery for me. This extraordinary quality of compounded diverse greenery such as over fields and woods makes my heart sing, but this research suggests that even a single surface of plant growth has this effect. Living plants have been found to have a special effect on our nervous system.

In conjunction with looking at living greenery, there is the creation of an internal space of safety through a sense of wellbeing and a sense of community. And there is now consensus around data to support the vital role of greenery in building healthy urban communities.

Planting up and greening the cities is such a cool undertaking and it is very possible now. Look at those recent city tower blocks in Milan by the atelier of Renzo Piano, and the purpose designed city parks in Singapore with structures to house plants. Beyond gimmick measures, proper structures to

cater for greenery at the level of urban infrastructure. The mutually reinforcing role of an individual finding rest or peace of mind and the idea of a garden city and of the positive role of communal gardens gained further traction in urban planning in the post war period especially. The increasing need for us to do something more as individuals and as communities has been brought to a head by the radical extinction rebellion demonstrations, aimed at putting climate awareness and action at the top of our political agendas.

The Metropolitan Public Gardens Committee has been helping create communal green spaces for Londoners for over a century. Its role and methods has changed with the times, but the work stays the same, helping local communities start and enjoy shared garden spaces in the city. Please email me if you want to apply for a grant for a community garden project. There are currently numerous greening initiatives within the councils to create ecological communities within the metropolis, from pop up gardens in Old Quebec Street, Islington council's array of micro-gardens and guerrilla gardens on the canal and in some street-level communities. The powerful positive role of living greenery for our personal mental health is inspiring and a deep reason to spend more time in the garden and make more gardens.

Please will you share back with me by emailing [ben@smartlandscapes.com](mailto:ben@smartlandscapes.com) any ideas that you would like to suggest to improve the quality of our public and private planting and share any personal insights to foster a greater appreciation of plants in the Borough.



www.gh-fitness.com



PERSONAL TRAINER AND YOGA TEACHER.

Specialist in Pre & Post-Natal Training,  
Run Coaching and Mobility.

## BESPOKE BODY KENSINGTON

WITH

*Amanda Hamilton*

NUTRITIONIST, PILATES TEACHER &  
BEST-SELLING HEALTH AUTHOR.

Offering a highly personalised approach for those who are in need of a holistic, results-focused & effective change programme. Specialist in weight loss & body reshape, gut health & mid-life health & energy.



"Amanda is a miracle worker! I look and feel 10 years younger."

- LUCY BARCLAY

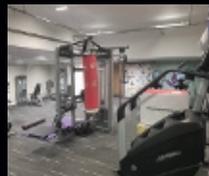
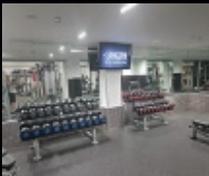
(0)203 1090 689

INFO@AMANDAHAMILTON.COM  
WWW.AMANDAHAMILTON.COM

# KENSINGTON'S HIDDEN GEM...

Situated inside the **Royal Garden Hotel** on Kensington High Street **Anytime Fitness Kensington** offers some of London's top personal trainers in a private, air-conditioned facility.

Memberships are capped so there is no over-crowding and with private bathrooms and a complimentary towel service you are assured of a great training experience on every visit.



JOIN ONE,  
JOIN ALL



24 HOUR  
SECURITY



STATE-OF-THE-  
ART EQUIPMENT



STRETCH  
AREA



FREE  
CLASSES



PERSONAL  
TRAINER

EXCLUSIVE READER OFFER: 5 DAY FREE TRIAL - CONTACT THE CLUB FOR DETAILS!

### ANYTIME FITNESS KENSINGTON

Royal Garden Hotel, 2-24 Kensington High St, London W8 4PT

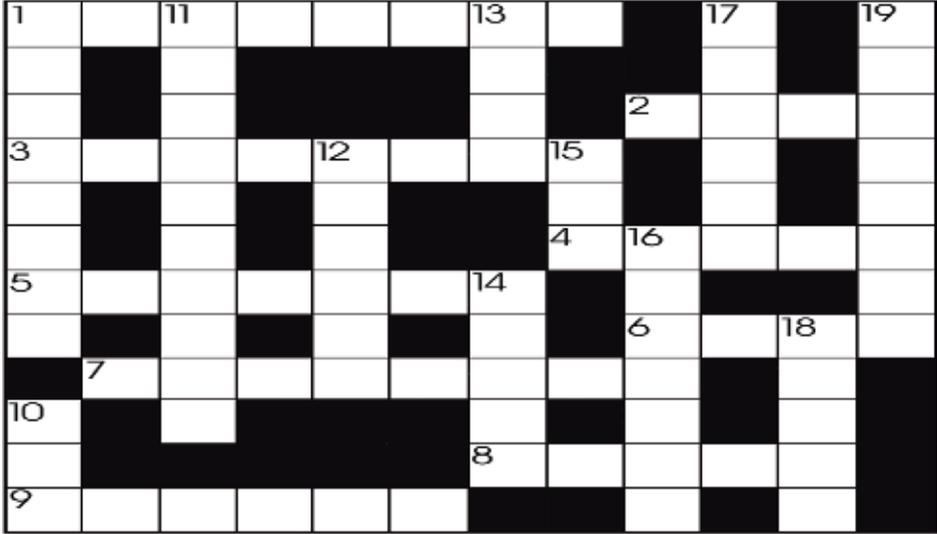
020 3137 3499 | [kensington@anytimefitness.co.uk](mailto:kensington@anytimefitness.co.uk)

**ANYTIME  
FITNESS**  
**KENSINGTON**

# The Kensington Crossword

By Dave Saunders

Pit your wits against our Kensington-centric crossword. (Answers on page 26)



## Across

- 1) Jennifer \_\_\_\_\_, television celebrity chef born in Kensington in 1928 (8)
- 2) \_\_\_\_ MakeUp Emporium, beauty supply store at 12 Kensington Church St, W8 (4)
- 3) Kensington \_\_\_\_\_ Co, retailer of chandeliers, lampshades etc at 59 Kensington Church St (8)
- 4) \_\_\_\_ Street, small residential road north of Cope Place, W8 (5)
- 5) \_\_\_\_\_ Rosso, Italian restaurant situated at 276-280 Kensington High St, W8 (7)
- 6) The Churchill \_\_\_\_\_, pub at 119 Kensington Church St, W8 (4)
- 7) \_\_\_\_\_ and Slingsby, hair salon at 211-213 Kensington High St, W8 (8)
- 8) Former talent agency on Kensington Church St; managed Nick Drake and Genesis in the 1970s (5)
- 9) Filipino cafe and restaurant at 343 Kensington High St, W8 (6)

## Down

- 1) Cafe \_\_\_\_\_, cafe and wine bar located at 2A Phillimore Gardens, W8 (8)
- 10) Herbert \_\_\_\_\_, cricketer born in Kensington in 1865 (3)
- 11) Pamela \_\_\_\_\_ and son, antiques shop at 108 Kensington Church Street, W8 (10)
- 12) Goat \_\_\_\_\_, traditional pub at 3A Kensington High Street, W8 (6)
- 13) HR \_\_\_\_\_, Ferrari dealership located at 125-133 Old Brompton Road, SW7 (4)
- 14) Violet \_\_\_\_\_, Beauty Salon located at 1B Kensington Church Walk, W8 (5)
- 15) Clothing store at 99-101 Kensington High Street (3)
- 16) Persian restaurant situated at 351 Kensington High Street, W8 (7)
- 17) John \_\_\_\_\_ Mill, philosopher and economist who lived at 18 Kensington Square (6)
- 18) \_\_\_\_\_ Eclectic Food, Greek restaurant at 25 Kensington Church St, W8 (5)
- 19) Italian restaurant located at 17 Kensington High Street, W8 (8)



**The Bhavan**  
The House of Knowledge



**The Bhavan**  
4a Castletown Road  
West Kensington  
London W14 9HE  
020 7381 3086 / 4608  
[www.bhavan.net](http://www.bhavan.net)

Bharatiya Vidya Bhavan Ltd  
Registered Charity no. 312879  
Company Reg. Number 1090630



Supported by  
**ARTS COUNCIL  
ENGLAND**



भारतीय विद्या भवन  
भारतीय विद्या भवन  
भारतीय विद्या भवन

**SBI UK**

## **OPEN DAY AND REGISTRATIONS FOR NEW ACADEMIC TERM 2019 - 2020 Sat, September 14, 10.00 am - 5:30 pm**

With 23 subjects covering the gamut of Indian Classical Arts and Culture, look no further to immerse yourself in its training and performance. Our classes are designed to suit all ages and abilities.

Learn from the most inspiring of teachers, enrich your knowledge by engaging with over 100 performances, workshops and exhibitions throughout the year, and be a part of the dynamic and stimulating network of International performers, teachers, and artists all under one roof.

We look forward to welcoming you into our family.

For full schedule visit [www.bhavan.net](http://www.bhavan.net)  
We are just a call away - 020 7381 3086

# Small Box Advertisements

The Kensington Magazine reaches 34,500 residents in Kensington each month. Why not advertise your business here, for a total cost of £295.00 plus VAT for a three month period. Call us to find out more on 07921 558520



## HAIRSPACE

STYLING & EXTENSIONS

HAIRSPACE at Annie Russell  
1 Kensington Church Walk  
London W8 4NB  
020 7937 2150  
toby@hairspacelondon.com

[www.hairspacelondon.com](http://www.hairspacelondon.com)

**LEANER**  
Personal Training

WEIGHT MANAGEMENT  
NUTRITION COACHING

[WWW.LEANER-UK.COM](http://WWW.LEANER-UK.COM)

**Bromptons** Service with a difference

**WATCH, CLOCK AND JEWELLERY REPAIR**  
No charge for quotation  
Collection and Delivery Service  
By appointment only

Please contact Daphne Vaughan-Williams 07721 330700

**CHEF**

Mature Chef of many years experience seeks position cooking quality food in a domestic setting.  
Full or part time.  
Discreet, courteous and reliable.  
**Email: [ianrobinsonlewis@gmail.com](mailto:ianrobinsonlewis@gmail.com)**

Answers to Crossword, on page 24

1	P	A	T	E	R	S	O	N	16	S	17	F
H	E							W		T		O
I	I							E	2	G	U	R
3	L	I	G	H	T	I	N	G	12		15	G
L	N							A				B
I	M							V	4	P	A	T
5	E	N	O	T	E	C	A		14			P
S	U							R			6	A
								S			18	S
		7	S	T	A	N	N	A				R
								D				E
10			H					I				A
								N				
								R	8	R	O	N
								D				O
9	R	O	M	U	L	O						A
												O

**GALLERY 19 IS...**

- Bespoke picture framing
- Architectural views of Kensington, London and Italy
- Original paintings, Limited Edition prints and photographs
- Reproduction Maps
- Architectural models and bookends
- Hand-crafted Italian objects including calf-leather journals, ceramics and wrought-iron work
- House portraits by private commission

**GALLERY 19** 19 KENSINGTON COURT PLACE  
LONDON W8 5HJ  
TELEPHONE: 020 7937 7222  
EMAIL: [info@gallery19.com](mailto:info@gallery19.com)  
WEB: [gallery19.com](http://gallery19.com)

**Holland Park Computers**  
Home and small business IT support

On-site services for PCs, Laptops and Macs  
Virus and spyware removal • Backup • Data recovery • Printer setup  
Hardware and software upgrades • Email configuration  
Wireless networking • Remote assistance • Phone support

**020 8811 8812**  
[www.hollandparkcomputers.com](http://www.hollandparkcomputers.com)

# GET WELL SPOON



## September

### Beetroot Souffle

Colourful, warming and comforting; this makes a lovely lunch or starter. Use the beetroot leaves for a salad.

6 Individual Souffle Ramekins

20g butter, for greasing  
20g fine dry breadcrumbs for dusting  
400g cooked beetroot, peeled and diced  
150ml pink grapefruit juice  
4 anchovies  
1 tsp hot horseradish  
4 eggs  
3 tbs plain flour  
Sea salt and black pepper to taste

Preheat oven to 200C, 425F, Gas 7.  
Prepare the ramekins by greasing with butter. Dust the inside with breadcrumbs.

Place the beetroot, half the grapefruit juice, horseradish, anchovies, salt and freshly ground pepper in a blender. Whizz until smooth.

Heat the remaining grapefruit juice in a small pan. Stir in the flour to make a paste and add it to the beetroot. Add the egg yolks one at a time, and mix until everything is smooth. Pour the mixture from the blender into a large bowl.

In a separate bowl, whisk the egg whites until smooth and fold into the beetroot mixture. Place the prepared ramekins onto a baking tray, pour in the souffle mixture and bake in the oven for 20 to 25 minutes.

This iron rich dish will help with energy levels and the "back to school" feeling of September. Beetroot is of exceptional



Text: Victoria Kell - Illustration: Alberta Ritchie

nutritional value; rich in iron, calcium and vitamins A and C, it is also an excellent source of folic acid, fibre, manganese and potassium. It contains an antioxidant called betacyanin, which is claimed to have cancer protective properties. Beetroot fibre has been shown to increase the number of white blood cells, which are responsible for detecting and eliminating abnormal cells. Red beetroots are one of the most potent antioxidant vegetables and are a rich source of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract. Beetroots are a nitrate rich food; increased levels of nitric oxide help increase oxygen capacity which is good for cardiovascular health.

The Vitamin C in the grapefruit juice allows the iron to absorb into the body and also balances the sweet taste of the beetroot. Anchovies add a umami, savoury back taste and provide Vitamin D and omega fats.

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

# Kensington Cultural Quarter: What's On I

## YURI SUZUKI PRESENTS SOUND IN MIND

6 September 6pm-9pm Free

To coincide with the opening of his new exhibition "Sound in Mind", designer Yuri Suzuki curates a night of musical performances and workshops at the Design Museum. [www.designmuseum.org](http://www.designmuseum.org)

## WALKING THE CITY: LONDON ECOLOGIES

7 & 15 September 2pm-3:30pm Adult £7  
Booking required

Join architecture collective Something & Son and invited guest speakers for a series of walks around Kensington and Chelsea that explore how our every-day actions can benefit nature, rather than destroy it. Design Museum [www.designmuseum.org](http://www.designmuseum.org)

## ON VIEW: THE WILDERNESS COLLECTIVE EXHIBITION: AN ARTIST'S IMPRESSION

9 September 2:30pm-4pm Free book in advance. Luke M Walker explains the creative process behind his work, illustrated by his preparatory sketches and inspirational items from the Collections. Royal Geographical Society [www.rgs.org](http://www.rgs.org)

## SAM LOCK: NOW/HERE

9 – 27 September 2019

A solo exhibition by the acclaimed British artist Sam Lock comprising fifteen medium and large-scale paintings, as well as sculptures and a suite of works on paper, this is the artist's largest presentation to date. Cadogan Contemporary 020 7581 5451. [www.cadogancontemporary.com](http://www.cadogancontemporary.com)

## CLAERWEN HOLLAND: "INSIDE OUT"

10 – 27 September 2019

Exhibiting at Thackeray Gallery since 1996, Claerwen Holland's latest show is a beautiful collection of domestic still lifes inspired

by her daily routine, complimented by wonderful imagery of the surrounding countryside. 020 7937 5883 [www.thackeraygallery.com](http://www.thackeraygallery.com)

## KUBRICK: DESIGNING WORLDS

13 September 10:30-8pm 14 September 10:30-5pm £35 each day or £50 two days  
A two-day event exploring the legacy of Stanley Kubrick and his impact on design in this symposium from leading designers and theorists. Design Museum [www.designmuseum.org](http://www.designmuseum.org)

## KENSINGTON CULTURAL QUARTERS' 'ART CROSSING INSTALLATIONS' BY JAPAN HOUSE LONDON AND DESIGN MUSEUM

14 September

Wake up to a new look Kensington High St. with two new installations of 'creative crossings', with designs by Hara Kenya (Japan House London) and Sascha Lobe (Design Museum).

## THE BHAVAN LONDON – OPEN DAY

September 14th/10.00 am – 5.30pm

With 23 subjects covering the gamut of Indian Classical Arts designed to suit all ages and abilities, look no further to immerse yourself in its training and performance. Join them on their world class program. The Bhavan London 4a Castletown road West Kensington W14 9HE [www.bhavan.net](http://www.bhavan.net)

## BOOK LAUNCH: FLAMING DENE BY EILAT NEGEV AND YEHUDA KOREN

16 September 7 - 8:30pm; £15

From very different social classes, the relationship between Leighton and Dorothy Dene was complex both socially and psychologically. Dorothy's life is traced

# Kensington Cultural Quarter: What's On II

from humble background to stardom and speculates why Pygmalion never married his Galatea. Leighton House Museum  
[www.rbkc.gov.uk](http://www.rbkc.gov.uk)

## LIONS, LEADERSHIP AND LOCAL COMMUNITIES

Thursday 19th September · 18.00 - 21.00

A compelling talk revealing how an innovative conservation alliance is strengthening communities, empowering women, and helping secure Africa's wild lion populations. Venue Royal Geographical Society, London. [www.tusk.org/events/tusk-conservation-lecture-2019/](http://www.tusk.org/events/tusk-conservation-lecture-2019/)

## SUPPORT A LOCAL FAMILY WITH YOUNG CHILDREN

19 & 26 Sept and 5 & 12 October

Family Friends charity is recruiting volunteers to dedicate two hours a week to provide practical and emotional support to a disadvantaged family. Dates given are for induction training sessions to become a volunteer mentor/befriender. With your support, the life of a family could change. Visit [www.familyfriends.uk.com](http://www.familyfriends.uk.com) or contact 020 8960 9099 for further information.

## ALICE CESCATTI: NATURAL HARMONIES

21st September – 5th October

An exciting solo exhibition with resident artist Alice Cescatti, showcasing a selection of extraordinary paintings revealing inherent harmony of humanity's relationship with nature, despite all its dilemmas and pitfalls, conveyed through Alice's incisive imagination. Venue 508 Gallery, 508 Kings Road Chelsea SW10 0LD  
02037193109 [www.508kingsroad.com](http://www.508kingsroad.com)

## PIANO & VIOLIN RECITAL IN AID OF PENNY BROHN UK Free

23 September 18.30hrs

Anna Basaldua Lemarchand & Kate Arnold will be playing Mozart sonata K304. Anna's 13 year-old Diploma student will be playing a Bach Toccata, the Moonlight Sonata & a Chopin Nocturne. Venue: Kensington Library Lecture Theatre, Phillimore Walk, W8 7RX. Retiring collection for the cancer charity at the end

## TRUTH TO POWER - AUTHOR TALK

24 September 18.00 hrs. Entry free but

registration required. John Matlin's debut novel contains an amalgam of characters and incidents which emerged in his research for his doctoral thesis. His interest in American politics was aroused in 1960 with the Kennedy campaign and John remains enthused by America's political scene. Venue: Lecture Theatre, Kensington Central Library. Book: [www.eventbrit.co.uk/e/truth-to-power-author-talk-tickets-62080946783](http://www.eventbrit.co.uk/e/truth-to-power-author-talk-tickets-62080946783)

## 'THE SCENE UNSEEN' CONTEMPORARY ART EXHIBITION

Tuesday 24 September 2019, 6-9pm

A collection of works, exploring presence and ineffability, by illustrator Grace Holliday, painter Sarah Mantegazza and photographer Elizabeth Waight. Open to the public for one night only. The Union Club, 50 Greek Street, W1D 4EQ. Entrance by RSVP to [info@elizabethwaight.com](mailto:info@elizabethwaight.com)

## BRITTEN-SHOSTAKOVICH FESTIVAL ORCHESTRA

25 September 2019, 7.30pm, from £18

The newly-formed Britten-Shostakovich Festival Orchestra, inspired by the Cold War friendship of the eponymous composers,

# Kensington Cultural Quarter: What's On III

perform works from both Russia and Britain. Pavel Kolesnikov joins the conservatoire musicians for Rachmaninov's Rhapsody on a Theme of Paganini and Jan Latham-Koenig conducts. Venue: Cadogan Hall  
020 7730 4500/[www.cadoganhall.com](http://www.cadoganhall.com)

## CINEMA FOR SYRIA

25 September 6:30-9pm £15

The programme curated by award-winning director Soudade Kaadan is an enchanted journey showcasing the talents of Syrian filmmakers despite the challenges they face in a country shattered by a violent conflict. Leighton House Museum  
[www.rbkc.gov.uk/museums](http://www.rbkc.gov.uk/museums)

## CLASSICAL FOR KIDS: BRILLIANT BASSOON

28 September Adult £11.59 Child £5.27  
11am; 1:30pm

Introducing little ears to the world of classical music, Classical for Kids offers the opportunity for families to attend a chamber concert performed by the professional musicians from Albert's Band. Royal Albert Hall [www.royalalberthall.com](http://www.royalalberthall.com)

## EAST MEETS WEST: ISHMAEL ENSEMBLE

28 September From 5pm Tickets from £15  
Jazz-infused electronica heavyweights Ishmael Ensemble have been making big waves with their debut album 'A State Of Flow'. The Jazzwise Electronica group's tunes sketch loving sonic pictures of the South West. The Design Museum  
[www.emergefestival.co.uk](http://www.emergefestival.co.uk)

## GARDEN HISTORY TOURS AT KENSINGTON PALACE

Til 29 September - Tuesdays, Thursdays, Saturdays 12noon-2pm Free  
Follow one of Kensington Palace's volunteers on an award-winning walking tour of the surrounding gardens and explore the diverse history and development. Who created the magnificent statue of Queen Victoria? And who made the iconic golden gates? Kensington Palace [www.hrp.org.uk](http://www.hrp.org.uk)

## ANGUS MUNRO AND BAND MAKE LONDON DEBUT

24 October. Tickets: £11

Angus Munro will bring his trademark wit, tear-jerking songs and wide vocal range to The Troubadour along with his band. Currently one of the UK's most exciting, emerging artists. Book: [www.ticketweb.uk/event/angus-munro-plus-support-mike-troubadour-tickets/9566525?pl=troubadour](http://www.ticketweb.uk/event/angus-munro-plus-support-mike-troubadour-tickets/9566525?pl=troubadour)

## ANNO'S JOURNEY: THE WORLD OF ANNO MITSUMASA AT JAPAN HOUSE LONDON

Til 27 October Free

This exhibition explores the work of Anno Mitsumasa, one of Japan's greatest children's book illustrators and authors, who is best known for his picture books, with few or no words, published from the late 1960s onwards. [www.japanhouse.london.uk](http://www.japanhouse.london.uk)

# South Kensington Cultural Quarter: What's On I

## YOGA CLASSES UNDER THE MOON

Til 2 Sept Dates Times and Prices vary  
Under Luke Jerram's magnificent artwork, Museum of the Moon, a special series of yoga and wellbeing classes taught by qualified instructors will guide you through a series of movements and poses that connect to the Moon hanging above.  
Natural History Museum [www.nhm.ac.uk](http://www.nhm.ac.uk)

## RECIPES FOR CHANGE

5 & 12 September 1pm Free  
A London community group or campaign organisation will assemble in the Pavilion to share with visitors over a picnic, their recipes and ways in which they create sustainable projects and campaigns in their communities. Serpentine Galleries  
[www.serpentinegalleries.org](http://www.serpentinegalleries.org)

## FLOURISHING DIVERSITY SUMMIT

7-11 September Times vary  
The Ismaili Centre and Serpentine Galleries are partners in the Flourishing Diversity Summit, that provides opportunities to listen to and discuss with indigenous leaders, from across the world, the most pressing problems concerning the climate crisis and environmental protection.  
[www.flourishingdiversity.com/](http://www.flourishingdiversity.com/)

## THE LISTENING SESSION: THE FLOURISHING DIVERSITY SERIES

8 September 8pm £5  
Join a Listening Session led by the Mamos, spiritual leaders from the Arhuaco nation of Colombia's Sierra Nevada de Santa Marta. The session will address ecology and balance in the face of existential threats facing the world today. Serpentine Galleries  
[www.serpentinegalleries.org](http://www.serpentinegalleries.org)

## FAITH RINGGOLD

Til 8 September Free  
The ground-breaking work of Faith Ringgold is celebrated in this exhibition, her first in a European institution. For more than five decades, Ringgold has consistently challenged perceptions of African American identity and gender inequality through the lenses of the feminist and the civil rights movements. Serpentine Galleries  
[www.serpentinegalleries.org](http://www.serpentinegalleries.org)

## MUSEUM OF THE MOON

Til 8 September Free  
Since 2016 the Moon has been circling the globe, lighting up spaces from Bilbao to Beijing including abbeys and swimming pools. This six-metre model features meticulously detailed NASA imagery of the lunar surface, ambient moonlight and an evolving soundscape. Natural History Museum  
[www.nhm.ac.uk](http://www.nhm.ac.uk)

## HERITAGE OPEN DAY

13-22 September Free  
Every September some 40,000 volunteers across England organise 5,000 events to celebrate our fantastic history and culture. In addition, The Royal Society of Sculptors opens its doors for a fascinating glimpse from 18-21 September, 11am-5pm.  
[www.heritageopendays.org.uk](http://www.heritageopendays.org.uk)  
[www.sculptors.org.uk](http://www.sculptors.org.uk)

## LONDON DESIGN FESTIVAL

14-22 September  
London Design Festival celebrates and promotes London as the design capital of the world. The V&A will be transforming iconic spaces across the museum with specially-commissioned projects by leading international designers and hosting an

# South Kensington Cultural Quarter: What's On II

inspirational line up of talks, debates, daily tours and workshops.  
[www.londondesignfestival.com](http://www.londondesignfestival.com)

## PROMS IN THE PARK

14 September Tickets 3pm from £45.55  
Booking required  
Celebrate the Last Night of the Proms with the legendary Barry Manilow headlining a spectacular line-up including Chrissie Hynde, Jack Savoretti, Lighthouse Family, Gabrielle, Aida Garifullina, Rock Choir and more acts to be announced.  
Royal Parks [www.royalparks.org.uk](http://www.royalparks.org.uk)

## INSTITUT FRANÇAIS CINÉ KIDS: ASTERIX: THE SECRET OF THE MAGIC POTION

15, 21, 22 September Times vary. Cert U  
Our favourite Gauls, Asterix, Obelix and Miraculix set out to find a druid to whom Miraculix could pass on the mystery of his magical potion. While the three seek a worthy successor, the evil Heretix works out a dark plan to get hold of the highly-praised recipe. Institut français  
[www.institut-francais.org.uk](http://www.institut-francais.org.uk)

## BBC RADIO 2 LIVE HYDE PARK

15 September 11am From £53.55  
See world class artists perform in Hyde Park at BBC Radio 2 Live. The star-studded line up includes Simply Red, Pet Shop Boys, Bananarama, Emeli Sande, Westlife, Status Quo, Clean Bandit, Kelsea Ballerini and more!  
Royal Parks [www.royalparks.org.uk](http://www.royalparks.org.uk)

## 'TRACE ELEMENTS' and 'EDGES'

16-22 September 11.00 – 19.00 daily except 16th starts 14.00 Free  
Abstract photography by Simon Zebu  
Old Brompton Gallery, 238 Old Brompton Road SW5 0DE [www.simonzebu.com](http://www.simonzebu.com)

## PORCELAIN POTTERY WORKSHOP

19 September 7-9pm £60  
To coincide with London Design Festival week, State of Clay has been invited to hold a two hour pottery workshop here at Dora House. Royal Society of Sculptors  
[www.sculptors.org.uk](http://www.sculptors.org.uk)

## TIM WALKER: WONDERFUL THINGS

21 September Tickets £15  
Experience the extraordinary creative process of one of the world's most inventive photographers through his pictures, films, photographic sets, and special installations including ten new series of photographs influenced by the V&A's collections.  
V&A [www.vam.ac.uk](http://www.vam.ac.uk)

## OPEN HOUSE LONDON

21-22 September  
Open House London is the world's largest architecture festival, giving free public access to 800+ buildings, walks, talks and tours over one weekend in September each year including many of the cultural and educational venues in South Kensington.  
[www.openhouselondon.org.uk](http://www.openhouselondon.org.uk)

## DAY OF DESIGN AT EXHIBITION ROAD

22 Sept  
The V&A is hosting a street celebration on Exhibition Road together with the Design Museum, Natural History Museum, Science Museum, Imperial College London, and Brompton Design District, looking at the role design thinking can play in fostering new ideas and changing attitudes to food consumption, energy and waste.

# South Kensington Cultural Quarter: What's On III

## DIVIDED HEAVEN

25 September 7pm £5

Production pressures, party politics and personal disappointments put a strain on the love between a student and an ambitious scientist. A nuanced, often critical portrait of life in the GDR in the years leading up to the building of the Berlin Wall. Goethe-Institut [www.goethe.de](http://www.goethe.de)

## LONDON SPANISH FILM FESTIVAL

25 September-29 September Days & Times Vary £13

Now in its 15th edition, the London Spanish Film Festival returns to Ciné Lumière to showcase some of this year's most exciting Spanish films. From enigmatic thrillers to fresh comedies, seasoned directors' comeback to debut films, expect the best contemporary cinema from Spain. Institut français [www.institutfrancais.org.uk](http://www.institutfrancais.org.uk)

## BACH BITES

27 September 6:15pm Tickets free but required

This autumn we continue our 30-minute mini-series with a Bach-inspired programme performed on the Flentrop Orgelbouw organ. Royal College of Music [www.rcm.ac.uk](http://www.rcm.ac.uk)

## EMERGE FESTIVAL

27-28 September Tickets from £15

Emerge Festival: Night at the Museum meets Glastonbury. One ticket, two nights, one big festival. Outstanding artists in astounding venues including the Royal College of Music, Natural History Museum and the Design Museum. [www.emergefestival.co.uk](http://www.emergefestival.co.uk)

## LOST IN THE MUSEUM

28 September 7pm-9:30pm Tickets from £15

A one-off event collaboration between The Museum and Lost Lectures for Lost in the Museum, as part of Emerge Festival. An eclectic mix of talks spanning life and death - from the communication that makes us human to debunking the dodo. Natural History Museum. [www.emergefestival.co.uk](http://www.emergefestival.co.uk)

## RCM BIG BAND

28 September From 5pm From £15

Mark Armstrong leads the RCM Big Band, with Peter Beets on piano, through colourful arrangements of Chopin and Gershwin as part of the Emerge Festival, in which a creative kaleidoscope of events will take over 11 London Boroughs for two nights. Royal College of Music. [www.emergefestival.co.uk](http://www.emergefestival.co.uk)

## INSTITUT FRANÇAIS CINÉ KIDS: ASTRO KID

29 September 11am £5 Cert U

Following the destruction of their ship, the young Willy is separated from his parents with whom he travelled in space. His spare capsule lands on a wild and unexplored planet. With the help of Buck, a survival robot, he will have to hold until the arrival of a rescue mission. Institut français [www.institut-francais.org.uk](http://www.institut-francais.org.uk)

## LIVE SCIENCE AT THE SCIENCE MUSEUM

Til 30 September Tues thru to Sat 11am-

3:30pm. Live Science is an ongoing project in which scientists carry out research in the museum using visitors as volunteers. Take part and find out more about yourself. Nothing dangerous - just fun, interesting experiments. [www.sciencemuseum.org.uk](http://www.sciencemuseum.org.uk)



# We build our mortgages around you

At Handelsbanken, we provide a personal mortgage service, with a dedicated account manager and the power to make clear and timely decisions within the branch. No matter how simple or complex your circumstances, we take the time to understand your needs, to help find a solution that is right for you, whether buying a new home or remortgaging.

## Contact:

### Julie Thompson

Individual Banking Manager

Tel: 020 7937 1036

Email: [juth01@handelsbanken.co.uk](mailto:juth01@handelsbanken.co.uk)

### Jennifer Peacop

Individual Banking Manager

Tel: 020 7937 1043

Email: [jepe13@handelsbanken.co.uk](mailto:jepe13@handelsbanken.co.uk)

[handelsbanken.co.uk/kensington](https://handelsbanken.co.uk/kensington)

**Handelsbanken**

Your home may be repossessed if you do not keep up repayments on your mortgage

Please note that our lending facilities are only available to persons aged 18 or over and are subject to status. Written quotations and Terms & Conditions are available on request

Handelsbanken is the trading name of Handelsbanken plc, which is incorporated in England and Wales with company number 11305395. Registered office: 3 Thomas More Square, London, E1W 1WY, UK. Handelsbanken plc is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Financial Services Register number 806852.

Handelsbanken plc is a wholly-owned subsidiary of Svenska Handelsbanken AB (publ).



**Eden Court**  
313-315 Battersea Park Road,  
London SW11 4LU

[www.cinnamoncc.com/edencourt](http://www.cinnamoncc.com/edencourt)

**EDEN COURT**

# Retirement living it's a walk in the park...

**Just a 3-minute walk from Battersea Park, Eden Court is a new exclusive retirement village opening early 2020. The luxury retirement apartments benefit from a range of services to enhance your lifestyle.**

#### On-site facilities

- Restaurant
- Café Bar
- Hair & Nail Salon
- Activity Studio
- Courtyard Garden & Roof Terrace
- On-site Care Home

#### Inclusive services

- Transport Service
- Concierge Services
- Social & Recreational Activities
- Emergency Call System
- Weekly Housekeeping
- Utility bills - heating, lights & water



Prices from:  
**£400,000**

To find out more call: **020 3627 1974**





## TRAILFINDERS

The UK's No.1 Tour Operator

Your local travel centre – on your doorstep  
for nearly 50 years

- Voted Best Tour Operator by readers of The Times, The Sunday Times & The Sunday Times Travel Magazine
- Named Travel Brand of the Year by Which? Magazine
  - Exclusive offers – only available from Trailfinders
- TF is ATOL protected and offers additional, unmatched financial protection with the Trailfinders Guarantee



Trailfinders is Trustpilot's No.1 rated travel company  
"Truly excellent: patient, friendly, helpful and a mine of knowledge, tips and advice."

For award-winning holidays speak to the travel experts at 194 Kensington High Street

Tailormade Travel Worldwide **020 7368 1200**  
Private Touring **020 7368 1500**

Or visit our **exclusive** Premium Travel & Cruise Travel Centre at 215 Kensington High Street

Cruise Trailfinders **020 7368 1300**

First & Business Class Travel **020 7368 1400**



TRAVEL BRAND  
OF THE YEAR

