

THE Kensington MAGAZINE

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20:20 Vision - The Future of Kensington

THE Kensington MAGAZINE

20:20 Vision: The Future of Kensington. This has been a fascinating theme to plan and edit. From Nick's article looking at what concerned the residents of Kensington a hundred years ago in the 1920s, to current challenges for residents, businesss and the council. Surprisingly although many of those challenges are similar; today, innovative, sensitive and thoughtful approaches are required. With climate change heavily on the agenda, Ben gives some ideas as to how individuals and families in the Borough can help; the Council have produced their Air Quality & Climate Change Action Plan 2016 - 2021 and the Kensington Society, together with the Council are hosting an evening of information sharing on many issues concering residents (see page 15 for more info). So what could W8 look like in the next 100 years? More electric cars/charging points resulting in less pollution, more craft type shops, markets, and more 'experience' events? Essentially and to survive, the High St. whilst maintaining its 'local community, village feel' must embrace and reflect all its residents' needs; young & old, and of all cultures. Lucy

Front Cover: Images of Kensington (www.lucyelliottphotography)

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(Hair by Toby of Hairspace, at Annie Russell)

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#KensingtonMag

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.

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Kensington in 1920: Plus ça change....?

By Nick Campailla

What was exercising the minds of Kensingtonians a hundred years ago? As ever, local concerns were entwined with wider political, economic and social issues.

On 2nd January 1920, the Kensington News and West London Times editorial announced: "Personally, I am not unhappy to see the end of 1919. We have had quite enough of the aftermath of War, and it is time we got something more satisfying – better and cheaper meat, bacon, butter, sugar and the other things that go to make life tolerable... And what about houses in Kensington, that's the question."

The paper was broadly supportive of Lloyd George's Coalition, asking "who honestly believes that the Labour party as constituted today is capable of the task of government?" Many in the party are "out for advancing the rights of the so-called proletariat and preach the doctrine of class war as the most effective means of attaining their end." Labour Day speeches at the Albert Hall, particularly the "Bolshevik rantings of Mr. Tom Mann", reflect an extremism "no thinking patriot can view without the gravest of anxiety".

In "Hints for the Home" by a Practical Housewife, the modern reader will be gratified to learn that the Ideal Woman is one "for whose ambition a husband's love and her childrens' adoration are sufficient", but the same column counsels against sleep deprivation to wring extra hours out of the day, in line with current medical advice. And we can empathize

with the correspondent signing off as "A. Sufferer" who complains about emptying of dustbins only once a fortnight around Brunswick Gardens, while "the unfortunate householder pays higher rates for less efficient work" and "the authorities take refuge behind the excuse of strikes of barge men, etc". Other items are of their time: "Hints for Allotment Holders" highlights the important presence of allotments in Kensington; a letter about the potential closure of the Palace Green allotment points out that each allotment keeps a family of four or five people in vegetables throughout the year.

One cannot ignore the regular, well-intentioned warnings about venereal disease "which is no laughing matter. Foolish people are under the impression that it is something to joke about... which 'flappers' and young men look upon with such fatal disregard." (So the term 'flappers' was up and flapping before the 1920's.) During the murder investigation of Miss Munro, a Kensington typist, an appeal to clairvoyance was made and a successful séance apparently helped with the enquiry, indicative of the growth of interest in spiritualism in the wake of WW1. And it might seem odd to us now, by reference to a report about the Kensington branch of the "Middle Classes Union" (renamed the National Citizens Union in 1921), that a group was formed in 1919 to protect middle-class interests and property; it became associated with British fascism and fizzled out before WW2.

Improved amenities, housing, preservation of green space, accountability, individual rights and behaviour – certain details apart, the topics raised in the Kensington of 1920 were not so very different from ours today.



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Vision 20:20 - What is Kensington Lacking?

By Sarah Goldsmith

The remit for my article this month was to pinpoint what I found lacking in Kensington. This was a hard exercise, I must admit! I went through a list in my head: arts? Check (plenty of art galleries and a few world-reknown museums on our doorstep); music? Check (Holland Park Opera series in the summer; Royal Albert Hall); sports? Check (plenty of opportunities both indoors and outdoors, both free and paid); activities for children? Check (plenty on offer); restaurants? Check (from both affordable to not so).

So, what is Kensington lacking? I took it to the streets, asking anyone I came across, "What do you think Kensington is lacking for its residents?" The answers were by and far varied, some predictable and not easily remedied: locally-owned shops, cheaper food, more affordable housing, and the like, all socio-economic issues dominating headlines and politics today. However I did get two very interesting responses:

"A Film Festival." After getting this response, I did a little digging, and there is the Portobello Film Festival, but that is in Notting Hill. There is the Luna Cinema at Kensington Palace which screens different films in both summer and winter in the outdoor Orangery Lawn. The location itself would make an interesting and dramatic setting for a film festival highlighting British cinema.

"A Jazz Club." After searching, I found two jazz clubs in the Kensington area, one the Piano Bar on Kensington High Street itself, and another on North End Road in West Kensington. However, the Piano Bar just had jazz on Sundays, while Nell's showcases a variety of different music genres. So, while jazz is available within the borough, a dedicated jazz club seems to be lacking.



Image source: www.cambridgefilmfestival.co.uk

"A Local Theatre/Dance Venue." Remembering that Royal Albert Hall is on our doorstep and that most theatre, musicals, and dance are in the West End, and will most likely continue to be, it is true that there is not a local community theatre venue. However, locally, while not in W8, there is the Gate Theatre and the Finborough Theatre. LAMDA moved to Baron's Court over a decade ago from W8, and nothing seems to have replaced the old MacOwan Theatre.

Kensington as a neighborhood/borough certainly has the resources to create an ideal community offering diverse culture (arts, music, theatre, dance), entertainment (Luna Cinema), and dining. Additionally, as recent local news has shown us, the Borough does need to take into account all its residents, rich and poor, young and old. But as I went through a list of what Kensington has to offer its residents, it is a rich and varied borough with a lot of resources to hand. And yet, there is always room for improvement....

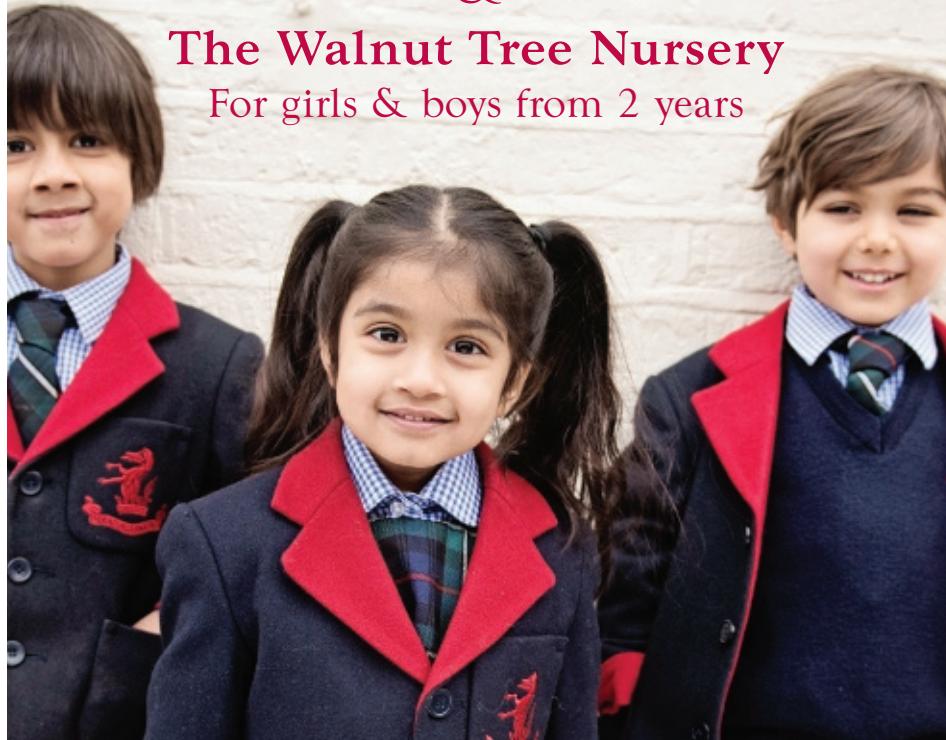


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The Future of Kensington High Street

By Guest Contributor: Royal Borough Kensington & Chelsea (RBKC)

The future of Kensington High Street looks bigger and brighter as we move with the times. There's no doubt that high streets and town centres across the country have faced tough trading and footfall decline in recent years and our Kensington High Street is no different.

The iconic road has seen dramatic changes, with famous department stores Barkers, Derry and Toms and Pontins closed over the years and newer, exciting offerings popping up including the world's largest Whole Foods Market and cultural venues such as the Design Museum and Japan House. Embracing these changes and working with local businesses and organisations such as these is a key focus for the Council as part of the Revitalising Kensington High Street campaign.

When we look at the cycle of the High Street in terms of vacant units, this begins to tell a story of change and development that is encouraging when we look ahead to the future. From a low of 6% in 2012, vacancy rates rose to 2016, reaching 14% and have now begun to decrease, recording 9% in 2018 and 7.9% for 2019. The last two years, the Council has started to differentiate the figures for 'vacant units' and 'units vacant being redeveloped', which gives a clearer picture of what is happening on the High Street.

In 2018, the total vacancy rate was 10% but 1% was under redevelopment so not included and in 2019, 11.9% overall was vacant but 4% is under redevelopment, demonstrating the growing investment we are seeing. This increase in vacant units under redevelopment shows exciting future growth of the area and how vacant units can be a positive thing as they offer opportunities for investment.

In Kensington High Street there are four major redevelopment schemes in progress, Lancer Square, Boots, the block that was occupied by Robert Dyas and the former Odeon.

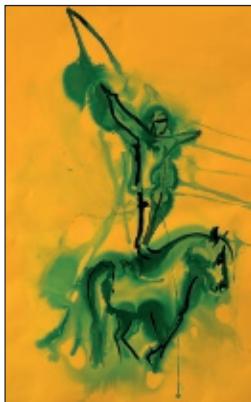
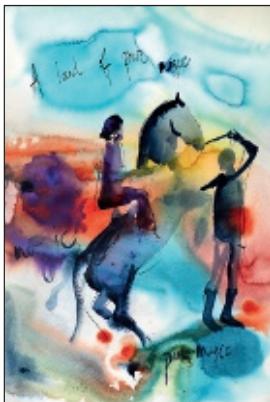
Just off Kensington Church Street, Lancer Square, once complete, will bring a range of residential, office and leisure spaces across four buildings within the development. The corner occupied by Boots is currently undergoing a refurbishment and extension, which many of us who frequent the busy store will have noticed. The works also extend to the office building behind, which will result in a westward expansion of the Mall. The good news is that the Boots store will remain open throughout. On the High Street itself, at 201 – 207, the former site of Robert Dyas, planning permission has been granted to renovate the façade and significantly expand the building itself for residential flats, alterations and improvements to the shop floors and a basement level gym.

Finally, we look forward to seeing a potential new cinema development with plans to redevelop the former Odeon being considered by the Council. If approved, the development would provide a single operator cinema along with new homes, restaurants and office space.

With all four of these substantial and exciting works happening within around half a mile of each other, the area is set to see some fantastic investment and a boost to footfall and activity. Introducing more homes to the area, along with more shopping, dining, leisure and office provision, will draw all types of people to Kensington High Street. We can expect that the future will see it continue to be a tourism hotspot but also a growing hub for residents of Kensington to enjoy and businesses to want to set up shop in.

INTO A LAND OF PURE MAGIC

An Exhibition of Paintings of Circus Life By Nell Gifford (1973 - 2019)



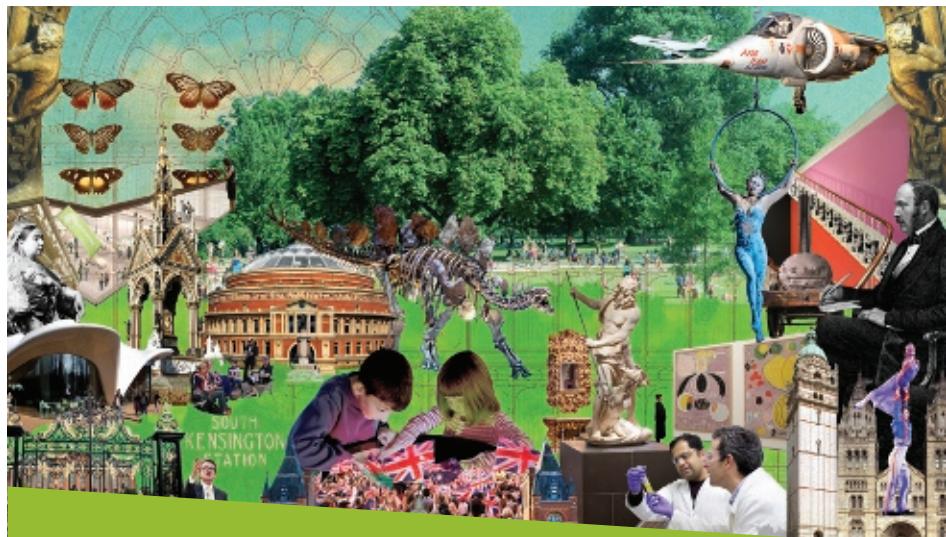
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W8 - Aiming to have a local community feel?

By Guest Contributor Joy Sigaud, editor of Editions Magazine

Everyone loves the area, on trend or not. Intentional or not we all know that feeling at a drinks party or dinner when someone tries to pop you into a box by not being able to resist the question "where do you live then?" However surreptitiously they may try to disguise it, Kensington always sounds good and instantly you have a friend for life, like it or not.

As residents we love to complain about how long the house down the road is taking for the refurb, the dust, the noise and endless vehicles, but have to admit that once it is finished there's no hesitation in relishing the notion that one's own property has suddenly increased in potential value - not to mention the facelift and desirability of the street.

The end of 2019 saw the High Street decorated for Christmas in a more elaborate way than in previous years thanks to the Council and fund raising efforts of The Kensington Business Forum which was a great pleasure, coupled with the new seating areas dotted along the pavement, it all adds to the ambience.

Speaking to some other local residents, it cannot be denied that the paucity of appropriate of quality shops and cafes is remiss, however, for some the feeling was that it is gaining a slightly more village like feel without so many retail tourists. We have to ask ourselves whether we want to go back to the heady days of Barbara Hulanicki's BIBA, Cheguvara and Fiorucci then later Kensington Place up in Kensington Church Street or with the economic downturn, an ageing population and failure to attract many young families as in years gone by, we would like to create an area suited to the current population.

The younger generation would like to see more clubs, bars and good quality restaurants,



Interior of Design Museum
(Image: www.lucyelliottphotography.com)

although admittedly it would seem The Ivy, Dishoom and Sally Clarke's, although not on trend for that age group, are some of the generic staples. According to one restauranteur Notting Hill restaurants like Farm Girl and Jusu brothers have many Kensington residents as regulars. E&O and Farm girl have both opened up across the Borough. "Why not W8?" he asks.

The Design Museum, with its pioneering exhibitions is a welcomed site along with the high end apartments on the site in Holland Park and new enclaves have given the area a huge boost and has attracted a younger crowd. We also still have a good few great schools that haven't moved out to Marylebone or further west along with senior day schools in close proximity for those who don't want to board out their children.

Going forward one mustn't forget that our High Street serves a wider area than just W8 and whilst Boots flagship store is undergoing major refurbishment, I'd like to see the high street reflecting the social needs of the wider community to some degree but with a unique local community feel.



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Step into the life of a 19th century monarch with our spectacular new Queen Victoria Afternoon Tea.

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Kensington News I

NEW BUSINESSES IN THE AREA

Fabrique in Kensington Arcade, is a Scandinavian chain providing cakes, coffee and artisanal sourdough bread. It is particularly famed for its cinnamon buns. Blend at 101B Kensington Church St. provides a juice and coffee bar, smoothies, acai bowls and home made cakes. Belle Cour at No. 17 provides nail and beauty treatments; massages, facials and waxing, amongst others. Also in Ken Church St. at No. 48 - 50 is HJ Art Gallery and Antiques, currently exhibiting the work of Chinese artist Zhou Zhiwei. Remaining on Ken Church St. Trinity Hospice charity (ladieswear) has moved a few feet. Now featuring such a smart shop frontage, residents have already mentioned "there is a new ladies clothes shop in Church St"! Making use of an empty premises is a new pop up wine shop in Thackery St. Do please venture forth and give your support to these new businesses.

Hanan Atmani is a young entrepreneur CEO & Founder of A Chain Of Events Ltd. With over ten years experience managing, coordinating, running and delivering events for a variety of organisations from gala dinners and weddings to major corporate events and seminars. A Chain Of Events has been in the industry for more than twelve years delivering exceptional events, many clients have been from the local community with Kensington Palace being used as a venue. She has expanded her business internationally. One of her major achievements is winning the 'International Achievers Awards 2018 for the Best Events Organiser'. @achainofevents_

GENERAL NEWS

The 2020 Desire Jewellery & Silversmithing Fair will be held at Chelsea Old Town Hall from 28 February - 1 March. This stunning

mixed media jewellery and silversmithing event where 90 individual jewellers and contemporary silversmiths have been selected for their superb and innovative craftsmanship have a genuine passion for the work they create. Visitors can view and purchase from an exciting range from both emerging British talent as well as more established designer makers. Exhibitors include jewellers working in gold, silver, platinum, palladium, vegetable ivory, titanium, aluminium, bronze, copper and cellulose acetate and incorporating resin, gemstones, seaglass, silk threads, pearls, enamelwork and beads into their work. Whether you are looking to treat yourself, purchase a unique gift for someone special or commission something for a special occasion, make a date to visit Desire in Chelsea. www.desirefair.com and please see page 5 for more information.

This January, celebrated the 30th year Cirque du Soleil and its 25th year of performing at the Royal Albert Hall. This year, their Mexican themed performance of 'Luzia' treats the audience to a show including breathtaking somersaulting through air onto swings, dancing onto and through hoops, a contortionist who could challenge an elastic band and a live waterfall. Suitable for all the family, and will inspire children towards acrobatics and gynastics. Working with The Ivy Kensington Brasserie, the bar team have created a selection of Mexican inspired cocktails, which are also available as part of the Ivy's two and three course set menus. Enjoy the 'Pambolero', 'Desert Flower' or 'Luzia Espresso Martini' while dining from The Ivy's delicious pre-show menu. In further celebration, the restaurant's entrance will be adorned with a bright, fantastical display. To make a reservation for pre-theatre dinner, please call 020 3301 0500.

Kensington News II

Your Wellness World takes you on a 6-week journey to discover a stronger and healthier you by introducing tiny healthy habits to your weekly routine. They will help to create a positive environment in your office, fully arm you and your team with essential knowledge and provide a gentle touch of encouragement when needed. Cardio-focused corporate wellness programme "as seen on BBC" offers a time - efficient way of exercising with the British CAR.O.L HIIT stationary Bike (a sweat-free HIIT session only takes 8 mins 40 seconds twice a week!), complimented by nutrition advice, a visit from a local physiotherapist and insightful workshop on behaviour change. Your Wellness World starts with your heart, your thoughts and your actions. To book your complimentary wellness workshop in February email Yana Reznik at yana@yourwellnessworld.co.uk. More on Instagram @yourwellnessworld

After 2.5 years as Chair of the Executive Committee, Kensington Business Forum, Lucy Elliott is resigning owing to changes in her personal life since taking on the role. She is delighted that Tom Frost, local resident and Business owner of Bricks & Mortar will be taking on the role as Interim Chair from February for a period of six months. The Executive Committee are seeking a Volunteer Treasurer to sit on the Executive Committee, to undertake light accountancy duties (book keeping & VAT). If you would like to help your local business community, please call Tom on 07469 211988 to discuss this opportunity further. If you are a local business and would like to join the Forum, please register via www.kensingtonbusinessforum.co.uk

CHARITIES/CHURCH/RESIDENTS' GROUPS/SOCIETIES' NEWS

London Landmarks Half Marathon is looking for volunteers of all ages, to be a part of the

action at the 2020 event on Sunday 29th March 2020. There are currently 213 volunteers, including the fabulous Chelsea Pensioners but there are lots more spaces available for those who would like to throw themselves into a variety of essential and fun roles. These vary from handing out medals to being a route marshall to even dressing up as a famous London landmark, and some great perks and incentive too including your own London Landmarks Volunteer medal. Volunteering is not only a fantastic way to support the 14,000 runners taking part, but also a way to contribute towards an event that is 100% not-for-profit with all money going back to the 213 charity partners. To find out more information see www.llhm.co.uk/volunteer.

Kensington & Chelsea Art Week 2020 celebrates the legacy of Terry O'Neill CBE with its Open Call for its Public Art Trail. Terry O'Neill transformed Sloane Square with the public art installation 'Faces of Kensington & Chelsea' celebrating the individuals who have made the Borough a hive of creativity in recent decades. The legendary photographer, who was the first major supporter of Kensington & Chelsea Art Week, was awarded a CBE last year for services to photography shortly before he passed away in November, leaving a lasting legacy for championing young talent. The theme for Kensington & Chelsea Art Week (KCAW20) is 'Transformation', and O'Neill's iconic photographs from the late 1960s truly illustrate a fascinating period of social, cultural and creative evolution. Fifty years on, we find ourselves once again on the cusp of change, with trailblazers across the worlds of art, fashion, design and music forging new types of positive and progressive transformation. This year CW+ (the charity of Chelsea and Westminster Hospital) is the festival's official Charity Partner. www.cwplus.org.uk

Kensington News III

Christmas came early for the children at [Chelsea and Westminster Hospital](#) as the stars of [Chelsea FC](#) took the short trip from Stamford Bridge to give a warm-hearted and welcomed visit to the wards to visit children, young people and families. At the end of the visit, manager [Frank Lampard](#) presented the hospital with some additional gifts on behalf of the squad including PlayStations, televisions and more. This year's trip ended with smiles all round and [Chelsea Foundation, CW+ and the Trust](#) look forward to providing exceptional care and support for families now and beyond the festive season.

[Diana, Princess of Wales Memorial Playground](#) in Kensington Gardens, was named as one of the best playgrounds in England at the first-ever Play Value Awards, held at the RoSPA Play Safety Conference 2019. The awards recognise excellence in the provision of children's playgrounds, with the quality and variety of play opportunities being assessed. The winner was chosen by an open vote by delegates at the conference, most of whom manage playgrounds on behalf of local authorities or charities. The Diana Memorial Playground, opened in June 2000 in the Royal Park, and is instantly recognisable due to the huge wooden ship, inspired by the children's novel Peter Pan, at its centre. The playground is also home to a sensory trail, tepees, and a whole host of tactile objects. The Diana Memorial Playground receives more than a million visitors a year and is free to access.

'[Adult Learning](#)' run by RBKC provides a vibrant and wide range of learning activities and courses, delivered in friendly environments in partnership with learning providers who specialise in supporting local people to

realise their full potential. The guide provides information about the curriculum on offer, the delivery partners and their contact details for further information and enrolling. The guide will be available in hard copy from a variety of local venues including libraries, delivery partners and children's centres within the next two weeks, and will be available in a PDF format online from the RBKC website shortly.

CONGRATULATIONS

Work by local ceramicist [Marie-France Scott](#) has been selected from over 1,500 entries to appear alongside artworks by some of Britain's leading artists at The Royal Society of British Artists Annual Exhibition at Mall Galleries from 20 to 29 February. The RSBA is dedicated to promoting the highest standards of skill, concept and draughtsmanship in painting, sculpture, printmaking and drawing. Readers will receive free entry for two on mentioning this publication at the gallery desk.
www.mfceramics.com

[Nurole](#), the world's largest board hiring marketplace ranked top 100 of the FT's fastest 1000 growing companies in Europe, has been shortlisted for the Growing Business Awards "Diversity and Inclusion Champion of 2019". "We're thrilled to receive this recognition for expanding board diversity by gender, ethnicity, age and geography," commented Nurole's CEO, Kensington resident, [Susie Cummings](#). Reader offer: Nurole has assisted the boards of Kensington and Chelsea Foundation and the Kensington Aldridge Academy and is offering a discounted rate of £500 to other charity boards in RBKC. Visit www.nurole.com/employers/find-a-trustee to learn more.

Do we have the power to make decisions for the future?

By Guest Contributor: Amanda Frame, Chairman, Kensington Society

Kensington Society began in 1953 primarily to address the concerns of the residents about how Kensington was changing following the end of WWII and the rebuilding and development pressures facing London and Great Britain. Our vision then was to "strive to ensure that our part of London retains its magnificent heritage of buildings, parks and gardens alongside the best of contemporary architecture and design". The vision of 2020 could do no better than to continue with those aspirations. However, the 1953 challenges are very different from the ones we face today. Over the years governments have exercised ever increasing powers over planning. As a result we have eyesores such as Notting Hill Gate and the Cromwell Road Holiday Inn and even our own Town Hall.

Having seen such resulting monstrosities and understanding that short-term market needs and developer interest had become overly dominant, the government published in 2012 the National Planning Policy Framework (NPPF). We, the local communities, were to have more responsibility and more powers to form our own vision. We were assured of involvement and "clear citizens' rights" with support for communities to participate meaningfully in decisions.

But what has happened since? In the last few years we have seen four major planning applications called in by the Mayor of London, Sadiq Khan. Newcombe House had 727 objectors; Kensington Forum over 900 objectors; Heythrop College 183 objectors; 100 West Cromwell Road 58 objectors. Heythrop College proposal was approved by the planning committee. All others were refused. However all four have been called in as the Mayor exercises his singular power to overrule our decisions and, if he has his way, the eyesores will be replaced with even

worst horrors. What developer would take on such risks? It makes a farce of the concept of development planning and equally a mockery of community participation. Time is money and the delays and uncertainties pushes the cost higher resulting in ever larger developments. Research shows that majority of those who engage in planning are over 55 and the response rates to public consultation is approximately 3%. One could be disappointed by this low response but, if the result is to be totally ignored and overrun by powers which have no respect for your opinion, why try? If we do have a vision for the future and there is any hope that vision is to be realised, it is up to us to demand it, to lobby for it, to vote in representatives who will not give false promises, to act and make sure our voice is heard, respected and given promised the control over our own community.

www.kensingtonsociety.org (please join, £15 annually.) We need your vision and your support.

A Cleaner, Greener Borough - How is the Council Doing?

Monday 17 February 6.30 for 7.00 - 8.30 pm.

Venue: The Small Hall, Town Hall Horton St. What do you feel about our recycling and waste management? How much do you know about community gardening? And leisure centres?

And what about our markets and local arts events? This event offers the opportunity to meet the officers who organise these services and a chance to find out some of the answers.

Hosted by Sue Harris, Executive Director, Environment & Communities, the evening will also outline how RBKC are tackling fly tipping and their work on combating climate change and environmental sustainability.

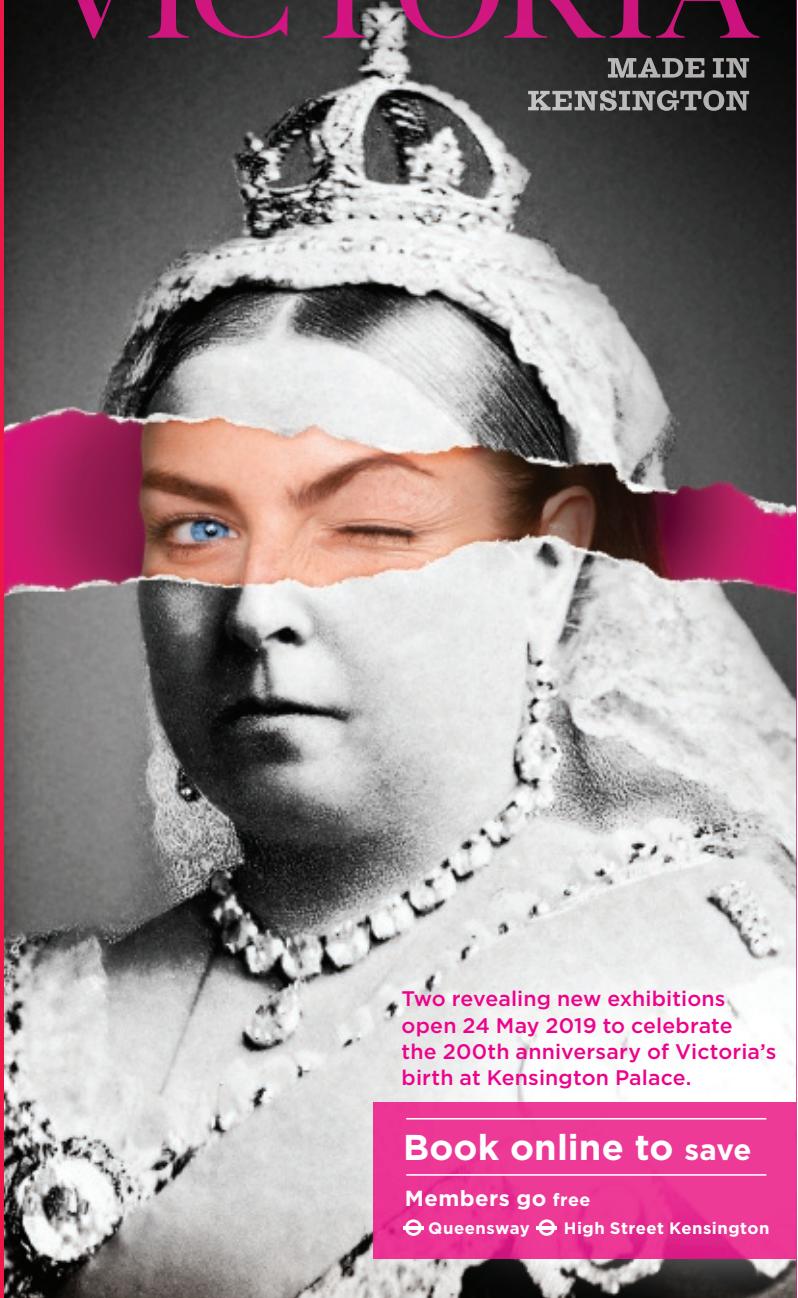
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www.kensingtonsociety.org/portfolio-item/cleaner-and-greener

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The Kensington Crossword

By Dave Saunders

Pit your wits against our Kensington-centric crossword. (Answers on page 27)



Across

- 1) Restaurant situated at 179-199 Holland Park Avenue, W11 (10)
- 2) Direct, sportswear store at 190-192 Kensington High St which closed in 2018 (6)
- 3) Arms, historical pub which was located at 30 Hornton Street, W8 (7)
- 4) Digital Ltd, software company at 239 Kensington High St, W8 (4)
- 5) Lawson, director of the Royal College of Music, South Kensington (5)
- 6) Ibis, Hotel at 15-25 Hogarth Road, Kensington SW5 (6)
- 7) Mews, row of former stables situated to the north of McLeod's Mews, SW7 (5)
- 8) Square, garden square in Kensington W8, built between 1811 and 1820 (8)
- 9) Restaurant, Persian eaterie at 7 Hammersmith Road, W14 (3)

Down

- 1) Michael, film director who lived at Woodland House, 31 Melbury Road, Holland Park (6)
- 5) Surgery, retail chain for bicycles, at 186 High St Kensington, which closed in 2019 (5)
- 6) John Hanning, explorer who has a monument in Kensington Gardens (5)
- 10) Terrace, residential road between Bedford Gardens and Hornton St, W8 (9)
- 11) The Castle, pub at 114 Campden Hill Road, W8 (7)
- 12) Mexican restaurant situated at 7 Kensington High St, W8 (6)
- 13) Begg, Royal Navy WW2 officer born in Kensington in 1908 (5)
- 14) Janklow and Ltd, publishers at 13A Hillgate Street, W8 (6)
- 15) Street, cul-de-sac off Elm Place, SW7 (5)
- 16) Clothing store located 71 Kensington Church Street, W8 (10)

GET WELL SPOON



February

Vegan Valentine Supper

Celeriac hearts with tangy Romesco Sauce

1 Celariac root, cut into 2 slices, 2 cm thick
Romesco sauce:
5 medium on the vine tomatoes
1 head of garlic,
1 slice of stale crusty bread or toasted bread
Handful of roasted hazelnuts
Handful of almonds
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ cup olive oil, or more to taste, plus a drizzle for the tomatoes
2 tbsp sherry vinegar or red wine vinegar

Cut from the middle of the celeriac root. Add water and olive oil to a frying pan and cook until soft and light brown (add water if needed). Shape into a heart shape when they are cooked and soft. Serve on a bed of truffle or miso infused polenta and drizzle with the red Romesco sauce.

For the sauce, preheat the oven to 175C (350F). Cut a cross in the bottom of each tomato and place cut side next to the whole head of garlic on a tray, drizzle generously with olive oil. Roast the garlic for about 45 minutes, remove when tender. Continue roasting the tomatoes until the skin blackens in spots, about 60 minutes. When cool, peel the skin off. Soak the bread in the vinegar. Pop the roasted garlic cloves out of their skins and put in a blender with the tomatoes and salt. Blend and slowly drizzle in the olive oil. Add the bread, the nuts and blend until sauce is grainy, a bit of bite is good. Season. For a thicker sauce, add more bread, or use olive oil if you would like it thinner.



Tenzi Victoria Hall - Illustration: Alena Poltseva

Celeriac is one of the best suppliers of essential Vitamin K. It activates the Gal-protein osteocalcin, which binds firmly to bone minerals to make robust bones. With insufficient Vitamin K, bones cannot hold onto vital calcium which can result in osteoporosis. The calcium may enter the bloodstream instead, where it contributes to stiffening arteries. Luckily, celeriac provides a high dose of Vitamin K so can be an effective means of protecting your bones from osteoporosis.

Celeriac also consists of bone friendly minerals: calcium, manganese which helps with the formation of bone regulatory hormones and enzymes involved in bone metabolism, and phosphorus which helps form bone mineral density which avoids bone fractures, breaks and osteoporosis. Calcium and phosphorus work together to build and maintain bone health. Taking manganese along with other bone-supporting nutrients like calcium, zinc, magnesium and copper can improve bone mass and is beneficial in natural treatment for osteoporosis.

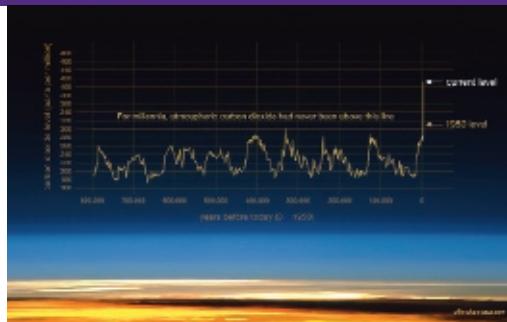
"Knife, Fork, Get Well Spoon" is available at Wholefoods in Kensington or at www.Waterstones.com

Carbon, climate change strategies and bush fires

By Benedict Bull

As the wildfires still rage in Australia, despite a recent rainfall of around 50mm in the mid north coast of New South Wales, the underlying problem of prolonged drought and the increased intensity of process of desertification, spreading in previous temperate rainforest areas dawns upon us. In the bush of the Macleay river valley catchment 60-year-old river oaks are split this season and the trees have died. This is an example of climate change, which is defined as the significant and/or abnormal change in long term weather patterns for a region or the earth, and the effects it has on the earth. A key statistic in the global land ocean temperature index and the change in distribution of hottest years over the time range and the increased frequency and incidence of catastrophic weather events.

The bushfires in Australia are very well covered here in UK, they do not seem so far away and that is one of the brilliant aspects of our modern communication and information sharing. As we can share data about climate change and bushfires and our carbon footprint, so we can take collective positive action concerning climate change, our carbon footprint and the bushfire relief process. The loss of life, of homes of habitat and the suffering associates with the bush fires and with the underlying 3 year of drought [that is no significant rain since May 2016] are shocking. As a community in the Borough we have a footprint and as individuals, in our homes and in our businesses too. The purpose of this article is to help support us in our efforts as we try to take thoughtful responsible actions. Here is RBKC's positive statement on climate change: "Climate change is happening, and it is becoming increasingly clear that the stress that people are putting on the natural environment including air, land and water, must not continue. The Royal Borough of Kensington and Chelsea is working towards



Evidence that atmospheric CO₂ has increased since the Industrial Revolution to levels never seen before

(Image source: www.climate.nasa.gov)

limiting environmental impact on the region and making the borough more sustainable, demonstrated (among other initiatives) by implementing a Climate Change Strategy, and strongly encourages other parties to do the same. Innovation and best practice in this area are fully supported by the Council." As families we can assess our personal carbon footprints using the calculators available online. These look at the broad range of travel, heating, consumables and habits. But beyond the economic specifics, a rule of thumb emerges - that good old-fashioned frugality is vital.

In fact, the key here is this frugality as it comes naturally with a respect for wildlife and the desire to share our space and resources with plants and animals as equally as we are able. For more information on climate change, bush fires or carbon footprint and what you can do email ben@smartlandscapes.com and I will help point you in the right direction. As a starter, I would suggest the following: recycling food waste in the soil and for animals, avoiding unnecessary journeys by car, not heating what you do not need to and sharing resources. These are all key strategies which would help to reduce our carbon footprint and adopt a responsible and dynamic attitude to climate change in our daily lives.



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Saturday 1st & 8th February

or

Thursday 27th February & 5th March

10am—5pm (14 hours)

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

For more information on this Kensington charity
visit www.familyfriends.uk.com or call 020 8960 9099

Registered charity no. 1028214



Cleaner Air and More Bird Song

By Maria Perry with illustration by Charles Yorke

When Lucy announced our theme for the February edition was to be our 'vision for Kensington in 2020' my memory flashed back to how it was one we first arrived here. Three great department stores - Barker's, Derry & Tom's and Pontings dominated the High Street offering a shopping area, which served all our domestic needs, but this magic village remained indisputably rural, despite being 'Only one Mile from London!' Newly-married and with offspring, we pushed the pram through the Flower Walk, fed the ducks on the Round Pond and marvelled at peacocks spreading their tails in Holland Park. Bird song was everywhere. Derry & Toms' Roof Garden included an aviary, larks sang above St Mary Abbots church yard and black birds perched on the lamp-posts, which were lit each evening by a lamp-lighter with a long pole. Next morning we woke to the Dawn Chorus. Now there is no Dawn Chorus. Suddenly my Vision for 2020 became clear - Cleaner Air and More Bird Song.

In those halcyon days chimneys smoked abundantly. There was fog in November from the coal fires upon which we roasted chestnuts, but never did I hear the word 'Pollution'. Placed as we are between Kensington Gardens and Holland Park, it seems astonishing that the Royal Borough now has one of the highest pollution levels in London. RBKC are deeply aware of this. The Council has published a 36 page pamphlet, AIR QUALITY and CLIMATE CHANGE ACTION PLAN 2016-2021. Some of it has already been implemented. Anyone who has recently sought a new Residents' Parking Permit will find a stern reminder inside the application form: NO IDLING. Recently the message is being reinforced by notices which are sprouting at every other street corner.

It is an irony that we should suddenly be



breathing dirty air: our 'village' first became fashionable when King William III retreated to Kensington Palace from the choking fumes of Whitehall, which affected his asthma. Kensington had long been famous for its air. An early History of Middlesex describes it as standing in 'wholesome air' although only about three miles from London. In Tudor times royal children were sent here to convalesce from illness. Later, famed for its many garden squares it was the focus for an early green belt scheme. A bid to build flats in Edwardes Square was thwarted in 1931 by a law to preserve London's 461 green squares. By 1934 the LCC spoke of linking them by 'a green girdle.'

There are still plenty of green squares in Kensington. Some still echo joyfully with bird song, but pesticides have drastically reduced our insect population and some birds depend on small flies for food. By letting patches of garden grow 'wild' and planting shrubs which attract butterflies and other insects everyone with a garden can help the environment. A chilling statistic is that since 1920 a count has been made annually in Kensington Gardens. A few years ago there were over 2,000 sparrows. Now there is not one.

Lucy Elliott



E V E N T P H O T O G R A P H Y



Event (noun)

A thing that happens or takes place, especially one of importance.

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Kensington Cultural Quarter: What's On I

THE KING'S STATE APARTMENTS

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Explore the opulent, sumptuous rooms, each grander than the last, containing many sculptures and works of art, such as the terracotta busts of George II and his wife Queen Caroline, made by Michael Rysbrack in 1738 and 1739. Kensington Palace
www.hrp.org.uk

FAMILY FRIENDS: VOLUNTEER MENTORS/ BEFRIENDERS NEEDED

1st and 8th February or 27th Feb and 5th March

Would you like to give two hours a week to befriend a parent, or mentor a child-in-need in Kensington & Chelsea? No formal experience needed as training and support, plus expenses are provided. If you are interested in learning more, please see www.familyfriends.uk.com or call 020 8960 9099

THE DRAWING GYM

Saturdays - 1, 8 & 15 Feb 11am-1:30pm Adult £90 Student £75

Using the museum and its permanent collection as a starting point, explore drawing techniques for visualising and communicating ideas. Over three weeks you will learn how to draw isometric projections, scale elevations, diagrams and more. Design Museum
www.designmuseum.org

WORK-IN-PROGRESS SHOW 2020: KENSINGTON

Til 2 Feb 12pm-6pm Free

Students from the Schools of Architecture and Design, and Sculpture, present a selection of work in progress within their studios, workshops and seminar rooms. See the artists and designers of the future as their newest creations take shape. Royal College of Art
www.rca.ac.uk

MALIPHANTWORKS3

6 - 22 February 7.30 pm. £30/25 + concessions.

Following their sell out in 2017, Olivier Award winning choreographer Russell Maliphant and Dana Fouras return with a programme which includes the World Premieres of A Space Between and two new films, and a revival of 2018's highlight Duet all performed by Maliphant and Fouras. The Coronet Theatre, www.thecoronetttheatre.com 020 3642 6606.

LEIGHTON'S TRAVELS TO SPAIN

11 Feb 7-8:30pm £15 incl. comp drink. Booking required

A lecture that sheds light on Leighton's interest for Spanish art and culture, delivered by art historian Véronique Gerard Powell. Leighton Museum. www.rbkc.gov.uk

IWAN GWYN PARRY EXHIBITION:

"In the Footsteps of the Turner's Thames"

11 – 28 February 2020

For four years Iwan Gwyn Parry has been revisiting the River Thames, travelling, mapping and chartering the 237 mile long journey from source to sea. Iwan has created a collection of landscapes that powerfully captures the river from dusk till dawn. Thackeray Gallery. Tel: 020 7937 5883. www.thackeraygallery.com

HAWKESDOWN HOUSE SCHOOL & THE WALNUT TREE NURSERY: OPEN MORNING

Thursday 13 February 9.15 am or 10.15 am Please telephone the school to register for a place at our Open Morning. 0207 727 9090
www.hawkesdown.co.uk

KENSINGTON CHELSEA WOMEN'S CLUB FEBRUARY SPEAKER EVENT

Thursday 13 February 9.30am-12 noon. Guest Attendees £15.

Join us to hear our panel of guest speakers discussing Consciously Creative: 'The Re-Birth

Kensington Cultural Quarter: What's On II

of Fashion and its Impact on Women, Waste and Wealth'. Venue: The Royal Geographical Society, 1 Kensington Gore, SW7 2AR. For more information see www.kcwc.org.uk

UPOPOY: AINU MUSICAL CULTURE & CRAFTS
Til 15 Feb Times vary Free
Celebrating the opening of Upopoy, Japan's first national museum. Featuring the history and culture of Ainu, Japan House will host concerts by contemporary Ainu musicians and other events including talks and workshops on Ainu decorative needlework traditions and patterns. www.japanhouselondon.org

FACES IN THE CROWD

16 Jan – 8 Feb, 2.30pm and 7.30pm, £12 - £28
Gate Theatre Artistic Director Ellen McDougall directs the world premiere of this dizzying, fluid and haunting new play, based on the award-winning novel by MacArthur 'Genius' Grant-winner, Valeria Luiselli. Gate Theatre 020 7229 0706, gatetheatre.co.uk

SCHLOMO'S BEATBOX ADVENTURE FOR KIDS

17 Feb 1:30pm, 4pm £12
After two sold out shows last year, world record-breaking beatboxer SK Shlomo returns to the Elgar Room to make music using just his mouth and a mic, teaching little ones the art of beatboxing throughout the show.
Royal Albert Hall. www.royalalberthall.com

SONGS AND SOUVENIRS, A MUSICAL EVENING WITH DAME FELICITY LOTT

18 Feb 7-8:15pm; doors open 6:15pm
British soprano Dame Felicity Lott will be performing some of her most-beloved songs accompanied by her pianist, Sebastian Wybrew, including songs by Gilbert and Sullivan, Franz Lehár, Richard Strauss, Jacques Offenbach and Noël Coward.
Leighton Museum. www.rbkc.gov.uk

THE FUTURE OF FOOD

20 Feb 7pm-9pm £8 Booking required
Hungry to know how you can eat more sustainably? Curious about the future of the food on our plates? An expert panel will look at food security, from the use of new technology, seasonality harvesting, production processes, and consumption and waste. Royal Geographical Society. www.grs.org

INTO A LAND OF PURE MAGIC: PAINTINGS OF CIRCUS LIFE BY NELL GIFFORD (1973 – 2019)

Exhibition: 20th – 27th February. Online Auction: 10th – 28th February.
Nell Gifford painted her circus with mesmerising movement, magic & light. Seventy pictures are for sale.
Olympia Auctions, 25 Blythe Road W14 0PD
Call 020 7806 5541 www.olympiaauctions.com

WINTER SUNDAY CREATE AND MAKE: PUPPETRY

23 Feb 11am-4pm Free drop-in 5-11 years
Make your own puppet inspired by Walter Van Beirendonck's puppet costumes for 'The Magic Flute' currently showing in the Beazley Designs Of the Year exhibition. Learn how to design your puppet, using colourful paper, recycled containers, string and tape. Design Museum. www.designmuseum.org

DRINK AND DRAW

26 Feb 6:30pm-8:45pm £20 Booking required
In collaboration with London Fine Art Studios and Enoteca Rosso, Leighton House is hosting a series of wine tasting and drawing together with live music. A night not to be missed!
Leighton House Museum. www.rbkc.gov.uk

THE FRIENDS OF HOLLAND PARK TALK

The Ilchester Family and Holland Park
Tuesday 25 February 7pm Tickets £18
including wine and canapés.
Richard Tufnell, Senior Property Manager of

Kensington Cultural Quarter: What's On III

Hilchester Estates, will talk about the Hilchester family's links with Holland House and the area. The family completely renovated the house, added the 'Swannery' ballroom and created the original Japanese garden. Venue: The Orangery, Holland Park, W8 6LU. Tickets via www.thefriendsofhollandpark.org

ROYAL SOCIETY OF BRITISH ARTISTS ANNUAL EXHIBITION 2020

20-29 February 10am to 5pm. Admission £5, Free to Friends of Mall Galleries and Under 25s. The RBA is happy to offer Free Entry for Two to our readers. Simply mention The Kensington Magazine at the Gallery Desk. Mall Galleries, The Mall SW1. www.mallgalleries.org.uk

CIRQUE DU SOLEIL: LUZIA

Til 1 March Times vary

LUZIA takes you to an imaginary Mexico, like in a waking dream, where light ("luz" in Spanish) quenches the spirit and rain ("lluvia") soothes the soul. A surrealistic series of breath-taking acrobatic performances and grand visual surprises. Royal Albert Hall www.royalalberthall.com

UNITED QUEENDOM AT KENSINGTON PALACE.

Performances: 2 - 30 March (Fridays – Mondays). A unique, after-hours experience. Discover more about the role and lives of women at the Georgian court at Kensington Palace, seen through the eyes of Queen Caroline and Henrietta Howard. Walk with them as they navigate intrigue, gossip and male egos to make their own mark on the world. This is an immersive, interactive experience – so comfortable clothing/footwear is recommended, but you will be mingling with the 18th Century court, so if you feel able to dress to impress with that in mind, please do! The show will last approximately 90 minutes with no interval and includes a drink. www.hrp.org.uk/kensington-palace/whats-on/united-queendom. Latecomers will not be

admitted. Meet at Queensway station.

MUSIC FOR THE MARSDEN

3 March, doors open at 18.00 hrs

The 'Music for the Marsden' Concert contains a formidable line-up including Eric Clapton, Tom Jones, Gary Brooker of Procol Harum plus Simply Red's Mick Hucknall, John Illsley from Dire Straits, Paul Jones, Mike Rutherford, Rick Wakeman, Yusuf / Cat Stevens and Paul Carrack and Bonnie Tyler. Venue: London's O2 Arena www.theo2.co.uk/events/detail/music-for-the-marsden

WILDERLAND WILDLIFE FILM FESTIVAL

11th March 2020, 6:30pm. Tickets from £16.50 Wilderland Wildlife Film Festival showcases the very best of the world's short wildlife films. The evening will share important and breathtaking stories from the natural world, offering audiences unparalleled insight into some of the world's most incredible wildlife. RGS, London. www.wilderlandfestival.com

RACHMANINOV: VESPERS LONDON CONCERT CHOIR

18 March, 7.45pm, £25 and £15

Set to texts from the Russian Orthodox All-Night Vigil, the Vespers incorporates ancient religious chants to create exquisite harmonies with colour and precision. Conductor: Mark Forkgen. Venue: Holy Trinity Sloane Square Tickets: Cadogan Hall 020 7730 4500 www.cadoganhall.com and at the door

TURNER AND THE THAMES; FIVE PAINTINGS.
To March 29 From £7 for adult self-guided tour
An exhibition of J.M.W. Turner's rare oil sketches in the house he designed for himself Turner's House, Sandycombe Lodge, 40 Sandycombe Road, St Margarets, Twickenham TW1 2LR. Wed-Sun: 12-3pm: Self-guided visits; 3-4pm: Guided Tour. www.turnershous.org

Small Box Advertisements

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THE KENSINGTON BUSINESS FORUM is looking for a volunteer Treasurer to sit on the Executive Committee

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South Kensington Cultural Quarter: What's On I

SATURDAY TALKS: JOSEPH CONSTABLE ON ALBERT OEHLEN

1 Feb 3pm Free

Assistant Exhibitions Curator Joseph Constable leads a tour of the Albert Oehlen exhibition.

Venue: Serpentine Galleries

www.serpentinegalleries.org

JOHANNA D'ARC OF MONGOLIA

2 Feb 2pm + Q&A 4 Feb 6:30pm £8

In Delphine Seyrig's last film, set on the Trans-Siberian railway, seven Western women are kidnapped by a mysterious Mongolian princess and her companions, and are forced to join their caravan on a journey through inner Mongolia into the unknown. Institut français. www.institut-francais.org.uk

REINTRODUCING OUR PIONEERING WOMEN

4 Feb 6:30-7:30pm Free

Shining a light on the lives, careers and legacies of former female members of the Royal Society of Sculptors, this month's subject will be Alice Meredith Williams, whose best-known works include 'The Spirit of the Crusaders' at Paisley. Royal Society of Sculptors www.sculptors.org.uk

OPERA SCENES

7 Feb 5:30pm Tickets free but required Limited Availability

Singers from the RCM regularly go on to take leading roles in the world's greatest opera houses so don't miss the opportunity to spot the stars of the future! Royal College of Music www.rcm.ac.uk

PATRICK STAFF: ON VENUS

Til 9 Feb 10am-6pm Tue-Sun Free

On Venus is a site-specific installation exploring structural violence, registers of harm and the corrosive effects of acid, blood and hormones through architectural intervention, video and print. Exhibition contains strong and sensitive

material. Serpentine Galleries
www.serpentinegalleries.org

2020 CREEPS LECTURE: IF MUSIC BE THE FOOD OF LOVE, WHERE'S THE EVIDENCE?

13 Feb 5:15pm Tickets free but required

A fascinating talk from former RCM Chairman Professor Lord Winston. Royal College of Music. www.rcm.ac.uk

VALENTINES AT MUSEUM

14 Feb 7pm-10:30pm £35 Booking required

An evening of romantic fascination covering animal courtship, copulation and everything in between. With talks from museum experts, lovebugs science station, dance lessons and entry to the Wildlife Photographer of the Year exhibition and much more. Natural History Museum. www.nhm.ac.uk

INVESTIGATE FOR FAMILIES

Til 14 Feb Mon-Fri 4pm-5:15pm Sat/Sun 10:30am-5pm Free

Designed especially for families with children aged 7+, Investigate has over 300 specimens to explore and spark your curiosity. You'll discover remarkable objects ranging from trays of fossils and beetles to larger bones, skins, minerals and plenty more. Natural History Museum. www.nhm.ac.uk

CREATIVE EXPERIMENTATION IN SCULPTURE LAB!

17, 18, 20 11am-1pm & 2pm-4pm

An exciting, explorative workshop for families to discover and create fun ways to make 3D art. Royal Society of Sculptors www.sculptors.org.uk

NATURE EXPLORERS

18 Feb 10am-3pm Early booking advised

Nature Explorers is the perfect place for your 8-11-year-old to have a fun, outdoor day of discovery during the school holidays. Nature

South Kensington Cultural Quarter: What's On II

inspired activities make it a school holiday club with a difference. www.royalparks.org.uk

BUSHCRAFT SKILLS: CAMPFIRE BUILDING

22 Feb 10am-1pm £18 Booking required
Gather round an open fire this winter and meet like-minded survivors. Learn how to find the right materials to build your fire, how to light it without matches, then enjoy making a simple and delicious bread to cook over the fire. Royal Parks www.royalparks.org.uk

TOP SECRET: FROM CIPHERS TO CYBER SECURITY

Til 23 Feb 10am-6pm Dates and Times vary
Booking required Free
From the trenches of the First World War to the latest in cyber security, 'Top Secret' explores over a century's worth of communications intelligence through hand-written documents, declassified files and previously unseen artefacts. Science Museum www.sciencemuseum.org.uk

JAPAN AND BRITAIN: ISLES OF INNOVATION

25 Feb 12:30-3:45pm Free Booking required
Japan and Britain have enjoyed an intertwined relationship over the past two centuries. Leading experts from both countries come together to explore the past, present and future relations between these two powerful industrial countries. Science Museum www.sciencemuseum.org.uk

CINEMA MADE IN ITALY 2020

4 – 9 March 2020 / tickets: £10 - £12
Cinema Made in Italy brings a brand new array of Italian cinematic delights to South Kensington: an alluring line-up of recent Italian productions, plus film-maker Q&A sessions. Ciné Lumière, 17 Queensbury Place, SW7 2DT, 020 7871 3515. www.institutfrancais.org.uk/cinema-italy

TIM WALKER: WONDERFUL THINGS

Til 8 March 10am-5:45pm £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

ROYAL COLLEGE OF MUSIC CONCERTS AT THE V&A

Til 22 March Dates vary 6:30pm-7:30pm Free. Hear musicians from The Royal College of Music perform in the beautiful setting of the Globe at the heart of the V&A's Europe Galleries. Concerts occur on the first three Fridays of every month. V&A. www.v&a.ac.uk

'TRIBUTE INK' AT NATIONAL ARMY MUSEUM

To 17 April 2020 . The Royal British Legion's unique exhibition, 'Tribute Ink', brings to life the powerful and poignant stories behind the tattoos of people in the Armed Forces. The exhibition showcases how the military use tattoos to commemorate comrades, as well as mark their achievements and sense of belonging. www.nam.ac.uk/

CARS: ACCELERATING THE MODERN WORLD

Til 19 April 10am-4pm Adults £18 Student £15 Child free Booking advised
Over its short 130-year history, the car has become one of the most loved, contested and influential innovations in the world. It has revolutionised manufacturing, transformed how we move, forever changing our cities, environment and economies. V&A. www.v&a.org.uk

WILDLIFE PHOTOGRAPHER OF THE YEAR

Til 31 May 2020 10am-5:30pm Adult £18.95 Child £8.25 Family £29-£39.50 Booking advised
Encounter the beauty and fragility of wildlife, see fascinating animal behaviour and get to know extraordinary species, exhibited on 100 stunning lightbox displays. www.nhm.ac.uk

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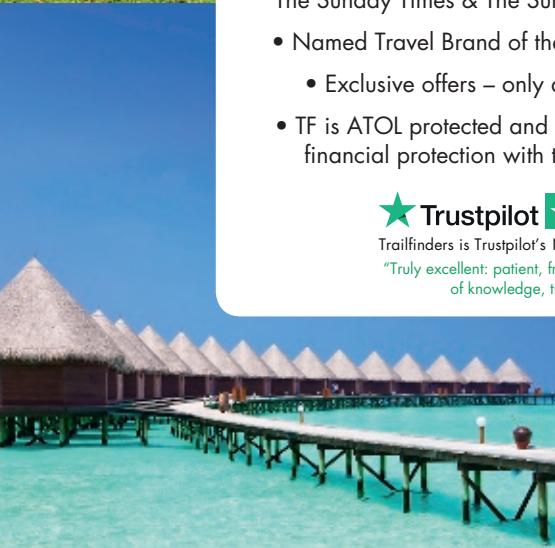
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