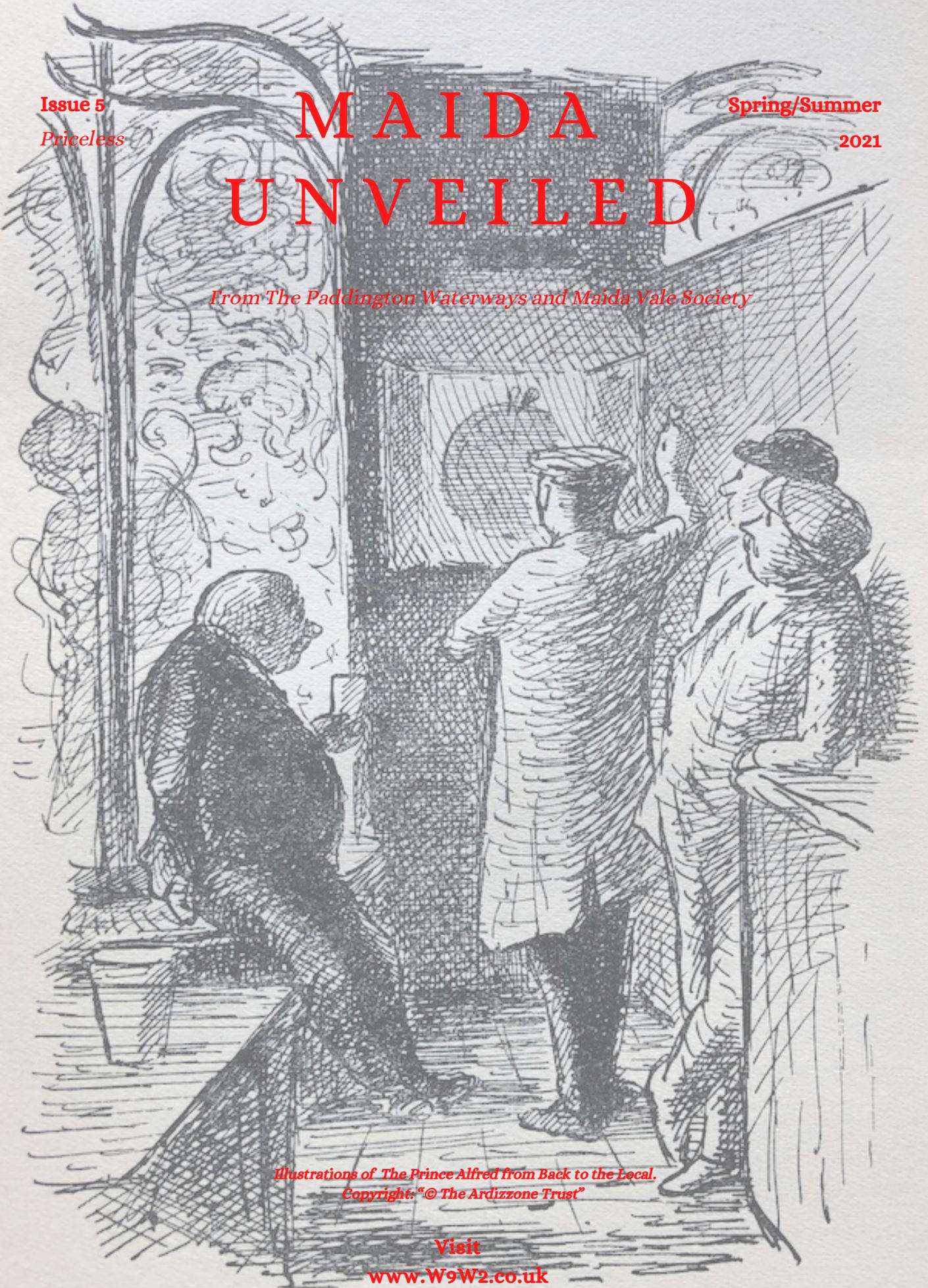


Issue 5
Priceless

MAIDA UNVEILED

Spring/Summer
2021

From The Paddington Waterways and Maida Vale Society



*Illustrations of The Prince Alfred from Back to the Local.
Copyright: © The Ardizzone Trust*

Visit
www.W9W2.co.uk

Darts at the Alfred

A NOTE FROM THE CHAIR

John Zealley

Once again it gives me great pleasure to introduce *Maida Unveiled*, now up to its 5th Issue, as a window on our area giving new perspectives on well known features and to shine a light on some of the less well known characters. As a result PWMVS hopes to continue to build the level of appreciation for the things that make our area special and also some of the opportunities we have to make the area even more varied and welcoming to a wide range of residents, visitors and businesses.

In our last issue we featured on the cover a number of local businesses and organisations. We hope that you were able to support these and the many other independent concerns that add variety and a personal touch to our daily lives.

Whilst we are on the theme of Covid, PWMVS has continued to provide Community Response support to a number of local activities aiming to provide support to front line workers and the most vulnerable members in our community and in nearby neighbourhoods. Food runs for St Mary's Hospital have continued to be a feature as have meals for vulnerable families and support to the North Paddington Foodbank. These activities are now drawing to an end and we would like to show our particular thanks to Alice Sinclair and her team for leading the way for us here.

Looking forward, planning matters continue to be top of mind. Many of you will have noted changes to the skyline as the new building at Paddington Square takes shape. Whilst PWMVS was part of the group that managed to have some influence on reducing the scale of the original scheme, this, and the completed intrusive Brunel Building, continue to remind us that without local activism we will find our area being steadily encroached upon. If this happens we will be not so much Little Venice, as Little Canary Wharf! Given that these approvals were done under previous planning regimes, we will do our best to ensure that the proposed developments on the site of the Paddington Green Police Station and on the Travis Perkins site are additive to our area rather than further eroding the special nature of the conservation area.





More positively, we continue to work with local WCC councillors and residents to deploy the CIL (Community Infrastructure Levy) funding to enhance the area. Covered in the last edition you may recall the support we gave to improving the facilities at Paddington Recreation Ground. We are also looking at opportunities to ensure safer 'active transport' in the area and also ways to 'green' community spaces, learning as we have over the past year the importance of creating spaces for people to mentally recharge.

Finally, many of you may have been wondering about our AGM. This is usually convened in the Spring but this year, owing to Covid, the committee agreed to postpone in the early Autumn. If you, dear reader, would like to offer yourself for election to the Committee at the AGM then do let us know.

Enjoy!

John Zealley,

May 2021



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

Support your local businesses
... here is a point of reference of where to go!(*)

Boat Tour Agency
Jason's Trip

Performing Art Theatre
Canal Cafe Theatre

Restaurants / Delicatessen
Le Cochonnet, Paulette, La Piccola Deli, The Peppermint, Maida Hill Place, Baker and Spice and Raouls.

Coffee and Bakery Shop
Toast, Weza.

Grocery and Convenience Store
Dhigs

Craft Beer and Natural Wine Shop
Real drinks

Flower Shops
Avalon Flowers, Elgin Blooms

Yoga and Pilates
Yoga and Barre 50

Hair Dressers
Sam Warrington, Simon Warwick

Nail Salon
Cobalt Nails and Massage

Online Cookie Shop
Le Cookie Shop

Lifestyle Boutique
The Brimful Store

Photography Studio
Annika Block Photography

Computer Training School
Riva Learning

Charities
The Mosaic Community Trust, North Paddington Foodbank, North Paddington youth club.



(*) Local businesses featured on our autumn / winter 2020/2021 front cover (as above).

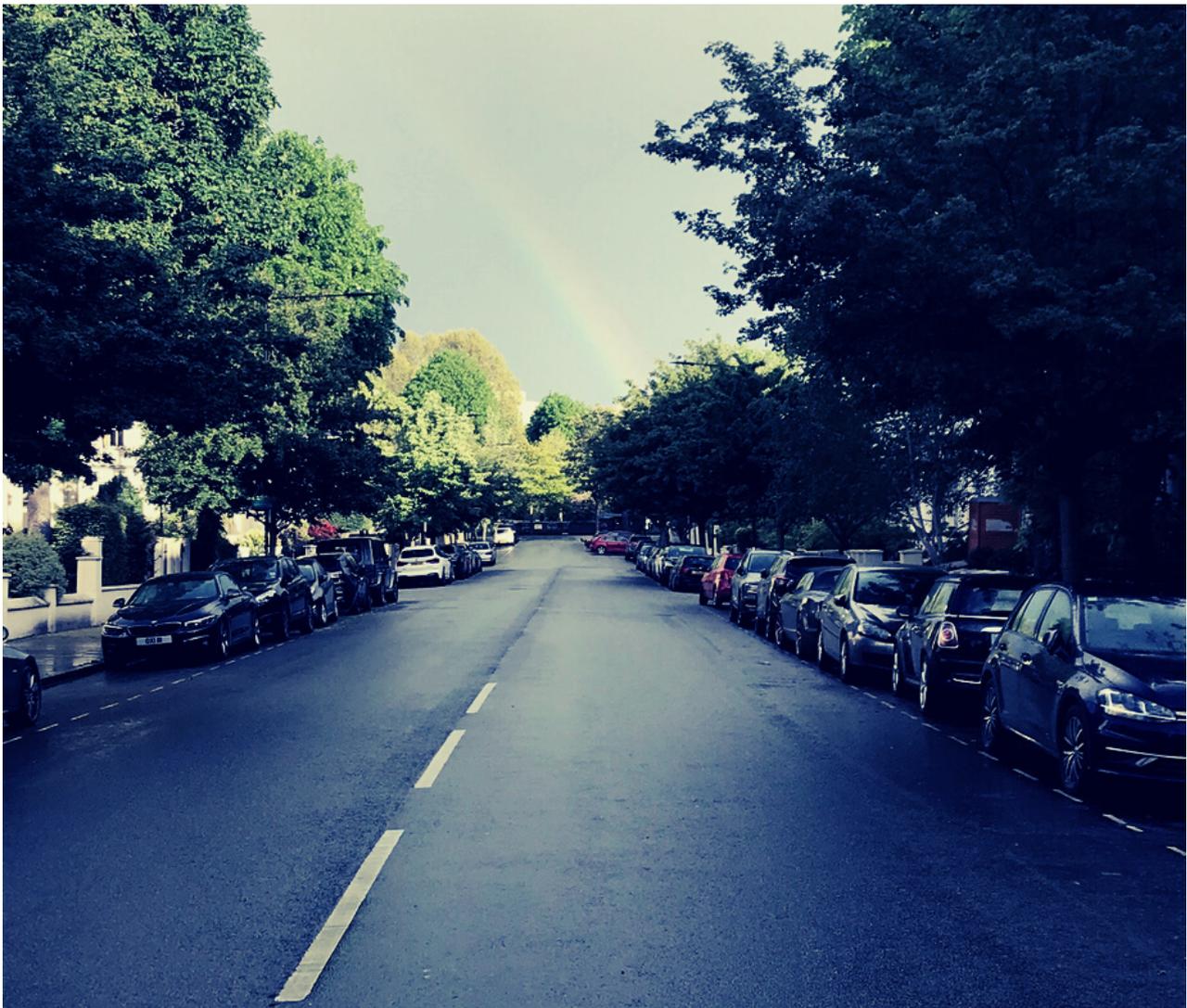
If you are a local business and would like to be included in our next issue, please contact our editorial office (alice.sinclair@w9w2.co.uk)

KAREN BUCK

Our local MP

I doubt many people would have anticipated a year ago that only now would we be emerging, blinking, into the spring sunlight after a series of lockdowns, which whilst better than the alternative of a catastrophically uncontrolled epidemic, have still been devastating to people's lives and incomes.

We can be hugely grateful to the scientists and the NHS for developing and administering the vaccine that is now helping us restore normality. However, the dreadful scenes from India and Brazil amongst others remind us powerfully that we are a small, interconnected planet and we won't be safe until we are all safe. Meanwhile it is still a matter of concern that vaccination rates in Westminster are the lowest in the country- significantly lower even than similar, neighbouring boroughs. This may in part be down to inaccurate population data- which does itself have a number of other consequences- but it also begs some other questions about primary care locally and whether cutting back on support for the voluntary sector and civic society in recent years makes it harder to reach and connect with our communities.



Primary care has also been in the news with the takeover of the Randolph surgery by Operose- the UK subsidiary of Centene, a huge US healthcare company- which now has control of a national network of GP practices originally set up by AT Medics. Many local residents will know that there have been concerns about the surgery for some time, leading to AT Medics taking it over in 2019. However, unlike on that occasion, this time there was no consultation about the Centene/Operose takeover and the Clinical Commissioning Group for our area said they had no legal powers to stop the change of control. Obviously the immediate issue is to ensure that the quality of service to patients is maintained and improved and I welcome any feedback as I will be meeting with the company in the near future. However, there is also the wider question of US health companies buying into NHS services, which is not a development I welcome. Operose is now the single largest provider of GP services to the NHS, and obviously they are not entering into the NHS as a charitable enterprise! What we absolutely can't allow is for changes of this kind to take place without a proper debate.

We are all hoping the re-opening of the city will be sustained and bring relief to those whose jobs, businesses and incomes have been hard hit by the pandemic. Unlike most economic crises of modern times, London has been particularly badly affected because of so many jobs are linked to retail, arts and culture and hospitality. We now have 6,695 people reliant on benefits like Universal Credit in Westminster North alone- an increase of 4,505 since last March, and a rate significantly higher than the national average. Even more worrying is that 1,025 of them are young people- 10% of our population aged between 18-24. Given that furlough is still in place, and that a significant number of people don't even qualify for government help, the reality is that a huge and sustained effort will be needed to help people back into education, work or training and support those whose lives have been deeply damaged by the experiences of the last year.

We know that some unwelcome features of modern life actually eased during the last year.

Crime fell as there were fewer visitors to the West End, fewer opportunities for domestic burglars and so forth- but police are obviously concerned that the warm summer months and renewed levels of activity may see that change.

However, serious youth violence has remained a worrying, and we are still suffering from the decision to slash spending on children's and youth services during recent years. The causes of serious youth violence are complex and we need a multi-agency response.

Air quality improved last year as a partial by-product of reduced traffic, and we need to remember that this is a battle we must continue to fight, whether via specific measures like the Ultra Low Emission zone or by continued efforts to strike the right balance between the means of getting around the city. After a bruising battle over funding for Transport for London last year, the government backed down on a number of the conditions attached to the funding package needed after passenger numbers plunged with lockdown (measures strangely not attached to a similar bailout for the national railways). However, a new set of negotiations are due in the summer...

Finally, it became very clear from the Central London rental market in 2020 that short-lets/'airbnb' lettings were having an even bigger impact than previously thought. Whilst letting out a room, or your home whilst away, is a great way of boosting income, the wholesale shift of private rentals to holiday accommodation has some very major disadvantages. Agents are, however, boasting that the short-let market is about to surge back as landlords 'smell the money'. I think we need a better strategy for managing this.

As always, comments, views and questions are very welcome!

Karen Buck,

May 2021



AN UPDATE FROM OUR LITTLE VENICE COUNCILLORS

Since our last report for Maida Unveiled a lot has happened. We said something similar last year, but the last year has been even more eventful. However, as we write this article there are many reasons to be optimistic.

We are delighted to see the vaccine rollout gathering real pace and to see non-essential retail shops and outdoor hospitality re-open, in many cases supported by the Council's al fresco dining measures. These are major reasons to look forward rather than back. We continue to take up Little Venice residents' casework on all issues from planning to parking and are of course continuing to pay particular attention to the needs of vulnerable residents as we come out of lockdown and a very difficult year for many people.

Council Services

The majority of council services operated normally during the lockdown and we are now delighted that our leisure services have started to reopen with gyms, tennis courts and swimming pools being available and other leisure activities such as fitness classes will be available again next month. At the same time our green spaces and parks have remained open and have given residents respite and enabled people to have their daily exercise. If you experience any issues related to council services in Little Venice, please get in touch with us.

Planning

We are regularly contacted by residents about planning and we seek to help both applicants and those that have concerns about applications. The council's website provides a lot of useful information on the process and how to get involved. There are two major applications in the area that we should mention.

Paddington Green Police Station Site

An application has been submitted to build 556 residential units on the site of the former Paddington Green police station including 240 affordable units on this site. This will comprise three blocks: one at 32 storeys, a second at 18 storeys and a third 15-storey block.

We would like to know residents' opinions so that we can respond to this very significant application in the coming weeks. It would also be helpful if you put in your specific comments in relation to the application through the council's website by searching for application

"21/02193/FULL"

<https://www.westminster.gov.uk/planning>



*From left to right:
Cllrs Melvyn Caplan, Lorraine Dean, Matthew Green*

Travis Perkins Site

This is not yet a formal planning application and is not in Little Venice ward, but it is in the W9W2 area and directly opposite the ward. The application will be to build student accommodation above a re-developed builders' merchant below. We will keep everyone informed about this application so that when it is formally submitted, everyone will have the chance to comment on it. In the meantime, you can find out more about the proposed development here:

<https://www.balticwharfpaddington.co.uk/>

Safety Improvements on our Estates – Cuthbert House, Crompton House and Hethpool House

We are delighted to report that the works are almost complete to provide security gates and individual door entry systems to each of the 108 flats in these 3 blocks. This has been a key project that we have pushed hard to happen and residents are already telling us how this new environment makes them feel so much safer than before.



Improving Pedestrian Safety

Works have started on the Sutherland/Shirland crossing and also at the junction of Blomfield Rd and Warwick Avenue. At both of these locations, there will be a pedestrian phase at the traffic lights so that everyone can cross the roads safely. Residents have told us how difficult it is to cross at both these locations, so these improvements will be welcomed by everyone in the area.

Cycle Hangers

These have proved hugely popular in our area and across the city more generally and we are now looking for additional locations to satisfy the demand for those that remain on our waiting lists. We are also looking at the design of new additions to ensure they blend into our area as seamlessly as possible. If you have ideas of where you would like one located, please let us know.



Cycle hangers on Sutherland Avenue



*Electric charging point on Sutherland Avenue
(aka 'Electric Avenue')*

Electric Charging Points

There are now 1000 points around the city and we have plans to increase that total by 50% to 1500 points by the end of the next financial year. If you want to see your nearest charging point, please check the Zap Map.

Keeping in touch

If you wish to contact any of us,

you can phone the Little Venice councillors' hotline on 0207 289 9929 or email us at littlevenice@westminsterconservatives.com.

You can also write to us at 2 Lanark Mews, London W9 1RY.

Your Little Venice Ward Councillors

**Cllr Melvyn Caplan,
Cllr Lorraine Dean,
Cllr Matthew Green**

May 2021

COVID COMMUNITY RESPONSE

W9W2 RESPONSE

NORTH PADDINGTON FOODBANK

W9W2 COVID RESPONSE GROUP UPDATE

Since the last issue of Maida Unveiled, our community response efforts have continued well into 2021.

With a focus on food distribution to St Mary's Hospital staff in ITU. A new community fundraiser was set up and local chef Jenny Woodberry, Ronnie from the North Paddington Youth club (NPYC) and Alice from W9W2 collaborated to ensure the programme ran smoothly.

Weekly nutritious meals were delivered by Alice to the hospital. Included in the deliveries was a box of fabulous food made by local restaurant Dhaba49. DHIGS on Formosa street also donated regular food contributions.



Alongside the food delivery to the hospital, the Paddington Waterways and Maida Vale Society (PWMS) also teamed up with the Mosaic Community Trust (MCT) and started a food Pantry service. The project was funded by Westminster City Council who granted us £10,000 from their Covid winter fund.

One of Mosaic's certified cooks, who is also a mother in the local community was given the opportunity of rustling up healthy meals twice a week for deprived families, with poor diet and underlying health issues.

The meals were carefully planned by Mosaic's CEO and qualified diet and nutritionist expert Lena Choudhary.

Home cooked meals were delivered to 25+ families living in North Westminster over the course of 8 weeks. This has continued beyond by the PWMVS who continue to deliver pantry food to those in need, with the help of Ronnie from NPYC.

"I enjoyed the food a lot and it helped financially, I want to thank Westminster City Council for funding this project and Mosaic and PWMVS for providing me and my family with this excellent service"

-Quote by a programme beneficiary

Some of the key people and their roles in the Hospital delivery, local food delivery and food pantry service.



"My role during the food pantry service was to identify the most vulnerable and isolated families living in some of the deprived areas of Westminster. Every week my team members and I would put together a list of people who were in need of our service. At the end of the project I collected case studies and feedback on the delivery of the service and client satisfaction. I was responsible for making sure the food pantry service ran smoothly."

Habiba Haque -MCT



"I linked all the different organisations, co-ordinating with individuals from each- in order to maximise the usage and spread of the various funding. £10,000 was given to us from Westminster City Council from the Covid Winter fund. Also generous donations coming in via a community fund raiser PWMVS set up and via NPYC. I delivered food to St Mary's Hospital ITU and 8 local families weekly picking up and delivering food from all parts of Westminster"

Alice Sinclair-PWMVS/W9W2



"I was driving the NPYC minibus, crammed full of food that I collected from various sources like M&S, community hub kitchen and Costco -delivering daily to many local young people associated to the North Paddington youth club"

Ronnie Renney -NPYC



"I was given the task of cooking and preparing 3 meals twice a week. My manager and I planned weekly healthy and nutritious meals. My passion is cooking and I thoroughly enjoyed cooking the meals and serving the community."

Aysha Akthar- MCT



Lena is CEO of MCT, and helped plan the nutritional meals for the community via the pantry service.

Lena Choudhary- MCT



Chef Jen made meals weekly and they were distributed by W9W2 between the NPYC, MCT and St Mary's hospital Paddington. Chef Jen was generous to donate her time into preparing these meals alongside a busy new business, which you can read more about in her recipe section at the back!

Jenny Woodberry - Chef Jen

W9W2 sewing group

The W9W2 Sewing group, founded by Alice Sinclair and Sandy Schwartz, in order to supply much needed surgical masks to St Mary's Hospital and beyond have put their needles down, the end of a great achievement.

In March 2020 The local community rallied together and the founders co-ordinated over 80 mask sewers and drivers from all over Westminster. Over 12,000 mask were sewn and delivered by driving volunteers.

The final delivery of masks was 14 months later on the 12th Of May 2021. 250 masks were taken to the North Paddington food bank, who are distributing to places of need in the community.

Alice and Sandy, and The Paddington Waterways and Maida Vale Society would like to say a huge thank you to those who participated in all capacities, a huge community effort.



The North Paddington Foodbank



An update from the North Paddington Foodbank.

The past year has been a time of immense change, growth, restructure and learning for the foodbank. Our team has grown from three to thirteen full and part-time staff members, with increased support required across all areas; from customer support and admin, to running our distribution centre, to

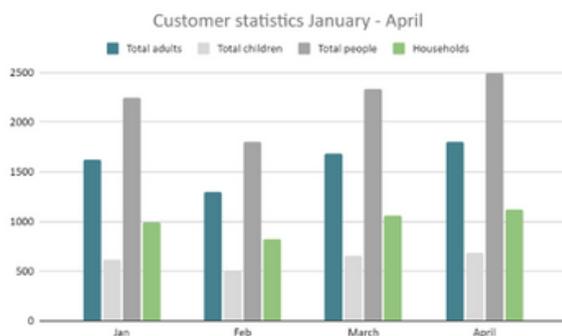
making home deliveries. We are also very pleased to have recently welcomed three new staff members to the team through the Kickstart Scheme, which provides employment opportunities for young people on Universal Credit.

The pandemic has taught us that home deliveries are an essential part of the service we offer. Not only did they become necessary for all customers during lockdown, but our increased capacity to deliver has allowed many more customers to access our service where before they may not have, and we will continue to offer home deliveries for a significant portion of our customer base even after lockdown. For this reason, we are launching a fundraiser to buy ourselves an electric van, to continue serving customers with mobility issues, and those who live far from the foodbank where there is no other food support, whilst doing our bit to keep our roads clean and emissions-free.

To donate or for more information, please visit our website www.npfoodbank.org.uk

Whilst we continue to learn from the immense journey we have been on throughout the past year, we keep our eyes to the future. The long-term effects of the pandemic have yet to be seen or fully understood, and whilst we all welcome the loosening of the lockdown restrictions and the chance to see friends and family in the pub, we are also acutely aware of the impending end to the furlough scheme, which will see many thousands of people across the country lose the financial security that had been keeping them out of poverty and food insecurity. With viral images of queues outside foodbanks all over the UK, it is increasingly clear that food aid will not be going away soon, but also that food packages are not, and must not be, the answer to poverty. We will continue to serve all those who need our support, whilst campaigning for a fairer society for all, and real, meaningful change to our welfare system. If you'd like to learn more about the conversation around food poverty and food waste, check out the Plenty to Share campaign from This Is Rubbish at

www.thisisrubbish.org.uk/plentyto share



North Paddington Foodbank (NPFb) customers between January to April 2021



Chris delivering a food package on an electric courier bike, loaned to us by Cycle Confident through Groundwork.

LOCAL ARTISTS

EDWARD ARDIZZONE

DIANE UMEMOTO

BACK TO THE PUBS!

Edward Ardizzone got there first

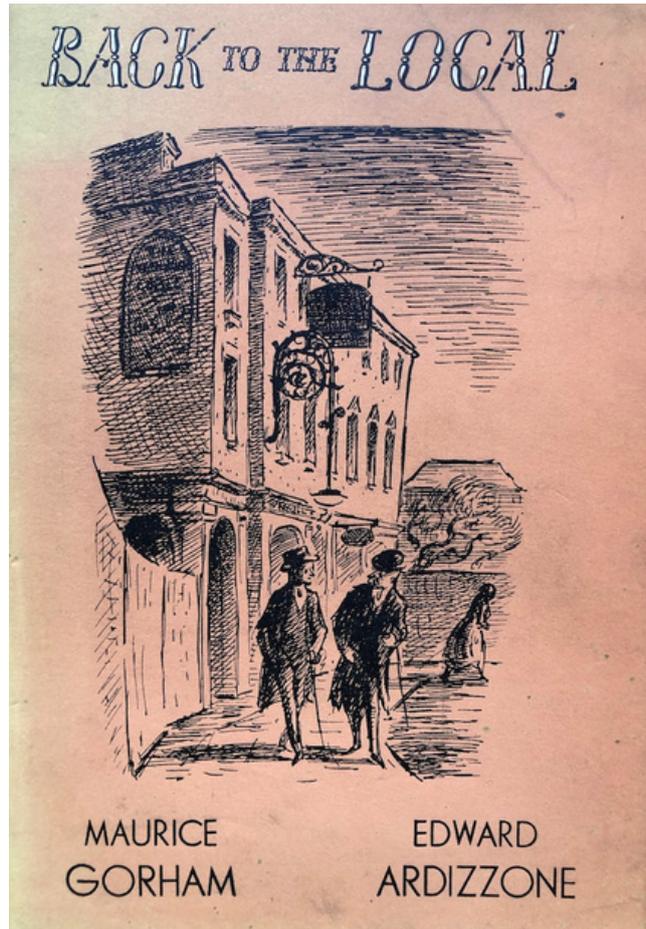
By Robert Bruce

The yearning to get back to the joys of Maida Vale's pubs as lockdown eases is not, as history shows, a new emotion.

Back at the end of the Second World War in the late 1940s exactly the same feeling spread through the local community. Then, as now, there was a desire for ordinary pleasures. And it was best expressed by Edward Ardizzone, the famous illustrator, commemorated these days by a Blue Plaque at the side of the studio window of what was his family home at 130 Elgin Avenue.

In the book *'Back To The Local'* written by his old chum Maurice Gorham and which Ardizzone illustrated, they talk of how during the war visiting the pub was *'one of the habits they missed most'*. While people were far from home, fighting in deserts or jungles, in the air or on the high seas or simply enduring the bombing at home *'many of them were thinking and talking mainly about the time when they would again be able to drop into the friendly local and have a pint or two amongst their friends'*.

Then as now the emotions are the same. During our lockdowns, with the death toll rising across the country, we were home, often alone, with our dreams of freedoms to be regained. And in the immediate post-war in the late 1940s there were intermittent beer shortages to contend with as the post-war world gradually got back onto its feet. To Ardizzone, drawing through all the hours of every day at his table in the bay window of his home for over fifty years, the local pubs of Maida Vale were his relaxation and enjoyment. And surprisingly many of his favourites still exist in more or less the same form as they did in the middle of the last century.



Above: The front cover of 'Back To The Local' written by Maurice Gorham, illustrated by Edward Ardizzone. Copyright: "© The Ardizzone Trust"

The Prince Alfred in Formosa Street is more or less unchanged, as is the *Warwick Castle* up on Warwick Place in Little Venice. The mighty *Warrington Hotel*, currently closed for the building of more hotel rooms above, still dominates the wide open space outside its doors, and what used to be the closest pub to Ardizzone's home, and therefore the favourite for his lunchtime pint of beer, was then *The Shirland Arms*, now called the *Hero of Maida*. The staircase immortalised in his drawings and etchings remains intact. Having lived round the corner myself from this pub I have watched it as it has changed from being the original and rather down-at-heel, *Shirland Arms*, 'with an air of raffish decay', as Ardizzone himself put it, to a boozy Truscott Arms then to a cocktail bar style as Idlewild, back to The Truscott, and now to the more traditional *The Hero of Maida*. And every time the builders have moved in to provide a new identity I have pestered them about the need to retain the Ardizzone staircase. So far I have been successful.

It was Ardizzone's son, the late Nicholas Ardizzone, who shared his notes on the pub trail through Maida Vale that he and his father used to follow. And from that we know that the latest success in the long story of local pubs, the famous rebuilding, 'brick-by-brick', of the prematurely-demolished Carlton Tavern, has a place in the Ardizzone story too. Nicholas recalled that it was invariably the pub where father and son used to end their amiable ramblings with his father relishing a bottle of Courage Imperial Russian Stout, an extra-strong beer to polish off their strenuous exertions.

Gorham and Ardizzone had originally collaborated on a book called simply 'The Local' that was published in 1939 just after the war started. Almost all the stocks of the book and the litho plates of its illustrations were lost when the publisher's warehouse was bombed in the Blitz. Ardizzone was appointed as a war artist and much of his distinguished war work is now held at the Imperial War Museum. He also found fame as author and illustrator of the series of 'Little Tim' books for children published before and after the war. His range, from posters for Guinness to book illustrations and from wine lists to murals was extraordinary, as was his lifelong fascination with drawing. But it was the emotions of wartime deprivation that brought about the publication of 'Back To The Local'.

'The pub', his son Nicholas once said, 'was absolutely his favourite leisure occupation. He would relax and do much of his thinking over a pint or two of beer. He would draw there constantly on anything to hand, a cigarette packet, a beer mat, or even a bus ticket. It was in pubs he found the humanity that fascinated him, the flawed, fallible humanity for which he had such a keen visual sense'.

And it is that humanity that people have felt so deprived of through lockdown. We need to return safely to pubs and their people. We need to stroll along, like his two men depicted outside the *Warwick Castle*. In 'Back To The Local' this is described as:

'The Sunday morning walk, bringing you to the doors of the local just as they open at 12 or 12.30. It is one of the great institutions of the ordinary man'.

Illustrations of *The Warwick Castle* from *Back to the Local*. Copyright:
"© The Ardizzone Trust"

The Warwick Castle

We need to sit down and talk like the two women seated below the staircase in *The Hero of Maida*, which was once the *Shirland Arms*. The clientele of pubs was, in those days, a much more diverse slice and age-range of the population.

All ages and all income groups were part of the pubs. Little old ladies were as common as noisy young couples.

Below: Illustrations of The Stairs at the Shirland from The Local. Copyright: "© The Ardizzone Trust"



The Stairs at the Shirland

Edward Ardizzone

And we need, once it has re-opened, to get back to the enormous over-decorated Victorian gin palace surroundings of *The Warrington*. Back in Ardizzone's day the streets opposite were famous for their brothels and louche way of life. Back in Ardizzone's day the streets opposite were famous for their brothels and louche way of life. His drawings of the pub staircase tend to show a tangled mass of reclining ladies. And in one drawing he has depicted himself, sitting at a table below looking up in a startled way at the chaotic humanity above.

'The mere sight of this staircase' it says in *'Back To The Local'*, *'makes you think of Edwardian revelry, of well-nourished bookmakers and stout ladies in cartwheel hats, of feather boas and parasols and Malacca canes, of dogskin gloves and big cigars'*.

And we need to be back in the *Prince Alfred* with its myriad separate bars and its architecturally rare snob screens, where Ardizzone depicts himself sitting relaxedly on the edge of a table watching a game of darts being played.

'What inspired Maida Vale's new inhabitant', Ardizzone's biographer wrote of his early days there, *'was its range of pubs, which were exceptional for any part of London and from which Ardizzone extracted a world of his own both from their patrons and from their building and interiors'*. After the long months of lockdown what more could we desire?



Above: Illustrations of *The Warrington* from *The Local*. Copyright: "© The Ardizzone Trust"

Robert Bruce is a financial journalist who has lived in Maida Vale and loved its pubs and the work of Edward Ardizzone for many years. He also, occasionally, leads walks around Ardizzone's world, including the pubs.

DIANE UMEMOTO

Just as Ardizzone enjoyed the interior life of pubs, expatriate artist Diane Levine Umemoto revels in the beauty of our local street scenes.

“I never get tired of the sheer variety of period architecture here—the homes and mansion blocks, the pubs and high streets, and the sudden burst of bright red on buses and pillar boxes.”

Umemoto came to London twenty years ago to teach at the American School in London, located in St. John’s Wood, and stayed on after retirement. Painting became her retirement hobby, and she gradually built up a largely expatriate clientele, who want to keep a little corner of London with them.

“My hobby has provided me with a great deal of joy,” she says, “and some good laughs. It’s rather wonderful when someone finds a painting perfectly suited as a gift or personal souvenir. Now I receive many special requests—Can you paint my family in the park or the Abbey Road crossing? Can you paint my favourite pub or my parents’ home? These requests often entail a lot of good-humoured exchanges, since the families are not usually actually in the park, say, or the trees in full foliage when the request is made.”

Before coming to London, Umemoto followed her husband to his posts with UNICEF in South and Southeast Asia, where she taught literature and social studies in two universities and five international high schools. Her husband retired in 2000; not ready to retire herself, she came to teach at the American School in London for nine years. They stayed on after her own retirement, and her painting hobby blossomed.

Umemoto’s artistic journey started in the 1990s when the International School of Islamabad closed temporarily during the Afghan air strikes ordered by President Clinton.

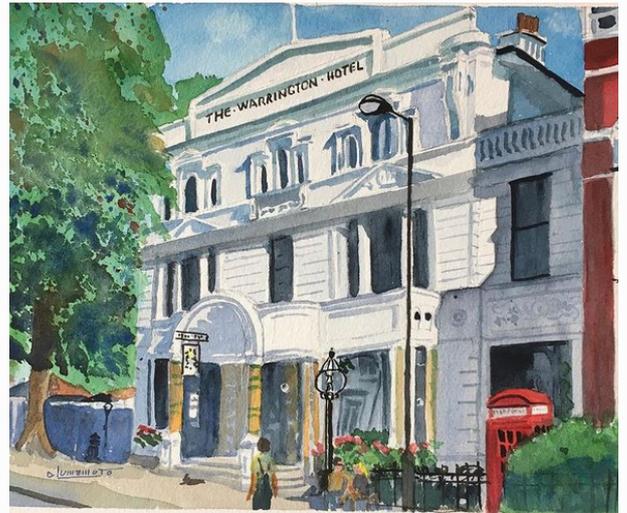
“Bored, I searched for a hobby and settled on watercolours. Entirely self-taught, I learned from books and dedicated magazines. In London, I took a risk and put some paintings into the small in-house winter craft fair at the American School. A few sold, and it was quickly apparent that the interest was in London scenes, the more local the more popular.”

After retirement, with more time to devote to painting, she added the St. John’s Wood Women’s Club Holiday Boutique to her venues, and slowly built up a following. Then came the pandemic and all fairs abruptly closed.

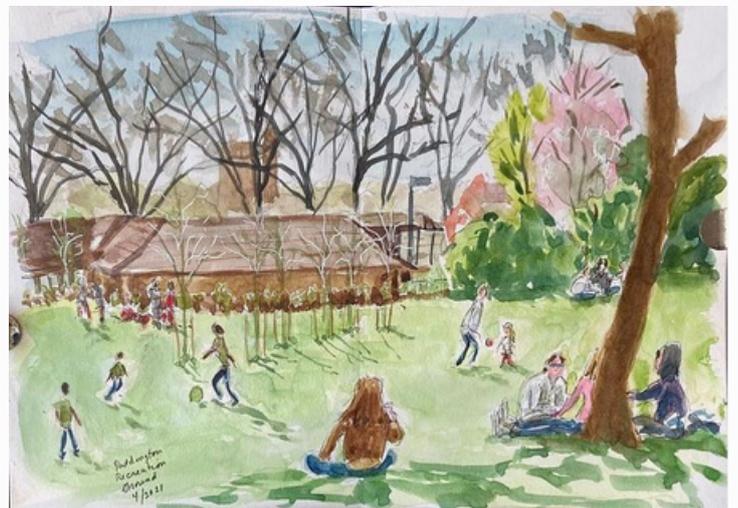
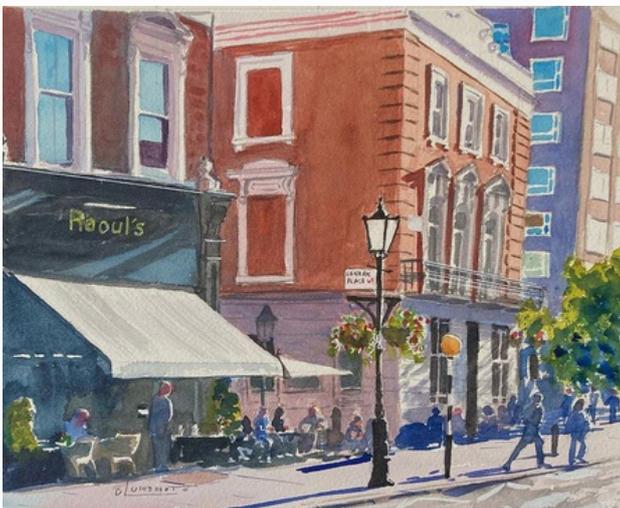
“Time to join the 21st century: I piled the paintings on to a website (www.artofdianeumemoto.com), which, coupled with my existing Instagram account (@dianeumemoto) and the kind re-posting of some paintings by the St. John’s Wood Society’s Instagram site, these affordable unmounted paintings have continued to find buyers.

“Now that we are emerging from a long lockdown, our neighbourhoods are springing to life, and I’m looking forward to catching those outdoor cafes and pubs that are appearing again, and to just enjoying a quiet sketch session in our parks and gardens.”

*In the background: The Regent’s Canal, view towards the Cafe Laville.
By Diane Umemoto*



*Left: The Prince Alfred. Right: The Warrington Hotel.
By Diane Umemoto*



*Left: Clifton Road. Right: Paddington Recreation Ground in full Saturday afternoon mode.
By Diane Umemoto*

"I never get tired of the sheer variety of period architecture here - the homes and mansion blocks, the pubs and high street, and the sudden burst of red on buses and pillar boxes"

-Diane Umemoto

SIXTY SECONDS WITH ALICE

Featuring

CELIA RIGA, consultant vascular surgeon and clinical senior lecturer

The fifth edition of Maida Unveiled is proud to welcome **Celia Theodoreli-Riga**.

Celia Riga Bsc, MBBS, MD (Res), FRCS is a Vascular Surgeon and Senior Lecturer at Imperial College London. She is the Head of School of Surgery (Health Education England) with the London Deanery and is responsible for the quality of surgical training in all of London's Hospitals. She sets the strategic direction for the UK's largest postgraduate and specialist surgical training programme. The School is responsible for more than 2000 surgeons across all 10 surgical disciplines: Core surgery, General surgery, Trauma & Orthopaedics, ENT, Urology, Oral & maxillofacial surgery, Paediatric surgery, Plastic surgery, Neurosurgery, Vascular surgery and Cardiothoracic surgery. Surgical training in the UK is highly competitive and among the longest pathways globally, requiring at least 10 years for specialisation after a primary medical qualification.

Celia previously served as the Surgical Training Committee Chair and Training Programme Director in vascular surgery. She serves on the UKRI/EPSRC Healthcare Technologies Strategic Advisory Board.

Celia qualified from Imperial College London in 2003. She completed her higher surgical training in London and obtained a Doctorate in medicine from Imperial College. She was the first female NIHR Clinical Lecturer in Surgery in 2010. She became a Fellow of the Royal College of Surgeons in 2014. Her clinical expertise includes aortic aneurysms, occlusive vascular disease, endovenous management of varicose veins, carotid disease and stroke prevention, aortic dissection and endovascular robotic surgery.



She has an international reputation as a speaker with over 300 podium presentations, over 100 peer-reviewed publications and book chapters. She has significant experience in Medtech and clinical translation for medical devices. She serves as an examiner for Imperial College and Oxford University. Her research interests focus on innovative techniques for the treatment of arterial and venous disease, training and education. She led the translational endovascular robotic research theme at Imperial College. Her research has won 30 national and international prizes, attracting over £10million in funding.

Celia grew up in Athens but has lived in London since her teens. She is a classically trained dancer. She lives in Maida Vale with her husband, also a surgeon, and their 5-year old son.

Name: Celia Riga

Age: 42

Best thing about Little Venice / Maida Vale: Location, history, canal walks, maple-tree lined streets.

Worst thing about Little Venice / Maida Vale: Need more heated outdoor restaurants and cafes.

When you were little what did you want to be when you grew up?: A ballet dancer.

What would you save if your house was on fire? My family; and a photo album from my childhood in Greece.

Who are your 5 dream dinner guests: Cleopatra, St Helena, Caterina Sforza, Michael DeBakey and Sean Connery. There's a different guest list for the after party.

Who would play you in a film?: Rachel Weisz, Evangeline Lily or Penelope Cruz

If you could steal credit for any piece of art, song, film, book etc which would you claim? We used to live on Elgin Avenue, where Edward Ardizzone had lived and worked for over fifty years. I would like to think that he drew inspiration from our garden for Peter Pan, my sons favourite, amongst his many beautiful illustrations.

What would your last meal be? Champagne and barbouni (red mullet) with my greek salad. Affogato for the road.

How would you describe your job to a 5 year old? I fix people. No matter who they are and where they come from. From the palace to the park bench.

Best place to spend time in Little Venice/Maida Vale? Clifton Nurseries. A weekly favourite.

Finally... what is the funniest thing that has happened to you recently? One of my dear patients, 94yrs of age, an aneurysm survivor, with an absolute zest for life came to see me for his follow-up. He was wearing a face mask with the most impressive handle bar moustache print. Completed the entire consultation but neither of us could keep a straight a face.



Celia Riga and her (rare) all-female Vascular surgery team taken by ITU staff in St Mary's Hospital, Paddington.

"I fix people. No matter who they are and where they come from.
From the palace to the park bench"

Celia Riga

LOCAL BUSINESSES

THE WARRINGTON HOTEL

CANAL CAFE THEATRE

BY CHEF JEN

JASON'S TRIP

THE WARRINGTON HOTEL

By Robert Bruce

The Warrington is the grandest of pubs. It is lord of all it surveys. Built in 1857 it dominates the confluence of Sutherland Avenue, Lauderdale Road, Randolph Avenue, and Warrington Crescent. Inside it is a riot of mosaic floors, stained glass windows, pillars lit by ornate lamp standards at its portico and with a huge marble fireplace. It is, of course Grade II Listed, as indeed is the red telephone box outside.

And normally it is a great boozy place with its huge domed bar, (replete with the very 1960s addition of murals on the ceiling of wispy art nouveau ladies), packed with noisy, happy people. Sadly the pub is currently shrouded behind scaffolding but promises a return in the autumn.

Back in the 1980s it was named as The Best Edwardian Pub in London. Unsurprisingly it is listed on the National Inventory of Historic Pub Interiors. The great artist and illustrator Edward Ardizzone, who in the middle years of the last century lived in Elgin Avenue nearby, made many drawings and paintings of the pub and was particularly fond of the grand staircase. He produced a book with his author friend Maurice Gorham called 'Back To The Local' in 1949. he had drunk before she retired.

'The sight of this staircase', wrote Gorham, 'makes you think of Edwardian revelry, of well-nourished bookmakers and stout ladies in cartwheel hats, of feather boas and parasols and Malacca canes, of dogskin gloves and big cigars'.

Back in the days when one of the most famous music halls in all England, The Metropolitan Theatre of Varieties, was just a short walk away down Edgware Road the bar would become packed with people from the theatre. The most famous of all music hall stars, Marie Lloyd, the singer of "My Old Man Said Follow The Van", was a regular. And for many years an old champagne bottle on the marble fireplace was said to have been the last one she had drunk before she retired.



The Warrington Hotel. By Diane Umemoto

It was a famously raffish place, made more so by the rows of brothels that made up what was then called Portsdown Road and is now Randolph Avenue. Many of Ardizzone's illustrations depict a riot of ladies reclining on the staircase. And in those days there was a brightly lit sign on the building's facade proclaiming the Warrington to be "*London's Liveliest Lounge*".

It was never a hotel. The 'Hotel' title was added in Victorian times to give an air of grandeur to its premises and to differentiate it from being merely 'a pub'. For many years in the 1980s and 90s there was an enormously popular Thai restaurant on the upstairs floor called *Ben's Thai*. Then the celebrity chef *Gordon Ramsay* took control of the pub and the restaurant and for the first time opened a few hotel rooms as well. Unfortunately the business was held by both Ramsay and his father-in-law. They fell out and the venture came to an end.

But until the pandemic and the current renovations occurred the pub was still a great and lively place at the hub of its area. The roundabout outside, until recently simply grassed over, became another drinking area on balmy summer nights with hundreds of people drinking happily together on it. The council took a dim view of so many people proceeding to and fro across the road while clutching pints of beer. The happy folk took no notice of the council's warnings. And, eventually, the council came up with a great wheeze. One winter they planted the roundabout with a carpet of prickly shrubs and added an aggressive and dampening automatic watering system. It was no longer hospitable to drinkers. It was, like the pub though, a much loved place.

I once came across someone whose parents had spent happy times on the roundabout and, when her mother died, had surreptitiously scattered her ashes there. *The Warrington* has long been at the heart of the community life of the area.





Photo: Alex Brenner



We are OPEN!

The award-winning *Canal Café Theatre* has been perched on the edge of the Regent's Canal since the 70's. Home to Guinness World Record-Breaking *NewsRevue*, this renewed comedy, cabaret and theatre venue has launched some of the biggest names in comedy from Miranda Hart to League of Gentlemen to John Oliver.

After a year of uncertainty, we're thrilled to be reopening our doors on May 18th with socially distanced performances. There's something for everyone in our programme, so make sure to check out our website for the full selection. We can't wait to welcome you back to the theatre.



Peter Pandemic
May 18th-May 23rd



TECTUM: The Scratch
May 28th



Bard in the Yard
May 29th



Chimney Thustards
June 4th-June 6th



Bard in the Yard
June 12th



CHUM
June 17th-June 20th

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A RECIPE

by Chef Jen

Awelcome to our new resident chef writer from *Maida Unveiled*. We are very lucky to have a healthy and fresh contribution to our issues going forward. Chef Jen moved to London in 2019, determined to help even the busiest people in the country to eat better. Jen started out by running a Soup Kitchen for her first few months in the capital, whilst working hard to launch as a personal chef.

Today, Jen and her small team of professional chefs cook and deliver a wide variety of healthy dishes every single week - passionately working closely with her customers to develop her menus. You can find out more on <https://www.bychefjen.co.uk/pages/about-chef-jen>. Over to you Chef Jen.

With most of us spending the last year almost entirely indoors, it's such a delight to anticipate the sunshine on your face and the buzz of Al Fresco dining. Whether you've reserved an elusive table at your favourite restaurant terrace, enjoying a picnic in the park or simply enjoying a home-cooked meal from the comfort of your garden - isn't it refreshing to be eating outdoors? Living a stone's throw from Paddington Rec, it's lovely to see friends and family enjoying the best of Maida Vale's green spaces together. Working as a Personal Chef there have been countless requests for Summer bookings in Communal gardens, and that inspired my first column for Maida Unveiled.

The recipes I'm sharing are perfect for outdoor dining, entertaining intimate dinners and most importantly celebrating the fresh ingredients that come with the Summer months. I've also kept each recipe to minimal time and effort requirements, since the City is starting to return to its swift pace week by week!

I hope these recipes will inspired you to get cooking! My personal speciality as a Chef is to help people to enjoy a healthier diet (that isn't boring!) and so I'm rounding off my feature with a few tips to help you enjoy extra vegetables in your diet. Pesto is of course a great place to start, easily loading up on extra greens and fresh herbs as well as nuts and seeds and olive oil - it really is a great healthy boost when made from scratch. If you're making my pizza recipe, why not try adding more vegetables to your tomato sauce? I love to roast aubergines and peppers, and blitz into my tomato sauces - or even try courgette, red onions and squash. Finally, a great pairing for tomato sauce would be meatballs - and these are a great idea for adding extra vegetables too! Adding grated vegetables like carrot or courgette to meatballs is a great way to keep them juicy and moist too.



Chef Jen

30-minute, Homemade Flatbread Pizzas

This recipe is perfect for light entertaining as the weather warms up, as it requires minimal time and effort, and everybody loves pizza!

Preparing your own pizza from scratch is both fun and highly satisfying. It's also a great choice if you have a few dietary restrictions on your hands, as these bases can be made with gluten free flour and you can substitute the butter for olive oil to keep it dairy free too.

Being able to select whichever topping you like means this recipe is flexible enough for all palettes and preferences.

I've included the recipe for the pizza flatbread bases below, plus some ideas for tasty toppings too. Simply prepare your dough, leave to rest for 20 minutes while you prepare the toppings (or simply socialise) and then each pizza will be ready in a matter of minutes.

INGREDIENTS

Pizza Base Recipe (makes around 4)

- 300g flour - OO works best, but plain flour will suffice.
- 175ml milk of choice
- 50g butter, melted
- Generous pinch of sea salt
- 1 tbsp oregano or finely chopped fresh rosemary

Pizza Topping Ideas

- Ham, Mozzarella (and Pineapple!)
- Grilled Chicken, Pesto and Red Onion
- Mushroom, Grilled Peppers and sweetcorn
- Cheddar, Red Onions + Cherry Tomatoes
- Artichoke, Red Onion + Sun-dried Tomato

DIRECTIONS

- Combine the milk and melted butter.
- Season the flour with salt and oregano/rosemary.
- Pour the milk/butter mixture into the flour and bring together with your hands.
- Knead it a little with your knuckles and then cover the bowl with cling film and leave the dough to rest for 20 minutes.
- While you wait, you can prepare your toppings and also turn on your oven as high as it will go, to preheat. (220C+)
- Once the dough has rested, pull off a cricket ball sized piece and roll into a ball in your hands.
- Lightly dust a work surface with flour, and roll out until it's very thin.
- Get a frying pan nice and hot and lightly oil, or spray with frylite.
- Add the pizza base and leave for 3-4 mins until it starts to bubble from underneath
- Whilst it's cooking, load it up with tomato sauce, cheese and any other toppings you desire.
- Once it's loaded, place the pan directly into the hot oven to finish, for about 5 minutes, until the dough is golden on the edges and the cheese is melted and delicious.



My Formula for Fresh Pesto

Following on from my pizza recipe - here's a quick recipe that will make use of any leftover greens or fresh herbs lying around - plus you can adapt this recipe based on the seasons. Summer is great for rocket, the traditional leafy green you'll find in pesto, but equally watercress and chard would work wonderfully.

Pesto is of course delicious when dressing fresh pasta, but also great for marinating chicken, using as a pizza sauce base or even as a dressing on salads.

Pesto is lovely with white fish and I love to make a pasta bake with fresh pesto and chicken sausages, sliced up throughout.

The perfect pesto formula includes a leafy green, fresh herbs, nuts/seeds, lemon juice, olive oil + garlic. Simply pick from each category and blend together to create your own pesto recipe.

The fresher the ingredients the better, however most pesto creations will keep in your fridge for 5 days in a jar or airtight container.

INGREDIENTS

Leafy Greens (use a handful)

- Rocket
- Kale
- Spinach
- Watercress

Fresh Herbs (use half a handful)

- Basil
- Parsley
- Wild Garlic
- Chervil

Nuts/Seeds (use half a handful, and toast first)

- Walnuts
- Pine nuts
- Almonds
- Brazil nuts
- Macadamias
- Pecans
- Pumpkin Seeds
- Sunflower Seeds



DIRECTIONS

- Simply pick one or two ingredients from each category.
- Blend together with 1 tbsp lemon juice, 100ml olive oil and 1 clove of peeled garlic.
- You can season with salt and pepper, and you're welcome to add parmesan cheese if you enjoy it.
- Pulse in the blender for a coarse pesto, or leave on a high speed for 2-3 minutes for a smooth finish.

Sizzling Chicken + Prawn Summer Orzo

INGREDIENTS

Ingredients

- 1 onion, diced
- 3 cloves garlic, minced
- 300g king prawns, raw
- 400g chicken breasts
- 2 tbsp olive oil
- 2 red bell peppers, sliced
- 1 tbsp smoked paprika
- 250g orzo - dry weight
- 750ml-1L vegetable stock
- 150g spinach
- 40g tomato puree
- 150g tomato passata
- 125g cherry tomatoes

To serve:

- 30g parsley, freshly chopped
- 200g feta to crumble on top, to serve
- 1 lemon, sliced into fresh wedges to serve



DIRECTIONS

- Season your chicken breast with salt and pepper, wrap in foil and roast at 170C for 20 minutes. Ensure they are cooked through, and pull apart with 2 forks or your fingers.
- Heat the olive oil in a large frying pan, and gently saute the onions for 5 minutes until they soften.
- Add the garlic, paprika and sliced peppers and saute for a further 3 minutes. Then add the tomato puree.
- Next, add the orzo and stir around the pan for 2 minutes before adding the tomato passata and hot vegetable stock. Keep the pan at a simmer, stirring occasionally, until the orzo is cooked through. You can top up with extra vegetable stock if required.
- In a separate pan, saute the prawns for 4-5 minutes until cooked through, with a pinch of salt and a squeeze of lemon juice.
- Once the orzo is almost cooked, add the cherry tomatoes and spinach to the pan and cover with a lid - simmering for 2-3 minutes.
- Remove the lid, and add the pulled chicken and cooked prawns, stirring well to combine everything. Season if required.
- Serve topped with fresh parsley, feta and a lemon wedge each.

Jason's Trip

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The Original London Canal Trip
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Enjoy the peace and relaxation away from the hustle and bustle of modern day London while you are transported back to a bygone era in our original 1906 canal boat.

Discover an enchanting world of beautiful Edwardian streets as you glide through Little Venice. You then make your way around the edge of Regent's Park past *London Zoo* and into buzzing Camden Town with its vibrant market right by the lock.

During the trip from Little Venice to Camden there is a live commentary from our trained guide who will tell you all about the canal's history from 1800 to the present day.



For Reservations:

<http://www.jasons.co.uk/reservation>

AIR QUALITY

and the climate emergency

As the chart in the **Figure 1** indicates, the concentrations of nitrogen dioxide pollution in W2W9 during March this year were similar to what they were at 12 months earlier. This is consistent with the trend in other parts of Westminster and neighbouring boroughs.

Since then, as the chart in **Figure 2** indicates, measurements made for regulatory purposes show that the annual average concentration has tended to increase across much of London. The increase will probably continue, temporarily – until the deep reductions which occurred during the initial months of the first lockdown cease being in the most recent 12- month period. Extending the ULEZ this October should improve air quality.

This chart differs from that in the previous edition by including two sites further south along the Edgware Road. The south eastern boundary of W2W9 is the most polluted, which presumably depresses potential profits from new buildings there. A Coroner’s Court has recently ruled that air quality can now be listed on death certificates as a cause of death.

Despite the urgency with which CO2 (and other greenhouse house emissions) must decline, traffic seems as heavy as ever. The lifecycle of EVs is not emissions-free, especially if the source of electricity for charging then derives from CO2-emitting gas or biomass power stations. Being heavier, EV’s tend to emit more particulate matter (notably PM2.5) than diesel and petrol vehicles.

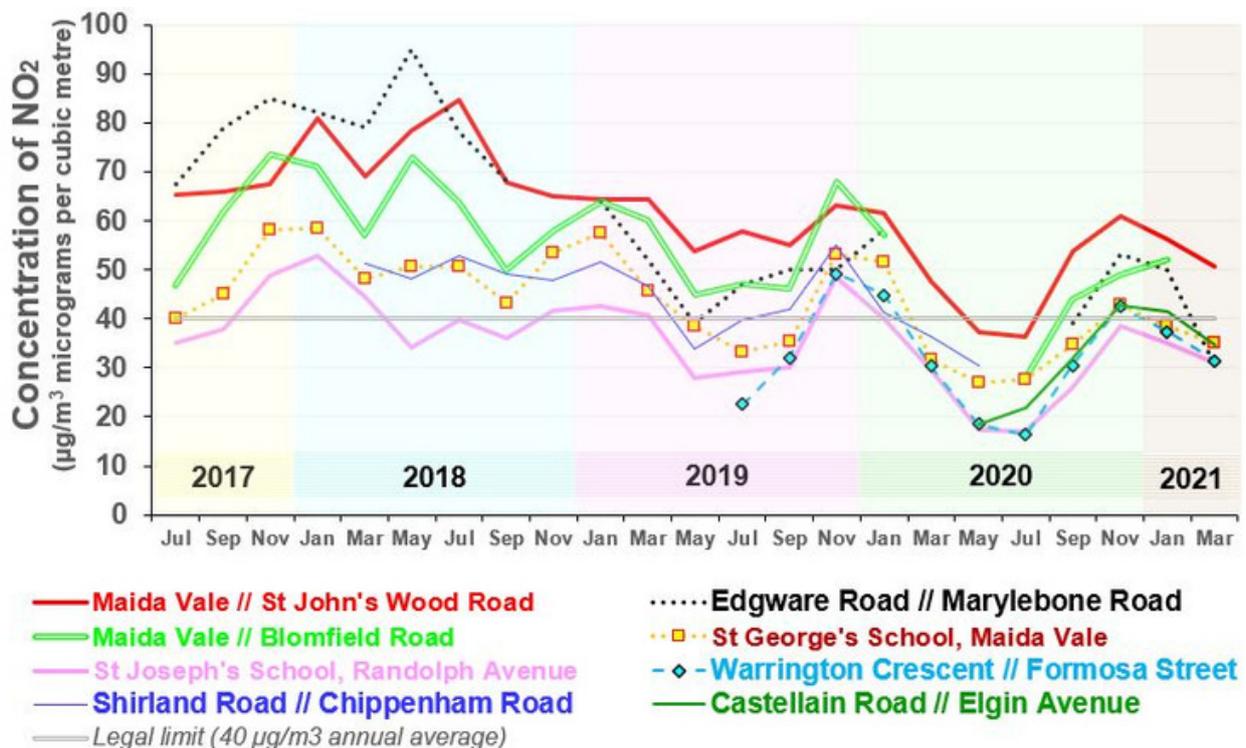


Figure 1 - Monthly concentration of Nitrogen dioxide (NO2) from 2017 to 2021

In order to have a (worrying) two in three probability of meeting the least ambitious of the targets set at the UNFCCC meeting in Paris (2015), the Prime Minister has agreed with the Climate Change Committee that, by 2035, the UK's territorial emissions of greenhouse gas must decrease by at least 78% from what they were in 1990.

This translates into a decline of roughly 6% each year between now and 2035 (well over three times faster than since 1990), more in parts of the country where emissions are greatest (10% annually has been suggested for Westminster) – implying a decrease of about one third during the 2021-2024 term of the London mayor. This is sufficiently large to warrant annual targets and transparent audits, identifying the powers and funding required for each sector.

Climate emergency information published by the City of Westminster suggests that buildings (primarily commercial property), accounts for 70% or more of our borough's emissions, mainly from heat and power. Reduced consumption of both is therefore crucial, including through insulation and double glazing (particularly in conservation areas). In the leasehold and rental sectors, leadership by property owners will be

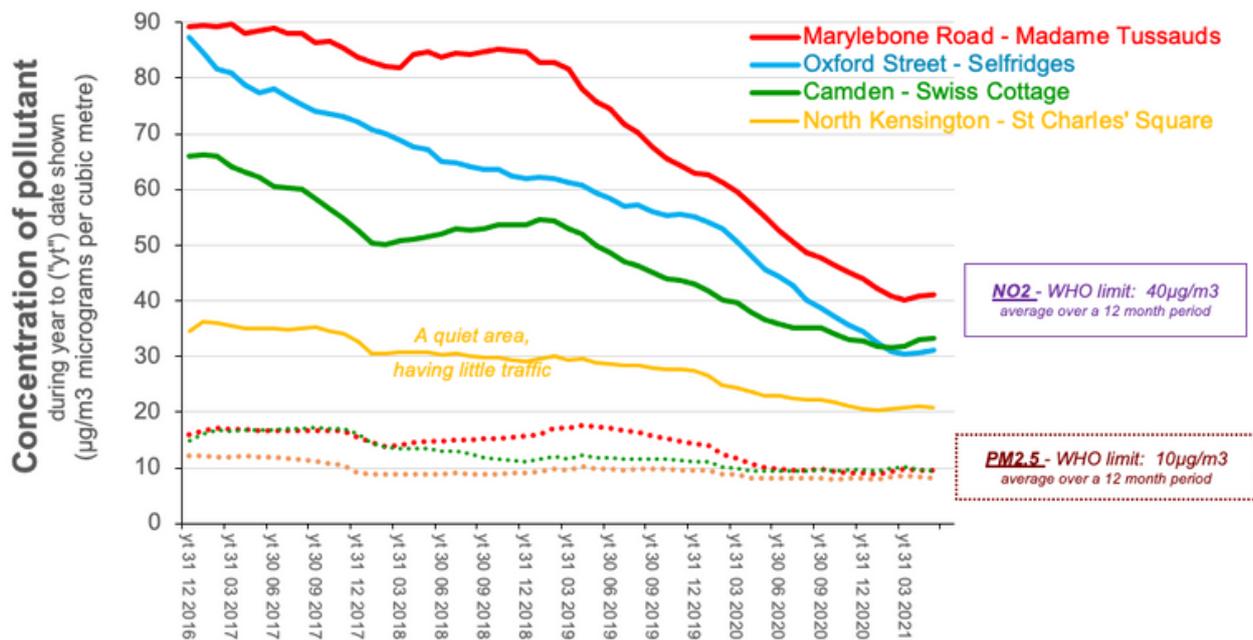


Figure 2 - Annual concentration of Nitrogen dioxide (NO2) for different sites across London from 2016 to 2021

James Hewitt,

May 2021

AN UPDATE ON HIGHWAYS

As usual Westminster Council are busy with highway schemes in our area with the purpose of improving the facilities for pedestrians, cyclists and motorists using our highway network. Most of these schemes are the result of recommendations from our highways sub committee in collaboration with our local councillors.

Works currently under way are:

1. Local safety scheme, junction of Sutherland Avenue and Shirland Road.

This scheme updates the traffic signals to include a green man countdown phase, and together with footway buildouts will make the junction much safer for pedestrians. Work is expected to be complete by mid June.

2. Local safety scheme junction of Warwick Avenue and Blomfield Road.

This scheme also provides for the introduction of the green man countdown phase on the traffic signals together with various kerb buildouts and also provides for a full length widening of the footway on the east side of the bridge over the canal. This will considerably improve the safety of pedestrians at this previously quite dangerous junction. Completion date is expected to be late June.

3. Planned Preventative Maintenance (PPM) scheme.

Footway renewal in Maida Vale on the east side between Abercorn Place and Carlton Hill. This scheme is planned for completion in early July.

The following schemes are yet to start.

4. Local safety scheme junction of Edgware Rd and Blomfield Rd.

This is yet another installation of the green man countdown traffic signal phase and associated adjustment to kerb lines designed to considerably improve conditions for pedestrians. Westminster Council are currently awaiting final approvals from TfL and work should be starting soon.

5. PPM. Carriageway resurfacing In Shirland Rd between Chippenham Rd and Sutherland Ave.

This is programmed for 15th to 18th June.

6. PPM. Carriageway resurfacing in Blomfield Rd between Warwick Ave and Edgware Rd.

This is programmed for 1st to 3rd July.

7. PPM. Carriageway resurfacing in Lanark Road between Carlton Vale and Sutherland Ave.

This is programmed for 14th to 16th September. Some minor footway renewal between Carlton Vale and Elgin Ave associated with this scheme will be carried out during June.

8. PPM. Footway renewal in Bristol Gdns on the west side between Formosa St and Clifton Villas.

Funds are allocated this financial year for this work but there are some planned utility works to be carried out first so the scheme may get moved to next year.

All the estimated scheduling of these works are supplied by Westminster Council and are subject to change due to unforeseen circumstances.

9. The CIL scheme widening the footway in Blomfield Rd at the canal basin has been given the go ahead and is scheduled to start on 7th June.

Paul Newman
Highways committee

May 2021



Local safety scheme, junction of Sutherland Ave and Shirland Rd.



Local safety scheme, junction of Warwick Avenue and Blomfield Road.

GUERRILLA GARDENING

Biddulph Road Gardens

"Just over two years ago a handful of residents of Biddulph Road thought the road could be enhanced by the addition of some bright flowering plants and greenery surrounding the trees lining the pavement. Taking inspiration from the magnificent guerrilla gardens around trees at Sutherland Avenue and Shirland Road, and with little gardening knowledge but a lot of enthusiasm, we embarked on an early morning trip to *Columbia Road Flower Market*. Bedazzled by the array of plants, choosing proved difficult.

Eventually we came home with sacks of compost and trays of cheerful multi-coloured primroses to plant around the first tree. Neighbours quickly joined in, setting up a fundraising scheme to cover costs, building out and planting up the tree beds, and generously supporting the effort by joining in the planting and watering. Not only had the street been beautified, but closer ties amongst residents were developing. By the summer of 2019 residents on our street had planted seven gardens, and decided to celebrate with a tea party for the Biddulph Road community as an opportunity to get to know each other better.

Of course, no parties were possible last summer, but we were especially grateful for the community that had been formed. We set up a WhatsApp group to support each other during the pandemic. People on their daily permitted walks stopped to chat while we were working on the gardens or watering the plants, a welcome change from the isolation that many of us were experiencing. Recently we had a trip to the amazing community gardens at *Meanwhile Gardens* to buy from their plant sale. We are learning which flowers survive, and indeed thrive in this neglected soil, and are amazed as hollyhocks, lupins, cosmos, foxgloves and a particularly rampant pink broom blossom and cheer us all up.

It would be great if more tree gardens could be planted in the area. It really does brighten our streets, and if you appreciate the gardens in Biddulph Road, you are welcome to sponsor them at www.gofundme.com/the-biddulph-collective. Or volunteer to help with the watering when the rain eventually subsides, but above all don't forget to say hello as you're passing."

By Angie Gooderham

May 2021





The Lonely Pet Column



written by his mum

Name: Oscar

Owner: Mummy G and Daddy R

Occupation: He has a good instinct and is curious by nature. As his parents, we were hoping he would become an investment barker so he could help with the bills. However he figured out pretty quickly that a dog life is too short, and decided to focus on something else: sharing love.

Looking for: Oscar is turning five this June, it's time for him to find a soul mate. He clearly wants to follow the steps of his own Labrador parents, get married and grow a big family. Should it be of interest to you, feel free to contact me. I can help to arrange a meeting. In exchange he will offer unconditional love, partial fidelity, and will throw a (socially distanced) party in his own garden to celebrate your union, and future together.

In his words...*I was born in a little town in Essex. My Labrador parents called Rosie and Buddy were quite special. They attended dog shows and won a few local awards. My Dad was particularly talented in obstacle racing. I have very happy memories of my early life. I remember running around the garden with my seven siblings, and posing for family photos on a big sofa. My first family lived in North London. Unfortunately (after a change of circumstances) they realised they could not look after me and I was re-homed. Mummy G and Daddy R have adopted me less than a year ago, but I have known them since I was a puppy. It hasn't taken me too long to adapt to my new life in Little Venice. I have found so many local friends, and I love my daily walks on the Regent's Canal, and in the London parks. The photo above was taken on a windy Sunday of May 2021, after (destroying) a picnic in Kensington Gardens!*

REAL DRINKS

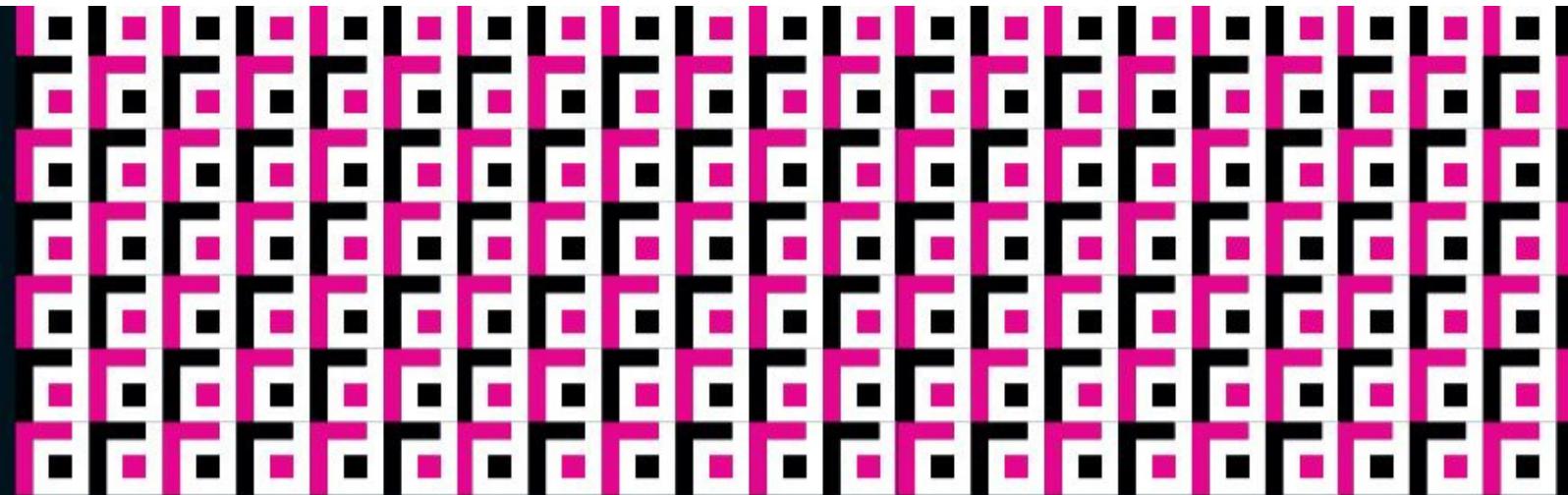
On 14th May 2021 Real Drinks celebrates 16 years since opening their first shop (as Real Ale) on Richmond Road, East Twickenham.

Over this time the industry has evolved considerably and so too has the business. From championing locally brewed, high-quality beers, stocking only eight breweries, to a total drinks business.

Real Drinks now has a core range of over 400 different products, beer, cider, wine, spirits and any drink crafted with integrity and skill, from small independent producers from around the world.

Zeph King Real Drinks MD said: *“2021 is shaping up to be an exciting year for us As a business we have survived the storm that came with Covid so far, rebranded and renamed as Real Drinks and now reflect and celebrate 16 years on the high street as we welcome customers back into the stores. Reaching this milestone has been a true team effort across the business.”*

For more information go to *Real Drinks* or follow them on Instagram, Twitter and Facebook



Life's Too Short, Drink Well

REAL DRINKS 

MAIDA UNVEILED

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Alice Sinclair

Editor/Designer

Julia Wilson

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Contributor James Hewitt

Contributor Robert Bruce

Contributor Paul Newman

Contributing photographer Julia Wilson

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Little Venice Anne Von-Bennigsen

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