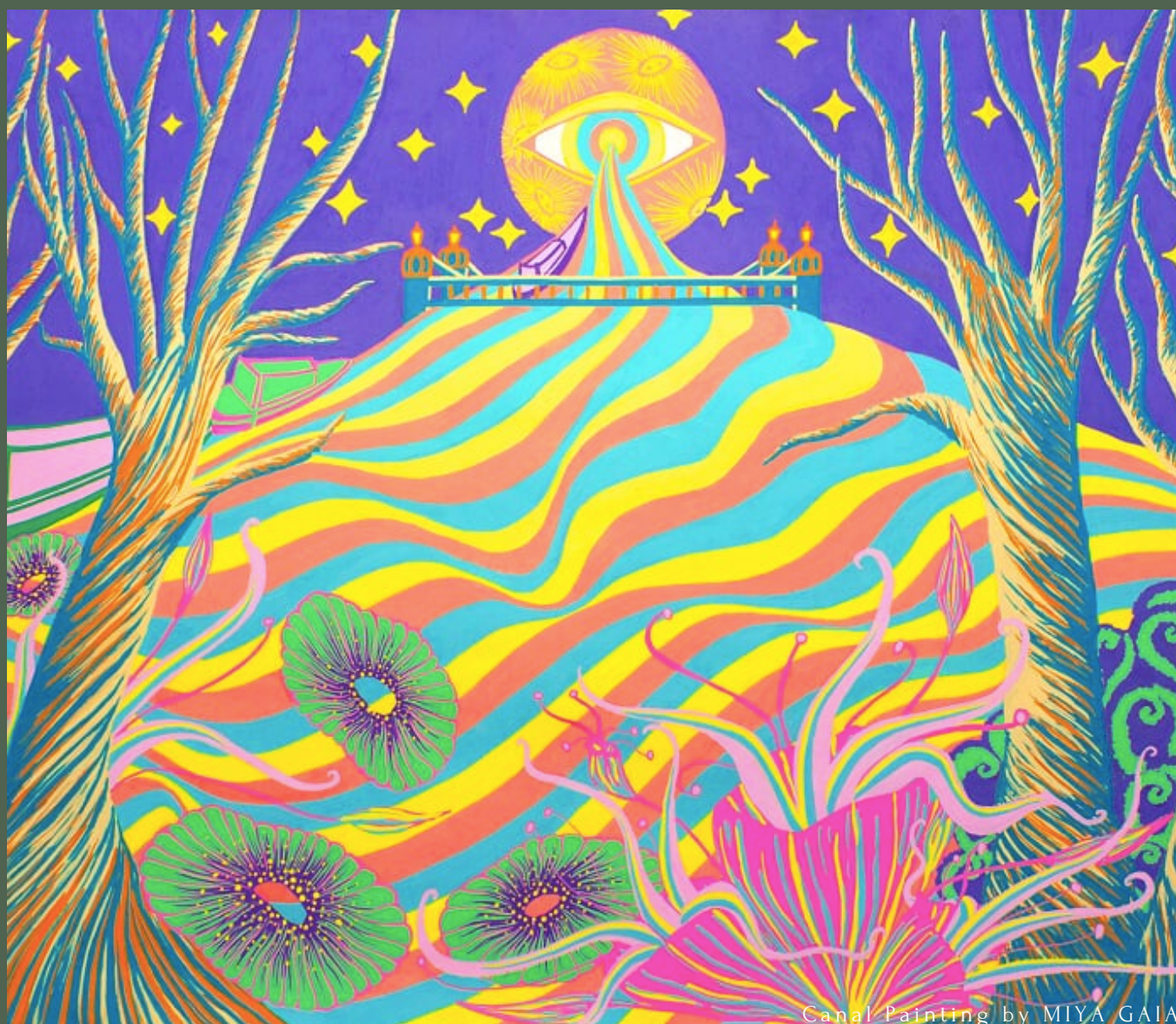


Issue 2  
FREE

# MAIDA UNVEILED

Autumn/Winter  
Edition

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



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# A NOTE FROM THE CHAIR

By John Zealley

**By way of background, the *Paddington Waterways & Maida Vale Society* - often shortened to *The Maida Vale Society* is the local, non-partisan community body that is charged by Westminster City Council (WCC) with working to enhance the residential amenity of an area that covers from Praed Street in the south, Paddington Central, to Kilburn Park Road in the west, and extends from the Harrow Road in the West to the Edgware Road in the East. See the map at the back.**

Following the success of the first edition of PWMVS/ W9W2's *Maida Unveiled*, I am pleased to be able to once again offer some thoughts from the Chair to open this second edition.

The past few months have been important ones for us, not least because we were able to mobilise significant support for our objection to the proposed scheme for 5 Kingdom Street, which we believed to be overly tall and of a design and finish that was intrusive into the backdrop of the Little Venice Pool.







We recognise that our area cannot stand still and that for it to remain vibrant we have to have more homes, facilities and places of employment. There is a line, however, and the line is where new provision erodes the amenity of those unique aspects that we have inherited and is deserving of conservation area status.

I am pleased that we have taken as our theme *Women of the Vale, Past and Present*. In that context, it gives me an opportunity to recognise Alice Sinclair (Editor), Julia Wilson (Deputy Editor) and Jane Leaver, the team behind these pages.

Otherwise, I can report a steadily growing membership, signifying the value that the community sees in our work.

With that in mind, our annual Carol Service is at St Mary's, Paddington Green on Tuesday 10 December.

It is a wonderful, cross-denominational way to celebrate the season that reflects and reinforces our community spirit.

If you have not joined us before, I do urge you to come to the service this year! In the meantime, read on and enjoy the insights into our area, past and present, and register with us via the website, if you have not already done so, to help us continue to preserve and develop all that makes our area special.

The Society is keen to hear your ideas on how we can improve the area. It is free to sign up/register so we can all stay connected.

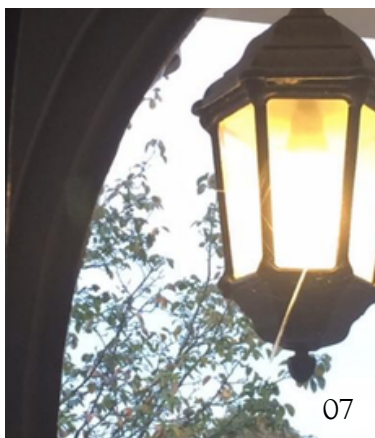
More ambitiously the Society is also considering how we can do more and we are keen to hear your ideas for what more we can do - **please email us at [contactw9w2@gmail.com](mailto:contactw9w2@gmail.com)**

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



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# WOMEN OF THE PAST

THE WOMEN PUT UNDERGROUND  
MAIDA LADIES OF THE NIGHT  
PSYCHOLOGICAL PIONEERS  
THE 'IDLE' WOMEN  
VIRGINIA DE VAAL





# THE WOMEN PUT UNDERGROUND

By J Wilson

*'Maida Vale station has played a key role in our history, opening in 1915 as part of the extension of the Bakerloo line beyond Paddington, as well as being staffed entirely by women so that the Underground could continue to play a vital role in serving the Capital during the Great War.'*

Mike Brown, Managing Director of London Underground

Word War One caused significant staff shortages on the London's transport network as 17,000 tube, bus, tram employees enlisted for military service. With men fighting away from the country, it became essential for women to take on these roles, [1].

Maida Vale station opened on 6th of June 1915, (as part of the Bakerloo line extension from Paddington to Queen's Park), and was the first station on the entire London network to be staffed entirely by women. As such, it was soon renamed the 'Ladies Tube Station'.

Women took over many roles which had previously been the sole domain of male workers, such as ticket collectors, lift guards, porters, painters and depot cleaners. The only position not filled by a woman was that of tube driver, a situation which remained until 1978, when Hannah Dadds became the first female to take the job, [2].

It was indeed a shock in 1915 to see women wearing a uniform and proving themselves so quickly in new roles. At that time there was still a common belief that women were incapable and did not have physical strength to conduct work outside the domestic walls.



The fame of the underground ladies became even greater when a bomb exploded a couple of yards from Maida Vale station. As the trains stopped, women escorted passengers outside the station to a nearby shelter, with calm and professionalism, without showing signs of panic or hysteria.

The role of women at such a difficult time was fundamental to keep the transport network running. Workers could not have reached factories if they did not have a tube to get on.

The female workforce continued until about 1919 when many servicemen returned to London. Two decades later, following the outbreak of the Second World War, a similar shortage of labour opened up jobs for women again and this time they took on virtually every role, including manual labour and heavy engineering.

In 2015, to mark the centenary of the opening of the station, a number of celebrations were held. These included an exhibition chronicling the history of women in transport, with staff volunteers on hand to speak with customers about the history of the station and the role of women in transport, [3].



*Hannah Dadds was the first female train driver on London Underground. She joined as a 'station-woman' in 1969 and qualified as a driver in 1978.*

## References

- [1] <https://www.bbc.co.uk/programmes/p032dw9y>
- [2] <https://www.bbc.co.uk/news/uk-england-london-33034393>
- [3] <https://tfl.gov.uk/info-for/media/press-releases/2015/june/maida-vale-tube-station-celebrates-100th-anniversary>



# MAIDA LADIES OF THE NIGHT

*By A Sinclair*

Moving from the Ladies Underground, let's take a look into the lives of the ladies of the night.

1930s post war liberation was a time where the possibility of employment was starkly unrealistic for many women. The ladies of the underground were returned back above ground to their places in the household.

For many women, the bleak reality of husbands not returning from the war efforts meant they had to be resourceful in order to survive. The houses in Maida Vale and Warwick Avenue were huge, spacious and expensive to run. This birthed the idea of renting out individual rooms.

Gradually the streets of Maida Vale and Little Venice were becoming just the right temperature for the red light scene.

Maida Vale and Warwick Avenue, for all their affluence, were never as popular, or as fashionable, as Hyde Park. It was, however, desirable, for exactly this reason.

It was a place of discretion. Gentlemen could walk down Formosa Street, or Randolph Avenue and, if a lady were to swing her keys casually by her side, it was an invitation to 'tea' - Mind you the tea may only last an hour (or even ten minutes).

The issue of prostitution was under scrutiny during this post-war period, yet public opinion was weighted against heavy-handed policing. The ambivalent attitude, however, did not mean that prostitution was acceptable in public. In fact, it remained a topic of opprobrium. The section of public concern focused, however, not on the policing of prostitution but upon police encroachment on the liberty of the subject. Due to this, there was a window for women to continue their work, and gain some independence by earning, and support their war-affected families.



Post-war liberation turned a little darker as it crept towards the 1960s. It was a time where the tentacles of London gangs crept into a multitude of places - including our leafy streets of Maida Vale and Warwick Avenue.

Gangs run by the likes of the *Kray Brothers* saw opportunity for financial gain. They rented hundreds of properties all across West London and the casual industry of independent women turned murky. It was a business run by men, and became a death sentence for women. The women would be overworked, exposed to disease, beatings and unwanted pregnancies, significantly shortening their lives.

However, things were (arguably) balanced by a London gang called '*The Forty Elephants*'. This was a gang made up by a few dozen women who, equipped with a flair for entrapment and a sense of social purpose, managed to terrorise London's rich and metropolitan elite for the best part of a century.

*The Forty Elephants* were based in Elephant and Castle. There is no evidence in the Archives suggesting that they used houses specifically in our area of W9W2. However, they did hire rooms all over London to lure powerful and high profile men. This enabled them to penetrate powerful social circles whom they bribed heavily. The gang was run by Alice Diamond, she stood at 5 foot 10 and wore diamond knuckle dusters. We rather like her!

### References

- [1] [www.british-history.ac.uk/vch/middx/vol9/pp212-217](http://www.british-history.ac.uk/vch/middx/vol9/pp212-217)
- [2] [www.telegraph.co.uk/culture/books/3655365/The-seductively-seamy-side-of-1960s-London.html](http://www.telegraph.co.uk/culture/books/3655365/The-seductively-seamy-side-of-1960s-London.html)
- [3] [www.iwm.org.uk/history/what-happened-after-ve-day](http://www.iwm.org.uk/history/what-happened-after-ve-day)
- [4] [theculturetrip.com/europe/united-kingdom/england/london/articles/the-story-behind-londons-notorious-girl-gang-the-forty-elephants/](http://theculturetrip.com/europe/united-kingdom/england/london/articles/the-story-behind-londons-notorious-girl-gang-the-forty-elephants/)



*The Forty Elephants was an all-female gang in London that was active from 1873 until the 1950s.*



# THE W9W2 FEMALE PIONEERS OF PSYCHOTHERAPY

Early morning on Saturday 4 June 1938, Sigmund Freud, his wife, Martha, and their daughter, Anna, left Vienna forever. Hitler's annexation of Austria on 13 March had placed Austrian Jews in immediate danger and - after a hairy interrogation by the Gestapo - Freud hot-footed his family to London.

On arrival, the Freuds had to wait for their house to be made liveable. So, Sigmund and his family lived temporarily in our very own Colonnade Hotel on Warrington Crescent.

**Anna Freud** was the youngest of six siblings and had a turbulent relationship with her sister. Freud was considered the '*father of psychotherapy*', and came up with many conceptual ideas in his time.

After a few months living in Warwick Avenue, Anna moved to Hampstead. It was there that she specialised in child analysis, and was later to set up the Hampstead War Nursery, providing children with psychotherapeutic treatment, safety and stability amidst the traumas of the Second World War. Instead of lurking in her father's shadow, Anna became one of the world's foremost psychoanalysts and is recognised as the founder of child psychoanalysis.



Anna Freud

**Melanie Klein** was an established London psychoanalyst, and was considered the '*Mother of Psychotherapy*'. Just as Anna had a tumultuous relationship with her sister, so, likewise, she had many disagreements with Klein. By the time Anna arrived in London, they had already been feuding from a distance, and, to make matters worse, Anna was now on Klein's home turf - St. Mary's Hospital in our W9W2 area.

Their main professional discrepancy started with a dispute over the age a child should be analysed. Anna kept more to her father's script and believed children under five could not be analysed; Klein disagreed.

The battle between these two pioneering child analysts came to a head in 1942 with the dawn of the 'Controversial Discussions' - a heated debate hosted by the British Psychoanalytic Society, where Klein and Freud went head-to-head.

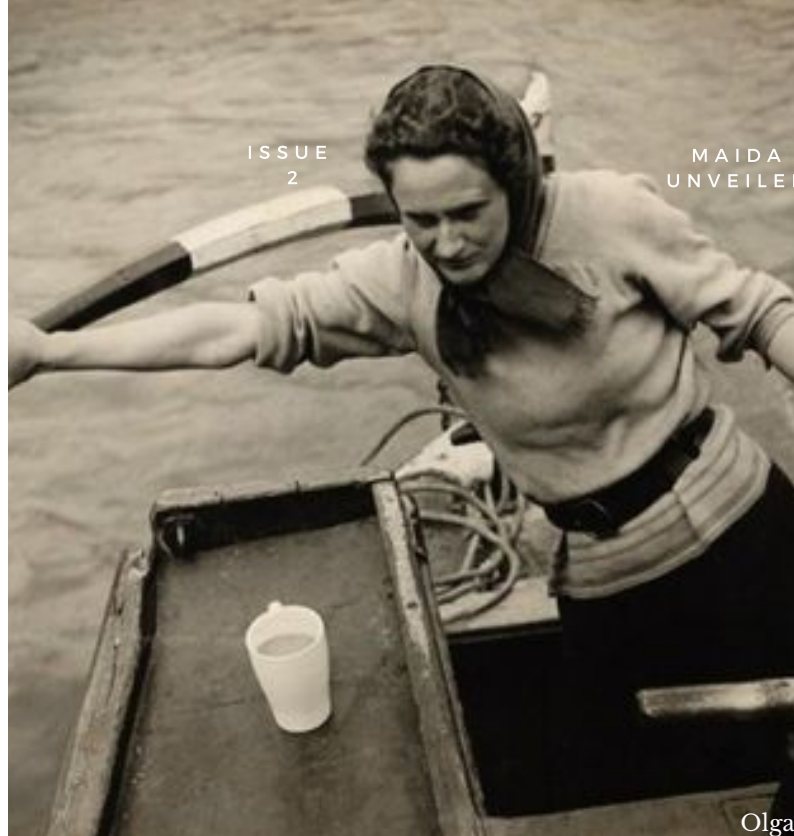
Klein considered Anna Freud too conservative and narrow, failing to grasp the necessity of developing and innovating analysis beyond her father's theory. Freud thought Klein wildly speculative, unscientific, arrogant, and extreme. Either way, it was, in its era, refreshing for two strong, intelligent women to dominate a platform.



Melanie Klein

*By A Sinclair*





Olga Kevelos



## THE 'IDLE' WOMEN

By A Butler

In 1943, aged 19, Olga Kevelos saw an advertisement inviting women to train for work on the canals. "She spent the next two years with all-female volunteer crews which ran the barges carrying vital war materials along the Grand Union Canal between London and the Midlands."

She and her fellow crew members were nicknamed *The Idle Women* after the initials **IW** on their badges. Officially, **IW** stood for Inland Waterways, but the traditional boat people, alongside whom they worked, were jealous of the newcomers and gave them the name which stuck.

Olga Kevelos made it clear that life had been far from idle for this exceptional group of women. - *"hard work with no respite at all... We worked an 18- to 20-hour day, and nobody ever stopped."* ...*"In all some 45 women took charge of the canal boats, which were worked in pairs, each pair crewed by three women. The volunteers would take the helm of massive barges transferring Spitfires or machine parts from the London Docks to Birmingham; on the return trip they would haul coal from Warwickshire to London."*

*The work was arduous and unpleasant - drowned bodies and cargoes of weapons and gold bars concealed as more innocent freight. Living conditions were rough and the girls were often cold and wet, as well as hungry (not for them the extra rations given to the Land Girls). The weather could be appalling and their craft were frequently ice bound."*

Olga was just one of about 30 Idle Women working on the boats during the war. Many joined following a recruitment drive, in 1944, by the Ministry of War Transport who advertised in the press and women's magazines. However, before 1942 the Grand Union Canal Carrying Company (GUCCC) at Southall gave the scheme a trial.

Girls were given 6 weeks' training before being let loose on the canals. One of these, Eily Gayford, became a trainer of future recruits. She was older than the new girls, and known as Kitty. Her book, *The Amateur Boatwomen* chronicles her experiences.

Other women recruits, who have written of their time on the boats, are Emma Smith in her book *Maidens' Trip*, Margaret Cornish in *Troubled Waters* and Susan Woolfitt in *Idle Women*. Unusually, Susan was a married woman. She had been married for 10 years to 'Donald Wolfitt', as he liked to be called, when she joined up in 1944 as a result of the advert. For her, it was an escape from a marriage that was turning sour. The children were at boarding school and she wrote them many letters of her experiences. Hers was the first book published in 1947. However, many *idle women* remained interested in the canals.

Susan was an early member of the *Inland Waterways Association* (IWA). Others *idle woman* have attended Waterway events until recently. The scheme ended in 1946 with the return of the men after the war. Books mentioned are now published in paperback in the *Working Waterways* series and are available in London in the Canal Museum, near King's Cross.





# VIRGINIA DE VAAL

*By R Pye*

Virginia de Vaal, a major force in the transformation of the communal gardens of Little Venice, passed away on May 21, shortly after her 95th birthday. Born in San Francisco in 1924, she came to London in 1948. Later she spent some years in The Netherlands but came back to London in 1970, to Randolph Crescent.

Very soon she set about refurbishing the neglected Triangle Garden on the tiny budget provided by the Church Commissioners, at that time the landlords of the whole estate.

In 1989 she moved across the street and immediately became involved with Crescent Garden, just as the Commissioners were handing over control of the amenity companies and their communal gardens to the residents. Crescent was redesigned and since then her care and persistence helped make it the superb prize-winning garden it is today. Always a great enthusiast for the arts, she assisted Sylvia Rhys-Thomas in the creation in 2003 of the Little Venice Music Festival, now in its 17th year. She will be sadly missed by all who knew her but her memory will live on, with us every day in the gardens she so loved.

Image: <https://www.crescentgarden.co.uk/>



# WOMEN OF THE PRESENT

MAYA GAIA

THE WITCH OF MAIDA

DEBBIE WOSSKOW OBE

MAIDA VALE MOTHERS/PARENTS

NEWSREVUE, EMMA TAYLOR



MEET LOCAL (FRONT COVER) ARTIST

# MIYA GAIA

[HTTPS://WWW.MIYAGAIA.COM](https://www.miyagaia.com)





Miya is a local visual artist and musician who experiences creativity as a form of meditation, a vessel for continual growth, understanding the self and a way to connect with others and the universe. Her work is based on a deeply rooted connection she feels to the universe with all living and natural things. This is why Miya loves spending time by the canal here in Maida Vale, being inspired by the movements of the water, the wildlife and the patterns and vibrant colours that course throughout the dense greenery running along side it. This same canal runs all the way through to where Miya is originally from, Milton Keynes, where she would also spend a lot of time creating art and music, exhibiting and performing.

Miya currently works for the Grand Junction Cafe here in Paddington where you can see her illustrations made for the cafe menu as well as an upcoming exhibition to be announced. She and her 2 bands, 'Dreams of Gaia' and 'The International Lovers' recently performed at the 'Emerge Festival' that took place in Grand Junction and both bands will be performing here again for free at 'Takeover The Future' Festival on November 16th. In addition Miya is studying a BA Fine Arts degree at The Sir John Cass School of Architecture, Art and Design where she continues to develop her practice.

Due to her overflowing curiosity, love for science, philosophy and mythology, Miya draws on the infinite depths of nature and thought. She finds a oneness within all scales from galactic arms to molecular bonds as well as themes throughout the collective unconscious. In Miya's current work she plays with the idea of the universe as being one, consciousness, a divine mystical force and, we, a branch of its endless fractal pattern. Miya focuses on the interplay of organic and geometric forms with underlying archetypal symbols that embody chaos and order, highlighting that they exist within each other universally and their coexistence is essential to balance in the universe.

With a profound sense of colour Miya lets her mind wander and unfold as she creates immersive, transcendental and vibrantly captivating pieces. Working in various mediums and styles with a primary focus in abstraction and surrealism, Miya has built up a large body of work that encourages you to look inward and connect so we continue to expand the seas of our minds and unfold the mysteries of our being.

*Visit*  
<https://www.pdt.org.uk/event/takeover-the-future-festival-2019>  
*to book tickets for the 'Takeover the Future' festival*

*Follow Miya Gaia on Instagram*



“

I AM INSPIRED BY THE MOVEMENTS  
OF THE WATER, THE WILDLIFE AND  
THE PATTERNS AND VIBRANT  
COLOURS THAT COURSE  
THROUGHOUT THE DENSE  
GREENERY THAT RUNS ALONG SIDE  
THE CANAL

MIYA GAIA

[HTTPS://WWW.MIYAGAIA.COM](https://www.miyagaia.com)

”



ISSUE  
2

MAIDA  
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WINTER  
2019

MEET ANOUSHKA  
FLORENCE...

# The Witch of Maida...





**Anoushka Florence** lives in a sacred space in Little Venice with her husband and dog. Her home has become a space for Women to gather, to come for 1:1 healing sessions, card readings and sit in a Woman's Circle.

You'll often find her with a woven basket full of flowers in one hand and her chocolate labrador in the other grabbing a tea from Boca Cha Cha before heading to Clifton Gardens to collect some seasonal herbs.

*"There's nowhere like Maida Vale, the energy here is clean. You can escape the intensity of London whilst still being so close to it if you choose to venture in, which I find myself doing less and less frequently. It's like we're all protected here, by a veil, literally. Whether its walking through the communal gardens, sitting by the canal, or the parks; the air feels different, the space transports you. This area draws in powerful people, and thats because this is a powerful place to live".* Anoushka says.

Her work is centred around creating supportive and sacred spaces for Women to feel safe, heard and held and most importantly to reconnect back to their feminine power.

*"It's a common misconception that 'The Witch' is something to fear, for when broken down 'The Witch' means The Wise Woman, a Woman who is in her power, who dreams, births, visions things into reality. The less connected we are to this as Women the more we will struggle. For it is in our inherent nature to know the power we hold and to understand how to use it in the most meaningful ways..."*

*...For hundreds of years Women have been suppressing their innate nature, keeping it locked away and hidden for fear of persecution. Witch trials in the 1700's were the catalysts for this, stemming from a fear around the power of a Woman. The patriarchy was in control and thus shamed, killed and persecuted Women for this.*

*For we've all be told to fear 'The Witch', without really knowing who she is. My intention is to remind Women that they have a power that can be used to heal, to transform, to nurture and bring a deeper connection back to nature, back to their dreams, visions + desires. But first we need to return back to ourself. It is so important to create spaces for Women to do this.*

*Women circles have been happening around the world for thousands of years and I am reviving them right here in Little Venice. You'll find one every other week at my local Boca Cha Cha. The owner of the restaurant (Max) fully supports my intention to create a community in the area through bringing women together.*

*Women Circles are sacred spaces for Women to gather, to support each other, hold space for each other, and remind each other that all that blocks us from our visions, dreams and the life we want to lead is our journey and work to be done; but we don't have to do it alone. We can come back together in communities, we can help each other remember our light and support each other through the dark.*

*It's time to start gathering, to step back into Women's circles, to support each other through each transition so that we can remember just how powerful we are and use that power to heal not just ourselves, but our families and the world."*



"There's nowhere like Maida Vale, the energy here is clean. You can escape the intensity of London whilst still being so close to it if you choose to venture in"

ANOUSHKA FLORENCE



Featuring...

DEBBIE WOSSKOW, OBE



## SIXTY SECONDS WITH ALICE

The second Edition of Maida Unveiled is proud to welcome Debbie Wosskow OBE. Debbie is recognised as one of the most prominent serial entrepreneurs in the UK, known for successfully launching and scaling businesses in the areas of digital disruption, the sharing economy and female empowerment. She was the Founder and CEO of Love Home Swap, sold to Wyndham Destination Networks for \$53m in July 2017. As co-founder and chairperson of AllBright, Debbie, along with her co-founder Anna Jones (former CEO of Hearst), aims to close the gender-based funding gap that currently prevents many women from launching and succeeding with their business ideas.

In January 2018, Debbie opened The AllBright, the first members' club for working women in the UK. A second club will open in Mayfair in Spring 2019, followed by the first International club in Los Angeles opening summer 2019.

Debbie led the independent government review of the Sharing Economy and was the Founding Chair of Sharing Economy UK. She sits on the Mayor of London's Business Advisory Board and was shortlisted for the City AM 2017 'Entrepreneur of the Year'. She was awarded the Evening Standard's Entrepreneur of the Year 2018.

Hailing from a family of female entrepreneurs, her entrepreneurial journey started at the age of 25 when Debbie launched her first company Mantra, a marketing consultancy, later sold to Loewy Group in 2009.

Debbie was awarded an OBE for services to business in 2017. She graduated with an MA in Philosophy and Theology from New College, Oxford. She was awarded the Freedom of the City of London in March 2019.



**Name-** Debbie Woskow

**Age-** 45 3.

**Star Sign-** Aquarius.

**Best thing about Little Venice/Maida vale?**

Central but peaceful – and my view onto the Bristol Gardens communal gardens.

**Worst thing about Little Venice/Maida Vale?**

We need more great local restaurants!

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

An entrepreneur – I started young and it's in the blood.

**What would you save if your house was on fire?**

Aside from my family – my shoe collection is pretty impressive and well curated over the years.

**Who are your 5 dream dinner guests?**

Madeline Albright (my business AllBright was inspired by her famous quote 'There's a special place in hell for women who don't help other women'), Phoebe Waller Bridge, Margaret Atwood, Coco Chanel and Michelle Obama – all to be hosted at The AllBright Mayfair as I'm a terrible cook.

**Who would play you in a film?**

Sandra Bullock meets Rachel Weisz.

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

I'm on the Board of the Women's Prize for Fiction – Anne Michaels' 'Fugitive Pieces' remains forever in my heart – alongside my own book (authored with my co-founder Anna Jones) 'Believe, Build, Become'

**What would your last meal be?**

Native oysters, John Dory and a glass of champagne at Scotts.

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

I start businesses that help women around the world in their jobs.

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

The Summerhouse for a Summer fish supper by the canal.

**Finally...What is the funniest thing that has happened to you recently?**

Opening our Los Angeles AllBright Club a few weeks ago and hanging out with Rebel Wilson, one of our Founder Members. She is pretty darn funny.







# Maida Vale Parents

*By A Sinclair*

'Maida Vale Parents is an (online) group for Parents and Carers in the W9 area. ..*'with bumps, babies, toddlers, tweens, teens and even grandchildren'*.

Counting 4.4k members, the group was originally formed in 2007 by six new mums far from their families who used to gather in the rose garden of Paddington Recreation Ground.

I met up with one of the group's founders Eugenia Mandrali, and the current head of admin Anne-Sophie Erlandsen Olesen. We had coffee at *Toast* on Formosa street and they kindly lead me through the journey of MVPs.

## How did the Idea came about?

Eugenia had migrated far from her hometown in Greece, away from the impending financial crisis, her family and friends, and was feeling the pressure of new parenthood.

One day, she saw a sign in the GP surgery advertising a weekly group of migrant mothers. She decided to join and thus met the ladies who were to be the founding tribe members of Maida Vale Mums...



The Mums comforted and supported each other, shared advice and soothed the wicked parental guilt we seem to all be afflicted with in one way or another. Soon, they found that that regular meeting was invaluable to their lives.

*"It was very organic at the time, a sort of self help project"* says Eugenia.

### Maida Vale Mums Website

In 2007, the group decided to be more structured and branch out. With the help of Meghan, an American mum and owner of a successful business in the U.S. selling CDs, they created a webpage "[www.maidavalemums.com](http://www.maidavalemums.com)". The page was mainly used to organise parties, meet ups and share ideas of what to do in the local area.

### From Maida Vale Mums to Maida Vale Parents

In 2013, for various reasons, the group had to close down abruptly and faced with 2000+ members' impending 'uprooting'. This is where Anne-Sophie, a forward thinking mum, stepped in and re-launched the group as Maida Vale Parents.

### What makes Maida Vale Parents so special?

The famous child focused psychoanalyst Donald Winnecott spent much of his working life just down the road from us at St Mary's hospital. He famously believed that the 'Mother' in the archetypal sense had to be 'good enough', providing the environment was contained and safe and transition was gently facilitated.

This is exactly why MVP's as a group is so successful. It is a welcoming environment for all Parents. What sets it apart from other groups is the safe container created by the admins. Much like kids need a safe container and boundaries to thrive, as do online groups. The key to its success lies behind closed doors with the admin.

It is a tightly run ship with only a handful of moderators who make sure that the group rules are always respectfully enforced: for parents but not just about parenting; let's be kind and civil; no ads whatsoever; no hate speech, bullying or discrimination; no Fake News; no Justice by Social Media; and What Happens on MVP Stays in MVP.

This has made the group a very supportive, non-judgmental and extremely dynamic community. The saying goes that *'Even if you leave Maida Vale, you never leave Maida Vale Parents 2 Parents'*, which is why members hail as far as Australia, US and Asia by now. And out of 4400+ members, more than 3800 are Active Members, meaning they have Viewed, Commented, Posted or Reacted in the last month alone.

Since Anne-Sophie took over, MVP2P has doubled in size. Its members, like an ever changing team of volunteers, have also organised many IRL (In Real Life) events such as Family Mini-Festivals in Pad Rec, Xmas Drinks, Mid-Week Drinks and even their first MV Dads' Drinks.

But its core offering is still online support and advice to the many very diverse members, who represent quite accurately an area of London where high wealth and poverty exist side by side, but where all are local parents. And while there are no MVP Weddings (that we know of) there are certainly a plethora of true MVP Friendships.







*Emma Taylor, Image by Jenny Scottt*



AUTUMN/  
WINTER 2019

BRIDGE HOUSE

*By Katherine Hill*

## 40 YEARS OF NEWSREVUE AT THE CANAL CAFE THEATRE

*By A Sinclair*

"It's important to me that gender differentiation is eradicated in the world of theatre, I believe we have come a long way, however, there is still work to do."

EMMA TAYLOR





40 YEARS!  
Emma Taylor, Image  
by Pete Smith

Award-winning Canal Café Theatre has been perched on the edge of the Regent's Canal since the 70's. It is a renowned comedy, cabaret and theatre venue and over the years has helped launch some of the biggest names in Comedy.

The Canal Café is the home of NewsRevue, a weekly, comic take on the news brought to life on stage.

NewsRevue holds the Guinness world record for being the longest running live comedy show in the world and it draws a London-wide audience to the leafy streets of Little Venice.

The show has hosted a number of talented names throughout the years - including Sara Pascoe, Bridget Christie, and Gemma Whelan.

The Bridge House Theatre itself has also been the launchpad for household names such as Miranda Hart, John Oliver, and the league of gentlemen. their journeys began in our humble Little Venice theatre.

The genius behind the scenes is award-winning producer, **Emma Taylor**. Emma is a producer/director and performer, and most recently the author of a newly published book, "The Pocket Producer".

The Canal Café has been lucky to have Emma for nearly twenty years. During that period, Emma has produced numerous weekly sellout shows and, in 2018, she was awarded the IARA Special Recognition Award in honour of her contribution to British theatre and comedy, and acknowledgement of the unrivalled opportunities she has given to women in the world of comedy,

When speaking to Emma, her passion for helping women in theatre was apparent;

*"It's important to me that gender differentiation is eradicated in the world of theatre, I believe we have come a long way, however, there is still work to do."*

Emma is not only a supporter of women in theatre. The theatre is generous when it comes to championing women's rights, and often opens its venue to various charities such *The Circle* which hosts informative, fundraising panel-talks in aid of education on topics such as FGM and domestic violence.

Don't forget to book your tickets to NewsRevue online <https://canalcafetheatre.com/>



# AIR POLLUTION IN W9W2

*"A CANARY IN A COAL MINE FOR CLIMATE  
CHANGE?"*

*By J Hewitt*

## The Problem

Air pollution – as distinct from greenhouse gas emissions - has been much in the news during the last few years. Contributory factors include court cases against government, cheating about car emission standards, and introduction of the ULEZ. Underlying these are the premature deaths and ill-health (including asthma) which air pollution causes and their cost to the economy (particularly the NHS) and society, albeit primarily in urban areas. Like passive smoking, much of that cost is born by those who contribute least to it.

In London W9W2, road traffic is the primary cause. Congestion makes matters worse. Idling – of diesel-powered vehicles - is particularly harmful (even with engines which meet the most recent EU standards – which are not designed to address the problem).

Densely arranged multi-storey buildings create a canyon effect along roads (or, as along the south side of Westway, a barrier), thereby making it difficult for pollution to disperse –with implications for planning policy. Drivers and their passengers tend to suffer more than cyclists and pedestrians – the benefits of active travel in the open air outweigh those of contributing to climate change while sedentary, cooped up with poor air filtration.

Urban greening induces us to ignore air pollution, does not reduce its production, and has little beneficial impact on air quality.

## What is air pollution?

Two air pollutants of greatest concern are nitrogen dioxide (NO<sub>2</sub>) and particulate matter (e.g. PM<sub>2.5</sub>).

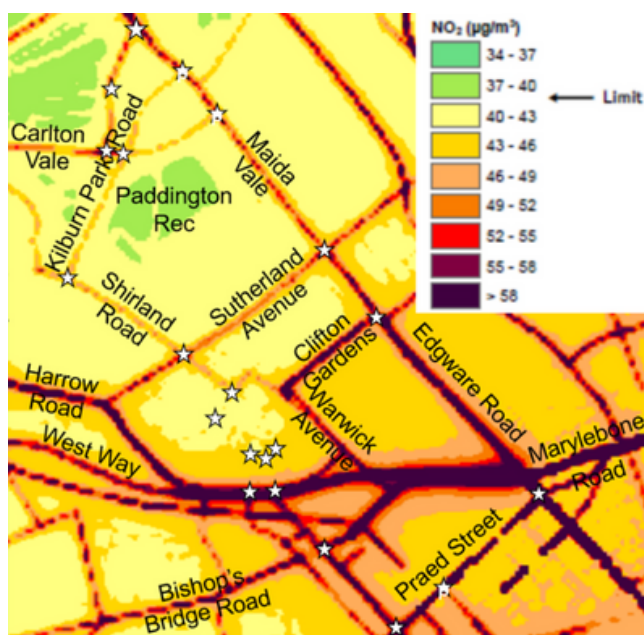




### What is air pollution? (continued)

Particulate matter mainly derives from vehicles when braking, the interaction of their tyres and the road surface (even from electric vehicles), construction / demolition and, occasionally, dust from outside London. Overall, NO<sub>2</sub> concentrations in this part of London are probably declining slowly. However, near main roads, they exceed the legal limit (which by law should have been achieved by 2010). PM<sub>2.5</sub> concentrations in central London are rising and exceed the limit recommended by the World Health Organisation. Concentrations of ground level ozone (O<sub>3</sub>) – affected by the interaction of sunlight on the mix of particles and chemicals in the air – are also increasing but rarely exceed the recommended limit.

The chart below (obtained from a computer model by the London Atmospheric Emissions Inventory) shows the concentration of NO<sub>2</sub> during 2016 in and around the area covered by the Society.



Within that area, Paddington Recreation Ground is the only location where concentrations are lower than the legal limit.

The chart clearly shows that hotspots of NO<sub>2</sub> pollution are localised and attributable to transport – for example, as one might expect, Paddington (including from diesel trains), Westway, Harrow Road, and Edgware Road, but also Clifton Road.

In order to assess trends and improve understanding locally, it would be useful to deploy diffusion tubes every second month for at least one year, doing so at salient locations – schools, shop / café neighbourhoods, high rise zones, heavily trafficked roads and quiet streets. Away from hotspots, NO<sub>2</sub> concentrations are lower during summer than winter, and vary considerably by time of day and the weather. The images opposite show a diffusion tube being installed across the border in St John's Wood and a range of devices used for commercial and official purposes.

### What can be done about it?

Less traffic at certain times of the day should be encouraged, but rat-running should correspondingly be discouraged. Less traffic (and lower speeds) would also help decrease death and injury from collisions. Although the use of electric vehicles tends to cause less direct air pollution than vehicles powered by carbon-based fuel, their batteries might be charged with electricity generated using carbon-based fuel – which is inconsistent with climate change obligations. Further, there are thorny issues concerning the supply and disposal of raw materials from which the new vehicles are made. Crucially, the changes needed to address the climate emergency (declared by the government and GLA) would accelerate improvements in air quality across London. Like a canary in a coal mine, air quality is to some extent an indicator of progress in combatting climate change.



# UPDATE FROM OUR MAIDA VALE COUNCILLORS

We are pleased to support this second edition of Maida Unveiled and to work alongside the PWMVS/W9W2 as our local Amenity Society.

It has been a busy time across Westminster and a number of important initiatives which we have been supporting will have a positive impact on the Maida Vale ward.

## Planning review

We are very pleased that the council leadership has made the planning system more inclusive. Now, for the first time, residents can speak at planning meetings, and the meetings are livestreamed for those who want to view local democracy in action. There have been welcome changes of relations between Planning Committee members and developers, with formal meetings taking place in the presence of Council officers, with minutes taken. The final stage of the review will see greater powers for Ward Councillors and local amenity societies to determine how to resolve contentious planning applications before they arrive at committee.

## City Plan

The draft 2019-2040 City Plan is in the final stage of consultation. It is a step forward and we support a number of the new policies proposed, such as additional protection for Soho, a greater focus on sustainability, and a commitment to building more homes in Westminster. In our formal response, however, we requested the council leadership do more to promote new family housing at social rents, reduce car usage and ownership, and deal with the impact of new technology on city management. In MV ward we have been working to identify 'brownfield' sites, such as WCC car parks where new homes can be built.

## 20 mph limit

We are delighted that the council has agreed to a 20mph speed limit in Westminster. The pilot scheme around schools in Little Venice and Maida Vale has been working well for over a year and Westminster is now consulting on rolling this out across the City.



Councillors Geoff Barraclough, Rita Begum, Nafsika Butler-Thalassis.



### Climate emergency

In a welcome display of cross-party co-operation, Labour and Conservative councillors have voted unanimously to declare a climate emergency in Westminster.

Together, we are committed to make the Council carbon-neutral by 2030, and the City itself by 2040.

We look forward to seeing the Council leadership's detailed plans and will be urging them to reduce car usage, air conditioning in residential buildings, planting more trees and directing Westminster's economic development investment towards green industries.

### Ward budget

Every ward has a budget of £45,000 that can be spent on local projects to improve the lives of residents. In Maida Vale, we have been using it to fund:

*A new reading den and additional speech therapy in Essendine School.*

*A digital inclusion programme for older people run by Age UK.*

*Extra help for the North Paddington FoodBank. Supporting the St John's & Elizabeth's Hospice fundraising funfair.*

*Contributing to the new van purchased by the local charity, Neighbour-care, for taking older people on outings.*

*A programme for teaching locals to play chess run by a local café, plus other projects.*

We would encourage all local schools, charities and businesses who want to run a not-for profit project, which benefits the local community, to look at the ward budget information on the Westminster City Council website and get in touch.

Councillors Geoff Barraclough, Rita Begum, Nafsika Butler-Thalassis.



*Maida Vale councillors opening the new reading den at Essendine School with the Lord Mayor, Cllr Ruth Bush. The den was funded from the ward budget.*

Look out for an  
update from our  
Hyde Park  
councillors in the  
2020  
Spring/Summer  
edition of Maida  
Unveiled



# HAVE KITCHEN WILL COOK

Follow Have Kitchen Will Cook on Instagram and Facebook

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.

I love autumn. I love the colours of the trees and of everything in my veg box, showing off that they have gorged on sunshine all summer just to please my eyes and my tummy. I love the kind of food you bung in the oven and let it do its thing. Or pop in a big pan and let bubble away, filling the kitchen with warmth and delicious smells. I love that much of this food is even better re-heated, so I can spend a Sunday afternoon cooking a few things for the week ahead, knowing it will only improve while waiting.

And I love pumpkins, squashes, all those too-gorgeous-to-cook ones. I have been known to buy lots just to decorate my windowsill. Shh! A last gift of sunshine from summer, to see us through the winter. And, lest we forget, they make an amazing vessel for jack'o lanterns.



AUTUMN SUNSHINE IN A  
BOWL, ON A PLATE...

I just can't get enough of their orange roundness and multiple uses. How many foods do you know which can be used to get all your aggressions out by scraping hard flesh out of them, channel your attention by picking all the seeds from the fibrous guts, get all dirty up to your elbows while sitting in the living room, be creative in a glorious childish way AND is easy to accommodate into tasty meals?

Our daughter Miss C is a big fan of pumpkin and sage. Something I was introduced to on a work trip to Emilia Romagna many many moons ago: homemade ravioli, filled with roast pumpkin, then served with brown butter and fried sage... It doesn't really get any better (or more autumnal) than that.

So to please her, I made this Hasselback Onion Squash with Sage and Butter. As gorgeous to look at as it was meltingly delicious to eat. We had it with some duck confit, but I would happily have eaten it as a vegetarian main course (with extra brown butter).

Pre-heat oven to 180C

Put  $\frac{1}{2}$  onion or butternut squash (unpeeled, seeds scraped out), cut side down, on a chopping board between 2 chopsticks. Using a large knife cut thin 'slices' almost all the way down (the chopsticks will stop you cutting through).

Gently insert a sage leaf between some of the slices.

Place the squash in a snug fitting ovenproof dish, surrounded by 3 halved shallots and 2 peeled garlic cloves. Dot with butter or drizzle with olive oil. Season.

Cover with foil and cook covered for 1 hour, then uncovered for  $\frac{1}{2}$  hour. Add extra chopped herbs and butter/olive oil just before serving.



**LEFTOVER INSPO:**

Chop the squash and add extra herbs, reheat gently with some crème fraîche. Use as sauce for pasta.

With the other  $\frac{1}{2}$  squash, prepare a quick Thai-inspired warming soup.

Fry the cream from a tin of coconut milk with some Thai red curry and chopped shallots (put tin in the fridge to solidify it, if needed)

Add peeled and chopped chunks of squash (if organic, I rarely peel it) and just cover with stock (veg or fish) and the thinner liquid from the coconut milk (always easier to add liquid to a soup later, if too thick)

When squash is tender, puree half or all, depending on what you prefer

Optional: you can add fish sauce, soy sauce and palm sugar to taste. I like to add some green leaves that cook quickly (baby spinach is perfect). If for non-vegetarians, a handful of frozen king prawns is delish.

**FOODIE WORD OF THE MONTH:**

Hasselback: originally applied to peeled potatoes, the technique of cutting thin slices half or  $\frac{2}{3}$  of the way through and then roasting is now used for various fruits and vegetables. The technique originated in Sweden in 1953 at restaurant Hasselbacken.

**DESERT ISLAND UTENSIL:**

Chopsticks: in our kitchen they get used much more than just with take-away. There is always 1-2 near the toaster to fish out pesky slices that don't pop up. I have one handy for checking if a cake is baked all the way through. They are perfect for 'hasselback-ing' anything. And I have been known to write 'Hermione' or 'HP' on some of them, for World Book Day...

HAVE  
KITCHEN  
WILL COOK



# 5TH PADDINGTON SCOUT GROUP

by J Murphy

The 5th Paddington Scout Group celebrates its centenary this year and continues to offer Scouting to the local community and beyond for many more years.

Our Scout Group is made up of a Cub Pack for Boys & Girls from the age of 8 to 10 1/2 years and a Scout Troop for those who are 10 to 14 years. The Pack and Troop are run by trained dedicated volunteer Leaders with many years experience between them.

We are based at St. Mary Magdalene's School, Rowington Close, Warwick Estate W2 5TF.

The Cubs and Scouts take part in a wide range of activities that are designed to be interesting and challenging with the aim of having fun, making friends, team work, leadership skills and skills for life, gaining activity badges, camping trips and district competitions plus fundraising events keeps us busy throughout the year.



One event that our Cubs & Scouts took part in over the Summer was to help our Warwick Avenue Underground Station with their Stations in Bloom Competition. We were invited by the Station Manager, Mark, to produce an eye catching display to put up outside the Station, along with our Scout Group. Warwick Avenue Station was also celebrating 100 years, so our display had a theme for both our centenary's using decorated flower pots and wooden figures which the Cubs & Scouts spent weeks working on. The finished display was very eye catching and drew a lot of interest and I even received a number of emails from people their delight.

Warwick Avenue Station came third this year in the Station in Bloom competition so we were very happy to do our bit in our community.

If you would like any information about joining our Scout Group please send me an email: John Murphy (Cub Leader) [akelajmurphy@gmail.com](mailto:akelajmurphy@gmail.com)



# THE LONELY PET COLUMN

Could you have the answer to finding love?

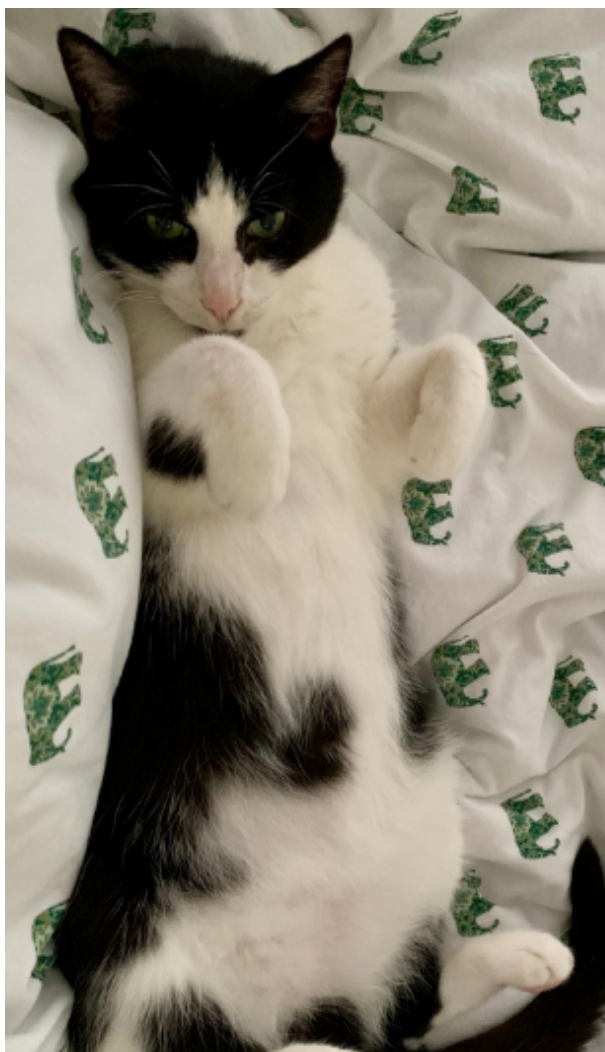
**Name:** Whiskers 'Pacho'

**Owner:** Hot, smart, subversive and blonde.

**Age:** 11 in cat years (77 in two legged years)

**Occupation:** Bon viveur

**Looking for:** Partner in crime 'must have a naughty streak'.



**In HIS own words....**

**'Ciao a tutti. I am Whiskers, an international feline of mystery. I'm strictly fun and shenanagins. Life is too short and variety is the spice of life.**

**I have always stayed at home and had the party come to me, so I'm looking for a lovely pet that can travel to me (I'll make it worth their while).**

Although I'm in the latter stages of life, I keep myself trim by shadow-boxing with pigeons and rolling around having my tummy tickled. I have a lovely lady who comes in to trim my claws fortnightly and would appreciate the same level of *pawicure* from any prospective partner.

I'm generally on the catnip by about midday, but I have built up so much tolerance that it rarely affects my performance. Message me and let's get this party started.

P.S I'm generally asleep for most of the day so I like to adhere to mid-afternoon timeslots for dates. Please do your biz before you come, no one likes an unexpected present in their litter.

**Please send in your responses to  
[alice.sinclair@w9w2.co.uk](mailto:alice.sinclair@w9w2.co.uk)**

*'I keep myself trim  
by shadow boxing  
with pigeons'*



# PADDINGTON WATERWAYS & MAIDA VALE SOCIETY CHRISTMAS CAROLS

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on

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**Find out more:** [info@npfoodbank.org.uk](mailto:info@npfoodbank.org.uk)

**Donate:** [www.npfoodbank.org.uk/donate](http://www.npfoodbank.org.uk/donate)

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Emma Taylor

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# Our W9W2 area...

