Issue 4 Priceless

# MAIDA UNVEILED

Autumn/Winter 2020/2021

From The Paddington Waterways and Maida Vale Society



Visit www.W9W2.co.uk

# A NOTE FROM THE CHAIR

# John Zealley

Hopefully we are reaching the end of the current lockdown period and our area will soon be coming back to life again in the run up to Xmas, even if some members of our community have had to sadly forego their full Diwali celebrations. In that spirit, we trust that you will appreciate our cover. Our area is given its character by combining a diverse set of residential communities mixed with a wide range of retail, dining and business premises.

Of course many of these commercial premises have had a tough time over the past nearly 9 months. This was the trigger for our front cover, which features a range of local enterprises to remind us all not only about these ones in particular but also about the range of other enterprises in our area that would benefit from our support.

This is given renewed importance due to the return to lockdown and likely continuation of various restrictions thereafter. As a result PWMVS has chosen to reactivate its community support activity through the winter.

There are two areas of focus this time around, one is the continued distribution of face masks, sewn by volunteers, to community groups such as the North Paddington Food Bank; the second is to team up with a local chef and youth organisation to provide meals for vulnerable households in the area. As ever, your donations to help support these efforts would be appreciated.

https://www.justgiving.com/crowdfunding/w9w 2covidresponse





More broadly, the Society continues its work for the community. Concerningly, despite our efforts, working with Councillors, the Mayor for London overruled Westminster City Council's objection to a development with increased height at 5 Kingdom Street in Paddington Central. The resulting building will tower over the Little Venice pool. The Society was particularly surprised and disappointed that such a decision should be made by the Mayor at this time, after a period when we have had brought home to us the need to preserve the amenity of conservation areas such as ours. This is not just in terms of preserving historic fabric, important as this is but also particular features of our area, with its proximity to the calming effect of water and the relaxation that comes from the visibility of the sky which results from the typically low rise nature of the building. These features are a source of support for mental health and wellness in the midst of a The Mayor's approval of this busy city. development will significantly degrade the amenity of a part of our area that is used not only by those of us fortunate enough to live here, but also those Londoners who come to our area for relaxation and is therefore to be regretted. That said, we have not given up and are exploring further avenues to have this decision challenged.

On a more positive note, PWMVS has been pleased to work with the Paddington Recreation Ground to improve their facilities for families by directing some of the community's CIL funds into the redevelopment of the play area.

We are also working with the Paddington Spaces team to improve connectivity for active transport - aka walking and cycling - north/south through the Westway. In addition, we have continued to support individuals and groups of residents to respond to planning and licencing applications in constructive ways that preserve the amenity of our area without falling foul of 'nimby-ism'!

In closing, the tough times over the recent months has in many ways brought our community closer together and PWMVS has been pleased to be able to play an important part in this. We couldn't have done this without the support of our members, so thank you to all of you who support us. In that spirit, please share this magazine with your friends and encourage them to register to become part of our efforts, whether by simply receiving our mailings or by volunteering to support our efforts or by donating to help us secure the services and materials we need.

It only remains for me to wish you as Happy a Christmas as possible, even in the absence of our traditional PWMVS Carol Concert at St Mary's Paddington Green, and hope that you will be able to share some seasonal cheer with those nearest and dearest to you.

John Zealley, November 2020

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"The Views expressed in Maida Unveiled are those of the individual contributors and not necessarily of PWMVS"

# KAREN BUCK

Our Local MP

So a tough spring and summer have turned into a hard autumn, with a second lockdown now needed-however reluctantly - to check the spread of the virus and help make sure our health services aren't overwhelmed.

This is not a situation any of us wanted to be in. Impact on jobs and businesses, lives and well-being and the economy as a whole is beyond belief. The alternative - for those of us who don't believe in 'herd immunity' and the idea we can simply shut away more than twelve million people and their households to protect the 'most vulnerable - is worse.

We will get through this though, however painfully, and once again people will support each other in neighbourhoods and communities as they did earlier in the year, and that was one of the positives which came out of this whole crisis.



Another welcome development is that Covid treatments have significantly improved since the spring, as the NHS has learned more about the condition, and whilst that in itself wouldn't prevent the service being overwhelmed if the virus was allowed to let rip, it does mean we can hope more of those affected can make a full recovery. Yet we can be in no doubt that the consequences of the pandemic will shape our lives for the foreseeable future. Much has changed and some of those changes will probably be for good.

It is already clear that working and commuting patters are transforming. City centres won't look the same when this has settled, with less demand for offices and probably for traditional retail. This is a moment to seize- not to allow cheap and nasty conversions to residential, or to let high streets be blighted, but to manage change with a strong emphasis on supporting the creative and cultural economies which are the real beating heart of big cities.

One of the Parliamentary battles of recent months has been about these issues- with the Planning Bill being controversial both because of way housing targets are being set nationally, by algorithm, the exclusion of local communities from planning the growth decisions, and of permitted development rights, which enable developers to bypass planning rules and avoid affordable housing requirements. One scheme in Harrow Road, constructed under Permitted Development, has blocked off one of my constituents light almost entirely. So bad are some of these schemes that the government actually had to specify recently that all homes did actually have to include windows! Expect more controversy over planning as we go forward.

Of course travelling in London has also changed dramatically- I often find myself almost alone on the Bakerloo line when I come in to Parliament early in the morning. Passenger numbers on public transport fell to levels not seen since the 19th century this spring, and whilst they have recovered somewhat are still way below what they were.

However, road traffic is now back virtually to where it was, despite the number of people commuting in to work still being about a third down on last winter (not including this current lockdown). We do need to continue to manage this, so as not protect our streets from congestions, rat running and dangerously high levels of air pollution. I was, however, very relieved that the government backed down on their proposals to force an extension to the congestion charge all the way out to the North and South circular roads, as well as the loss of free travel for under 18s, 60-65s and the imposition of above inflation fare rises. The national rail companies were quite rightly supported when the collapse of fare income took them to the brink financially- and that help was given without conditions. Transport London's fare income fell 70%, but for us it was different- huge conditions were imposed, all of them extremely damaging. It was good to get a deal on this on the last day of October, but less positive that negotiations will all start again in March!

I continue to work very closely with the police, who have the challenging role of enforcing the Coronavirus Act regulations as well as crime and anti-social behaviour more generally. Whilst some types of crime fell dramatically during the summer lockdown others- neighbour disputes, domestic violence- rose a lot too, and we have had a desperately grim summer and autumn with regards to serious youth violence.

Police numbers remain much lower than they were at the start of the decade, although more are promised between now and 2022, and resources are definitely stretched. Council capacity is also very limited, with a big hole in the budget as income plummets and needs grow. I think we need good local services more than every- for advice, support for vulnerable residents and to communities- but so far promises to meet the costs of covid in full have yet to be honoured. 2021 may bring its own challenges but I suspect most of us will be well rid of 2020. 2021 cannot really come soon enough!

Wishing everyone strength and good luck during these difficult times. My staff and I will continue to do our best to help people and respond to your questions.

# AN UPDATE FROM OUR MAIDA VALE COUNCILLORS

By Cllrs Geoff Barraclough, Rita Begum, Nafsika Butler-Thalassis

It's been quite a year since we last wrote for this magazine. You won't be surprised to learn that we've been very busy dealing with the local impact of the Covid pandemic but there's also much to tell you about new affordable housing in Maida Vale and much else besides.

#### Covid-19

At the end of March 2020, the Maida Vale councillors took the decision to cancel a payment of £11,356 from our ward budget which was to fund summer hanging flower baskets and instead made a donation of £14,953 to the North Paddington Foodbank.

The North Paddington Foodbank made up to 1,000 deliveries of food parcels each week during the lockdown and donating to the foodbank was the best way at our disposal to ensure that Maida Vale residents were safe.

In April, we donated an additional £2,000 to Paddington Waterways and Maida Vale Society to support their work delivering food and making masks for staff working in St Mary's hospital.

During the lockdown we supported residents, while facing the same challenges as everyone else in working at our respective jobs from home and looking after our children who were out of school.

Cllr Geoff Barraclough volunteered with the North Paddington Foodbank, delivering food packages to our residents and Cllr Rita Begum volunteered with both the Granville Community Kitchen and the North Paddington Foodbank.

Cllr Nafsika Butler-Thalassis liaised between volunteers (the W9 crew) and the Council's Adult social care as the volunteers discovered several residents who were receiving inadequate support from the council.

Cllr Nafsika Butler-Thalassis runs the charity, the BME Health Forum, and as the disproportionate impact of Covid-19 on BME communities became apparent, she worked with diverse communities to ensure Covid-19 information was available in different languages and that the NHS responded to the fears of local communities about using its services.

During the current lockdown, it is important that residents know that there are now enough tests for anyone who has symptoms to get one. Tests have to be booked online or by calling 119. The nearest testing centres are: Lydford Hall, 74 Fernhead Road, London W9 3EW and Greenside Community Centre, 24 Lilestone St, Marylebone, London NW8 8SR.

While we haven't been holding formal surgeries since the lockdown in March 2020, we are available to meet with residents who need our help on a 1:1 basis, outdoors so as to comply with the current regulations.

You can contact us on

nbutler-thalassis@westminster.gov.uk, gbarraclough@westminster.gov.uk, rbegum2@westminster.gov.uk

or you can ring the council on 020 7641 5377.

#### Affordable Housing

We're delighted that we will finally have the first new council homes in Maida Vale for a generation!

The new homes are part of Westminster's in-fill programme and will be built on garages or car parks owned by the council. Disappointingly, construction of the first eight new houses – behind the blocks on Carlton Vale – has ground to a halt as the builder went into administration during the first lockdown. But we're promised a new contractor on site shortly.

Building will start shortly on another eight homes on Lanark Road followed by a much larger block of 22 in the car park of Torridon House which should commence next summer. Thurso House car park at the rear of St Augustine's church should follow soon afterwards.

The largest new development will be at Carlton Dene at the junction of Kilburn Park Road and Carlton Vale. This is currently a low-rise care home. The residents have now moved to the new facility on Shirland Road and we support the council's plans for a new Carlton Dene which will contain 55 "extra care" units. These will house vulnerable older people who have the capability to live independently. At the same time, Peebles House next door will be demolished and replaced with a larger block of 22 affordable flats.

In themselves, these developments won't make much of a dent in Westminster's backlog of 1,700 families living in temporary accommodation but will make a real difference to the families for whom we can offer a home of their own.

## Planning news

Westminster's new City Plan is being examined by the Planning Inspector as we write but the major news has been the publication of the Government's new white paper on Planning.

This proposes the biggest changes in the planning system since the 1940s and threatens our conservation areas with unwanted development. Equally worrying, the white paper abolishes residents right to object to proposed developments and largely removes the role of elected councillors on local authority planning committees to decide what gets built where.

The White Paper also proposes mandatory home building targets for central London councils well in excess of their current capacity. This risks peppering Westminster with high-rise residential blocks of unnecessarily small flats completely out of keeping with the city as it is.

Westminster's response to the White Paper calls for a reduction in the mandatory homebuilding target, a continued role for planning committees and a commitment from Government that conservation areas are safe from unwanted development.

Closer to home, we were delighted to help the leaseholders of Lauderdale Mansions West fight off an attempt by their absentee freeholder to build an extra storey on top of the block which has a long history of subsidence. Westminster Planning Committee unanimously rejected the application on several grounds including the lack of windows in the bedrooms of the new flats!

Check this link for more information on this:

https://www.hamhigh.co.uk/news/lauderdale-mansions-west-council-reject-9-flats-on-the-roof-of-maida-vale-block-1-6863344

The BBC is appealing against the grade II listed status awarded to its Maida Vale studios because it wants to make money redeveloping the site. In 2018, it was announced the studios would be closed, with the corporation's music recording facilities moving to new premises on the Olympic Park in Stratford, east London. However, the BBC's hopes of making a windfall by selling Maida Vale Studios to property developers stalled in May, when the building was awarded grade II listed status by the Department for Digital, Culture, Media and Sport.

## Councillor Geoff Barraclough said:

"It's disappointing that the BBC is looking to appeal against Historic England's decision. Instead, it should be working with the local community to find alternative uses for the site that respect the heritage of the building. One idea would be to create a museum of recorded music in the studios themselves."

#### Check this link for more information on this:

https://www.hamhigh.co.uk/news/heritage/maid a-vale-studios-campaigner-disappointed-as-bbc-challenge-listing-decision-1-6861753

Looking ahead, the owners of 123 Dry Cleaners on the corner of Elgin Avenue and Shirland Road are proposing to redevelop the site. The new block would have eight flats upstairs and a reprovisioned dry cleaning shop on the ground floor. The developers have begun consultation with residents but have not yet submitted a planning application.

#### **Barclays Bank**

The announcement that Barclays Bank is to close its branch on Elgin Avenue came as a disappointment to many local residents. This was the last bank still open in Maida Vale and has provided a vital service for many years. Cllr Rita Begum led a group of local residents to meet with Barclays management. She explained the problems they would have when the branch ceases to trade in December.



## ISSUE 4

# COVID COMUNITY RESPONSE







W9W2 Response

Mosaic Community Trust

Wept

North Paddington Food Bank

The Samburu Girls foundation

# W9W2 Covid response group update

The W9W2 Sewing group has made over eleven thousand masks. They were supplied predominatly to St Mary's hospital. When the need at the hospital lessened we were able to supply the surgically approved masks to various different places in the community. This includes the Paddington North Food bank and youth centre.

W9W2 volunteer response has moved its attentions fully to vulnerable people in our local community over this difficult period and beyond. We have joined forces with Chef Jenny Woodberry and Ronnie at the North Paddington youth club. We have a mini bus (thanks to Ronnie) and are distributing food made by Jenny to all local residents in need. We are also still taking food to the Staff at St Mary's hospital, relying on donations and local supermarkets.



We welcomed the delivery of a new fridge-freezer to store the meals as occasionally it can be tricky to gage numbers and it is important none go to waste!

We are aiming to continue this venture into the new year and are relying on donations. If you would like to donate, share the donation link or volunteer please donate to;

 $https://www.justgiving.com/crowdfunding/w9w2co\\vidresponse$ 

If you are aware of anyone in need, please contact us or put them in touch at alice.sinclair@w9w2.co.uk.



Chef Jen and Ronnie welcoming the arrival of the new fridge



Ronnie, Alice and Jen loading up freshly made meals into the mini bus ready to be delivered all over the local area.

# The Mosaic community trust

Founded in 2005, the The Mosaic Community Trust is a registered charity working to promote community cohesion and interfaith harmony by learning from one another and enriching our knowledge and understanding without compromising our own identities.

MCT's approach to community empowerment is based on building caring, active, united, and inclusive communities, transforming the lives of socially and economically disadvantaged BAME residents. Our weekly drop-in services provided invaluable health and wellbeing support to BAME women in the Church Street area. We expanded our services to the Harrow Road and Maida Vale areas working with 50+ BAME women who regularly benefitted from advice on diet, exercise as well as tailored mental health support. To meet the increased demand for our services, we trained additional Therapists/Community Health and Wellbeing Advocates.

In response to the growing emotional health and well-being needs of BAME men during the COVID-19 pandemic, MCT has recently launched a Men's project delivered by a team of 4 men including 2 Imams – all trained by MCT.

MCT works very closely with the community policing and is on Westminster Independent Police Advisory Group.



To address the inequalities faced by BAME communities in accessing health care services, MCT hosted a community based Patient Participation Group(PPG) meeting on 5th October attended by local GP providers and several local local including a councillor, representatives from Westminster Council and Clinical Commissioning Group to listen to the concerns of the patients and address those issues affecting the BAME communities in effectively accessing quality health care services. Lena is committed to improving patience experience and represents patients on Central London Clinical Commissioning Group's PRG and the Chair of PPG at the Maida Vale Medical Centre.

MCT is highly privileged to receive a grant of £20,000 from Westminster Community Contribution Fund to further extend our services to the most socially deprived communities in Church Street, Paddington Green, Maida Vale and Harrow Road areas with particular reference to improving their mental health and well-being. Westminster Council is one of our main funders and we are particularly grateful to Church Street Neighbourhood Keepers programme, which has been supporting us for several years.

We are well recognised by the corporate companies based in Paddington Basin and Marble Arch and grateful for the support we receive from them through Paddington Central and Marble Arch BID. We are valued as a frontline organisation during this pandemic and MCT is actively involved in promoting accessible information on Test and Trace service, Flu vaccinations and keeping safe through our phone-based service.



#### **Covid-19 Pandemic**

In response to the rapidly expanding global pandemic, MCT quickly diverted its resources to supporting the most isolated and vulnerable 50+BAME women in the community. We developed and implemented a phone-based support service, based on community need, as well as gathering community data to support sector planning and policy development. Existing health inequalities have been magnified because of the pandemic and will continue to shape MCT's immediate and future work.

In mid-March 2020, MCT suspended its drop-in services and weekly training courses diverting all resources towards supporting the most vulnerable women in the community. We rapidly set up a phone-based wellbeing advice system, retrained our Advocates to focus on messages concerning the pandemic, good practice behaviour, advice on mental health and wellbeing, diet and exercise during lockdown as well as advice on Covid-19 related resources available in the area. Existing health inequalities have been magnified because of the pandemic. We worked closely with the Community Intelligence Forum, hosted Westminster City Council/Westminster Connects, voicing the needs and concerns of our user group to ensure that they are not underrepresented in key resourcing and policy decisions in relation to the pandemic.

Responding to the disproportionate level of COVID-19 infection among BAME communities.

To better address the needs of the BAME community, we continue to be flexible in our approach to support and empower BAME residents. The Covid-19 pandemic has highlighted the health inequalities experienced by our users as well as further intensifying household issues, such as domestic violence, drug abuse, relationship breakdowns which are leading to heightened depression, fear and anxiety in the community. In addition to addressing these issues, staff and Community Advocates have been working closely with individual residents to challenge Covid-19 discrimination, misconception misinformation experienced by and spread within the community. We were the first local organisation to recognise the need for a phone-based service which is more universally accessible to the BAME community than existing online support systems.



Lena Choudary-Salter founded The Mosaic Community Trust in 2006 with a vision to tackle religious intolerance and prejudice. She is an international development professional, dedicated to community empowerment and with a successful international development career spanning 30+ years.

Lena is a strong voice for the unrepresented BAME community in North Westminster, advocating for equality in health care provision within the health and wellbeing sector.

Lena has been a resident of Little Venice for more than 35 years. She was married to her husband Howard at St. Mary's on- the- Green by Rev. Fr. Gary Bradley, who also solemnised the wedding of their daughter Anjalee to Robert Malan in 2018 at the same church!

So, Maida Vale is extremely close to her heart. Although she has worked and lived in several countries in Asia and Africa, she would not swap living in Little Venice for any of them – no matter how beautiful and culturally rich they have all been.

# THE NORTH PADDINGTON FOODBANK

#### By Olivia Blanning

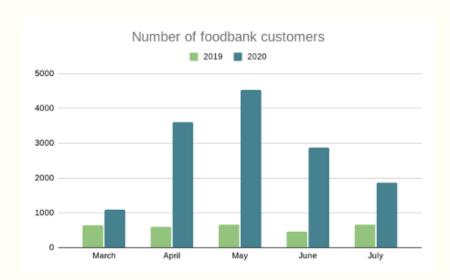
The W9W2 sewing group has supplied us with over a thousand masks to distribute daily in our packages. They continue to supply us with Alice delivering them weekly. Below is an account of what the North Paddington food bank has been up to this year.

Across the UK, an increasing number of people are experiencing situations where they have little to no money to purchase food and essentials. Benefits issues, unexpected costs, redundancy and long-term health problems and other issues have created difficult, sometimes protracted situations that mean people need to access support from charities. The Covid-19 pandemic and its subsequent lockdown have exacerbated these issues and brought them to the forefront of the public's attention.

The North Paddington Foodbank (NPFB) was started in 2014 by a group of local professionals and residents who had directly experienced or provided support to those experiencing hardship in North Westminster and saw the need for an organisation to provide short-term support. Using financial and food donations from across the community, the food bank aims to provide at least 3-5 days' worth of food to a household.

The start of Covid-19 pandemic and subsequent lockdown had a substantial impact on the everyday operations of the foodbank. In response to lockdown restrictions and rapidly increasing demand, our service was adapted from a one-day-a-week collection to 100% home deliveries running 5-6 days a week.

By May, the number of customers receiving packages from the foodbank was 578% higher than the same month the year before. The average household size has also increased from 1.7 to 2.3 members. We have provided food and essentials to over 18,000 people so far this year, compared to around 8,000 in 2019, distributing packages that reflect as closely as possible the needs and preferences of the people receiving them. Although we have been able to reintroduce collections, deliveries still remain an important and substantial part of our service, with a large proportion being carried out by volunteers.



North Paddington Foodbank (NPFB) customers between March to July (data from 2019 and 2020)

As an independent charity, we are reliant on the generosity and efforts of members of the public and local organisations to keep our service running, and we would not have been able to consistently respond to this increased demand without the support of the local community and our fantastic team of volunteers. We have experienced an overwhelming show of generosity and support from local businesses, organisations and people, with donations ranging from hot ready meals to the W9W2 Sewing groups PPE to a courier bike.

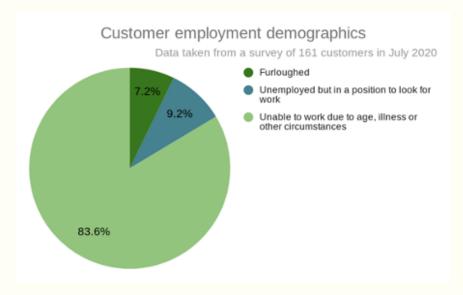
Work at the foodbank covers a broad range of areas; our team of volunteers help with a broad range of tasks which keep the foodbank running day to day: making up food packages, receiving & sorting deliveries, collecting donations from local supermarkets, making home deliveries, calling customers, and more.

Below are a few words from three volunteers who have worked tirelessly with us since the start of lockdown:

"I have been volunteering since March. Initially, the reason for helping was that the thought of being stuck at home doing endless jigsaws filled me with dread. Seven months later, the foodbank has completely enriched my life. I have met some amazing people from all different backgrounds who, I know, will be friends forever." - Nathalie

"I volunteered at the North Paddington Food Bank through Westminster Connects just before lockdown in early March. Working at the food bank has been one of the most humbling experiences of my life. I have learnt so many new life skills, met some of the most amazing people and feel so complete by this journey." - Shahida

"I have worked in the corporate world in Investment banking for a long time and the impact of what you do or the benefit to others can be hard to gauge. At the NPFB, it has been so easy to see the impact and benefit provided to others in need simply through the power of human spirit, like-minded people giving their time and working together. Along the journey, an added bonus is that I feel I have made some lifelong friends." - Ajit



North Paddington Foodbank (NPFB) customers demographics (data from July 2020)

If you are in need of food aid, are interested in helping in any capacity, or would like more information, please see our website www.nofoodbank.org.uk or send us an email at info@npfoodbank.org.uk



 $W9W2\ sewing\ group\ face masks\ going\ into\ customer\ packages$ 



 $We dnesday\ delivery\ of\ masks!$ 

# The W9W2 Sewing Group and WEPT



17

Vanessa who works with the woman's empowerment programme talks to us about her experiences, sewing masks, and her work at WEPT

"I have always had a passion for fashion. Growing up, watching my mother was a real inspiration. One day she will be in her nurse's uniform, with the starched hat and elasticated belt, totally immaculate, other times she would be cocktail dresses, again in her traditional African attire. I had a lot to pull on as I grew up in the late 60's, early 70's. My mother had collected fabrics for over thirty years which I inherited, and I have created my own fashion brand, with my partner, Danny Sekibo. Coming from an African background, dressing is very important. My mother is from Sierra Leone, my father from the Republic of the Gambia. I was given a small sewing machine when I reached puberty. It's an African tradition for girls to receive such gifts towards the direction of sustainability.

I make a point of taking Mollie, my daughter, to the Gambia. We are part of many communities. We meet with them to hear their stories, most importantly for Mollie to understand her ancestral culture, and giving her great insight of how others live. She has a lot of freedom there, and I hope one day Mollie will be become part of both her worlds

We visit schools as well taking with us learning aids, everything we can that's educational. We are presently raising money to build a school in the rural area of Sukuta, where there is no education for nursery, or early primary.

I heard about W9W2 sewing group through the Westminster City Council weekly Newsletter, where Alice, from the Paddington Waterways & Maida Vale Society, was reaching out to the community to help sew masks for the NHS. Immediately, I felt propelled to help. It's a great project providing immense community service of which we ought to be a part.

WEPT has worked, and continues to work, with different communities in London through teaching fashion, sewing pattern cutting, and clothes construction. We work with people from all backgrounds, cultures, faith, disadvantaged, marginalised, and isolated seniors.

The need is now greater than ever for people to come together, to heal, and to communicate with other like-minded people in a safe environment. We believe our role is to take our communities from adversity to sustainability.

We have recently been approved as a Provider for NCFE Accredited Courses which will be delivered through our Academy, LFTA. (London Fashion Textile Academy). WEPT's aim is to create specific pathways where the community can learn new skills or up skill that will allow them to gain employment start a business apprenticeships or further education in their chosen fields. WEPT (Women Empowerment Project Training) is a CIC managed by partner, Danny Sekibo and myself. We started in 2015 through personal experience of trying to find a job in fashion. As a single mum with a school run. It wasn't happening

#### Sewing the Masks!

The day to day sewing was intense as the work was delicate and it created moments of sheer dedication. It was an honour to be part of. My sixteen year old daughter, Mollie, was a real force, and understands the sense of importance in helping her community. We got together and got it done!

I created the production line and I would do all the cutting of the squares. Mollie laid them out in stacks of ten, and by adding the elastic started the first stage of construction. I would then follow that by turning it out, adding the fourth elastic, and send it back to Mollie to pleat. Then, I would sew the pleating and voila! I worked on the industrial machine, Mollie works on my old machine, a computerised domestic machine on which I taught Mollie to sew when she was eight years old, which has been passed down to her.

The humorous side to it was that we gave my cousin the role of Quality Controller, to check that the masks were complete. Mollie enjoyed watching us interact. This became a weapon for her "OMG, she rejected over sixty masks!". It drove us potty! Eventually Mollie asked if I could sack the Quality Controller as it was not working for her.

We laughed! We still have to finish them that Mollie hid till after she left. We had arguments, disagreements and an absolute laugh. It really kept our spirits up, and taught us about emotions and feelings. We had discussions on family members that had passed away, especially our parents. One thing I must say: Mollie got a great insight into her family. Bonus!

Our lockdown experience brought us closer. Normally we would not spend such long periods together as Mollie now attends boarding school. It was great to have that time together. Adjusting together to face what none of knew would be the outcome. Sewing the masks gave us a new bonding; it gave us back our time to be with each other every day, instead of every three weeks for a couple of days plus school holidays.

It taught us resilience in a time of not knowing what was happening to our futures!

The community could help WEPT by supporting us through different ways telling the community what we do to build a strong future for those of us that wants that extra difference and sometimes certain life, cultural religious circumstances can prevent us from sustainability of self. WEPT believe we can help bridge that gap. www.weptproject.co.uk





# The Samburu Girls, Kenya



Our W9W2 Sewing Group has made over 11,000 masks in the past 6 months and continues supplying them weekly to Paddington North Food Bank.

As our main recipient, St Mary's Hospital, Paddington, is no longer in need, we reached out to the Samburu Girls Foundation, a charity in Kenya run by Dr. Josephine Kuela, which is in desperate need of PPE. As a result, after one month in transit, and some negotiating at Customs, the girls have received 600 protection masks.

Dr. Josephine Kuela set up the Samburu Girls Foundation in Kenya, in 2011,

To make the world a better and safer place for girls through the provision of life opportunities and psychosocial care, free from the harmful and retrogressive cultural practices of FGM, child marriage and beading!

Dr. Josephine rescues these girls, between 8-18 years, and sends them to school to create opportunities via education. When our masks arrived, I received an excited message from the staff at the Foundation, followed by a video of Dr. Josephine, herself, teaching the girls and staff how to wear our masks.

"Thank you so much to all of you, wonderful, people for sewing and creating these masks. Thank you for helping us, and thank you for helping to protect our girls"

To help vulnerable women and children beyond the W9W2 zone has been a privilege and a huge reward for our enthusiastic sewing group. We are still creating masks and continue to welcome donations via our website:www.W9W2.co.uk

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# LOCAL BUSINESSES

LE COOKIE SHOP

REAL ALE

THE BRIMFUL STORE

# LE COOKIE SHOP

Interview with Alice Sinclair

We sat down for a socially distanced chat with Local entrepreneur and chef Stephanie Soret.

## How did you get to 'Cookie'?

I worked as a private chef all around the world on superyachts and households for over 10 years. I am also a pastry chef - patisserie is my 'thing'- and all the products you see today on my online shop are products I've been making for my clients for years.

As a fact I remember very well getting really serious about cookies back in 2009 while I was working on a yacht cruising the East Coast of the USA, going from Miami to NYC. The owner of this yacht was crazy about cookies so I told myself I had no choice but to create cookies he will never forget about! He loved them so much I ended up baking the same exact cookie recipe for him and his guests every afternoon until we made it to NYC!

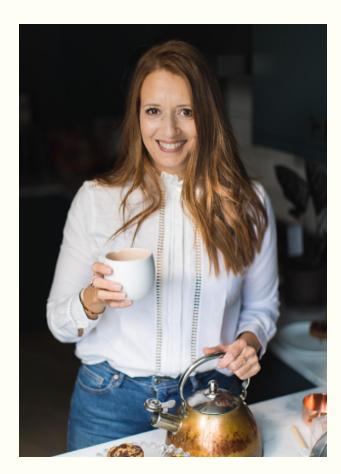
My first hazelnut spreads were created back in 2012 while anchored out Capri for the owner of a huge megayacht, the granola was tailor made for an athlete in his mansion in Newport Beach,CA and I mastered the pralinés while working in a famous patisserie in Côte D'Azur.

I've always dreamt of taking it further and to one day have my own bakery to share my creations with more people.

#### What inspired you to set up your own business?

I grew up in my parents catering business in France so I guess I always had an entrepreneur mind without knowing it...

In a previous chef role in Chelsea, one of my colleagues was celiac and one day we went out for lunch together, this is where I realised how difficult it was for her really enjoy a meal, all the gluten free option back then were not appealing at all. This was eye opening for me and I spotted a gap on the market: a gap for delicious gluten free or vegan goodies.





#### How has the pandemic impacted this?

Like everyone else I was stuck at home and decided to dedicate all this 'free' time into something positive and spent days and nights working on Le Cookie Shop. A side business with one chocolate cookie sold on Etsy.co.uk became a proper business over the course of a few months. At the beginning of the pandemic the website had only one chocolate spread and four cookie options and now offers 14 different cookies, a range a chocolate spreads and Christmas goodies. It definitely came with many challenges, I still don't know how I managed to built website myself, fears, stress, dramas and mistakes but I don't think it would have happened so fast otherwise

### What challenges have you faced?

I certainly struggled during the first lockdown, I focus on quality ingredients so sourcing high quality chocolate was a challenge at the time. I had to literally cycle all over London to find organic eggs or flour, it was madness. I remember one day I had to go to 6 different shops to find fair trade brown sugar and queuing for 1.5h every day at the post office to send orders was the new norm! I have learnt from all of it and I have set up regular deliveries with my suppliers to never experience this madness again. I now ship orders using a 'Next Day' courier and offer pick ups at the Maida Vale station.

#### What are you feeling hopeful for?

I hope that people have realised how important their local businesses are, they are what create neighborhoods and give sense of community. Even if we're wearing masks and respecting social distances, we need human connections even more than before,

# What do you love about being a Maida Vale resident and what brought you to the area?

I moved here 6 years ago, totally randomly to be honest and I couldn't be happier. Most of my friends have moved houses at least twice since then but I don't even think of it. I love the area, it's leafy and quiet, I am so grateful for being only few minutes away from the park and the canal and being surrounded by so many lovely shops, restaurants and cafés. To me it's a village inside the big city.

Order Stephanie's delicious products from her online shop here; https://lecookieshop.com/





# THE BRIMFUL STORE



Picture by Annika Bloch photogrqaphy

We sat down for a socially distanced chat with local entrepreneur and mum Bhavna Boesen.

#### What inspired you to set up your own business?

My background is growing up in India. My father was an officer in the Indian Navy, and we moved every 3 years all around the coast, so sailing and swimming was a big part of our childhood. My mother is an art consultant and loved interior design. Her style greatly influenced my aesthetic sense. She used to work in a beautiful shop which she helped to curate at the Oberoi Hotel, in Mumbai. Visiting her at the shop after school was probably where my dream to own a shop one day started.

After I married, we moved to Copenhagen (my husband is Danish). We lived on a little street opposite a gorgeous little Bohemian shop. I felt that I could do that, too, but then we decided to move to London. The exposure to the minimal Scandinavian lifestyle, together with my Indian background, led to the eclectic style found at The Brimful Store.

After moving to Maida Vale, we immediately fell in love with the neighbourhood and a few years later, whilst on the school run I discovered an empty shop on Formosa Street. With no experience in retail, but with a passion that was all consuming, I took the plunge and took it on. We made a trip to India, filled up pallets of beautiful finds, including a lot of the furniture for the shop. My youngest was 3 years old then. It was fun and VERY hectic!

Formosa Street is not the busiest street now, and then it was even quieter. It was mainly through word of mouth that we have made it through these 12 years.

In 2010, the Brimful Store, formerly known as Pipa (after my cat) was voted by Vogue Magazine as one of Britain's Best Boutiques.

The Brimful Store's philosophy is to offer a reliable and friendly service, to ensure our customers walk out feeling confident, happy and excited about their purchases. Our dream is to be a happy, little shop that our customers love to visit and enjoy having in their neighbourhood. Nothing makes me happier than when someone walks in and says, "Oh what a beautiful shop!" and, then, to find something that they would like to buy, gives me a buzz every single time

I adore finding beautiful things for the shop. I spend most of my time on research, and bringing new and vintage finds to the shop. Sustainability is key! That's also why now the shop offers a wonderful selection of carefully selected vintage items for sale.

The focus is moving more towards lifestyle, slow living, homeware and gifts, little luxuries and toys that make the Store an ideal destination for anyone looking for unique, small shop finds. We wanted to provide our customers with everything they needed to put together a special present for any occasion right here in their own neighbourhood.

# You changed your name recently, what brought this on?

During the lockdown for the first time in 12 years I had time to stop and think since the shop started. It so happened that the song A Brimful of Asha by the Corner Shop was playing on our stereo, and I just had a moment where it all made sense. 'Brimful' means abundance. That's what I want the shop to be about; a feeling of positive abundance, especially in these challenging times. It's about bringing people from the neighbourhood together to enjoy their local spaces; a place that is friendly, inviting and accessible. My husband, my boys and I painted the shop ourselves, and I found a traditional signwriter to help me with the sign. It was important for me to do things slowly, properly and find the right person to do the artwork who was part of a local London women's sign writing collective.

# What challenges have you faced during the pandemic?

The biggest challenge was thinking of opening a viable online platform. This was an intimidating prospect for me as my heart is in the bricks and mortar my shop. That's where we excel! It's all about face-to-face service, and communication. My son set up a website, and we quickly started filling it with as many products as we could. It worked! Most of our orders were from locals and we delivered purchases by hand, for free, in the neighbourhood.

Since reopening after the lockdown lifted in June, we've been busier than ever. We find locals tend to stay in the area more as many are working from home and our foot fall has definitely increased. This has been wonderful for us. I'm hopeful that this trend will continue and that more people will realise the value that small, independent shops add to their area. A lot of the High streets are now changing into cookie-cutter versions of each other, with the same High street brands on repeat. In my dream world more independents will start to take on shops everywhere. That's what I've always loved about London. Walking around in surrounding like neighbourhoods. Primrose Hill Goldbourne Road and experiencing the local shops and cafés.



Picture by Annika Bloch photography

# What do you love about being a Maida Vale resident, and what brought you to the area?

I love that Maida Vale is so pretty and green. Most of our friends moved out of the area to find bigger houses with growing families, but we've stayed put. There is no other place quite like it in London with its canals, cafés, and broad treelined streets. I love that it is so international, and that it has such an upbeat vibe. Fifteen years ago, we used to take our boys to the local park, and now I'm taking my 3 year old to the same (improved) playground nearly every day. It's a joy! It's easy to make friends here and meet at The Elgin or Clifton Nurseries. We use all the local cafés and shops regularly and most places know us by name. One might think that's is quite unusual for a big city like London, but Maida Vale is like a village. Most local places are relaxed, and very welcoming. That is also what was important for me to create in the shop. A sense of community around where we live. We feel very lucky to live here.

When we open again please pop in and say hi to Kristina, Barbara, Dora and Daria, the amazing women working in the shop. They are always happy to help and have a friendly chat.

In the meantime, the on-line shop offers a little window into the Brimful Store experience where you can buy a carefully edited selection of great gifts, accessories and toys.

https://www.thebrimfulstore.co.uk/





# REAL ALE

By Tim Peyton

Prior to Covid hitting we were riding strong with the shop being full most evenings with people drinking beer and wine. We had a number of events lined up and a cellar full of draught beer when lock down was announced on 23rd March.

The shop then closed until the start of May. We went online only with a big sign on the door directing customers to our realale.com. We were incredibly busy servicing the drinking demands of customers in the Maida Vale area, with our next day delivery service proving very popular. During this time all our full-time staff in Maida Vale were furloughed, and we operated our online delivery service on the thinnest of skeleton staff.

We were very grateful for the support we received from our customers, without which we might not have survived! (That and how quiet the roads were at the time!) Since reopening the shop, the online sales have dropped off with customers opting to peruse our shelves in person.

The shop has continued to be very busy, returning to normal levels in the last few months. We definitely benefitted from a lot of people being at home with more time on their hands!

We have made continuous adjustments to our Covid Policy throughout the process. At first being strictly one in one out, then two households only, then finally to our current maximum capacity of four people at a time. We have installed Perspex and invested in PPE for all staff. Throughout this rollercoaster year the shop has gone from strength to strength. We have adapted to cope with the constantly changing conditions. We are also happy to say that we have un-furloughed all our staff and have not made any redundancies across the business.

The year has been a challenging one for sure, but our offering was strong enough to combat it. With the lack of on sales counteracted by increased take out sales, having a versatile business model and our amazing hard working and adaptable staff who have made it all possible.

# ANNIVERSARIES

# PADDINGTON RECREATION GROUND THE REGENT'S CANAL



# 125 YEARS OF PADDINGTON RECREATION GROUND

By Julia Wilson

In 2018 Paddington Recreation Ground celebrated 125 years. Spreading over 28 acres and with over 1.2 million visitors per year, it is Westminster City Council's largest open space.

The area covered by the recreation ground has "Conservation Area" status. In 1995 it was also selected by the London Ecology Unit (LEU) as a non-statutory Site of Local Importance for Nature Conservation (SINC), [1].

#### History

As most of other areas across Maida Vale, in the second half of the nineteenth century the land had originally been intended for residential development. However, during the 1880's, Richard (later Sir Richard) Melvill Beachcroft, a solicitor and the treasurer of Paddington Cricket Club, started a campaign for the purchase of the site with the aim to create cricket and other forms of recreation facilities.

In 1887, whilst Queen Victoria was celebrating her Jubilee, one of the greatest economic slumps in history hit the nation. To help alleviate the unemployment crisis, the park was conceived as a work creation scheme. Five hundred men were employed for ten weeks to drain, fence, and lay out the land, and for the creation of an athletics track and an area for cycling. A local relief fund of circa £1,800 was used to pay for their labour.

A pavilion (still in place) was built in 1888 and used originally for refreshments and as a grandstand. In 2010 the pavilion has been renamed "The Richard Beachcroft Pavilion". As stated on a celebratory plaque:

"The Paddington Recreation ground was an immediate success after the opening ceremony in April 1888 and crowds of over 10,000 could be seen on Saturday afternoons ...



...On 9th July 1890 the Prince of Wales (later King Edward VII) visited the ground with its wife and daughters. In welcoming the royal visitors Lord Randolph Churchill stressed the importance of saving the ground for sporting and educational purposes."

Over the years with the Prince's patronage, £50,000 were raised as needed to acquire the freehold of twenty-one acres from the landowners.

In recognition of the support provided by Beachcroft and Churchill, the gates into the Recreation Ground at Randolph Avenue and Carlton Value were officially named Beachcroft and Churchill gates.

In 1893, the Paddington Recreation Act was passed by parliament, authorising the formal acquisition of lands in the Parish of Paddington to "provide the residents with a public recreational ground", and a charitable trust was established in 1896 under the name of the Paddington Recreation Ground, owned by London County Council.

A blue plaque was unveiled at the Richard Beachcroft Pavilion in September 2000 to commemorate Sir Roger Bannister who in 1951-1954 (while a medical student at St Mary's Hospital's Medical School) used to train on the original running track. On the 6th of May 1954 Bannister clocked 3 minutes, 59.4 seconds over a distance of 1 mile at Iffley Road Sports Ground in Oxford. This set him as the first athlete in history to beat the 4 minute 1 mile record – a test of speed and endurance that stands as one of the defining sporting achievements of the 20th century!

Another blue plaque was unveiled in September 2013 on the same Pavilion to celebrate Sir Bradley Wiggins (CBE) who

"enjoyed the facilities at Paddington Recreation Ground and lived close to the site attending the nearby St Augustine's CE High School. Sir Bardley became the first british cyclist to win the Tour de France and is the only cyclist to have won the Tour de France and an olimpic gold medal in the same year".



Today, the recreation ground receives financial support and practical involvement from various sports organisations, including Sport England, the Football Foundation, the English Football Association, and the Lawn Tennis Association.

In 2006, Westminster City Council launched a £3.5 million regeneration programme, enabling extensive refurbishments to be carried out at the grounds to "meet changing community needs and environmental demands".

## **Recent Installations**

Recent installations (as nearly completed) are shown in the photographs below. Once completed, post-installation inspections will take place. The installations will be informally open to the public when safe to do so.

This initiative was funded from PWMVS Community Infrastructure Levy funds, in collaboration with Maida Vale Councillors, with members of the PWMVS committee involved in helping to specify a facility that would be both beneficial to the community at a reasonable cost.







Recent installations: (left) Paddington Small World; (middle) boulders, (right) mini-nadstand

## A proposed "Cycloplay" facility

In June 2020, ActiveWestminster launched a digital consultation regarding the proposal for a new "CycloPlay" outdoor facility at Paddington Recreation Ground. The facility will be located between Essendine Gate entrance, Morshead Gate entrance and the Athletics track. In accordance with [2]

"the design will provide:

- A space for bikeability courses/activities, to include both cycling basics and the risks and hazards of cycling in a city such as London.
- A flexible facility for all park users to use for free, as well as providing a bookable space for group training activities...

...The facility would help to improve air quality by offering a further mode of active travel to Paddington Recreation Ground and for people to actively travel, more widely, in and around Westminster.

CycloPlay will incorporate more areas for biodiversity enhancement, reduce any potential additional noise through planting and improve the horticultural appearance of the existing space where the facility is proposed to be developed."

In accordance with [3]:

"the consultation recorded a total of 177 responses. Upon review, 98% of all responses were from existing users of Paddington Recreation Ground and 82% identified themselves as Westminster residents. The consultation identified that the proposed development of the CycloPlay area is favourable, with 75% of respondents expressing support for the proposal."



#### References

- [1] https://en.wikipedia.org/wiki/Paddington\_Recreation\_Ground#cite\_note-Crowe-2
- $[2] \ https://active.westminster.gov.uk/digital-consultation-proposed-cycloplay-outdoor-facility-at-paddington-recreation-ground/$
- [3] https://active.westminster.gov.uk/cycloplay-consultation-report-highlights-positive-feedback-from-westminster-residents/



# 200 YEARS OF THE REGENTS CANAL

By Alice Sinclair

2020 marks the 200th anniversary of the Regents Canal. Officially opened on the 1st of August 1820.

## The Building of the Canal

The Regent's Canal runs from Little Venice up to the Limehouse Marina, which is officially known as The Regent's Canal Dock. The Canal was originally supposed to go straight through Paddington Green, but St Mary's church gave a firm 'NO', and it was moved further north.

Much like the current day rejection of the Heathrow airport expansion and the HS2, there was an uproar when the Canal plans were revealed. and In 1819, the local gentry and land owners joined together to revolt against the building of the Canal through Regent's Park. It was originally planned to go through the boating lake, where there would have been enough space for a 'winding hole' which is (a widened area of a canal, used for turning a narrowboat). This, however, was not to be!

The Canal workers were seen as low-class citizens; dirty and violent, and not wanted in this leafy, green area. Furthermore, nobody wanted to see Narrow boats with stacks of coal being lugged past, plus gangs were reputed to have used the *liquid* highways for smuggling, as depicted in some episodes of *Peaky Blinders*. At the time, the building of the canal was viewed as a lowering the value of the land.

After much huffing and puffing from the local elite, there was a compromise and it is as we see it today, skirting the northern shoulder of the Park.

### **Trading**

Goods were brought from the Midlands, pulled by horses, and/or people, along a the tow-path. they On arrival at Paddington, the goods were dispersed onto carts pulled by more horses. The strongest and biggest horses were used to pull the carts while smaller breeds and older horses were used to pull the boats.



#### The closure and preservation of the Canal

Canal trading came to an end in the mid 50's.

The horses were retired or sold for meat. The Canal boat workers were left jobless, and many of them began to live with their families on the few remaining Narrow boats most of which were demolished.

The Paddington Waterways and Maida Vale Society was founded, in 1961, by, amongst others, the late Lord Norwich – to oppose a proposal to develop along and on top of the Regent's Canal between Maida Vale and Warwick Avenue. Were it not for the Society, our lovely Canal would have been filled in by all of the rubble created from the bombing of London after World War Two

#### **Jasons Tours**

One very special narrow boat that has been driving our Waterways for 70 years is *Jason*.

Jason, was built in 1906, which puts him at making him 114 years old and should have been pulled off the water and demolished like the rest of the boats at the time. Jason's owner, however, made, a radical choice, and converted the 72ft long boat into a tour boat.

For £12 you can have a two-hour return trip on *Jason*, as Sara talks you through the history of the canal as you chug along. It is the oldest functioning commercial narrowboat in London.

Like so many wonderful small businesses at this time, *Jason* is not holding up so well. They will close for winter, as usual, and hope to re-open for their 80th Anniversary, in March next year, 2021. Please, pay a visit to their website where you can find a link to support them with donations: http://www.jasons.co.uk/index.html.

# References

[1] https://hydeparknow.uk/2020/07/31/regents-canal-200th/

# AIR POLLUTION

# Air Quality

# How good did it get during lockdown?

By James Hewitt

he chart in Figure 1 illustrates how concentrations of nitrogen dioxide "NO2" (primarily from the emissions of Diesel engines) have changed during the last few months and years as measured by the St John's Wood Society (with help from City Council ward budgets) and privately.

Judging by the summer measurements, concentrations declined markedly during 2019 (due to the impact of the ULEZ) and by a similar amount during 2020 (due to the covid-lockdown). Concentrations have risen strongly since summer 2020, and are almost the same as 12 months ago. At most of those locations, the annual average concentration is a little less than 30 micrograms per cubic metre " $\mu$ g/m³". Although the legal limit is 40  $\mu$ g/m³, at least one local authority – Oxford has chosen to set 30  $\mu$ g/m³ as its target.

The chart indicates that, being away from busy roads, the least polluted retail locations include Formosa Street and the north end of Castellain and Lauderdale Roads. The 50% improvement adjacent St George's and St Joseph's schools between 2018 and 2020 will be a relief for pupils, parents and staff.

The chart in Figure 2 illustrates trends in average monthly concentrations of NO2 at sites established for regulatory purposes. Concentrations at the Marylebone Road and St Charles Square sites are probably similar to those respectively at the south eastern border and in the hinterland of W9W2. The steep decline in the vicinity of Oxford Street after 2015 follows court rulings against government inaction on air quality.

Lockdown seems to have lowered concentrations of particulate matter "PM2.5" further than the ULEZ (– details are not presented here).

Air quality is likely to improve during the next 12 months. The ULEZ is to be expanded to cover all parts of London which are bounded by the North and South Circular Roads from 25 October 2021. The engines of buses whose routes pass through or terminate inside that area were to have complied with ULEZ emission standards one year sooner. However, due to covid-19, that date has been delayed – to 01 March 2021.

Buses on routes 187 and 414 (which serve W9W2) do not yet have to meet ULEZ emission standards. TfL is currently consulting on a proposal to move the northern terminus of route 414 to Marble Arch (in autumn 2021), passengers continuing to or arriving from W9W2 could use route 6 instead; this would help reduce congestion. These changes should lead to a further improvement in air quality, particularly along Shirland Road and Maida Vale / Edgware Road.

The 20 mph speed limit should make cycling (biand tri-) safer, encouraging those who wish to address the existential threat of climate collapse to abandon their cars (even if electric) for all but the most awkward journeys.

## Concentration of nitrogen dioxide (NO2) measured with diffusion tubes - northern W9W2

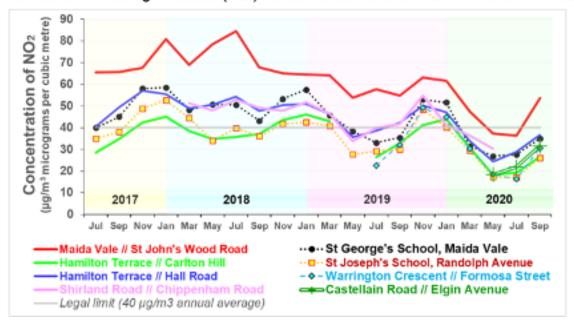


Fig 1: Concentrations of Nitrogen Diox measured with diffusion tubes - northern W9W2



Fig 2: Monthly mean concentrations of Nitrogen Dioxide (NO2) at sites established for regulatory purposes



# Roasted Autumnal Vegetables with Halloumi and Pinenuts- yum!

This simple and delicious supper dish is easy to prepare and packed with seasonal flavour. It's good to eat alone or accompanied with a bowl of hummus and toasted pitta or a joint of roasted lamb. The recipe serves 4.

## **Ingredients**

1 medium butternut squash - or any variety of squash that you like

2 large Romano peppers

2 red onions

Olive or vegetable oil

2 tbs balsamic vinegar

250g packet of Halloumi cheese, cut or torn into chunks

2 tbs of toasted pine nuts

A few whole, unpeeled cloves of garlic

Fresh basil leaves to scatter

#### Method

- 1. Preheat the oven to 200, gas mark 6. Peel, cut and remove the seeds of your squash and cut the flesh into chunks. Place into a large roasting tin.
- 2. Slice and remove the seeds from the peppers then cut into chunky pieces and add to the tin.

Halve the onions and cut into small wedges and place alongside the other veg. Scatter the unpeeled cloves of garlic into the mix and then combine all with the oil and season with black pepper. Roast in the oven for 45 minutes or until the edges are nicely charred.

- 3. Remove the vegetables from the oven and sprinkle with the balsamic vinegar, scatter the Halloumi on top and cook for a further 25 minutes (or so) until the cheese is golden.
- 4. Remove the vegetables from the roasting tin and place into a serving bowl, scatter the pinenuts and torn basil leaves on top.



# Cook's Tip

These vegetables tend to generate a lot of steam so do use your largest roasting tin to give plenty of space, or you could use two smaller tins swapping shelf positions half way through. Swaps Instead of Halloumi, scatter crumbled feta over the piping hot veg and substitute toasted hazelnuts for pine nuts. Delicious!





# The Lonely Pet Column

UNVEILED

Name: Mimi

Owner: Cats are not 'owned'

Occupation: None. Though I'm on a secret retainer from the upholsterer, for whom I consistently generate work

Looking for: A Pen Pal with a sense of style. I'm told, post-Covid, that everyone's plan is to move to the country. I was ahead of the curve (one of my many traits, my upbringing was very a la mode.)



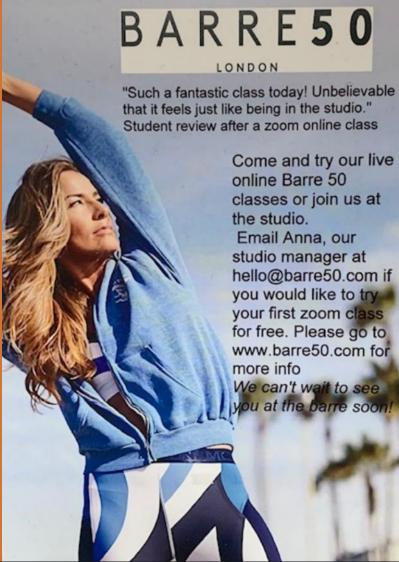
In her words.....I moved from Queen's Park to the Yorkshire Dales years ago, and live the life of rural dreams. Think huge kitchen with an Aga, an open fire, dogs, horses - even cows - and plenty of grouse and lapwing chicks to watch and stalk. And pets! Little fluffy bunnies, tiny mice - I keep collecting them, but sadly the dogs will keep eating them. It was a surprise at first - I thought that they were just to play with - but I'm getting used to the dogs' uncouth ways. And there are always more; rabbits seem to multiply in a most pleasing manner. Occasionally I think it would be nice to hear news of the old town, and to be kept abreast of the changing fashions, hence this advertisement. In return I'm prepared to teach you some of my best tricks, which include turning on taps, opening closed doors, and licking the butter in such a way that no one would ever notice. And of course, if you too are looking for a sideline in furniture-ruining, I'm something of an expert, not least in telling you which chairs are really precious...

# Pumpkin calving competition

As if this yer has not been ghoulish enough!

Maida unveiled held a highly competitive 2020 pumpkin carving competition take a look at some of our selected (anonymous) winners;





CRAFT BEER, NATURAL WINE,
ARTISAN SPIRITS, FINE CIDER
FREE LOCAL DELIVERY
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# MAIDA UNVEILED

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