

Issue 1
FREE

MAIDA UNVEILED

Spring/Summer
Edition

*Local events, restaurants, architecture & films
From The Paddington Waterways and Maida Vale Society.*



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Rembrandt Park

A NOTE FROM THE CHAIR

by John Zealley

By way of background, the Paddington Waterways & Maida Vale Society - often shortened to Paddington & Maida Vale, - is the local, non-partisan community body that is charged by WCC with working to enhance the residential Amenity of an area that covers from Praed Street in the south, and so includes Paddington Central, to Kilburn Park Road in the North, and extends from the Harrow Road in the West to the Edgware Road in the East.

Our goal is to ensure improved Amenity, whether in terms of planning, streets, policing, licensing so that the Community can fully benefit from our area.

We see this Magazine as an extension of that. Celebrating and reflecting on our area so we neither take it for granted nor become too complacent with the current situation.

We work on the basis that it is better to anticipate opportunities and challenges and head them off early. With that in mind, much of the work we do is perhaps not so visible, because the volunteers who lead in each case are well plugged into the community and the Council, so we are able to intervene promptly.



Against this background, what's the balance in the community at present? In terms of positives we can continue to see preservation of the essential characteristics of the area that draw in many people - an active mixed community with people from all stages of life and from many backgrounds, served by vibrant set of business 'villages'. In addition, under its new landlords, British Land, we have seen Paddington Central come to life, along with the continued development of Merchant Square - together offering a wide range of new facilities readily accessible to residents and visitors alike as well as a wide range of new employment opportunities. Capped off with the Heathrow Express and the planned opening of The Elizabeth Line, making the area newly accessible.

Some of our challenges come from the growing attractiveness of the area as it has moved from something of a 'well kept secret' to one of the fastest growing employment, travel and leisure areas in Westminster. In particular, as we play our part in providing more homes, some of the brownfield sites, such as often rarely used garages, are being considered for redevelopment, also traffic growth continues and in addition there is a rising demand for licensed leisure facilities.

In all these matters we work closely with our local councillors. With that in mind you will be interested to read the perspectives of the Little Venice Ward councillors later in the magazine and we hope to have similar perspectives from Maida Vale Ward in our next edition.

What unique role does our society play? Our role is not to promote NIMBYism - we all benefit from the developments of the past and it is not for us to 'stop the clock' now. Rather we work to ensure that development whether private or public has minimal impact on existing residents; that new leisure facilities are licensed to ensure viability but not disturbance and that highways and junctions are repaired and modified to ensure they can safely handle traffic levels; and with our local ward community police officers to try and ensure a safe environment.

More ambitiously the Society is also considering how we can do more and we are keen to hear your ideas for what more we can do - please email us at contactw9w2@gmail.com

FINALLY. Please do visit our website w9w2.co.uk to find out more on how to sign up/register. (Its free). So we can all stay connected.

St. Mary's Church,
Paddington Green

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ROADS AND STREETS, OUR NOTE

By Paul Newman.

Paddington Waterways and Maida Vale Society Planning officer

I would consider that my role with the Society is to use my highway engineering experience to try and ensure the ratepayers get best value for money with respect to all Highways activities. I strive to identify maintenance issues such as potholes, footway trip hazards and blocked drains etc early, and report them to the most appropriate people at Westminster City Council to ensure speedy resolution. With larger works such as highway resurfacing etc. I try to meet with WCC's service provider (F M Conway) to discuss things like parking suspensions and traffic management in advance.

And then of course to spend as much time on site as possible during the works to ensure what we had agreed is in fact carried out. Although I know I have no authority at all with these activities, I do generally find that F M Conway are keen to engage with me to keep the residents on side. I would also point out that much of this engagement is done in collaboration with our local Councillors.

My experience also allows me to assess the quality of the work done, and any defects or issues with workmanship I identify are always reported to WCC for their further assessment.

On the subject of larger schemes, we are asked every year to submit to WCC a list of our nominations for schemes under the Planned Preventative Maintenance programme. I put together our nominations for this programme based on my knowledge of the condition of every street in our area and any representations from our members and residents. We are usually very successful in getting our nominations included in the programme, resulting in our area being among the most trouble free in Westminster!

I always recommend our members contact the WCC environmental hotline (0207 641 2000).



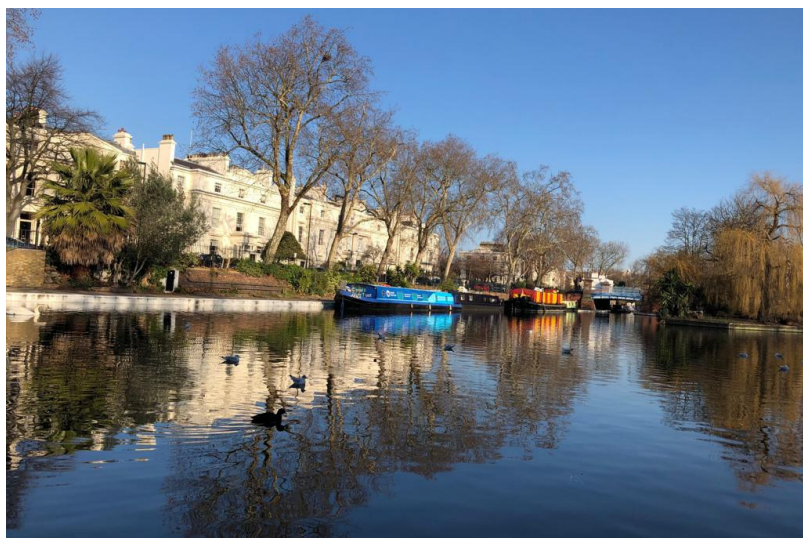
UPDATE FROM OUR LITTLE VENICE COUNCILLORS



We are delighted to contribute to the first edition of the society's magazine and look forward to being involved in many future editions. The society's core purpose is to conserve and extend the residential amenity of the area, in terms of the built environment (planning), the residential atmosphere (licencing) and residents' safety (policing). These are aims that we as local councillors totally support and are very much part of our motivation in our daily activities.

Planning

We are regularly contacted by residents about planning. There are well defined rules as to what can and cannot be considered related to a planning application and often our initial discussion can focus on how to support or oppose a planning application based on these rules. The council's website provides a lot of useful information on the process and how to get involved. The recent changes to planning committees gives speaking slots for amenity societies. We think this is a great opportunity which we would encourage the society to take full advantage of. There is also a speaking slot available for someone to speak in favour of an application or in opposition to it. This is in addition to the speaking slots that continue to be available to local councillors. If you have concerns about a planning application, do get in touch with us.



Your Little Venice
Ward Councillors

Cllr Melvyn Caplan
Cllr Lorraine Dean
Cllr Matthew Green



Planning continued...

We opposed aspects of the West End Gate planning application and managed to get a reduction in the height of the buildings, in particular getting the main tower reduced substantially – by ten storeys. We would have preferred an even greater reduction but we showed that our work can achieve results. We were also a strong opponent of the Paddington Pole and managed to get this rejected because of the significant effect it would have had on the Little Venice area. It was as a result of this campaign that we fought and gained agreement that larger applications that affect more than one ward should have speaking rights at planning committees for nearby ward councillors and neighbouring amenity societies as well.

Licensing

We have a small number of licensing applications in Little Venice ward and get involved when they arise. We recently spoke on behalf of residents at the recent variation application for the Real Ale bar in Formosa Street and the compromise that was reached should work for all parties. If there are issues with an establishment in the ward, do let us know. If issues become really bad, residents can request that a licence is reviewed.

Policing

Cllr Caplan sits on the police ward neighbourhood panel and we are all actively involved in working with the local police team. We are concerned with the lack of police resources in the area and will continue to push for more police to be seen and available for the local area. We have managed to get funding to install CCTV cameras on the Hall Park Estate and hope this will act as a strong deterrent to crime and anti-social behaviour in the area.

Roads, Pavements and Lighting

We have worked hard to ensure that our roads and pavements are maintained to a high standard. We are constantly walking the patch to spot any problems and actively put forward nominations for improvement in the council's annual programme. We have a very close relationship with the society in this area and as a consequence have succeeded in ensuring that the Little Venice area is well maintained. In recent years we have had an increased focus on lighting improvements and a number of upgrades have happened with more planned over the next year.



Waste and Recycling

After planning, local councillors probably receive the most correspondence about waste and recycling. Little Venice councillors fought for and secured a second weekly doorstep mixed recycling collection. As many of our residents live in flats, it's important to offer as many ways as possible to encourage more recycling. We also recognise the needs of our residents in flats by ensuring that a large number of big black bins are strategically located across the ward. Because of the level of demand, these bins are emptied three times a day, seven days a week. Nevertheless, the problem of fly-tipping and illegal dumping persists and, as local councillors, we work closely with the local city inspector to ensure that unsightly fly-tipped rubbish is removed as soon as possible and that perpetrators are duly penalised.

The work of councillors needs to be done in partnership with its local amenity society and we have had a strong relationship which goes back for more than 30 years. We need to work together, but respect our different roles.

If you wish to contact any of us, this is very straightforward. You can phone the Little Venice councillors' hotline on 0207 289 9929 or email us at littlevenice@westminsterconservatives.com.

You can also write to us at 2 Lanark Mews, London W9 1RY. We are normally able to respond to any contact within 24 hours. Cllr Melvyn Caplan Cllr Lorraine Dean Cllr Matthew Green Your Little Venice Ward Councillors.

Above
Little Venice

Look out for an update from our Maida Vale councillors in the Autumn/ Winter edition of Maida Unveiled.

Your Maida Vale Ward
Councillors

Cllr Rita Begum,
Cllr Geoff Barraclough,
Cllr Nafsika Butler-
Thalassis

LOOKING AFTER OUR TREES

By Gill Young

We live in Conservation area, and, therefore, permission is needed for work on trees which have Tree Preservation Orders.

Before undertaking work, removing a tree in your garden, or somewhere on your property, you must first check with Westminster City Council Tree department.

For further queries about privately owned trees, and to find out if a tree is subject to a Tree Preservation Order (TPO) check the Westminster City Council website or write to:

privatelyownedtrees@westminster.gov.uk

If you believe that unauthorised tree surgeons are active in this area, you should report it to the Westminster City Council Tree Department. Random tree surgeons touting for business should always be turned away. There is a list of authorised tree surgeons on the Council website. If you see tree work in progress and suspect that it is being undertaken without permission, please, make a note of the firm and contact the department, or contact me

Gill Young
gillianyoung007@hotmail.co.uk
+44 7973 801240

No applications have been made in recent months to the Society planning committee for removal of trees with TPO's.



THE HISTORY OF LITTLE VENICE

Little Venice is described by visitors or locals as 'a hidden gem of London'. Dating back to the early 1800's, the area has seen changes and modernisation whilst preserving most of its original features and a picturesque identity.

Origins of the Name

The name 'Little Venice' has been in frequent use since the second half of the last century. Its origin is sometimes attributed to the Victorian poet and playwright Robert Browning who lived at Beauchamp Lodge, 19 Warwick Crescent in the period 1862-1887. Browning spent part of his life in Italy and died near Venice in 1889. The small island in the middle of the Little Venice Pool at the meeting point of the Regent's and Grand Union's Canals is named after him.

By G Matteoni

In a letter dated 1966, Lord Kinross stated that *"It was not Robert Browning who first compared 'Little Venice' as we call it now to Venice. It was instead Lord Byron who wrote that there would be nothing to make the canal of Venice more poetical than that of Paddington were it not for its artificial adjuncts"*. Lord Byron (1788-1824) is regarded as one of the greatest poets and leading figure in the Romantic movement.

Little Venice forms the southern part of Maida Vale. Maida (Vale) takes its name from the Italian town of Maida in Calabria where, in 1806, the British won a victory over Napoleon. A pub called 'The Maida' used to be located along Edgware Road until the early 2000's whose hanging board used to show a likeness of General Sir John Stuart, who was made Count of Maida by King Ferdinand IV of Naples and III of Sicily, after the victory at the same battle. In 2018, the former The Truscott Arms, has been renamed The Hero of Maida, [3].

Architectural Influences

The area started to flourish after completion of the Regent's Canal in the early 1800's. In 1811 John Nash (one of the foremost British architects of the Regency and Georgian eras) produced a masterplan for the Prince Regent to redevelop a large area of central north London. As a result, the Regent's Canal was included in the scheme, running for part of its distance along the northern edge of Regent's Park, [1]. The canal was completed in 1816. At that time Paddington was just a village on the outskirts of London.

The character of the neighbourhood is defined by the Regency style with white stucco buildings. Delightful examples of these can be found on Blomfield Road facing the Regent's Canal, Warrington Crescent or Randolph Road.

On the eastern banks of Regent's Canal at Little Venice is Rembrandt Gardens, also known as Warwick Avenue Gardens. These pretty gardens feature plenty of fauna and in spring countless hyacinths and tulips bloom, originally planted in the 1970s on the 700th anniversary of the founding of Amsterdam, the 'Venice of the North'.

Notable Residents of the Past.

The late Michael Bond used to live on Maida Avenue overlooking the Canal. Sigmund Freud lived at the Colonnade Hotel with his wife and his youngest daughter Anna for the summer whilst their house in Hampstead was renovated. In honour of his stay, the hotel renamed the best suite the "Sigmund Freud Suite.". On the 23rd June 1912, Alan Turing was born in the same building. Turing was an English Mathematician, logician, cryptanalyst and scientist best-known for helping decipher the code created by German Enigma machines in the Second World War, and for being one of the founders of computer science and artificial intelligence. Katherine Mansfield stayed as a music student at Beauchamp Lodge (no. 2 Warwick Crescent) 1908-9.

References

- [1] https://en.wikipedia.org/wiki/Regent%27s_Canal
- [2] <http://www.colonnadehotel.co.uk/our-history.html>
- [3] https://en.wikipedia.org/wiki/Little_Venice,_London

ALFRED HITCHCOCK AND MAIDA VALE

Maida Vale is mostly celebrated for its white stucco buildings with secret back gardens, mansion blocks on wide tree lined streets, the lovingly restored pubs and restaurants, and the proximity to the Regent's Canal.

Over the past ninety years or so, perhaps inspired by its charm and mystery, a few film directors have chosen to set their stories within this little corner of London. One of these is the British director and Master of Suspense, **Alfred Hitchcock**

In the late 1920's Hitchcock incorporated shots of a descending escalator at Maida Vale underground station in the silent film "Downhill".

It is recounted that filming took place on the night of Saturday February 27th, 1927. Prior to that, Hitchcock had attended a first night at the theatre and arrived on set still dressed in his top hat and tails, [1].

At that time Hitchcock was only twenty-eight and had just debuted in the film industry after a short period working as an engineer. His emerging style is fully manifested in this sequence.

The descending escalator is used as a visual metaphor for the main character's descent in life, and the oneiric atmosphere described by games of shadow and light emulate the German expressionist films of the time.



Maida Vale underground station filmed by the young Alfred Hitchcock in "Downhill", 1927

By G Matteoni



"Dial M for Murder" (1954)

(Top) Ray Milland, Grace Kelly, Robert Cummings

(Bottom) The fictional 62 Charrington Gardens

It was as probably a real fascination rather than just a coincidence that prompted the British director to set a second film in Maida Vale about twenty-seven years later. At this point of his career, Hitchcock was a recognised Hollywood star and meticulous master of thrillers.

"Dial M for Murder", the 1954 American crime mystery starring Grace Kelly, was set in a flat that had the fictional address of 61A Charrington Gardens, Maida Vale (hence the "M" that one dials), [2].

There is no such street as Charrington Gardens in Maida Vale, nor was in 1954 and the fictional address may have been inspired by Warrington Crescent, [2]. A letter dated May 1953 in the Warner Bros. archives contains a list of possible shooting locations for the exteriors of the flat such as 17 Randolph Avenue, 2 Carlton Avenue, 104 and 106 Sutherland Avenue and 70 and 72 Hamilton Terrace, [2], [3]. Nevertheless, these do not match the shots in the film.

References

[1] Alfred Hitchcock's London: A Reference Guide to Locations (2009) by Gary Giblin, page 93-94

[2] <https://www.crescentgarden.co.uk/history>

[3] The Wrong House: The Architecture of Alfred Hitchcock (2007) by Steven Jacobs



SIR ALAN WARD QC

*By A Sinclair
With thanks to Alan Ward QC*

Sir Alan Ward QC. has been a resident of Maida Vale for several years, and is known for being the Court of Appeal Lord Justice in a famous case regarding a life-or-death ruling concerning a critically-ill child whose parents had refused a blood transfusion because of their religious beliefs. The case and the Appeal that followed were the source for a best selling novel written by Ian McEwan. His book was then turned into a film called the Children Act, starring Emma Thompson as the judge. The film was released last year.

Sir Alan Ward ruled that an emergency blood transfusion should be given to a 15-year-old boy with leukaemia, despite his and his parents' objections as they were Jehovah's Witnesses. The case was unusual, because of Sir Alan's clear display of empathy and compassion about the situation. Over tea and ginger biscuits, Sir Alan recalled the story, with kindness and at times sadness in his eyes.

"I was never really convinced he knew what was involved in the process of dying, that was why I went to see him, to befriend him and establish a connection with him so that he wouldn't pull the tubes out of his arm."

"I learnt he liked football so I took him to a Spurs game. The boy met Gazza (Paul Gascoigne) and Gary Lineker, he came out swathed in scarves and the light of life shone so bright in his eyes, it was apparent that I had made the right decision."

A few years later, Sir Alan recalled the moment when he learned that the boy - now a young man in his twenties - had suffered a relapse, it pained him to realise that this time the young person was old enough to refuse the blood transfusion himself. And when he chose this course it was a decision that cost him his life.

"This was a shock to me, literally a body blow, if you were thumped in the pit of your stomach, that is exactly what it felt like."

Sir Alan's good nature and humour came across when he recalled his move to Maida Vale. Sir Alan's inspiration for the move was he was growing tired of having his car broken into in Islington.

"I love the unique atmosphere of the canal, paired with white stucco houses, and the less car nicking"

“

..THIS WAS A SHOCK TO
ME, LITERALLY A BODY
BLOW, IF YOU WERE
THUMPED IN THE PIT OF
YOUR STOMACH, THAT IS
EXACTLY WHAT IT FELT
LIKE...

”

SIR ALAN WARD QC



SIXTY SECONDS WITH ALICE

Featuring.... THE REVEREND GARY BRADLEY

The first edition of Maida Unveiled is blessed to have 60 seconds with the Reverend Gary Bradley. Gary is the incumbent Vicar of The Parish of Little Venice, Gary is famous for his glorious acting skills and heart felt sermons, a true and long standing pillar of the community. One could argue he is the rock star of christianity.

Age Gary?

I'm 65 Alice, don't tell anyone.

Star Sign?

Gemini, two for the price of one.

Best thing about Little Venice?

The proximity of both water and Selfridges.

Worst thing about Little Venice?

The prospect of leaving it 17th of June 2023, when I retire. That's a terrible thought.

When you were little, what did you want to be when you grew up?

An Actor

What would you save if your house was on fire?

Any person in it, and any dogs. Possessions mean nothing. Not cats, they make me sneeze.

Who are your 5 dream dinner guests?

Oscar Wilde, Emmeline Pankhurst, Charles Darwin, Paddington Bear, Nelson Mandela.

Who would play you in a film?

Ryan Gosling. If he was unavailable, Fiona Shaw. Or if she was unavailable then clearly Tom Hiddleston.

If you could steal credit for any great piece of art, song, film, book etc which one would you claim?

The Musical, Applause.

What would your last meal be?

Fishcakes and poached eggs.

How would you describe your job to a five year old?

Someone who tries to be a friend, to everyone in the area, and who listens. A lot.

Best place to spend time in Little Venice/Maida Vale?

The best place to spend time is either 8am or 11am on a Sunday morning at St Saviours Church. OR 9.30am At St Mary's church. The is not a plug. I repeat, this is NOT a plug.

Finally... Gary...Who do you think would win a fight between an Elephant sized spider, or 5,000 spider sized Elephants?

The spider would win. All Elephants are Aracnaphobic. David Attenborough may need to confirm this as a fact though.

“
SOMEONE WHO
TRIES TO BE A
FRIEND IN THE AREA
AND WHO LISTENS.
A LOT

”

THE REVEREND GARY BRADLEY



BOCA BRINGS BOHEMIA TO MAIDA

By A Sinclair

You don't walk into Boca Cha Cha, you drift in... and glide out with an overwhelming desire to book burning man tickets. The lazy boho day cafe, morphs into an evening scene of jovial live music and Mediterranean cuisine with a latino twist...

The man behind the magic is Max Tieff. Max is no stranger to the culinary world, his Grandparents own "Les Gourmets Des Ternes" in Paris. It was Max's dream from the age of 12 to have his own place. At 22yrs Max came into some luck at the black jack table and landed in Formosa street. Max started with "Petits Gourmets" the french place on Formosa and off the back of its success, opened Cha Cha, which is two doors down. While chatting to max he said "I want to create a community vibe, highlighting local small businesses, for me, this is the key to a successful business". This has led Max to offering his space up when the restaurant/cafe is closed, to local Therapy groups & sacred spaces for women.

A photograph of a young man, Max Tieff, smiling and leaning on a bar counter. He is wearing a black t-shirt and has a tattoo on his left forearm. Behind him is a bar with various bottles of alcohol. The text is overlaid on the image.

"I WANT TO CREATE A
COMMUNITY VIBE.
FOR ME, THIS IS THE
KEY TO A
SUCCESSFUL
BUSINESS"

MAX TIEFF

HAVE KITCHEN. WILL COOK

SPRING CHICKEN
BOULANGÈRE*

Have Kitchen, Will Cook is the online 'baby' of local Maida Vale mum Anne-Sophie Olesen.

It has been her creative outlet and personal food archive since 2005. It documents the recipes she creates, the ones she follows (faithfully or not), the beauty of seasonal ingredients, her battles with picky eaters and most of all, what on earth to do with leftovers so she doesn't have to cook new dishes Every. Single. Day.

You know how everyone fights over the bits of meat and veg that stick to the bottom of the roasting pan after Sunday lunch? This is a whole dish of that more-ishness. Here's a weeknight shortcut that yields leftovers for lunchboxes.

For 4 people (with leftovers)

Preparation: 20 minutes

Cooking time: approx. 1 hour (all in oven, so you are free to do something else)

Pre-heat oven to 225C

Marinate 12 boneless skinless chicken thighs in the marinade below (overnight or just while you prep the vegetables):

juice of 1-2 lemons, 3 tbsp olive oil, 2 tbsp honey, 2 tbsp zaatar / 10 crushed bay leaves / 1-2 tsp pimenton and 2 grated/crushed garlic cloves



Prep the vegetables

Thinly slice: 2-3 large potatoes, 3 large carrots & 1 large onion. Layer them more or less evenly over the large roasting tin that comes with every oven.

Pour over 50 ml of water mixed with 2 tbsp veg stock powder

Pop the tin with the veg in the hot oven for 15 minutes.

Lower the temperature to 180-200C, place the chicken on the veggies and cook for 30-40 minutes. Add water if needed.

Check the chicken is not only cooked through, but a bit charred (the honey does that) and that the veg are cooked through and sticking to the tin. Make sure there is only a bit of liquid in the pan at a time, or you won't get the full 'sticky effect'

Chicken leftover inspo

Sliced in pitta bread with crunchy veg and yogurt sauce
Gently heated and sliced on a Caesar salad
In a Buddha Bowl with greens & grains

Foodie word of the month

Boulangère: A French term for "baker" that was traditionally used to denote food dishes cooked in the bakery oven before every home had their own. If you see 'boulangère' on a menu, it always means the dish contains potatoes

Desert island utensil

My beloved Microplane Graters: Small (for citrus zest without the white bitter stuff) and Medium (for garlic and parmesan). I would never go on a self-catering holiday without them.

Follow Have Kitchen Will Cook on Instagram and Facebook

THE LONELY PET COLUMN

Could you have the answer to finding love?

Name: Coco

Age: 4 in dog years (32 in Hooman years).

Occupation: CEO of sticks.

Area: W9.

Looking for: "Anyone, apart from squirrels, nothing personal just historically our relationships tend to be short lived."



Coco before and after grooming

In her own words....

"Hi I'm Coco. I have a short attention span. I am seeking a champion for love and romance. Long term, or just a couple of weeks. I am loving, loyal, passionate, and looking for similar (with a longer attention span). I tried the lonely Bark club, however I felt it lacked in diversity and would like to explore more modern day dating, you know, something inclusive of every pet. I love going to the park. I am fairly low maintenance so usually manage with just two poo bags per walk and I'll eat anything. Getting dirty is great too, however I also scrub up nicely (post groomers). Being patted is a must, as is buying me toys. I love classical music, especially Bach. So if you are not a squirrel, please feel free to get in touch. Also, I find tortoises a bit slow so perhaps not the best match.'."

Please send in your responses to alice.sinclair@w9w2.co.uk and watch out for our Autumn edition, to see if Coco made a match.

"I love classical music,
especially Bach."

By A Sinclair

PADDINGTON WATERWAYS AND MAIDA VALE SOCIETY BOOK CLUB

W9W2 Book Club/ Little Venice Literary Society - new members welcome

Established since 2006; meets on the first Tuesday in the month from 10:30 or 11:00 am at the home of one of our members. Meetings normally last about two to two and a half hours, depending on the liveliness of our discussion.

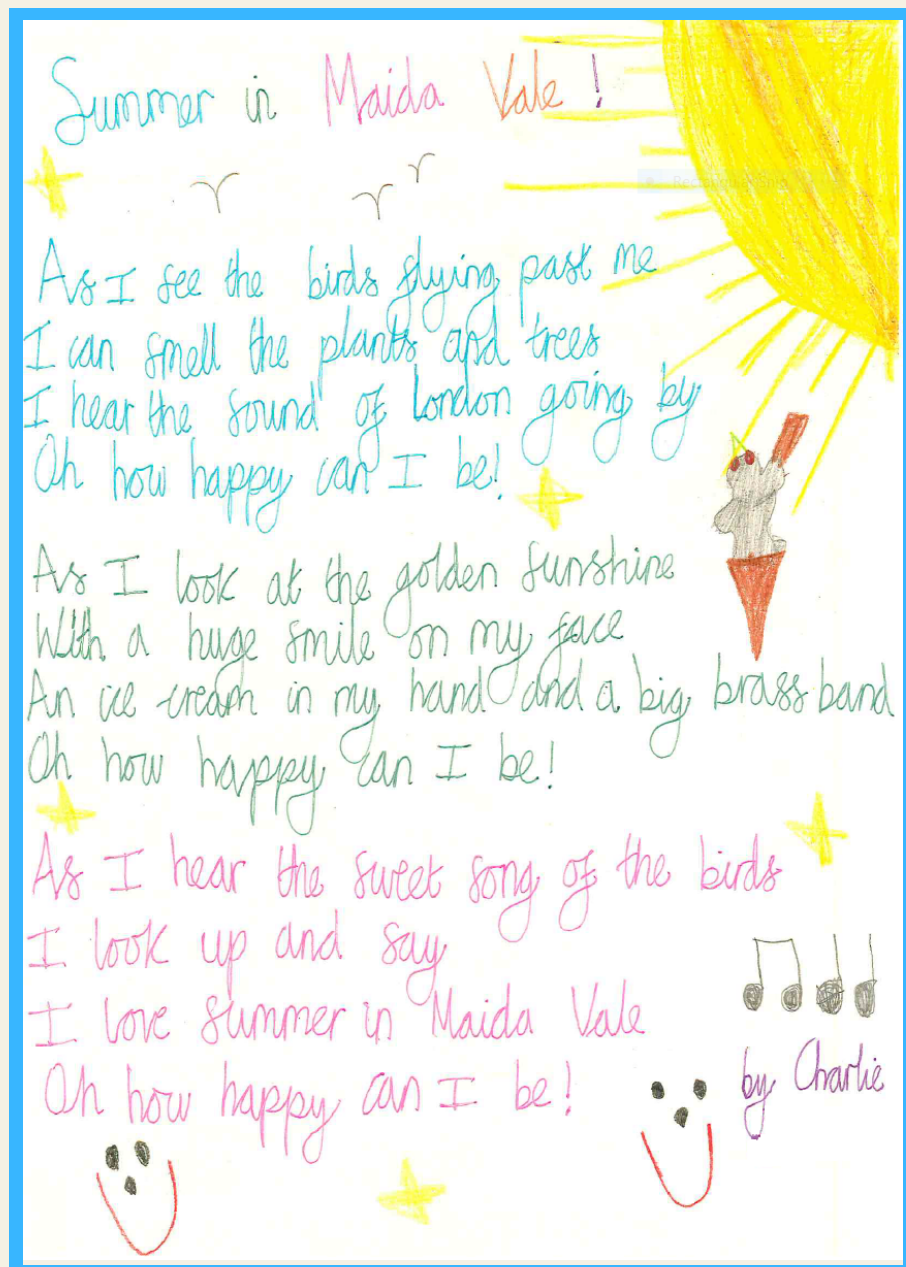
Please contact Maureen for further details
maureenprestonw9@gmail.com

POETRY COMPETITION

The winner of the Spring Edition of Maida Unveiled is..... Charlie, year four, St Saviours school.
It was so hard choosing from the huge list of aspiring young writers,

The poem has to be between 4 - 12 lines.
The title was "Maida Vale in the summer"
CONGRATULATIONS CHARLIE!

Year four Runners up...Sarai, Leo, Ellie-May, Macy.



YOGA IN THE PARK -OH, AND ITS FREE!



"Get fit for free this summer with yoga sessions every Tuesday morning from 10-11am throughout June, July, August and September, in Norfolk Square Gardens, Paddington."

PaddingtonNow BID has partnered with Live Karma Yoga to provide free Yoga to anyone who would like to join.

Classes are open and accessible to individuals of all abilities and walks of life, with an emphasis on highlighting wellbeing and strengthening the community through practice.

Simply turn up or book your spot through the link above. Yoga mats will be provided on a first come first served basis, you may like to bring a thin mat or towel to cover the ones provide. Please wear comfy clothing and come with an open mind.

Attendees will be asked to sign a health and safety disclaimer at the beginning of the class.

It takes a village to raise a child.
Even in a big city.



MAIDA VALE PARENTS 2 PARENTS

Facebook group for parents and carers in the W9 area – with bumps, babies, toddlers, tweens, teens and grandchildren.

Join our group of nearly 5,000 to share useful tips, find that elusive activity for a rainy day, get support from others, have a laugh (or ten), and meet new people.

www.facebook.com/groups/maidavaleparents2parents

CONTACT:

alice_therapy@yahoo.com

07775695538

NLP

Alice

Therapist

Serving North Westminster, South-East
Brent and North Kensington

Website: www.npfoodbank.org.uk
Registered charity number: 1165272



Volunteer / Donate money / Donate food / Increase awareness

The North Paddington food bank provides food and essentials packages alongside advice, support and home deliveries to housebound recipients to between 70-110 households per week. An approximate 55% increase in demand in 12 months.

To effectively meet the continually increasing demand we need volunteers and regular financial donations big and small from individuals and businesses, whilst physical donations of items are also welcome. With this, we seek to work together to increase our understanding of the situations that bring people to food banks and to find the most effective ways of supporting them.

Find out more: info@npfoodbank.org.uk

Donate: www.npfoodbank.org.uk/donate

Twitter: @npfoodbank

Facebook: north paddington foodbank

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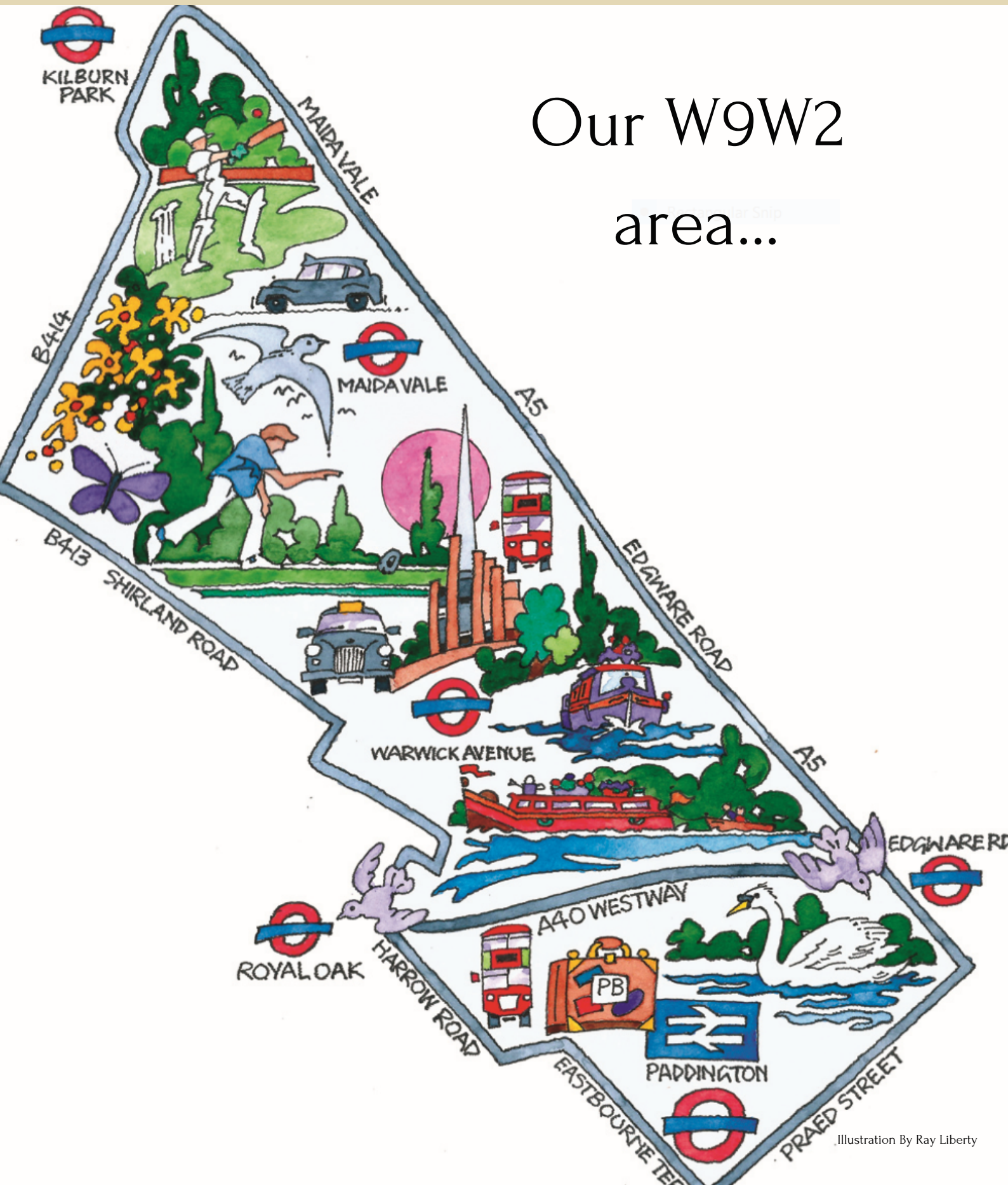
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Our W9W2 area...

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