

Serving the Royal Borough

Kensington & Chelsea Times

*Wishing our Readers a
Happy and Merry
Festive Season*

Brompton, Earls Court, Holland Park, Knightsbridge, Ladbroke Grove, Notting Hill, Sloane Square

Issue 18

www.kctimes.co.uk

December 2010—January 2011

40P Where Sold

Sir Malcolm Rifkind's Festive Message

“It is my very great pleasure to wish the residents of Kensington a very merry Christmas, and a happy New Year.

As you can imagine, this has been a very busy year in the political world. Westminster has been through turbulent times as a result of the indecisive election and the formation of a Coalition Government. Fortunately, the holiday period has always offered me the chance to unwind with family and friends. I hope that you will find yourselves in the same position, and that you are able to head into next year revitalised!

**With kind regards,
Malcolm Rifkind”**

In May 2005 Sir Malcolm Rifkind was re-elected as a Member of Parliament for Kensington and Chelsea. In May 2010 he was elected as Member of Parliament for Kensington and Greg Hands was elected for the Borough of Chelsea.

“I’m sad to have lost Chelsea but there is a good deal of logic in Kensington having a single parliamentary constituency and a single Member of Parliament. It is a diverse community and the different areas of North and South Kensington work well together. There is a lot of support from residents in the South to the North which is well supported by Community centres. There are many matters which affect the Kensington and Chelsea area, not only working with individual enquiries, but liaising and working with all the councillors, not just those from my own Party. As an MP you represent an area, not just the people who voted for you.”

On November 26th Sir Malcolm formally opened the Eastern Pavilion phase of the St Charles’ Centre for Health and Wellbeing, in North Kensington’s Exmoor Street, W.10, with a tree planting ceremony. The St Charles’ Centre is a new modern, community-based health service which was commissioned and developed over the last three years by NHS Kensington and Chelsea.

Sir Malcolm said:

“I am delighted to have the opportunity to be involved with North Kensington and very much look forward to working with the residents



and the community in the future”

Ben Fogle local resident, adventurer and TV presenter also opened the Community event at the Centre and talked about what health and wellbeing meant to him. This was followed by a choral performance from the W.10 Warblers.

Sir Malcolm fought his first

Parliamentary campaign in 1970 and was a local councillor in Edinburgh in 1974 and elected as MP for Pentlands until 1997.

Appointed to the front Bench in 1975 Sir Malcolm resigned over devolution in 1977, when the Conservatives were returned to power. In 1979, under Margaret Thatcher,

he was appointed as Parliamentary under Secretary of State, at first in the Scottish Office and then, at the time of the Falklands War, transferred to the Foreign and Commonwealth Office, and then became Minister of State in 1983. In 1985 he was appointed a Queen’s Counsel and appeared in both civil and criminal cases.

He became a member of the Cabinet in 1986 as Secretary of State for Scotland and in 1990 he became Secretary of State for Transport, then Secretary of State for Defence in 1992, followed in 1995-97 as Foreign Secretary. He was one of only four ministers to serve throughout the whole Prime Ministerships of both

(Continues on Page 2)

News

(Continued from Page 1)

Margaret Thatcher and John Major. Sir Malcolm served as the Shadow Secretary of State for Work & Pensions and Welfare Reform until December 2005 when he chose to return to the backbenches.

Asked on his views about the existing Coalition Government Sir Malcolm commented:

"Normally I'm not keen on Coalitions because it reduces the choices of the electorate. It's healthy to have as much choice as possible. However, having said that, the fact that we have a Coalition may be in the public interest for two reasons. Firstly it has provided stability. If we didn't have a Coalition the government could be defeated any day of the week and we wouldn't know when another election could take place. This week, this month or next year and this would interfere with strategic and long-term planning. The second consideration is the state of the economy and the huge debt that require some difficult and painful decisions. The fact that there are two or three parties agreeing that this must be resolved is reassuring to everyone, much more so than if there was only one party making these proposals with the other two being hostile"

Was he disappointed that he was no longer on the Front Bench?

"Not at all. Having served as a minister for 18 years and with my roles as MP for Kensington, Chairman of Standards & Privileges Committee as well as being the Chairman of the Intelligence and Security Committee 2010, I am fully occupied."

Asked what his most significant achievement to date was Sir Malcolm responded:

"The role of Foreign Secretary played to my strengths however I remember as a junior minister, under Margaret Thatcher, that I was part of a team being involved in bringing about the process of council tenants purchasing their own homes. It was extremely rewarding being involved in that project."

Sir Malcolm Rifkind has not written his memoirs as yet. Asked why not he said:

"I intend to carry on working for a long time yet, well into my 90's. No-one knows what the future holds and I like to choose the areas of work in which you feel one can be most helpful".

So, we will have to wait and see...

Malcolm and Edith Rifkind have a daughter, Caroline and a son, Hugo, both of whom live and work in London. His formidable track record was recognised in 1997 when he received a knighthood for his services to the public.

Police officers and councillor send out a Christmas message

Police officers and the Council's Cabinet Member for Civil Society, Tim Ahern, send out a Christmas message for Kensington and Chelsea residents.

The Royal Borough of Kensington and Chelsea and police want to remind residents to keep their homes and presents safe through its Christmas anti-burglary campaign 'Don't make your home a Christmas gift for burglars'.

Police are targeting burglary hot-spot areas with leaflets, asking residents to keep their homes secure and not advertise their Christmas gifts to burglars.

On Friday 10 December, the Council's Cabinet Member for Civil Society, Councillor Tim Ahern and police officers from Redcliffe Safer Neighbourhoods were handing out leaflets to members of the public at Kensington High Street tube station, in a bid to tackle burglary over the Christmas period.

During the festive season longer nights give burglars more opportunities, expensive Christmas gifts on display provide more temptation and visits to relatives means homes are left unattended during the holidays.

Over the last five years, Kensington and Chelsea police has seen a reduction in reported residential burglary offences during November and December. In 2005/06 there were 246 reported burglaries compared with 127 burglaries in 2009/10 during these months.

By reminding residents what they can do to stay safe this winter, the police and Council hope to continue this downward trend.

Councillor Tim Ahern, Cabinet Member for



Civil Society, said:

"Whilst the Royal Borough has seen a drop in residential burglaries over the last few years, we are not complacent, and will continue to work hard to reduce this even more. I would urge residents to not take any chances this Christmas and to keep their homes safe and secure."

Superintendent Simon Rose said:

"Having your home burgled can be a very traumatic experience, whatever the time of year. Throughout Christmas and the New Year we

will be continuing to focus on reducing offences in the borough by maintaining local, high visibility and targeted patrols to work alongside operations that target known and suspected burglars.

We will also continue to deliver crime prevention advice to local residents across the Borough, providing information on some simple precautionary steps that everyone can take to help reduce the risks of their home being burgled during the festive period"

CHRISTMAS EVE

*From the stately streets of Mayfair
To the humbled, terraced rows of Bow,
Made chaste are all the thoroughfares,
With a flake spun, shroud of snow.*

*Swiftly stamped, with myriad footprints,
Of the frantic passers by,
Engaged in a haphazard game of hopstore,
A last ditch bid to seek and buy.*

*They flood, the vast floors of emporia,
And engulf the grand food halls,
Under webs of golden streamers,
Set with silver spangled balls.*

*Making purchases, finely wrapped and packaged,
Adorned with satin ribbons neatly tied,
Then they scurry through the labyrinth,
To rejoin the torrid throngs outside.*

*Where, beneath the lights, suspended, jewelled
planets,
Hovering, amidst a snowstorm milkyway,
They proceed, along a magic wall of windows,
Enchanted by the crisply composed array.*

*Spirits are uplifted, by melodic carolled voices,
Borne and echoed on the winter air,
The refrains of cassock coated choristers,
Lantern lit, upon the square.*

*Now with errands finally completed,
Weary and heavy laden, they return
To the sanctuary of their sitting rooms,
Where welcome fires warmly burn.*

*Among festoons of bright baubles,
Sprigs of holly, and mistletoe,
All daubed with dancing shadows,
From the Christmas candles, curving glow.*

*An almost, eclipsed reminder,
Of he that bore the light,
Who taught, that all men are brothers,
And that love alone is might.*

John Armstrong

Ken's view of Chelsea

www.dongrant.com

SILENT KNIGHTSBRIDGE, HOLY KNIGHTSBRIDGE	
 <p>NOËL IN CHELSEA</p>	 <p>PRÊT-À-MANGER</p>
 <p>DEEP PAN, CRISP & EVEN</p>	 <p>3 KINGS ROAD</p>
 <p>YONDER PHEASANTRY WHO IS HE?</p>	 <p>LAST-MINUTE CHOPPING</p>
 <p>I SAW THREE CHIPS</p>	 <p>ADVENT COLANDER</p>
 <p>CHRISTMASIEVE</p>	 <p>THE QUEEN'S PEACH</p>

Kensington and Chelsea Times
68 Elm Park Road
Chelsea
London SW3 6AU
Tel: 020 3286 0102
E-mail: kensingtonnews@kctimes.co.uk
Website: http://www.kctimes.co.uk

Editor: Kate Hawthorne
Deputy Editor: Julia Hands
Features Editor: Marian Maitland
Fashion & Beauty Editor: Kate Mulvey
Business Editor: Charles McLachlan
Motoring Editor: David Hughes
Publisher: Oscar Sokolaki

Contributors:
Jenna Allett: www.jennaallett.com
John Armstrong: www.johnarmstrongpoet.com
Tom Albanian
Tim Epps: www.eppsdesign.com
Don Grant: www.dongrant.co.uk
Janet Guyon
Gray Jelliffe
Robert Kennedy
Logan Lewis-Froudlock
Simon Mundy
Ana Sheppard
Printers:
Mortons Print Limited
Newspaper House
Mortons Way, Hemel Hempstead
Hertfordshire HP9 6JR

The Chelsea Pensioners

Men in Scarlet Find their Pensioner Idol To Take On X Factor

The Chelsea Pensioners have found an uplifting way of raising money for their appeal, to refurbish the Chelsea Pensioners' historic dormitories, by making a music album 'Men in Scarlet' and a single of the iconic song 'White Christmas'.

The dormitories, known as "Long Wards", were originally designed by Sir Christopher Wren. The Royal Hospital Chelsea is responsible for maintaining and refurbishing the Grade One listed buildings, to make them a fitting home for current and future generations of Chelsea Pensioners. The Chelsea Pensioners, whose patron is HRH the Prince of Wales, have agreed that their earnings from sales of the album 'Men in Scarlet' go to the Royal Hospital Appeal.

62 year old Brenda Sokell, a former publishing rep from Northumberland has been named as 'Singing Pensioner.' She went straight into the studio with the world's oldest 'boyband' to record 'White Christmas' taking on the X Factor to win the much sort after number one chart spot. A competition was run on ITV1's The Alan Titchmarsh Show for viewers to select a singer for the job and Brenda won the vote.

"It's all very well for the kids going on X Factor" says Chelsea Pensioner Michael Allen, "but we wanted to give the opportunity to an older person to live their dream. It can be difficult being our generation in the UK. When you're in civilian clothes, you get pushed off the pavement. When we wear our uniform, people stand up on buses and



Malcolm Smart

give you their seat. Wearing the Scarlet changes you as a person, put the Scarlet on and you become somebody. We wanted to show the country that the older generation have talent they are worth idolising too."

"It's an amazing feeling," says Brenda, there's so much goodwill for the Chelsea Pensioners.

"We wanted to raise some money for the Royal Hospital Chelsea where we live" explains co-Pensioner Malcolm Smart, "We don't complain, we are very proud to represent the hospital but it needs modernising. The guys that are fighting in Afghanistan

are the future generation of the Hospital. They would not want to surrender their pensions to live the way we do now."

The youngest member of the choir is Michael Allen, 68, and the oldest John Shooter is 89.

In their scarlet coats and tricorne hats the Chelsea Pensioners are living London landmarks, simultaneously a national institution and constant reminder of a British tradition of bravery and service dating back almost 320 years.

The album has been on general release since November, and the single from 13 December, available at HMV, Tesco, Asda and all big retailers.

Ancient Egyptian Treasures viewed by candlelight

By Marian Maitland



Far from his beloved Egypt, and the Eastern skies, which so often held his gaze, is the Blue Plaque in memory of Howard Carter. It can be found at 19 Collingham Gardens London SW5

Howard Carter, an Archaeologist and Egyptologist, was born in Kensington on 9th May 1874 and died on 2nd March 1939. His most famous discovery was the Tomb of Tutankhamun in Egypt, a discovery steeped in mystery and retribution worthy of a classical drama.

Let us follow the strands in the rich tapestry which made up his extraordinary life. In 1891 The Egyptian Exploration Fund sent him to Egypt. He was at that time a very young artist, and he assisted Percy Newberry, who was excavating tombs of the Middle Kingdom at Beni Hasan. This young and gifted artist was drawn to the ancient civilisation of Egypt and it became his life's work. The following year he worked for William Petrie at Amarna, capital city founded by the Pharaoh Akhenaten. He was very good at drawing tomb decorations, and detailed epigraphy. His drawings of wall reliefs from the Temple of Hatshepsut are valuable evidence. (Hatshepsut was the first lady pharaoh) He later worked at Thebes (now called Luxor), his job title being the Chief Inspector of the Egyptian Antiquaries Service.

In 1905 there was a drastic change in his life, which at the time must have been sad and difficult, but it led to another great opportunity. He resigned from the Inspectorate, as there was a confrontation between the Egyptian security guards and some tourists from France at an Archaeological site. He supported the guards. He would have had strong views on the looting of antiquities and tomb robbing which was rife.

Howard Carter's rise to becoming one of the

world's most famous Egyptologists was just beginning. Lord Carnarvon employed him to supervise excavations and gave him the chance to modernise systems of recording. It must be remembered that Archaeology was a very new field of endeavour, and methods of excavation and recording were not yet developed.

Aristocrat and Archaeologist were a good team, and after some years of serious work were giving up hope of any major discovery, when there came the breakthrough that Archaeologists dream of all their lives. It is this enduring hope that spurs them on to live in dangerous, dusty places. Howard Carter was carrying out routine work when a tomb was noticed, but with a difference. There was a sealed doorway guarded by two sentinel statues. What were they guarding? A small aperture was made, a candle was held up and in the candlelight Carter saw myriads of wondrous, ancient treasure. The mystery was revealed, this was no ordinary cache, it was the burial change of a king! Only one person could see at a time, so Lord Carnarvon had to ask Carter if he could see anything. The answer was "yes, it is wonderful". There were effigies of a King in black ebony, strange and foreboding. He was wearing gold sandals and held a staff and mace. All around, gleaming out of the darkness, into the candlelight, were gold couches, caskets, vases, and treasures beyond imagination. The artistry and beauty of the treasure was overwhelming.

Lord Carnarvon and Howard Carter had found the Burial Chamber of Tutankhamun. The initial drama was over the mystery was solved, which leaves the retribution.

There is a belief that there was a curse on anyone who disturbed the peace of the king. It may have been written on his tomb. The locals at the time were disturbed that a yellow bird belonging to Carter, which in their view, brought the luck which led to the finding of the tomb, was killed by a snake. They then thought this would bring bad luck. Lord Carnarvon died shortly after the opening of the tomb, as did some of his relations.

As a retired Archaeologist, myself, I know how must he have felt when he beheld the treasure, and I have great admiration for his life and work.

Santas take to Kensington Gardens for hospice care



Over 150 festive fundraisers donned Santa costumes and descended on Kensington Gardens to raise vital funds for Help the Hospices annual Santa Fun Run.

Following a 5km route around Kensington Gardens, participants enjoyed activities en-route including a 'Chase the Reindeer' game, and were rewarded with medals, mince pies and mulled wine at the finishing line.

Beatrice Webber, 28, from Leytonstone, took part in the Santa Fun Run with her father and said "It's been the perfect winter's morning and something really special to do as a family. Onlookers have been cheering us on as we ran past."

Sam Groom from Lewisham took part for the second year running with friend Jess Trelvellick from Pimlico. "I absolutely loved the Santa Fun Run last year and couldn't wait to do it again," said Sam. "We've even made our own costumes this year and have got into the Christmas spirit."

Jess said, "Hospices are so important to local communities so I'm really pleased to be supporting them. My uncle was treated at the North London Hospice so it's a cause that is close to my heart."

Help the Hospices, the leading

charity supporting hospice care in the UK, hopes to have raised thousands of pounds for hospice care from the Santa Fun Run. The proceeds will help hospices across the country to provide free care for adults and children with terminal and life-limiting illnesses, as well as their friends and families.

Katy Sprake, fundraising events manager at Help the Hospices, said: "It was fantastic to see so many people getting into the Christmas spirit and making a difference for hospice care. The visual spectacle of so many Santas running through one of London's finest parks was amazing and certainly turned a few heads."

The Santa Fun Run was sponsored by Morrisons, which has been raising funds for Help the Hospices as part of its UK-wide Charity of the Year partnership.



BUSINESS & FINANCIAL NEWS

Business Editor: Charles McLachlan
Telephone: 020 3286 0102
Email: charles.mclachlan@kctimes.co.uk

RBKC “Seriously out of touch” say local businesses

A major new survey of local businesses has shown how out of touch Kensington and Chelsea Council is with the business community and highlights the concerns that businesses have about local issues as the Council looks to cut its budget.

The survey, conducted for the Federation of Small Businesses, was of 660 London businesses and shows that in Kensington and Chelsea, 40% said they had no contact with their local council and that an additional 20% did not think the Council was interested in the effect their decisions had on the business community.

The survey also asked for the key concerns local businesses had about the area and what actions the Council needed to take. The top concern was parking, mentioned by 60%. Other major concerns were other transport issues, waste collection and economic development.

The local business community also said it was important that there were no cuts in waste management services and crime prevention.

They said that they wanted the Council to do more to help businesses by making its parking policy recognise the needs of business and promotion of the Borough as a destination for work, shopping or leisure.

Commenting on the survey results, the FSB’s London Policy Manager Nick Winch said:

“It is worrying that the Council has no contact with large sections of the business community. They are seen as seriously out of touch and they need to do more to make sure that they know how they can best support the local economy. The Council is unusual, however, that most businesses who have engaged with the Council report that they received a sympathetic hearing. For this they should be congratulated.

This survey shows the Council needs to work hard to engage with local businesses. These are difficult times for businesses who need help to survive. It is also a tough time for the Council as it makes tough decisions about where to cut spending. They must make sure that the cuts do not damage the local economy since it will be local businesses who have to create the new jobs that the area needs.

The report spells out clear actions the council needs to take.”

A full copy of the report and the survey results for Kensington and Chelsea Council can be found at <http://www.fsb.org.uk/london/2010councilsurveys>

Beating the freeze by working in the Cloud



Mitesh Patel CEO Fifosys

Estimates suggest that the loss to the UK economy due to the disruption caused by the breakdown of the transport system in the recent cold snap run from between £1.2bn and £1.8bn per day. The Federation of Small Businesses believes that the Small and Medium size business sector is disproportionately affected.

Remote or home working is very much part of the workstyle and culture in many businesses. However, too often, it is only the general office productivity applications such as e-mail, wordprocessing and spreadsheet or presentation tools that are available to remote users of a laptop

or home workstation. And, equally importantly, office e-mail facilities still rely on the on-site management of dedicated IT support staff.

However, more and more individuals and businesses of all sizes are beginning to realise that the Cloud is a powerful way of realising the full opportunities of a ‘Martini’ workstyle (‘any time any place, any where’).

But what is the Cloud? And why is it different from what we already know?

Mitesh Patel, founder and chief executive of cloud computing specialists Fifosys, explains “Cloud computing combines two powerful approaches to providing technology. The first is to have applications (the programs that are used by the business) hosted at a 3rd party data centre. The second is to enable those applications so that they can be accessed using a web browser. For applications that are not already web enabled technologies such as Citrix can allow a conventional Windows application to be accessed by a browser.”

Remember the frustrations you have when your PC doesn’t work or you can’t use your Mac for stuff in the office? For the ‘Martini’ workstyle, you no longer need to limit your workstation to your own laptop, home or office PC. Any connected internet browser in the world can become your workstation.

For the business itself, there are other advantages: BP, for example, decided 12 months ago that it was no longer going to provide computers to a whole class of mobile workers. Instead, they would have an annual computer allowance and have full responsibility for the purchase, management and maintenance of their own computer. Their work for BP would all be done using the Cloud. The applications were all web enabled and managed from 3rd party hosted data centres. No support engineers, no depreciation charges, no responsibility for installed software. And the employee could pick whatever machine they liked!

What can I do about the rent for my business?

For many businesses, particularly retailers and restaurateurs, rent and rates can be the largest uncontrolled overhead they face as activity waxes and wanes: it is possible to manage staff costs by using agency staff or part-timers on flexible contracts, but rents just seem to go up.

In fact, too often, it feels that as your business becomes more successful, it is the landlord that benefits by increasing the rent rather than the owner benefiting by increasing profits. Sooner or later the landlord will seek to increase rents beyond the capacity of your business and you can be faced with relocation or closure. For those businesses which rely on a high street presence and building a reputation through word of mouth, relocation is a very unpalatable alternative to closure.

In the current climate, when business volumes may be down rents can become crippling for a business. So what can I do?

An important starting point is to look at the lease agreement you have signed. Do the provisions for rent review include both upwards and downward changes in the rent? How soon is your next review? Have neighbouring businesses

recently been subject to review and what is the basis on which they settled?

If you are facing an imminent rent review then remember that you do not have to accept the landlord’s proposed rent without challenge. At review any new rent has to be reasonable in the face of prevailing market conditions. In many circumstances it is possible to achieve a substantial saving on the landlord’s proposal. Stewart Herman of rent review specialists Stewart Herman & Co explains “In almost every case unreasonable rent increases can be challenged by engaging in statutory arbitration. Indeed the arbitrator also has the power to award costs against a party acting unreasonably. I was recently involved in a case in Upper Street, Islington, where a landlord was seeking a new rent of £125,000 per annum for the next 5 years. With careful, detailed groundwork, sensible negotiation and appropriate expectations from the client, I was able to settle without arbitration for a rent of £97,000. After costs a saving of £140,000 for the term which contributed directly to the bottom line.

Next month we will look at what may be possible in the absence of a rent review.

fifosys/

Fifosys IT Outsourcing solutions

IT consultancy

IT support

Network infrastructure

Cloud computing

Online data backup

Business mobile phones

Call 020 7644 2610. www.Fifosys.com

<<http://www.Fifosys.com>>

Mention K&C times for a discounted IT audit.

January 2011

Online Self Assessment

HM Revenue & Customs (HMRC) is urging anyone sending their tax return online for the first time to get registered now, in good time before the 31 January deadline.

The 31 October paper-filing deadline has passed, so any outstanding 2009/10 Self Assessment returns must now be completed online.

If you’re completing your return online for the first time, you’ll first need to register for online filing at:

www.hmrc.gov.uk/online

You’ll immediately get a User ID, and an Activation Code will be posted to you. Once you’ve activated your account, you can complete your tax return online.

It’s important you register as early as possible. It can take up to seven working days to receive your Activation Code – so HMRC is urging people to register in December, to avoid a last-minute rush in January.

If you need any help or advice on completing your return, go to the HMRC website at www.hmrc.gov.uk/sa or call the Self Assessment helpline on: 0845 9000 444

Gray Joliffe



Defeating the Pension Investment Cap

A solar opportunity

Recent announcements and the general tenor of government policy threatens to further constrain the ability of higher rate tax payers to obtain tax relief on all of the contributions they might like to make to their pensions. This comes at a time when individuals are often recognising that their planned provision may not be sufficient to sustain them for the extended lifetime they can now look forward to, particularly as the forecast for annuity rates, which used to be seen as a reliable guarantee of income on retirement, continues to be bleak.

The various rules on eligibility, caps, carry forward and the like for pension contributions are complicated, especially for the self-employed, and advice from an IFA particularly if they are a Chartered Financial Planner is strongly recommended.

However, if you are looking to increase the amount of tax free investments you can make then Venture Capital Trusts (VCTs) are well worth getting advice about. Investments are eligible for 30% tax relief that can be claimed on investment to a maximum of £200,000 max investment i.e. £60,000 potential tax refund. Typically investments run for a 5 year period. No capital gains tax is charged and there is no income tax on dividends.

Myles Astin, Chartered Financial Planner at Templar Financial Planning, says "For

clients who are comfortable with the risks of unregulated investments, a number of newer "planned exit" VCTs can provide a highly attractive tax rebate and an investment business plan focussed on security, with a high degree of scope to return capital after 5 years."

VCTs must carry out an actual trading activity, the likes of which have historically involved private equity and high risk of capital loss. However, Myles cites examples of this year's VCTs, whose trading activities result in stable and predictable revenue streams, e.g. funding equipment purchases for the NHS or a local authority who are deemed a very high quality counterparty and so are very unlikely to fail to honour their debt obligations. This helps to lower overall investment risk.

For those of you who want to add a 'green' dimension to your investment, there is a batch of investment providers who are using the tax efficient VCT structure to take advantage of the government's new enhanced feed-in tariff for solar energy aimed at boosting the UK's solar output. This is time limited and, in essence, offers access to government backed income streams. Typically, the VCT funds large solar panel installations which can benefit from this contractual income stream from the government to provide electricity for the National Grid.

A solar powered retirement scheme? Whatever next!

Students in London could get tax free income gift

By Ana Sheppard

With their loans set to rise, students all over the country are worrying about how they will repay their debts when they graduate. But help has come from an unexpected source - with the taxman reminding young people, including the over 350,000 studying at universities in London, that they may not have to pay tax on income they receive from temporary jobs over the festive season.

With universities, colleges and schools broken up for the Christmas holidays, many students will have taken temporary employment. HM Revenue & Customs (HMRC) is therefore reminding them, and young people all over the country, that as long as their total earnings for the tax year are less than the

personal allowance of £6,475, they will not have to pay any tax.

But to ensure that employers do not take tax off their earnings before it goes into their bank accounts or pockets, students have to fill in a form, P38(S). The P38S can be found at: www.hmrc.gov.uk/forms/p38s.pdf

Anyone who worked over the summer and earned less than £6,475, but paid tax on those earnings, should also apply for a refund as they could receive a late Christmas present of £340 from the tax office.

Those who fail to fill in the form and who do pay tax can claim it back afterwards, by submitting a form P50. The P50 can be downloaded at: www.hmrc.gov.uk/pdfs/p50.pdf

New initiative to boost local business generation

Workspace - provider of business space to 4,000 London entrepreneurs, is launching a series of business community websites designed to boost the generation of local business, across 24 of its London centres over the next 12 months. For the first time, local firms will be able to see and hear the profiles and contact details of hundreds of Workspace-based businesses which have chosen to join the site—providing a starting point to develop new business relationships.

James Friedenthal, Divisional Director of Marketing at Workspace, says, "This initiative provides a window to each

Workspace business centre and to the businesses which are based there. The websites will benefit thousands of businesses across the Capital by encouraging business generation between SMEs. The first tranche of websites have just been launched in Kensington and Chelsea, Southwark, Islington and Lambeth. They will then be rolled out to a further 20 centres across London."

In addition, the sites enable Workspace-based businesses to network with each other. Through the sites, Workspace customers can post their company profiles, including video content; organise and promote events; network between all the other business

community websites across London; promote special offers via the dedicated hub notice boards; and raise their profile further through the community homepage Twitter streams.

Friedenthal continues, "A key driver of these websites is to encourage new business opportunities within each business centre, as well as the wider business communities."

The website addresses of the live sites are:

www.westbournestudios.com
www.kensingtonpark.co.uk
www.clerkenwellworkshops.com
www.biscuitfactoryse16.co.uk

epps ransom associates
 masthead & front page designers of the

Serving the Royal Borough
Kensington & Chelsea Times

graphic design
 logos & identity
 stationery
 electronic media
 brochures
 signage
 advertisements
 packaging

photo: tim epps

contact : tim epps 020 7228 8858
epps@eppsdesign.com www.eppsdesign.com

A unique venue in the heart of Chelsea



The London Sketch Club, based in No. 7 Dilke Street (off Tite Street) in Chelsea is unique. Built as an artist's studio, it makes an ideal venue for wedding receptions (15 minutes walk from Chelsea Registry Office), dinners, cocktail parties, corporate Christmas lunches, launches, concerts; in fact any occasion that would benefit from a wonderful ambience, a good acoustic and a unique history. Many of the great cartoonists, illustrators and painter members over the years are immortalised in silhouettes around the frieze in the studio.

There is a large, north light studio room on the first floor accommodating 60 people, (760sq. ft - 70m²), with an excellent Bluthner grand piano. A small bar adjoins. Food is sent up from the kitchens below in food hoists. Original artwork celebrating past events and eccentricities clad the stairwell and bar.



THE LONDON SKETCH CLUB

7 DILKE STREET, CHELSEA, LONDON SW3 4JE

CONTACT TIM EPPS, 020 7228 8858

New York *with Janet Guyon*

Theatre Reviews

Manhattan Ventures

By Janet Guyon



Being British this holiday season in New York has its benefits. The runaway movie hit, “The King’s Speech,” with Colin Firth as the stammering King George VI is packing movie theatres with sold-out shows, giving New Yorkers an extra warm feeling toward anyone with a faintly English accent. Be prepared to explain the royal family and its relationship to Parliament when out and about in Manhattan. But don’t waste time seeing the movie in New York: lines are long to get tickets and seating. The same is true of “The Tourist,” the thriller starring Johnny Depp and Angelina Jolie. Even the early shows on Saturdays have been packed.

New York has an especially festive air this year, recession or no. The relative weakness of the dollar has

made it a bargain for overseas visitors, making a night out on the town cheaper than it has been in years. Like the movies, however, don’t expect to walk into a well-known restaurant and get a seat. Reservations are a must. Porter House, an American steakhouse at the Time Warner Center at the space formerly occupied by Jean-Georges Vongerichten’s V Steakhouse at Columbus Circle, was packed the other evening—Robin Williams, the comic actor, was among the seen and be seen. While the service is iffy, the wine list at Porter House is superb.

The restaurant has an interesting history. It opened in 2006 as chef Michael Lomonaco’s first successful venture since Windows on the World, the iconic restaurant that was destroyed on September 11, 2001 in the attack on the World Trade Center.

WOW had occupied the 106th and 107th floors of the North Tower of the trade center. Many of the staff died. Lomonaco, who previously worked at Le Cirque and the 21 Club, had been its executive chef and director since 1997, turning WOW into one of the U.S.’s most profitable restaurants. Porter House hasn’t the dramatic views of the former trade center. But then nothing in Manhattan does.

The recession may not be making its mark dining out, but it’s still putting New York on sale. Chanel began its private sale to clients December 15 with initial markdowns of 40 percent, going up to 60 percent in a few weeks time. Furrier Dennis Basso on Madison Avenue also began reductions of a similar amount two weeks before Christmas. If you’re shopping in any designer retail shop, ask about sales. Even if not advertised, chances are you can get a deal.

The secret sales bonanza in the Big Apple, however, is Soiffer Haskin, which takes overruns from luxury houses and sells them at 50 to 80 percent off. The sales are timed; just before the holidays Soiffer Haskin was selling Frette Italian linens at 80 percent below retail. Pratesi makes a regular appearance as do a variety of clothing makers. Check out www.soifferhaskin.com sales schedules and location. The showroom is near Penn Station and easily reachable by subway.

The real talk of the town, however, is Mayor Michael Bloomberg’s plan to charge New Yorkers for getting in a traffic accident. He’s supporting a plan by the New York Fire Department to charge motorists for emergency response. Starting in July, the “crash tax” will run you \$490 if the FDNY respond and you’re injured, \$415 for a vehicle fire and \$365 if the ambulances come and there’s no fire or injury. Mayor Bloomberg, himself a billionaire, wants to charge the tax to plug a hole in the city’s budget.

Expect this plan to spark lots of controversy. New Yorkers already pay some of the highest city taxes in America. Nonetheless, the plan will not require a vote—just a hearing on January 14. Talk about taxation without representation.

Get Santa!

At the Royal Court Theatre
by Don Grant

Runs 1 December – 15th January.
Approx 2 hrs 15 mins
Closed 25th to 28th December,
1 – 3 January
Check box office for full opening
time listings

The Royal Court stands next to Sloane Square tube station on the District Line, but with its current show *Get Santa!* it might as well have been a few stops short of Upminster - in other words, Barking. This show was certainly ‘off the wall’, and as one stumbled out into the normality of a chill night and Christmas lights in the trees, you could be forgiven for thinking that you had just woken up from a very strange dream.

The writer and director of this musical play is Anthony Neilson, whose previous form was a run of edgy plays dealing with sex, violence and child abuse, with such titles as *Penetrator*, *Stitching and Relocated*; plays about kids, but not for kids. Here the ingredients are different. Take a large mixing bowl, pour in a generous amount of dark humour, fold in some deliciously surreal elements, stir in some crude shadow puppetry, slap in some slapstick, a sprinkling of *Groundhog Day* and *Blade Runner*, add some clever staging, terrific acting and costumes straight out of a Norman Rockwell illustration, cook for two hours and you end up with a confection of fun and frivolity which is both anarchic and bonkers. The young girl, Holly, around whom the play revolves, is played with enormous conviction by Imogen Doel, in her acting debut. All she wants for Christmas is her real dad, and she hates everything about the festive season. Her stepfather is a dog, who has proudly decorated the tree with rashers of bacon, sausages and other kinds of meat.

Get Santa!

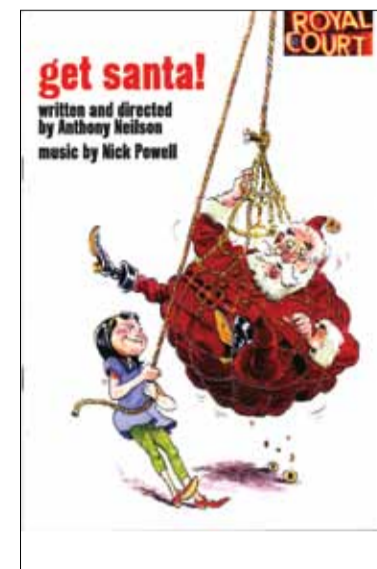
Royal Court Theatre
by Florence Grant - Aged 16

I had many preconceptions before seeing *Get Santa!* But it turned out to be the complete opposite of what I thought; it was funny, magical and every part of it was thoroughly enjoyable.

I found the whole story line wonderfully bizarre and enjoyed the quick wit and fast comedy of every scene.

The lead girl, Holly, was a fantastic asset to the play, as were her fellow actors, and I found that she played the part of a naïve and yet bright 10 year old girl perfectly.

Holly’s house, the home of her somewhat unusual family,



Holly seems to be alone in thinking that it is odd that her mum has married a dog. She confides in her teddy bear, who after being sprinkled with magic dust, comes to life, in a truly creepy moment. The even more disturbing image of the larger-than-life size turkey will stay with me for a long time. Are you still with me? It would be unfair to reveal the unfolding of the plot, not so much as it would spoil the enjoyment, as it is almost too difficult to put coherently into words.

Santa is played con gusto by David Sterne, who traditionally comes down the chimney, while his son Bumblehole, played with verve by Tom Goodwin, is flown in through the skylight. With various twists and turns, the performance races towards a gripping climax, which is as bizarre as it is chaotic, but, by the end, if it is any consolation, one fully accepts the fact that Holly’s stepfather is a dog, who takes himself off for walkies, carrying a little plastic pooh-bag, and whatever else is thrown at the audience.

Nick Powell’s music, with an avalanche of double ententes for the grown-ups, is pacy and fun, and is the icing on the cake. For a real Christmas treat, get down to *Get Santa!*

Get Santa!

is the setting of her ingenious plan, hopefully resulting in the imprisonment of a rather tired old Santa after her wish-list has not been met, again, and Christmas, year after year has been regrettably a disaster.

The magic of the play comes alive when a new character is revealed and the plan to capture Santa is well under way.

Throughout it, there are numerous hilarious moments; a highlight of mine would be when Holly’s stepfather, a dog, is leaving for his walk and takes with him a poo-bag.

There were small touches like this that added to the real sense of fun and absurdity of the evening, which consequently made it a five star production, and which I would recommend to people of all ages.



Jemma Allett
Photography

07970 738 910

www.jemmaallett.com

A la Mode

Author & Fashion Editor: Kate Mulvey
 Telephone: 020 3286 0102
 Email: kate.mulvey@kctimes.co.uk

Jamie Stevens

A Chelsea Celebrity Hairdresser



Jamie Stevens

“Aim for the moon—even if you miss you will end up among the stars”—Jamie Stevens

Jamie Stevens, Celebrity Hairdresser, was awarded ‘The Fellowship for Hairdressing’s Hair Ambassador of the Year Award 2010 at the Dorchester Hotel, December 6th.

Commenting on his award Jamie said:

“I’m really pleased to receive this. I love hairdressing, I eat, sleep and breathe it, and I’ll continue to do everything I can to uphold our reputation as the best in the world.”

Amongst 30-year-old Jamie Steven’s many celebrity clients are: Gok Wan, Elle Macpherson, Eva Herzigova, Hugh Grant, Kylie, Stella McCartney and Myleene Klass.

Jamie Stevens has hairdressing DNA in his soul. His mother, grandmother and great grandfather were all hairdressers. His great grandfather had a hairdressing salon in Mayfair which was bombed in the war. It was one of the first salons to break away from being solely a ‘barber’ shop and to cater for women’s hairdressing requirements.

Jamie’s first love and ambition in life was to be a professional footballer which he achieved at the age of 13 when he was signed up by Bristol City. His mother, however, was determined that he should have another career to back him up, in the event he was injured on the football pitch. Previous to his footballing career he had always worked alongside his mother, assisting her in her mobile hairdressing business, from a very young age. Having had more than a full share of hairdressing before his teens Jamie decided that this was not a career for him but wanted a celebrity type of lifestyle and so put his sights into being a footballer.

At 17 Jamie was injured and his career path as a footballer changed overnight. He went to work with his mother, Lorraine, in her Somerset hairdressing salon but within a year she had a serious car accident which forced him to take over the business. Having worked with his mother since primary school age Jamie had already acquired a strong background and knowledge of the requisite first-hand skill-sets to succeed in traditional hair dressing. This enabled him to work and ultimately excel in all areas of hair beauty and treatments: colouring, styling, cutting, for both men and women,

as well as becoming a specialist in afro hair styling.

When he was 22 Jamie Stevens moved to London and worked for some of the UK’s top hairdressers who had made their names as Celebrity Hair Stylists. He then joined the Errol Douglas salon in Motcomb Street, Knightsbridge where he has been for 4 years. He states that his inspiration comes from:

“My peers such as Errol Douglas. He has been a massive inspiration to me. I always try to remember not to forget where your roots are. No ego just great hair.” Some of Jamie’s customers travel over 400 miles just to have him style their hair. As he says:

“Hair is the main accessory you wear every day—you cannot take it off—it reveals so much about you”

As well as working at Errol Douglas salon, and a busy ‘celebrity on the road schedule’ Jamie recently started his own salon in Woolavington Somerset which has a staff of 6 and is managed by his mother who he has persuaded to come out of retirement.

Jamie Steven’s list of credits is phenomenal: in addition to this year’s ‘Fellowship for Hair Ambassador of the year’ he has been nominated for: ‘British Hairdresser of the year’, is currently ‘Celebrity Hairdresser of the year’, (voted by celebrities such as Alan Carr and Stephen Fry), has been nominated ‘Men’s Hairdresser of the Year’, ‘London Hairdresser of the Year’, ‘Afro Hairdresser of the Year’ as well as receiving two International Awards in the industry.

Are there any achievements yet to be realised by this talented young man?

“Yes” he said. “The British Hairdresser of the Year Award is something he would like to add to his weighty list of achievements, and, he would also like have his own range of hair products, a chain of hairdressing salons, and an Academy Hairdressing School so that he can pass his knowledge onto others.”

Where does he get his ambition and energy from?

Well done Jamie Stevens.

Jamie is currently featured on the UK TV programme ‘How to Look Good Naked’ on Tuesdays, Channel 4, at 8pm ■



Errol Douglas
18 Motcomb Street
Knightsbridge
London SW1X 8LB
Telephone 020 7235 0110
Website: www.erroldouglas.com

Fashion in a Cold Climate

Cosy Coverups



Keep out the winter chill, with thick, chunky knits in a variety of patterns and colours. This season it is all about texture weave and pattern. We love this grey and white chunky jumper Etno £415—pricey, but worth it as an investment buy.

When the temperatures really drop why not layer with Zara’s natural fur waistcoat, £119 or Juicy Couture’s faux fur waistcoat complete with toggled fastenings, £195. It will bring the cave woman out in you.

Orla Kiely



Queen of quirky style, Orla Kiely recently launched her new shop, 207 King’s Road. This beautifully designed shop is a testament to her love of understated femininity and colour. We love her woollen tweed suits in woodland greens and burnt orange colours, very 1950s Madmen. Her first perfume, Orla Kiely Eau de Parfum, a light blend of fresh notes with a woody spicy overtone, at £55 for 100ml is simply scrumptious.

Skinny trousers



Skinny jeans and jeggings (jeans-legging combo)

are still high fashion even in winter. Try H & M black treggings 14.99 or for more credit than crunch, Zadig and Voltaire do a great pair of skinny jeans, £175 which look great with this season’s other big trend original Bass penny loafers.

Keep the Chill factor at bay



Keep the chill factor at bay by wearing a thermal layer under your woollies. You don’t get better value than Marks and Spencers’ range of deliciously warm and snugly thermals vests and leggings. Try the Autograph Lace Panelled Thermal Vest with Silk, £16.00, great to layer up under a glamorous dress, or to wear around the house with a pair of 100 Denier Thermal Opaque Tights with Wool, £6.00. Hanros woollen silk range of tank tops are super warm and pretty, in black, beige and white, £41.

We love



Clinique’s comfort on call allergy tested relief cream, £35 This ultra-moisturising cream helps to calm the appearance of irritated skin.

Love your lips



Come the harsh winter and our lips can get like crinkly cardboard. When you switch to a more intensive winter facial moisturiser then don’t forget to give lips the special care they need to survive the colder months.

Top Tips for kissable lips: Give lips a gentle buff with a dedicated toothbrush to get rid of dry skin and slather with a lip balm daily. Choose a tinted lip balm in place of lipstick, or try a new moisturising lip colour. Try: Naturals lip balm collection, £3.99, Little pink lip tin with SPF15, 95p, I love raspberry and blackberry glossy lip balm, 99p

Annual Ball for Tŷ Hafan



Tŷ Hafan, the family hospice for young lives staged its Annual Ball at the Royal Chelsea Hospital Gardens on 25 November. Based in Wales – Sully in the Vale of Glamorgan – with its patron HRH the Prince of Wales, it aims to enrich the lives of life-limited children and their parents. Christmas is a difficult time for the families of life-limited children and this event was a timely reminder of how a great festive night out can provide comfort care and support and make a real difference to so many lives.

“This is the third time Tŷ Hafan has held this event in the capital” explained its Chief Executive Ray Hurcombe “and to date it has been very well supported. Not only do we have companies from South Wales making the trip up the M4, their colleagues from the London based offices also enjoy the chance to get together. It’s an ideal opportunity for any organisation to provide corporate entertaining and networking”

It was hosted by rising star Chris Corcoran who is becoming a well

known figure on the UK comedy circuit, and in the very impressive ‘Let It Snow’ themed marquee, guests enjoyed a three-course dinner, with free beer, wine, and champagne. There were some inspiring performances by artists including a young girl singer, Emily Ady and a choir of primary school children, the London Welsh School Choir. Sophy Evans, runner-up in the ‘Over the Rainbow’ competition who is taking over in the New Year, also sang, and James Williams (ex- X Factor).

Prominent guests included Shane Williams of Welsh Rugby International, Gethin Jenkins, Chief Executive of Cardiff City Football Club and Melissa Hyndman, the Welsh netball coach. Frank Ady and Helen Gibbons of Tŷ Hafan also attended. Also in attendance in a lovely red dress was Amy-Claire Davies (see photographs).

About Tŷ Hafan

Tŷ Hafan cares for life-limited children and young people; ‘life-limited’ means that the child or young person is not expected to live beyond 19 years



Amy-Claire Davies attending the Tŷ Hafan Annual Ball, the family hospice for young lives, at the Royal Chelsea Hospital Gardens on 25 November 2010.

old. It cannot cure these children and young people but it cares for them.

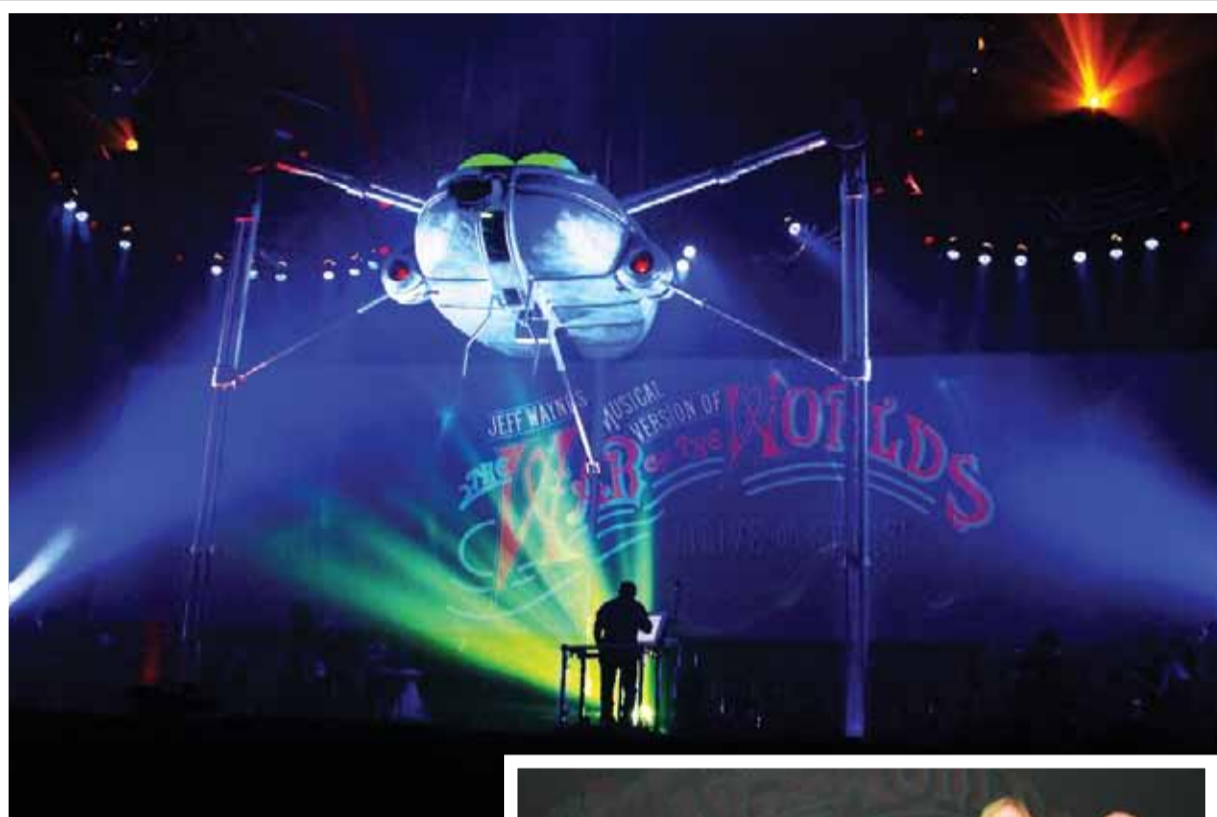
Tŷ Hafan’s children suffer from a broad range of conditions, including rare genetic disorders, congenital abnormalities, progressive neurological conditions or even clusters of symptoms as yet undiagnosed. For example, it cares for children with irreversible organ failure; Cystic Fibrosis, Duchenne Muscular Dystrophy, Battens Disease, Mucopolysaccharidoses, severe Cerebral Palsy and children with multiple disabilities. Tŷ Hafan also accepts children with cancer where the child is no longer responding to treatment.

Tŷ Hafan has cared for over almost 400 children, young people and their families since opening in 1999.

Website: www.tyhafan.org

War of the Worlds

A musical epic at the O2 Arena



By Ana Sheppard

When my parents announced they were taking me to see a pictorial science-fiction presentation of Jeff Wayne's musical adaptation of H.G. Wells' 'War of the Worlds' I was somewhat unsure how to react or what to expect. Put it this way, I would not declare science fiction as a genre my facebook avatar enjoys. I was relieved when they announced that it was a multimedia endeavour and that part of the music came from the lead singer of the 'Moody Blues' for I had heard a dub-step remix of their classic 'Nights in white satin' and have a fascination for twinkling lights.

Upon arriving at the O2 Arena and suffering through the ordeal of parking it dawned on me that if the place is supposed to be a symbol of humanity's progress then its difficult to see that progress when people queued and boed all around confused by the maze that is the car park. Fortunately once seated inside with the sounds of the violins vibrating through the room and through each and every single one of us, the car park incident was forgotten.

Richard Burton's melodic narration had the effect of a fine wine, warming, relaxing, with hypnotic effect on the senses. Music is known to be the most freeing mode of self expression and as far as aesthetic endeavour, this unique experience relieves



Michael Falzon, X-Factor's Rhyddian Roberts, Atomic Kitten's Liz McClarnon, Ivor Novello award winning composer and producer Jeff Wayne, Moody Blues' Justin Hayward, Manfred Mann's Earth Band's Chris Thompson, Anna-Marie Wayne, Jason Donovan

from the anaesthetising effects of life's daily routine. Justin Hayward's performance was mesmerising so much so that I found myself humming the thoughts of the journalist on my return home.

The whole piece has the sound and feel of an epic. Classical music with a modern twist brings beautifully together the violins and the electric guitars. This is the kind of music that will endure the test of time. So if your idea of entertainment is your ears being tickled by the fine music, your eyes enticed with the bright lights and feeling the story literally pulsate through your body, then 'War of the Worlds' is one hell of a show!

War of the Worlds is touring throughout the UK this December. Tickets cost vary and to book visit the official site: <http://www.thewaroftheworlds.com/tickets>

The Ashes played down Under London's A40!



Home & Away's 'Alf' takes on England's Mike Gatting in first ever "StreetChance Ashes" in support of inner-city cricket initiative

Ray Meagher, a.k.a 'Alf "You flamin' galah" Stewart' in long-running TV soap Home and Away and Mike Gatting, the last England skipper to win an Ashes series Down Under, stepped up to the crease on Wednesday, 24 November to support the charitable cricket campaign, StreetChance. The initiative, supported by Barclays Spaces for Sports, uses cricket to engage young people from a range of backgrounds in areas affected by youth crime and anti-social behaviour.

Joining the ambassadors at the Westway Sports Centre on Crowthorne Road were children from Middle Row Primary School, one of the schools involved in the scheme, which split into rival England and Australian teams to play the inaugural "StreetChance Ashes". A tape-ball – a tennis ball wrapped in electrical tape – replaced the traditional leather ball in the fast-paced version of the game called 'Street20', where matches last just 20 balls and no protective gear is required. Although not quite Bodyline, it does make the game accessible to all and cricket internationals including Ravi Bopara, Steven Finn, Ebony Rainford-Brent and Courtney Walsh have all tried their hand at Street20 cricket over the past two years.

According to a recent report by Loughborough University, the exciting game is helping to improve the image of "the gentleman's game" among young people, while reaching the most vulnerable and marginalised children. The evaluation by the University's Institute of Youth Sport (IYS) highlights that 'the sense of belonging to a team and having a responsibility towards their teammates might help to deter young people from associating with gangs'.

StreetChance is a partnership between the Cricket Foundation, Barclays Spaces for Sports, Cricket for Change, the Metropolitan Police Service and Positive Futures. It is a three-year project being delivered across 15 London boroughs: Barking & Dagenham, Brent, Croydon, Hackney, Haringey, Hounslow, Kensington & Chelsea, Lambeth,

Lewisham, Newham, Southwark, Sutton, Tower Hamlets, Waltham Forest and Westminster. This year it reached 6,507 youngsters in total (41% girls, 62% from black and minority ethnic communities and 4% special educational needs). Since it launched in 2008, StreetChance has brought cricket to 13,603 young people across London.

Speaking at the StreetChance Ashes event Ray Meagher, who is currently starring in West End show Pricilla – The Musical said, "Playing cricket beneath a motorway is a far cry from Summer Bay, but it's great to see these children getting out and enjoying themselves. I've always loved team sports, like cricket and rugby, which can really help teach kids how to win and lose graciously. That said, I'm hoping to win this replica Ashes urn and take it back to Australia!"

Former England captain, Mike Gatting added: "Cricket can give children so many life skills such as discipline, leadership and team work which play a vital role; whether it's playing cricket in the school playground or playing on an international stage like the Ashes."

The StreetChance England side just squeaked home in the end hitting the winning run off the last ball, scampering a quick single and claiming the coveted Ashes.

Local police officers also took part in the StreetChance Ashes event and played against coaches and volunteers. StreetChance is helping to improve relationships between young people and the police. By playing cricket against and alongside police officers, young people in vulnerable areas are encouraged to see them as people and not just as a uniform, helping them to get to know their local officers on first-name terms; and showing them that the police take care of their neighbourhood rather than patrol it to get them into trouble.

Weekly StreetChance sessions take place, Thursdays, between 5-7pm at the indoor tennis courts at Westway Sports Centre.

The sessions are free and open to all children aged 8-18. For more information contact Adrian Atherton (adrian.atherton@googlemail.com)

The Chelsea Farmers Market

Lily Gardner



Lily Gardner

Lily Gardner's designer jewellery collections are teamed with exquisite fine Italian white cotton shirts and the finest of cashmere shawls. Lily first opened her London store, in Chelsea's Farmers' Market, in 2008. Her collections are based on French Parisienne styled jewellery and to ensure exclusivity Lily often creates her own raw materials as a base for her hallmark collections. Everything is designed around the unusual and aimed to please the shopper looking for something a little different.

Her most recent collection is 'lace as precious

stone', a fusion of couture Chantilly lace still made on the original 18th century hand looms in France, encased in Plexiglas and teamed with sterling silver chain and other materials such as jet beading. Another innovation is the collection of men's cufflinks, Duvetyn, made from 1950s London crushed glass resin in a rainbow range of colours. There are also retro-inspired pearls incorporating old filigree cap works.

No wonder this jewellery has been in the cabinets of Harrods and the V&A Museum. Designer Lily describes them as "little works of art for dressing up and turning heads." The scarves, too are particularly artistic, the colours inspired by Rothko with a Romantic retro pattern. There are silk and wool mix scarves as well as finest cashmere, and combined with the white blouses they are a perfect complement to the jewellery, which is frequently featured in the world's top fashion magazines such as Vogue and Tatler.

Once you have found this shop, tucked away in Chelsea Farmer's Market, you will be entitled to an automatic 15% discount if you mention the Kensington & Chelsea Times with any purchase ■

Opening times: 10 - 6pm Mondays - Saturdays until 24th December (closes 1pm)

Lily Gardner opens again on 3 January

Lily Gardner
125 Sydney Street
Chelsea
London SW3 6NP
Tel: +44 (0)20 7352 8786
Website: www.lilygardner.com

Here ↘

The Organic Warehouse

Located in the heart of Chelsea, in The Chelsea Farmers' Market, you will find 'Here' The Organic Warehouse. Founders Troy Smith and Sharifi Mahommed, pre-empted the market's need for fresh organic produce 10 years ago and opened the Warehouse to provide the residents of Kensington and Chelsea with a large selection of organic products including: meat, macrobiotics, fish, fruit and vegetables, dairy, wine, household products, gluten-free and baby products, as well as first-class body and beauty care. This has paid dividends and the store is visited by major stars such as Michael Caine, Charlie Watts, Vivienne Westwood, Sienna Miller as well as royalty.

They only have the finest, plant-sourced nutrients in their supplements, with no synthetic vitamins, and there is specialist advice from resident nutritionalist Jennifer Corry-Reid, whose knowledge of the products is impressive and extensive. Jennifer comments: "I do believe we have the best of everything."

Following the stricture that 'You are what you eat,' de-toxing is very important at this time of

year and their tree-syrup, made from a particular palm-tree, is a best-seller. They can also cater for the Lemon Detox Diet.

Known as Chelsea's best kept secret, located in its hideaway location within the Farmer's Market, does nothing to diminish the store's popularity. The comprehensive lay-out of produce does much to make purchasing their excellent choice of goods irresistible to customers and in addition they provide home deliveries, with a minimum charge of £50.00, to most areas within the Royal Borough, 7 days a week ■

Open: 7 days a week,
 Monday – Saturday 9.30 – 8 pm,
 Sunday 10 – 6.30pm
 Closed: Christmas and Boxing Day,
 New Year's Day and Bank Holiday

'Here' The Organic Warehouse
123 Sydney Street
Chelsea
London SW3 6NR
Tel: 020 7351 4321
e-mail: shop@here.uk.com

LILY GARDNER
LONDON

LITTLE WORKS OF ART FOR DRESSING UP AND TURNING HEADS



For exquisitely original jewellery,
 fine cashmere shawls and white Italian shirts

Chelsea Farmer's Market, 125 Sydney Street
 London SW3 6NP Tel 020 73528786

Hours: Monday-Saturday 10am - 6pm
 Early Closing 24 December 9am - 4pm

www.lilygardner.com

LONDON'S AWARD WINNING ORGANIC SUPERMARKET 'HERE'

Located in the Heart of Chelsea within the Chelsea Farmers Market

Chelsea's best kept secret

A superb selection of organic products available:
 Fresh Fruit & Vegetables, Meat & Fish, Dairy,
 Wine, Groceries, Household, Baby care, Gluten-free,
 Supplements & Body care

FREE Deliveries
 You shop, and we will drop it to you
 when and where you need
 it or just call your order in and that's it.

Open 7 days a week
Mon – Sat 9:30 to 8:00 • Sun 10:00 to 6:30
'HERE', Chelsea Farmers' Market
123 Sydney Street Chelsea, London SW3 6NR
TEL: 020 7351 4321 • FAX: 020 7351 2211
Email: shop@here.uk.com

MOTORING NEWS

Motoring Editor: David Hughes
Telephone: 020 3286 0102
Email: david.hughes@kctimes.co.uk

Out with the Old and In with the New

By David Hughes

Greetings one and all. I hope this column finds you in time to wish you a Happy Christmas! If not, may we settle on a Prosperous New Year? As is traditional at the turn of the solstice it's time to have a slight backward glance over the shoulder at some of the comings and goings in the automotive year, then the fun begins.

For our peer into the mysteriously darkened future, its out with the big hoop earrings, set a piratical scarf upon one's head, and turn the old goldfish bowl upside down. The goldfish bowl's a necessity I'm afraid. With all this snow about "crystalball.com" say there's no chance of a delivery until sometime mid January at the earliest. I know I should have booked earlier, but after all of the transport minister's promises...ah well, I suspect the good burghers of Bromley and its environs are just as disappointed to be left with all their stock.

So what's been and gone, but left its CO2 pawmark? I won't bore you with an endless list of "new models"—a misnomer if ever there was one, as almost everything genuinely new that hits the streets these days has had at least a 3 year gestation period of development, testing and being smashed pieces. The really big work now goes into Platforms, the vital structural underpinnings of your car, which when developed, is then shared between model ranges and manufacturers, who then lovingly put a new suit of metal, glass and plastic on top. In this way, what lies underneath your Ford may also form the basis of your Volvo.

Plus ça change, as our French cousins may say. At one time, the very best manufacturers used to supply chassis, as well as complete cars, and bespoke coachbuilders would build up a body from plan, customised to suit. Not cheap, but many Hooper, H J Mulliner and Thrup and Mabley vintage Rollers survive to this day as a testament both to the skill of these artisans, as well as their chamois wielding chauffeurs. What stopped all this?—the advent in the late 50s and early 60s of the monocoque, the system that all except some racecar designers employ today where the external skin absorbs the stresses. Cars do not have a separate chassis, they are built

"as one" which is why MOT stations dislike rusty bodies so much. Rust equals fragility, a compromised structure. Of course, the aesthetics should not be ignored either—I'm assured that stepping out in new Gucci and Prada from my decrepit old Merc will only be happening over my breathless body.

The year started somewhat sluggishly as we all digested the doom and gloom of economic forecast. Even those with healthy balances seemed a little unsure – no good buying cheap, if next week it became cheaper yet, or worse, defunct. Jaguar, even with a hotly reviewed range was asking for a bit of a bailout, as bailouts were all the rage. Niche hybrid cars did well, but it was still a case of spend to save. The head said the sun would still shine, but the heart was fluttering. So we did what we normally do when times are uncertain, we went with what we know and trust. The never-ending circle of development and refinement is your friend here. "Its the same, only better!" goes the cry, hence the new VW Polo/Ford Fiesta/baby Peugeot is that little bit safer, cheaper, and well, yes, in most cases better. Comfortingly, if it's a model you have previously plumped for, you might even find the petrol filler release cap thingy first time out without resorting to the inch thick, 11 different language manual. Actually, don't bet too much on that last bit...

An enduring theme that's come a little more to the fore of late is the highly "going green" search for a truly efficient electric car. The pioneers of the modern electric car have been an eccentric bunch, the most visible of which in our boroughs has then the G-Wiz. Frankly, most offerings have looked like refugees from a child's animated film, but they are free to park in certain areas, cost little to run (but you do need off-street parking and charging facilities) and actually only take up the space that you need for much of the time. Their problem has always been their lack of versatility: not much space to stash extras, lacking in range, and highly dependent on charging stations. Even the latest generation still offer much by way of compromise, and as a recent test of the Peugeot iON revealed, carefree use of the

heater can reduce how far you can drive by up to 45%. On the plus side, research is still making quantum leaps, and the government, in advance of some more credible examples due onto the market in the next few months has offered a £5000 subsidy to buyers. It seems like a win-win situation, but check carefully to ensure that it really will do what you want from a car before committing to buy.

For those of you with a more insouciant attitude to the planet's dwindling resources, fear not. Rolls Royce's new arrival, the Ghost has helped sales double in the first 10 months of this year, with the Americans (never ones to be too miserly with a barrel or two of the black stuff) up 360%. Europe lags a little at + 250%, but the strong performance of China boosts the Asia-Pacific's uptake eight fold. Mainland Europe as a whole has not been dissuaded from new and more faster offerings either – witness the new BMW 1-Series M Coupe, various performance Mercedes, Fords and Toyotas. Of course, these are often so-called Halo models – aspirant dreams, and posters for young lads' walls, but they do sell in surprising numbers alongside their more practical and economic siblings. Remember, if you never saw one, you wouldn't idly contemplate a purchase next time you filled in your lotto form, or crawled along the Cromwell Road.

I would not want to paint the average petrol head as too much of an ostrich, but perhaps it may come as some comfort to learn that research recently revealed that methane gas, one of the baddies of our time, and a tribute to flatulent ruminants everywhere has been pretty stable in the last 10 years. Another matter that may produce a wry smile is the news that the successor to Copenhagen's shrill climate change of conference of 2009 occurred this year in Cancun, Mexico. It was the coldest week in the city for 75 years. I know we are supposed to look at long term trends, but I trust Mother Nature to do her best. She does however, need a bit of sensible help sometimes, so enjoy your motoring in 2011, and in some small way, make each journey count. Changes may be coming, but with care I think we can let the good times roll for a little longer.

Scientists set to calculate individuals' exposure to traffic pollution

Researchers at King's College London are developing ways of working out a person's individual exposure to traffic pollution when travelling to, from, and around London.

King's researchers will ask volunteers if they can monitor their movements through Oyster card information or GPS on mobile phones. This will then be analysed alongside pollution readings from sites across London to create a mathematical model for tens of thousands of average journeys every week. Once this information is collected, people will eventually be able to access it online.

This means that people will be able to use this information to adapt their journeys where possible to avoid unnecessary exposure to harmful vehicle emissions.

This is part of a new project run by the Environmental Research Group at King's to understand better the health problems caused by traffic pollution in the city. The project has been made possible thanks to a £2million grant from the Natural Environment Research Council (NERC)

and the Medical Research Council (MRC) to a consortium of researchers from King's, Imperial College London, St George's University of London and London School of Hygiene and Tropical Medicine.

King's researchers say that ultimately the information gathered will help them to make better estimates of personal exposure to pollution across specific sectors of the population. This in turn will enable the team to run better, more accurate health studies to examine the relationship between air pollution and poor health.

Professor Frank Kelly, Director of the Environmental Research Group at King's said: "This is an exciting new project which will tell us much more about how pollution affects the health of people in the city."

"We already know traffic pollution can have adverse effects on the health of some people living and working in London, but this project will allow us to understand better the risks to individuals as they go about their everyday lives."

"When the project is up and running, people will be able to

submit details of their journey onto a website, and it will tell them the levels of traffic pollution they are exposed to every step of the way. This will mean people can adapt their journeys where possible to reduce their exposure. For example, walking just one street away from a busy main road can significantly reduce the amount of traffic emissions we breathe in."

Alongside this work, the team at King's will also carry out studies to measure toxins in the air. It is already known that particles from vehicle exhausts cause a range of health problems such as asthma, but emissions from vehicles are regulated in terms of total particles, with no specific targeting of particular components.

Some particles in emissions are more toxic than others, and differ between vehicles. The team at King's wants to identify which particles trigger a bigger biological response in humans. This would be a major step forward in more focussed traffic and infrastructure planning and management in London.

The project begins in January 2011, and will run for four years.

PUBLIC AUCTION Sell that car fast!

Excellent Rates
Everyone Welcome
3 Auction's weekly
Car's, Van's,
Motorcycles

Call: 020 7736 0086
Thameside Motor Auctions
Wandsworth Bridge
London SW6

Education

Award winning artists collaborate for special celebratory exhibition

An exclusive group of award winning artists are set to unveil their latest work in a special celebratory exhibition being held at Kensington and Chelsea College.

'Artists' Breath' brings together a unique collection of art in an exciting exhibition that also pays homage to the late Peter Stanley, the college's former Head of Art.

Peter, who worked for the college for nearly twenty years, died in 2006 but left behind a legacy of accomplished artists who honed their talents under his guidance.

Since his death, Peter's passion and love for art has lived on through the Peter Stanley Memorial Award—an annual college award given to students in recognition of outstanding art work.

'Artists' Breath' is an exhibition, which for the first time brings together a collection of sculpture, paintings and installation work by Peter Stanley Memorial Award winners from 2006 to 2010. The show also features one of Peter's last sculptural works.

Guests had the opportunity to buy the exclusive pieces on show, as well as meet the artists in a private viewing held on Thursday December 9, from 6.30pm, at the Hortensia Gallery based in Kensington and Chelsea College.

Gill Ingham, the college's Sector Manager for Art, Design and Media, said: "The exhibition is not only a wonderful tribute to Peter but also a platform to display the brilliant work of former students. The exhibition is one Peter would have been proud of. It is what he strove for, to inspire and nurture artistic talent"

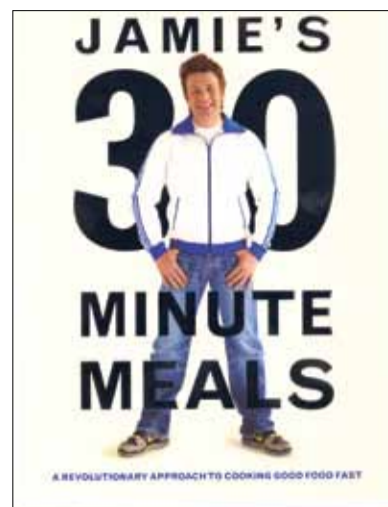


The exhibition free to attend ran from December 10-16, at the Hortensia Gallery, Kensington and Chelsea College, Hortensia Road, SW10 0QS.

Gallery opening times are: Monday - Friday, 10am - 5pm.

For more information contact the college's Arts Office on: 0207 573 5258

JAMIE'S 30 MINUTE MEALS



He's a diamond geezer, that Jamie Oliver, a real pukka bloke. To add to his canon of work, he has added another unique book, in which he demonstrates how, step by step, to 'knock a whole meal out' in thirty minutes. In 'arf an 'our? You're 'avin' a larf, Jamie. He says he's not, and has come up with 50 recipes, all ready in the same time as it takes to warm a ready meal in the oven. Too good to be true?

Well, Jamie is adamant that, with the right ingredients, kitchen utensils and preparation, it is achievable. He says that 'this book does what it says on the tin.' It is hard to believe that, with some meals, a complete novice would come up to speed from a standing start. His roast beef, baby yorkies, carrots, crispy potatoes and gravy would seem to pose a challenge to a beginner. Jamie is a seasoned professional chef, mate, with an army of helpers, cooks, buyers, stylists and media folk, and he has been cooking on television and publishing cookery books for over a decade. He writes like he talks, full of enthusiasm, passion and innovation, sprinkled with his trademark estuary slang, like a 'limoncello kinda trifle,' a 'kinda sausage cassoulet,' 'wonky summer pudding,' 'steak sarnie' and 'peaches 'n' custard'. Bish, bosh, lovely jubbly, scrummy tucker! Just brilliant!

The best bit of advice is said like a mantra at the start of each chapter. 'Get all the ingredients and equipment ready. Turn on the grill to full whack (or the oven to 220°C/425°F/gas 7). Fill and boil the kettle.' That all makes perfect sense. Plus, set the table before you start cooking, otherwise your hot dinner won't be. When buying ingredients, he recommends something called 'higher welfare' eggs, chickens, pork and salmon, and yet, confusingly, when it comes to mayonnaise, meringues, pastry-cases and noodles, he wants them preferably made from range-free eggs.

The book is liberally illustrated with hundreds of sexy photographs by David Loftus, and the result is a very attractive book indeed, as one has come to expect from the Jamie Oliver machine. With one recipe, 'Tasty crusted cod, my mashy peas, tartare sauce and warm garden salad', he says, in an almost throw-away line, 'quickly rinse out the food processor' to make the tartare sauce out of cornichons, capers, parsley, anchovy fillets, lemon, mayonnaise (made from free-range eggs, of course); it had already whizzed bread crumbs, anchovy oil and garlic, followed by anchovies, more garlic, basil, chilli, zest of lemon and parmesan, whizzed to a paste.

Call me old-fashioned, but would it not be simpler to go to the larder and reach for the jar which does what it says on the jar?

Don Grant
ISBN: 978-0-718-15477-6
Published by Penguin Books
£26.00 (hardback)

Independent London Store Guide

By Effie Fotaki and Moritz Steiger



This is the new second edition of the book, listing independent shops from various central London locations, and taking in the shops from area to area. More than 800 shops have been researched, covering 600 miles, with 222 shops entered and photographed in full colour. There are very useful maps with features and roads exaggerated to make them easily identifiable. There is a succinct summary of what each shop has to offer, details of its location and opening hours and a photograph.

The rise of the service shop is noted, offering services which can't be offered online: for example wine tasting shops, knitting clubs and learning to recover furniture. An area will be a lot more socially healthy with a fair amount of good quality independent stores, and the reader is urged to go to these areas out of interest even if they don't have what you're looking for.

There is an index according to the category of the shop, from art to wine, and the book is pocket sized, so is easily taken on a shopping expedition.

ISBN: 978-0-9553308-1-0

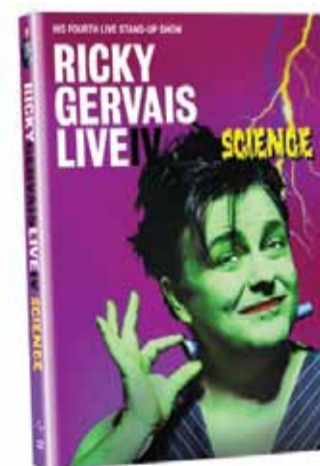
Published by Monstermedia Publishing

Price: £9.99

Website: independentlondon.com

Ricky Gervais Live—Science

By Robert Kennedy



The theme of Ricky Gervais's fourth stand up DVD is Science (or the way things worked before we invented God). Filmed at Hammersmith Apollo, the stage is designed to look like Frankenstein's castle laboratory, but science is merely a background thought as Ricky covers a wide range of topics like fat people, even fatter people (Americans) and whether God is gay.

Ricky Gervais is brilliant as ever, with his unique style of politically incorrect observational humour and thought provoking rants. The disk is packed with bonus features featuring Gervais's comedy muse Karl Pilkington, Warwick Davies, and Curb Your Enthusiasm's Larry David. This DVD would make a great stocking filler or giftpro for someone who isn't too easily offended!

KING STREET College

Accredited by the



ENGLISHUK member

English Language Courses

- Day-time, evening and Saturday classes
- IELTS and Cambridge Exam Preparation
 - Writing Skills classes
 - Conversation classes
- General English courses at all levels

Elocution and Accent Softening

- Courses and private tuition
- Evening and Saturday classes

Host family accommodation wanted

Earn up to £280 per week

Call Diego on 020 8743 7426

47 Shepherd's Bush Green, London, W12 8PS

Tel: 0208 749 6780

www.kingstreet.co.uk

info@kingstreet.co.uk

New **NHS** Patients Welcome!



a friendly, state of the art dental clinic



limited spaces

Register for your NHS space today:

020 7603 7222



Oracare Dental
244 Kensington High Street
Kensington
London
W8 6ND

www.oracaredental.co.uk
oracare@btinternet.com



Need an NHS GP?

Come and register today
Registering new patients

**South Kensington & Chelsea
Worlds End Health Centre**
529 Kings Road, London SW10 0UD

Call us on
0844 815 1870

Extended opening from 8am - 9pm
and Saturdays 9am - 12pm

or find out more at
www.worldsendhealthcentre.nhs.uk
kcpcct.wehc@nhs.net

**North Kensington
Barlby Road Surgery**
81 Barlby Road, Ladbroke Grove W10 6AZ

Call us on
0844 815 1871

Extended opening from 8am - 8.30pm
and Saturdays 9am - 12pm

or find out more at
www.barlbyroadsurgery.nhs.uk
ken-pct.atmedics@nhs.net

Our surgeries offer:

- New patient registrations EVERY DAY
- Multi-lingual staff: English, Arabic, Polish, Urdu, Punjabi, Gujarati, Tamil, Bengali, Hindi, Malay & Swahili
- Same day appointments available
- Professional & friendly staff
- Male and female GP's

Make use of our staff and services:

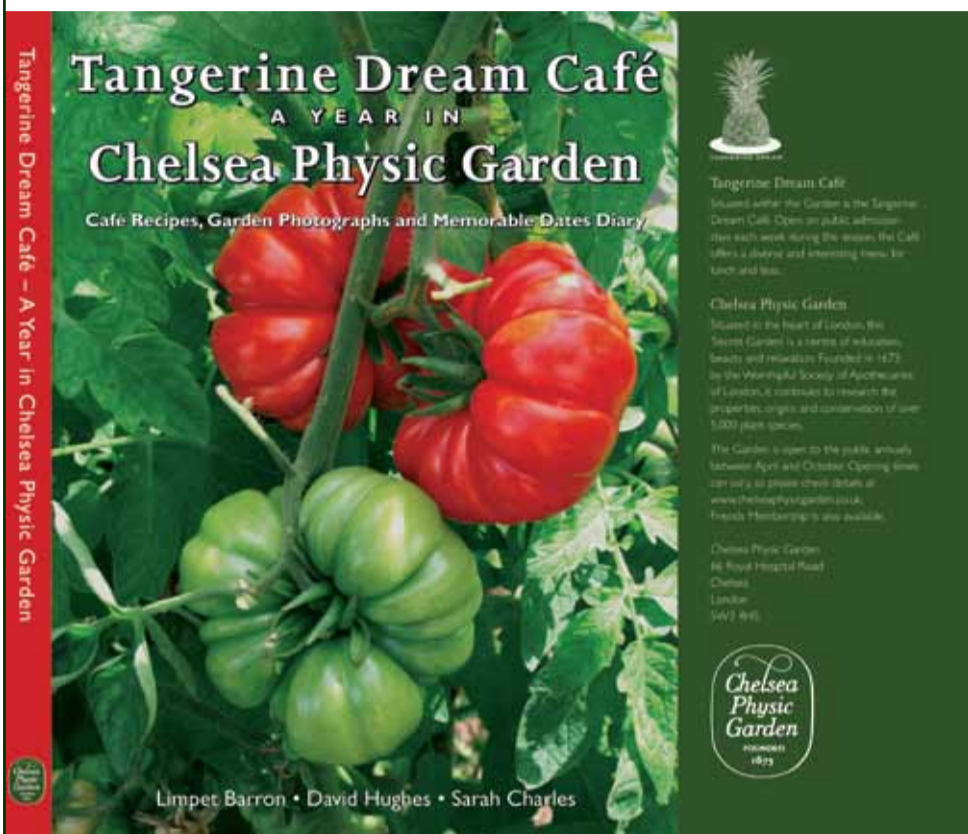
- Asthma, Diabetes & BP Clinics
- In house Substance misuse clinic
- In house Counsellor
- Stop Smoking Clinic
- Minor Surgery
- Contraception and Sexual Health
- Travel Clinic and vaccinations
- Well person checks
- Family Planning Clinic
- Speech and Language Therapy
- Health Visitors
- Midwives & Baby Clinic
- Physiotherapy
- District Nurses
- Osteopath
- Dietetics



OPENING TIMES	Worlds End	Barlby
Monday	08.00 - 21.00	08.00 - 20.30
Tuesday	08.00 - 21.00	08.00 - 18.30
Wednesday	08.00 - 13.00	08.00 - 18.30
Thursday	08.00 - 18.30	08.00 - 13.00
Friday	08.00 - 21.00	08.00 - 18.30
Saturday	09.00 - 12.00	09.00 - 12.00

Please note: Barlby Road Surgery closed between 1-2pm for lunch

Tangerine Dream a Year in Chelsea Physic Garden
Cafe recipes, Garden Photographs and Memorable Dates Diary



*The book and diary is available throughout the year from the Chelsea Physic Garden office.
Telephone 020 7352 5646
www.chelseaphysicgarden.co.uk*

easigrass™

the artificial grass company



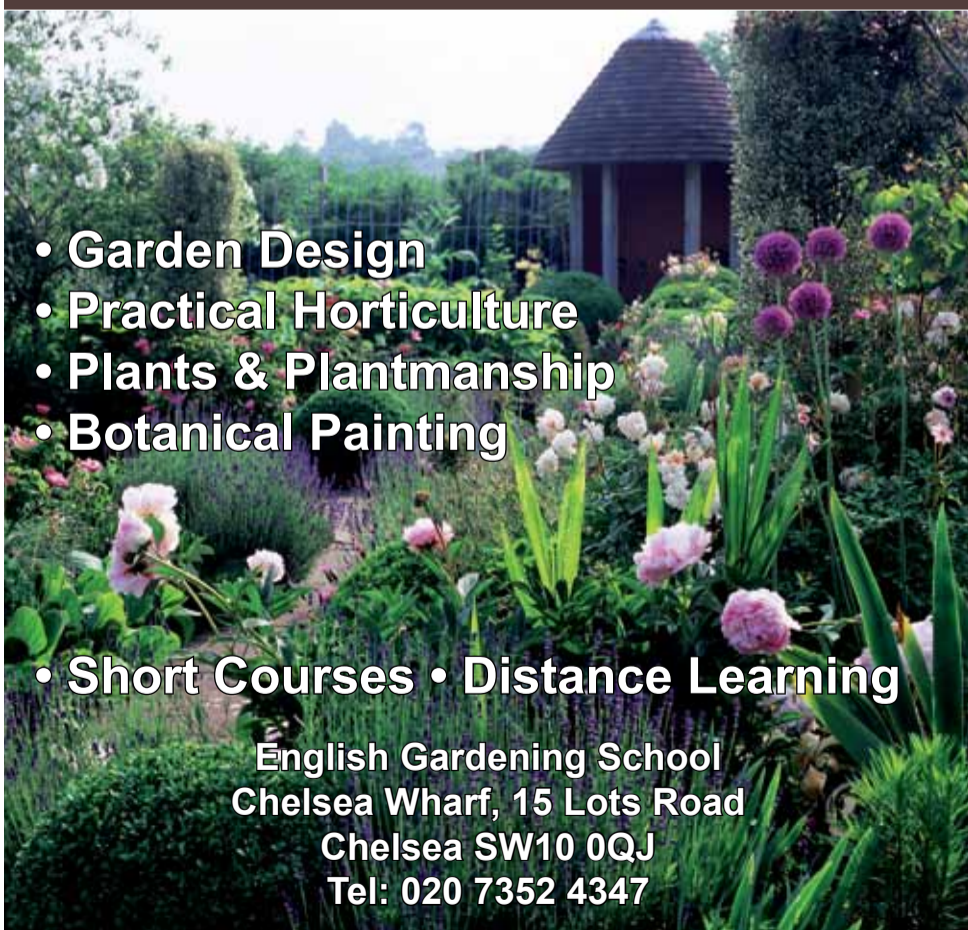
BEFORE

AFTER

CALL US NOW ON 0845 094 8880
and get a FREE ESTIMATE on your new garden

www.easigrass.com

The ENGLISH GARDENING SCHOOL — C H E L S E A —



- Garden Design
 - Practical Horticulture
 - Plants & Plantmanship
 - Botanical Painting
- Short Courses • Distance Learning

English Gardening School
Chelsea Wharf, 15 Lots Road
Chelsea SW10 0QJ
Tel: 020 7352 4347

www.EnglishGardeningSchool.co.uk

Classified Advertisements

Public Notices

Notice of Application for Grant of Premises Licence

Notice is hereby given that Amir Abbas Moaven of 271 Portobello Road, London W11 1LR has applied to the Royal Borough of Kensington and Chelsea for the Grant of a Premises Licence for sale of alcohol, Monday to Sunday 12:00 - 23:30, Late night refreshment 23:00 to 24:00 Trading hours and recorded music. Monday to Sunday 08:00 to 24:00 for the premises Goodie & Wright Diner situated at 271 Portobello Road, London, W11 1LR

A register of licensing applications is held by the Licensing Authority and the full application can be inspected at <http://www.rbkc.gov.uk/environmentandtransport/licensing/licensingregisters.aspx> or at Council Offices, 37 Pembroke Road, W8 6PW, by appointment with the Licensing Team between 10am and 4pm Monday to Friday. Any person wishing to submit representations to my/our application must give notice in writing to Licensing Authority address shown above, giving in detail the grounds of objection by Friday 31st December 2010. The council will not entertain representations where the writer requests that his identity remains anonymous. Copies of all representations will be included in the papers presented to the Licensing Sub-Committee and will therefore pass into the public domain. Representations must relate to one of the four Licensing Objectives: the prevention of crime and disorder, public safety, the prevention of public nuisance and the protection of children from harm. In the case of an application for a provisional statement, please note that representations will be restricted once a statement has been issued. It is an offence liable on conviction to a fine up to Level 5 on the standard scale under Section 158 of the Licensing Act 2003 to knowingly or recklessly make a false statement in connection with this application.

PURSUANT TO SECTION 27 OF THE TRUSTEE ACT 1925

Notice is hereby given that any persons having any claim against or claim to be beneficially interested in the assets of the late Pamela Lauderdale Robertson and widow of David Lars Manwaring Robertson who passed away on 30 July 2010 of 12 Lennox Garden Mews, London SW1X 0DP are required to send particulars in writing to the personal representative of her estate who is Simon Manwaring Robertson and Rathbone Trust Company Limited care of Laytons Solicitors, Carmelite, 50 Victoria Embankment London EC4Y 0LS (Reference 022564.000108). within 2 months and one day of the publication date of this notice. The personal representative is not liable to any persons of whose claims or demands he then has not had.

Au Pairs

AU PAIR SOLUTIONS

- AU PAIR
- MOTHER'S HELP
- NANNY/CHILD MINDER
- SUMMER SHORT TERM
- CARE/COMPANION
- HOUSEKEEPER

Your Au Pair Agency

www.aupairsolutions.com E-mail: info@aupairsolutions.com
Office: 0208 537 2430 Mobile: 07776 201090

Cleaning Services

Cleaning

Notting Hill & Chelsea Cleaners

- Regular cleaning & ironing
- After builders
- Before & after party
- Office cleaning

☎ 020 7727 7855 • 07527 186 469

Double Glazing

1st Affordable Secondary Glazing

It's quieter...It's warmer...It's cheaper!

Tel: 020 7352 2770

Fax: 020 7581 4445

E-mail info@1stafforable.co.uk

Dressmaking & Tailoring

Professional Tailor and Dressmaker

Made to your requirements

Competitive prices

Work completed within 10 days

0207 349 8811
07775 800181

House Clearance

Churchills

House Clearance Specialist

All Premises Cleared and Left Clean
For a friendly reliable service

Call Glenn
020 8851 1742
07767 808 289

Nail Technicians

Manicure and Pedicure in the comfort of your own home

Rebeca Vitor
07783 721 470

PRIVATE WALK-IN CLINIC
IN EARLS COURT

24/7 Zafash Doctors



AFFORDABLE

NO WAITING
NO APPOINTMENT
JUST WALK IN

CONVENIENT LATE EVENING TIMINGS
7:00 PM - 10:00 PM

REGISTERED EXPERIENCED DOCTORS
LOCATED NEXT TO THE 24/7 ZAFASH PHARMACY



ZAFASH 24HOUR DOCTORS
231B OLD BROMPTON ROAD
LONDON SW5 0EA
TEL: 0207 373 2219
FAX: 07 373 6489
E: ask@doctors24hour.co.uk
W: www.doctors24hour.co.uk



Just £45
per consultation

OTHER SERVICES OFFERED AT ZAFASH 24HOUR DOCTORS
24/7 DOCTOR CONSULTATION BY APPOINTMENT
24/7 DOCTOR VISIT AT HOTEL, HOME OR WORK PLACE
TELEPHONE PRESCRIPTION SERVICE (CONDITIONS APPLY)
DVLA AND PUBLIC CARRIAGE MEDICALS
BLOOD TESTS AND IMAGING ARRANGED
REFERRALS TO SPECIALISTS
ACCESS TO 24/7 PHARMACY
CHIROPRACTIC SERVICE

Something for everyone
Rediscovering our

Inner Peace

Enlightening talks and discussion relating to personal and spiritual development through Raja Yoga meditation

Every Monday 6.30pm - 8.00pm
except Bank Holidays

Radisson Edwardian Vanderbilt Hotel
68-86 Cromwell Road, London SW7 5BT
next to NATWEST Bank
nearest underground Gloucester Road

Free Admission
voluntary contributions welcome
Registered Charity No. 269971

for further details
mobile: 07931705548
www.bkwsu.org/uk/kensington

BRAMA KUMARIS
WORD SPIRITUAL EMERGENCY LTD

Plumbers

Heat London

Plumbing and Heating Services

Landlord Gas Safety Certificates

- Boiler Changes • Bathroom Installations •
- Boiler Diagnostics • Pre-purchase Surveys •
- Unvented hot water •

For our full range of services contact



Nicholas Payne
07961 07 11 04
n.payne1@btinternet.com



We promise to beat any quote from any of London's leading plumbing and heating companies

Therapies & Treatments

ALZHEIMER'S DISEASE AND DEMENTIA

In one booklet, everything you want to know about this debilitating illness. Discover how to spot the symptoms. Learn about the seven stages of Alzheimer's Disease. Discover how to spot behaviour problems. Learn how to manage loved ones so afflicted. Packed with helpful solutions.

Get your copy of the booklet today-£5.00 incl p&p call: 07515 176 931

email: mail@encoreinformation.com
www.encoreinformation.com

Tuition

Speak Good English Well.

Elocution, vocabulary and public speaking coach. Experienced drama tutor and former BBC staff producer. Discover your real voice

020 8994 8886
www.speakwell.co.uk

Searock & Co

Plumbing and Electrical Services
Tradesmen to Celebs. and Stars

- Bathrooms • Showers • Heating • Domestic Lighting

t 020 8888 7794 m 07889 537 892

All works guaranteed and Council approved



MASTERFIX[®]
LONDON

*Exceptional property care from your
local specialists*

Emergency Repairs or Maintenance – Call us now!



ELECTRICIANS • PLUMBERS

GAS HEATING ENGINEERS • CARPENTERS • DECORATORS • ROOFERS

TILERS • LOCKSMITHS • HANDYMEN

For an immediate response call:

020 7518 8600