

Issue 3  
Priceless

# MAIDA UNVEILED

Spring/Summer  
Edition

From The Paddington Waterways and Maida Vale Society



Visit

[www.W9W2.co.uk](http://www.W9W2.co.uk)

Painting by Eleanor Abou - Sakr



# A NOTE FROM THE CHAIR

John Zealley

Knowing that we are making a difference to our community is a key motivation for all us involved in the Paddington Waterways & Maida Vale Society/W9W2. So whilst the circumstances we find ourselves in are truly horrid and unprecedented in the lives of most of us, it is truly heartening to see how our Society has been able to make a real difference to the residents of our area and those providing essential services to us in these extraordinary times.

You will find in these pages contributions that bring to life a wide range of Covid 19 Relief initiatives that we have underway.

These include providing food and amenities to the front line NHS staff at St Mary's, our local hospital. Providing, in collaboration with Westminster Connect, volunteers to support local residents in isolation. Helping to coordinate a network of home based sewers to produce PPE masks for distribution to care workers both at St Mary's and at other local care-giving centres.







Of course these efforts do not just 'happen'! They are built on 3 foundations; first, the network of support that PWMVS is able to call on based on our membership and our longstanding relationships with community leaders that mean we are seen as a trusted group to get things done.

Second, the willingness of key individuals to step up and make a difference - I will not embarrass them by naming them, but suffice to say that 8 weeks ago I don't think any of them imagined the key role they would play and I thank them on your behalves for the fact that they have taken a lead.

I would also give a particular mention here to your WCC Councillors who have been very supportive to our efforts via Ward Budget grants and in terms of personal on the ground support.

And finally, the generous community donations that have made our efforts possible and which are the life blood of our continuing efforts.

So, what to do next? Please do encourage your friends and neighbours to sign up to PWMVS/W9W2 to help us increase the reach of our network - the link is here:

**[w9w2.co.uk](https://www.w9w2.co.uk)**

Also, please do continue to donate such funds (as you can) to support our Covid 19 Relief efforts... The link is here:

**<https://www.gofundme.com/f/direct-community-aid-to-st-mary039s-hospital>**

For those of you who are registered members you could donate to PWMVS already via BACS. You can donate to our main account, and use Covid 19 as your payment reference. This is so we ensure that your donation is put to the right use.

So there we go - extraordinary times but ones which have seen an extraordinarily positive response from our community and for which PWMVS members should feel proud to be part of.

Thank you and keep well!



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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

This certainly wasn't the article that I expected to write for the spring issue of the Paddington Waterways and Maida Vale Society magazine.

The world we look out onto is utterly transformed. We have no idea when we will return to anything 'normal', how the new normal will resemble the old one, and indeed what changes we may want to make. None of us have lived through anything quite like this and the path is new. For too many people, of course, this has been a time of utter heartbreak.







Westminster residents have died of the virus, including, at the time of writing, more than 20 in local care homes. Every death is a grievous loss, perhaps especially under these circumstances, when loved ones cannot visit hospitals or arrange funerals in the way they normally would. According to the Imperial NHS Trust, our main local hospital provider, 337 people had died in hospital, as of late April, and 583 patients infected with coronavirus had recovered and been discharged.

We are fortunate indeed to have such superb facilities locally, and even more fortunate to have such brave and dedicated health and care personnel, as well as other key workers, taking risks every day in the public service. This includes, very sadly, 3 local health care staff who have themselves died after contracting the virus.

Meanwhile, whilst the health and care services do their work, lockdown presents its own challenges. Hundreds of vulnerable people are having to be shielded, and whilst some have support in the home, many others are alone and in need of at least some support.

Others have lost most or all of their income. Local residents have risen to the challenge at scale, through informal help for friends and neighbours to participation in the various Covid Mutual Aid groups which have sprung up, to more formal volunteering via Westminster Connects or the NHS scheme, and of course our various faith communities.

Thankfully, North Paddington Food Bank was already a highly organised charity working with hundreds of people in food poverty- now their programme has been drastically scaled up- they have helped feed more than 9,000 people. My family and I have been doing delivery runs from the Avenues Youth project, which is just one more of several bases for supporting people in need. We can be genuinely proud of the community response- generous in terms of time and money.

Yet the voluntary sector will not be sufficient as we move deeper into the emergency, and start to feel the economic consequences ever more deeply. The Government has put in place a massive programme to support for business and jobs, quite rightly, and there is much in there to commend, but it also falls short in other ways.

Too many small businesses, charities and social enterprises and people in particular categories of self-employment, such as in our large creative sector, are not yet getting the support they need. We can't be sure how quickly the economy will recover but in the intervening period there will be intense hardship and the complexity and lack of generosity in the social security system is being exposed, especially for renters- and as we have the highest percentage of people renting their homes in the entire country, this is a particular challenge.





My staff and I are continuing to work normally, albeit remotely, and are seeing a dramatic increase in casework, some familiar, some new. I am very conscious of the problems many people have encountered with the postal service and I take these cases up with the Royal Mail. Whilst crime is down, the Police are under different pressures, enforcing the lockdown provisions in the Coronavirus Act as appropriate in sometimes very difficult circumstances. Swift action to take rough sleepers off the streets has nonetheless raised some new issues around managing people with complex needs. Domestic abuse has increased sharply.

A number of constituents have been stranded abroad and needed intervention to try and help them return. I've been raising concerns about the noise and disruption of non-essential construction works, which can be particularly stressful when neighbours are trapped at home all day. And of course business, employment, consumer rights and social security issues pour in.

We do all we can to help although in many cases we need either further changes to the law or additional resources.

I am also continuing my work on the Joint Committee of Human Rights, which is scrutinising the Coronavirus legislation and other human rights aspect of the present crisis.

And I've been working on other initiatives, like a housing rescue package, and a proposal to the Council for an urgent review of services for children and young people as we enter into the (often stressful summer period).

What of the future? Well, we can only come out of the period of lockdown as it is safe to do so, but the Government need to be open and transparent about the tests for making the decisions for a phased release. Of course we cannot wait to see family and friends again, to travel, and to see our economy recover and people back at work. But we may also want to do some things differently, and not see a return to some of the social and environmental problems we have been living with for so long, from the crisis of homelessness to the heavily polluted air which has been another silent killer. And it would be lovely to maintain the networks of informal and voluntary connection that have been established in recent weeks, not least in the face of the well understood crisis of loneliness which afflicts modern society. So here's to getting back to normal, but perhaps a better normal.

**Karen Buck, MP, May 2020**





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# AN UPDATE FROM OUR LITTLE VENICE COUNCILLORS

By Cllrs Melvin Caplan, Lorraine Dean, Matthew Green

Things have changed a lot since we last reported back to you on the pages of Maida Unveiled. The Coronavirus epidemic has changed all our lives, but we hope that residents have not noticed too much disruption to council services.

We continue to take up Little Venice residents' casework on all issues from planning to parking and are, of course, paying particular attention to the needs of vulnerable residents at this difficult time.

## Council Services

Following government advice, Westminster's libraries and leisure centres and playgrounds have closed (although a computer service has now re-opened at Church Street Library), but we're pleased to report that the majority of council services continue to operate as usual. In particular, the council's refuse, recycling and street-cleaning services are functioning normally. Keeping green spaces and parks open also remains a priority in order to give residents respite and for people to have their daily exercise. If you experience any issues related to council services in Little Venice, please get in touch with us.

## Westminster Connects

Of course, during this difficult time, our thoughts turn to the most vulnerable in our area; those who have been asked to shield themselves by the Government, or simply those who are unable to go out under the current circumstances. The council has been quick to react by setting up Westminster Connects and your Little Venice councillors, in co-operation with the Paddington Waterways and Maida Vale Society, have been supporting these efforts. The council called for volunteers for its Westminster Connects service shortly after the country went into lockdown.

We're pleased to report that over 3000 volunteers answered the call to help vulnerable and self-isolated residents around Westminster. The team is collecting and delivering shopping and medicine to residents and telephoning residents on the shielding list to ask if there is anything that they need. The service receives around 1000 calls and emails a week and has been involved in more than 4000 interactions with residents. If you need help or you know of anyone who needs help, please send us the details or phone Westminster Connects on 020 7641 1222.

Your local councillors have been actively involved in these efforts, bringing Easter Eggs to shielded residents, helping with the shopping delivery service and working with the Paddington Waterways and Maida Vale Society and local businesses to deliver food to our hard-working NHS staff at St. Mary's Hospital. Thanks to kind donations from Raoul's and Cook on Clifton Road, we have been able to offer free meals to the staff at St. Mary's Hospital. A substantial donation has also been made from the Little Venice ward budget to support the Paddington Waterways and Maida Vale Society's efforts in providing other items of food to both the hospital staff and vulnerable local residents.

Thank you to John and Alice for their efforts!





### **Continuing to deal with residents' day-to-day casework**

Being able to tap into such a rich seam of community spirit and goodwill has been the silver lining to the cloud of the Coronavirus epidemic and we're grateful to all residents who have helped out. Nevertheless, alongside all the Coronavirus-related work, we are still helping with residents with their ongoing issues. Here are just a few areas where we've been able to help.

#### **Planning**

We are regularly contacted by residents about planning and we seek to help both applicants and those that have concerns about applications. Cllr Green is now the Cabinet Member for Planning & Business and leads on these issues for your local councillors. The council's website provides a lot of useful information on the process and how to get involved.

#### **5 Kingdom Street**

The 5 Kingdom Street application was rejected by Westminster City Council's planning committee, following representations by all three of us as your local Little Venice councillors as well as an objection from the Paddington Waterways and Maida Vale Society.

Although outside the ward, the application proposed a very tall office building of some 19 storeys, which would have had a dramatic effect on some of the views on the ward, including from Browning's Pool and Warrington Crescent. Unfortunately, Sadiq Khan, the Mayor of London, has "called in" the application for 5 Kingdom Street and will now be making the final decision on this development.

If you wish to comment on the application, you can e-mail [mayor@london.gov.uk](mailto:mayor@london.gov.uk) quoting GLA reference 4925.

#### **Safety Improvements on our Estates**

One of the most important roles that we all have is protecting and improving our environment. Following on our success at getting CCTV installed across the Hall Park Estate, we have now also obtained funding to enable further CCTV to be installed across John Aird Court and Fleming Court. We have also campaigned and succeeded in having security gates and a door entry system installed in Fleming Court. Finally, in this area, we have obtained funding that has enabled new security fencing to put up around the children's playground in John Aird Court.





### Improving Pedestrian Safety

We have been successful in getting funding to improve pedestrian safety at three key crossings in the ward. In each case, this would result in there being a pedestrian phase at the traffic lights which would mean that pedestrians could cross more safely. The three junctions are Sutherland Avenue and Shirland Road, Warwick Avenue and Blomfield Road and Blomfield Road and Edgware Road. All these schemes are planned to be installed this year, but exact dates are now unclear for obvious reasons. We would hope they could start in the Autumn.

### Electric Avenue

We are delighted to report that Sutherland Avenue has been turned into Electric Avenue with all the lampposts now offering charging for electric vehicles. The council is committed to increasing rapidly the number of charging points and already has more than any other council in London with significant plans to accelerate the rollout across the city.

Many Thanks,

your Little Venice Councillors, May 2020

### 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](mailto:littlevenice@westminsterconservatives.com).

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







By Paul Newman, May 2020

Paddington Waterways and Maida Vale Society Planning Officer

You may have noticed a lot of restoration activity at the bridges over the canal at Warwick Ave and Westbourne Terrace Road.

Westminster Council is currently refurbishing these bridges, funded by the Council's Community infrastructure levy.

This is an update of the work completed thus far and outstanding work remaining.

### **Warwick Avenue Bridge**

The underside of the bridge has been cleaned of all corrosion, repainted, and pigeon proofing renewed. All upper ironwork has been repainted and the cornerstone pillars repaired and re-rendered. This included the repositioning of the south western pillar to its correct position after being dislodged about 120 mm by a road traffic accident. All that remains now is cleaning of the stone pillars and painting of the 4 ornamental lights on top of the stone pillars.

Of note is that all the under bridge work was done at night in order to close the canal to be able to work from a pontoon.

### **Westbourne Terrace Road Bridge**

Painting of the lower ironwork was carried out last year. They are currently repairing the the stone pillars and rebuilding the north east retaining wall and railings. This wall and railings were demolished by a car flying off the roadway at speed and ending up in the canal basin! Outstanding work here is refurbishment of railings and soffits, under deck corrosion package and repair and reinstate pigeon netting and restore defective under-bridge lighting. This work will also be done at night in order to close the canal.

The original timetable was to have the Warwick Avenue Bridge completed by 8th May in time for the Annual Narrow Boat Cavalcade with the Regents Canal 200 celebrations, and VE Day weekend. Then the Westbourne Terrace Road Bridge would have started after those events.

However the current lockdown has changed this timetable and the work has been merged, which will result in an earlier completion of the combined project. WCC says the work is being done on budget at a total cost of approx. £250,000.

*Image above: Warwick Avenue Bridge*





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*Westbourne Terrace Road Bridge*



*Westbourne Terrace Bridge work on wall and railings*



*Aftermath of car crashing through wall and railings*



# OUR COMMUNITY RESPONSE

TO COVID-19

*"Your Society's help is a Godsend for people like me who can not go shopping.  
I can do nothing but praise you for what you do."*

- Quote from Patrick



In response to the COVID-19 outbreak the Maida Vale Society W9W2 organised a fundraising appeal to support the staff at St Mary's Hospital and the local vulnerable residents. Thanks to your generous donations the appeal has raised in total over £17,000. This has been used to provide St Mary's hospital with daily food and PPE.

The following pages are a display of the community response over the last 4 months.

With thanks to Adam Slama who told the story in pictures below.



Photo By Adam Slama  
[www.adamslama.com](http://www.adamslama.com)

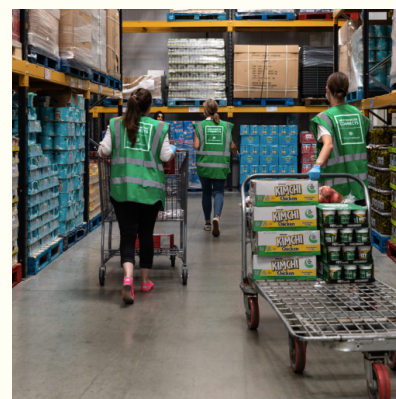


## Food Deliveries

A huge thanks to the volunteers who gave 15 Fridays to delivering a weeks supply of Bulk buy food to three wards at St Mary's Hospital.

Photo journalist Adam Slama documented a typical volunteer day under lockdown.

Visit [www.adamslama.com](http://www.adamslama.com)- for prints. Follow Adams work on Instagram @adamslama



A core team of volunteers would frequent Costco bulk buy store and load up trolleys for three that would supply three hospital wards for a weeks worth of food and drinks.



Two car loads and a big van were required. Happy NHS staff came down to collect one when had loaded hospital trolleys with the allocated food/drink for each ward.





## The W9W2 Sewing Group



Early April 2020 when the shortage of PPE was becoming apparent one of our committee members and local resident Sandy Schwartz teamed up and set up a sewing initiative.

Appealing to the wider community via the Westminster connects channels and posters put up around the W9W2 area. A wonderful team of over 70 people volunteered to sew masks for St Mary's hospital and beyond.

We raised funds to buy material and made up individual packs for each of our volunteers. Each pack had surgically approved material, a roll of elastic and instructions. These were then distributed to our sewing volunteers by volunteer drivers.

Our volunteers worked tirelessly throughout lockdown. our little group was alive and buzzing online with tips and encouragement for each other. We had built a little community, and it brought purpose and hope to all members in various different ways.

To date the W9W2 sewing group has created over 10,000 masks for the NHS and key workers in our community. the volunteers efforts have been so successful that we have been able to extend our reach to offer PPE to organisations performing vital functions in our community, including the North Paddington Food Bank and Care Homes and other hospitals like the Central Middlesex. Look out for some of our volunteers in action in the following pages.





# In Conversation with our sewing volunteer (and artist) Mukadas Muborakshoeva

## How did you find about the W9W2 Group initiative?

In search for information, the lockdown made many of us surfers of the waves of the internet. Wondering about events going on in my area, I came across @MaidaValeMuse on Twitter, to learn about the W9W2 Group Initiative, where Alice was looking for volunteers.

## What made you support the group?

Seeing the situation with Covid-19 worsening and people losing their loved ones every day broke my heart. Without thinking twice, I decided to volunteer with the group sewing masks to help the NHS.

## Have you volunteered before?

I belong to the @Ismaili Community and volunteering is part of our rich history. We officially celebrated 100 years of our volunteer work last year, but in fact our volunteerism has the history of over hundreds of years. We live in different parts of the world and try to help each other as well as helping the countries where we choose to live. It's been over 20 years that I've been volunteering for communities in different countries.

## What was the most exciting part volunteering with the group?

Alice and Sandy managed to gather a lovely group of volunteers from various walks of life who tirelessly supported their initiative with joy. I learnt once again that there are countless kind hearted people around and together we can form a huge power to make the world a better place. I also rediscovered that we can physically stay at home but virtually travel to the remotest parts of the world to help people fight this pandemic.

## Have you travelled during this lockdown?

Yes. I had a few virtual field trips back-and-forth to Moscow and Tajikistan during this lockdown. A group of girls from Tajikistan studying in London, France and Canada founded @PamiriYouthNetwork with the mission to help their communities.

They requested me to share the scheme of my W9W2 group's work information, so they can also tailor a similar initiative for their volunteers. I consulted the idea with Sandy and she was more than happy to support. The group completed a project to help their Moscow community in April and continuing to raise funds for another project through @GoFundMe platform to purchase an oxygen generator and provide masks for medical centres in Tajikistan in the coming months.

## Is there anything else you would like to share with Maida Unveiled?

I am in love with Maida Vale and often come here for a walk with my family. Its towpaths and waterways awaken my inspiration. I found out painting as a therapy during this uncertain times and turned my walls into home Lockdown gallery, where I expressed my feelings about the new normal. I think we all are going through mixed feelings and witnessed the birth of thousands of cape-less heroes: the NHS nurses. Bus drivers, shop keepers, street cleaners, those who sat at home following the lockdown rules and those who are making masks and helping to save thousands of lives in different parts of the world remain our unsung heroes. I feel proud that our groups' efforts and initiative reached other people beyond Maida Vale.



*Mukadas Muborakshoeva*





*#PamiriYouthNetwork #GirlsPower, by Mukadas Muborakshoeva*



*#MaidaVale Infused, by Mukadas Muborakshoev*





*Singer of the year 2020,  
by Mukadas Muborakshoe*



## With thanks to the W9W2 sewing group members

Nicky Brunt  
Hemanti Patel  
Emma Gillepsie  
Diana Le  
Suzanne Evans  
Amelia Camarero  
Biba Fox  
Kathleen Macagno  
Claire Boussion  
Irene Caldarulo  
Maria Bastidas Spence  
Arielle Jelliff  
Hilary Bruce  
Justine  
Vanessa M'Boge  
Mollie M'Boge  
Miranda (MiMo)  
Naomi  
Rosemarie Cathalifaud  
Samina Ahmed  
Anne Kaufman  
Mukadas  
Patricia  
Bee Mayne  
Christine Slight  
Marisa Peek  
Liz Ng  
Evelyn Emina  
Gerda  
Carole Melson  
Oriane Georgeac  
Barbara Davidson  
Brett Rowland  
Sarah Patel

Caroline Hancock  
Emma Ellis  
Sandy Dornsife  
Elizabeth Queenan  
Karla Dudek  
Wing-Lee Chan  
Thais Do Prado Silveira  
Thuy  
Dot  
Judith Church  
Debbie Croyden  
Victoria Borwick  
Kay Patel  
Beatriz Ramirez-Chavez  
Annika Bloch  
Danny Sekibo  
Agnes Cole  
Liz Sposato  
Kim David  
Mireia Roberts  
Nana Araba  
Jon Church  
Andrea Secci  
Lucas Fisher-Horas-  
Tamara Pekelman Devias  
Matteo De Carli  
Danial Shakil Abbas  
Kelly Mayer Walker  
Jessica Cooper  
Valerie Bennett  
Angela Yang  
Francesca Morris  
Chloe Phelps  
Julia Lillico





## A huge thanks to Dhigs on Formosa Street

Huge Thanks to Dhigs on Formosa Street for providing the Society with a card to access the bulk buy food from Costco. They also continue to be a huge help with making emergency boxes of food up for vulnerable people (at very last minute requests). Those who are familiar with 'H' (the owner) will know how infectious his humour and sense of community spirit is.

## ... and to Cook on Clifton Road ...

Cook on Clifton road generously provided NHS Staff with lunch and food to take home once a week.

Delivered by Little Venice Councillors Melvyn Caplan and Matthew Green.

Cook is in danger of closing this is sad not only because of the loss of a valued local shop but also because Donna and the team have been so generous helping the hospital during the Covid-19 peak. If you use the store/ usually use the store but have been away, then contact Cook to let them know and perhaps they could change their decision, at least to see if business picks back up again. You can reach them on: <https://www.cookfood.net/contact/>







## ... to Raoul's on Clifton Road ...

Raoul's on Clifton Road is at the centre of things in Little Venice, a thriving Café & Deli on both sides of Clifton Road in the hustle and bustle of this beautiful neighbourhood at the heart of central London. The finest range of quality products, comforting homemade specials, and friendly service have built a renowned Café & Deli that attracts locals and visitors from far beyond the immediate area for over thirty years.

Again arranged by Little Venice councillors, Raoul's have been very generous and donated weekly deliveries of soups, salads and lasagne. With Karim the Chef working tirelessly.

*"Wow, this is the best salad ever, we will all be going to Raoul's after this is over"*

- Quote from Head nurse in ITU





## ... to Le Cochonnet on Lauderdale Road ...

'Le Cochonnet' started trading back in July 1985. Peter Colman had owned the building for some time and in 1980, he decided to develop it into a Wine Bar. Back then it was a relatively new trend well before the Gastro movement! In the current crisis, Peter has opened his doors every Thursday lunchtime and provided 20 (discounted) gourmet pizzas for the staff at St Mary's Hospital. Its great that Community funds and the Society can support a local restaurant while simultaneously supporting St Mary's.







## ... to Maida Hill Place on Fernhead Road



Local social enterprise Maida Hill Place is a not-for-profit business set up nearly a decade ago to provide training and support for early stage food businesses, with affordable kitchen and menu-testing space. They have teamed up with the Paddington Waterways and Maida Vale Society to deliver food made by chef Brian Gibbons to the frontline staff at St Mary's Hospital twice a week!

The enterprise in normal times is particularly targeted at residents from low income backgrounds but provides additional support through workshops and food industry orientation sessions. When founder, local resident Julie Bundy recovered from Covid-19 herself, she searched for ways in which the organisation could contribute to supporting local residents.

*"All our local community champion volunteers were already working flat out running the North Paddington Foodbank. Some of them are working 60 hour weeks. We have an under-kitchen as our commercial customers have been badly hit by the pandemic, so I wanted to find a way we could help."*

*"The kitchen has a large production capacity, so we were delighted when we heard from Alice that front-line medical workers at St Mary's needed supporting with hot food to keep them going through their 12 hour shifts. Brian teaches many of our food courses and is an excellent chef so we hope that his cooking goes some way to show our appreciation for their efforts."*

*The enterprise is now looking at ways to utilise food waste to support those in food poverty during this trying period,*

*"The number of people using the foodbank is going up significantly, so we are looking at ways we can continue to support residents and those in need," Julie says.*



## Maida Hill Place Chef Brian makes 100+ hot meals twice a week for NHS staff



*"I'm a Maida Vale boy, born and raised, so know the area very well..."*

*"I've been a chef for 25 years and have been lucky enough to work and learn at some incredible restaurants for some inspiring chefs including Michelin starred and pioneering chefs such as Fergus Henderson, Dan Burns and Tom Harris. I also really love the food of South East Asia and spent times in the kitchens of Nobu, Nam, Tetsuyas and E&O."*

*"After 15 years of restaurants I worked in high end events for some time and now..... Well now things are a bit different. I had some time away from being a chef and it made me realise that there is a lot more to life than just working. Friends, family, my dog, time spent with them making memories is infinitely more important than cooking."*

*"This time away from cooking coincided with my dog (the love of my life) developing some mobility problems so I began researching his diet which led to me making his food...His recovery was remarkable, with in 3 months he was jumping up into the car, the couch etc and so now.... Two years of research later I have created a complete fresh food for adult dogs. It is made of about 20 vegetables, land and sea botanicals, seeds, fruit, fish oil and loads of other goodies all specifically chosen for their benefits to dogs. It's blast steamed so bursting with nutrients and colour and it's vac packed in the first 100% biodegradable packaging of its type.. No food waste, no additives, no cheating, no emissions, no plastic, no contribution to landfill."*

*"It's been a massive labour of love.... I did a business course to learn what I could and that's how I met Maida Hill Place founder Julie. Julie is providing kitchen space for start ups."*

*"We hit it off, she does absolutely loads for the community and whilst discussing my business idea began working together on quite a few community projects.. We provided food for my Westminster day for 800 people on Paddington Rec, we did 1500 people in Lisson Green Estate and we organised cooking classes for the local community we called 'The Big Eat' and now here we are."*



*"I love making food for the hospital as I can't think of anyone more deserving than the frontline staff at st Mary's.*

*I love cooking too but don't like the stresses of a professional kitchen anymore so this is perfect.*

*Also I really think that the food those guys get has to be something good, something to look forward to, nutritional too, not just a plate to fill them up. It's honestly a pleasure to do it.*

*The main challenge we have is funding, the rest of it I love and has so far been super rewarding."*

**Chef Brian**

**May 2020**







## Sanitary and Beverage Supplies

"We were able to supply tubes of (much needed) hand-salve and shaving foam- at the request of the staff (they have to be clean shaven!). From 'Heath'- who kindly donated a generous amount of their luxury products. Thanks to Fiona McKenzie Johnston, local resident who arranged this urgent request super fast!!

Fiona didn't stop there, she also arranged with Innocent Smoothie to donate 2000 smoothies to NHS frontline staff- which was a great boost to moral all round.



*Fiona McKenzie*





## Pictures by local children

The Society has also been gathering pictures painted by children from the local community. Its a pleasure giving them to staff on the drop off - they have made walls in their wards and this is another boost to morale- and it is very rewarding for the children to see photos of their artworks being enjoyed! Memorial...





## The Coordinators



Alice

Alice has been the modern day Joan of Arc of the group, leading the charge on every front. When she isn't arranging Costco runs and pizza deliveries to hungry and hard-working NHS staff at St. Mary's, she is skillfully fundraising (she can be very persuasive, watch out!) to help pay for it all. As if there wasn't enough on her plate, Alice happily took on the additional role of co-coordinating the sewing group, helping to manage over 60 volunteers. Throughout it all, she has maintained an unwavering optimism and her positive vibes help to influence all those around her...

Written by Sandy



Sandy

Sandy has been co-co-ordinating the sewing group. Sandy made the prototypes for the hospital and has worked tirelessly creating pdf's, Videos and spreadsheets to co-ordinate the whole operation of 60+ Volunteers. Sandy has also made well over a hundred masks and wields her sewing machine like something out of a Western Movie - she's smooth, she's fast and she is dangerous... And we would not be in operation without her. Sandy is a true sheriff with an infectious sense of humour making the whole operation a joy ...

Written by Alice



## Our Volunteers



**Annika**

Annika has been expertly making masks for the NHS- hammering away on her sewing machine, taking no prisoners. (35 so far- and still going strong.



**Julie**

Julie and her three kids (Eliza, Sam and Alice) have been helping with the weekly delivery of food to St Marys. Over the last six weeks Julie has mastered the 'unpredictable' nature of the Costco shopping trolley- to an olympic level.



**Alice**

Alice has been adorning the green high vis vest and helping deliver food to St Mary's Hospital. Six weeks and still going strong, Alice Rocks.



**Eliza**

Eliza has been helping deliver food to St Mary's, an expert at neatly loading a car boot. Eliza has also been helping out with paperwork and is a demon at making spreadsheets.



**Sam**

Sam has been on the weekly Costco run Helping wield the heavier Costco items- much like his mum he is a trooper with a trolley. Sam and his muscles have been a valuable asset to the Costco Crew.



**Lee**

For the last six weeks Lee has been on hand for (all sorts of requests) from Vulnerable locals- Lee says "it means i can avoid tackling my messy garden" A veil of modesty masking Lee's lovely altruistic Nature.



## Volunteers continued ...



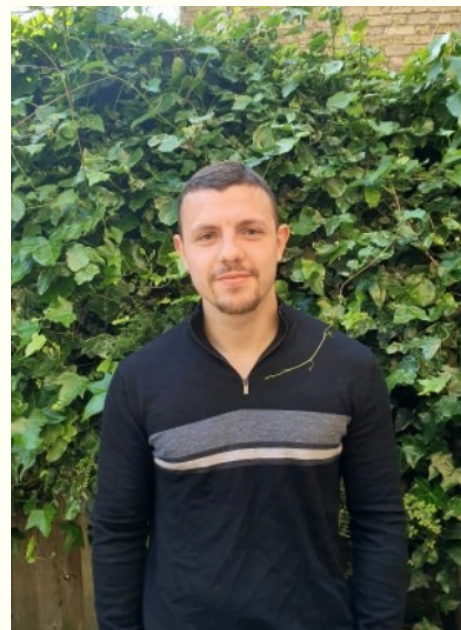
**Lawrence**

Lawrence is a machine when it comes to the Costco delivery. There every week with his van and man size gloves. Lawrence works quietly and efficiently with the stealth of a Jungle cat.



**Valarie**

Valarie, is like The Terminator of Producing masks. 60 so far and you know that she'll BE BACK (with more masks) - a key player in the sewing Squad!



**Josh**

Josh is one of our star drivers. He prowls around London collecting masks off our Sewing ladies like a character from a Tarantino movie (without the gore). Josh is also comparable to Ryan Gosling in the film Drive.



**Claire**

Claire - is like the Power Ranger of sewing- brave, tireless and does everything with heart.. 64 masks made and delivered to St Mary's! Girl Power.



**Nicky**

Nicky is another sewing extraordinaire - she approaches the task like a nuclear weapon sending clouds of masks our way and onwards to St Mary's hospital BOOM!



**Marissa (Peek)**

79 masks made and we don't think that is the 'Peek' of her unabating skills. Captain Marissa say's "Having a sense of purpose has been a rudder in this storm.



## And finally ...



**Andrea**

Readers don't be alarmed at the size of Andrea's muscles, he was able to keep them toned by tirelessly trawling the streets of Maida Vale (on foot) collecting and delivering Mask's from people shielding.



**Hilary**

Hilary wields her machine like a badass heroine from a Jane Austin Novel, classy and determined . 70 Masks to date and persisting.... bravo Hilary



**Frankie**

Frankie has been a very busy bee over the last few weeks-"I got bought this sewing machine for Christmas and this was my first project, how worthwhile! Going to people who deserve it the most!". Thank you Frankie!!



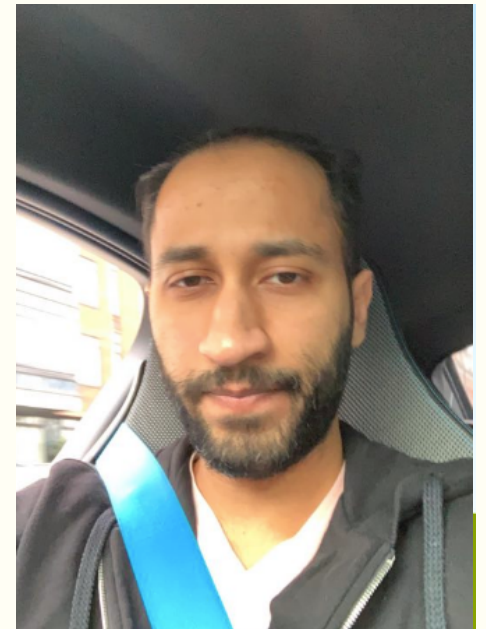
**Carole**

Carole is the Florence Nightingale of the sewing crew- she has made over 100 masks and patches them together seamlessly -a true icon in the world of sewing



**Gerda**

Gerda is like a modern day 'Kenau Simonsdochter Hasselaer'- a Dutch Warrior with the sewing machine and has completed 60 masks to date.... Gerda is an unstoppable force in the world of sewing.



**Danial**

Danial has been a consistent asset to the team of drivers -collecting and delivering masks. If you see a blur of red whizzing by, it's Danial in his mean, red mask delivering machine-comparable to Lewis Hamilton - (but within the London speed limit).





The Society was officially commended by HM Lord-Lieutenant of Greater London. This honour generated a fresh wave of enthusiasm to all of our Volunteers. The commendation is for those who have volunteered/donated in what ever capacity possible.



**Sir Kenneth Olisa OBE CSLJ**

*HM Lord-Lieutenant of Greater London*

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25<sup>th</sup> April 2020

When pundits look back on this period of our history they are going to have to answer one really testing question: "how did a country so deeply divided over Brexit manage to pivot in a matter of days to become one of the world's most unified communities?"

For the answer we need look no further than Her Majesty's March 19<sup>th</sup> message to the nation:

*"At times such as these, I am reminded that our nation's history has been forged by people and communities coming together to work as one, concentrating our combined efforts with a focus on the common goal."*

Nowhere has the coming together been more evident than in our capital. A wonderful symbol of this is the NHS Nightingale Hospital. In less than a fortnight, the ExCeL exhibition centre became the world's largest critical care facility with capacity for up to 4,000 beds and 16,000 staff! Military planning, public and private construction, medical professionals and citizen volunteers proving the power of 'combined efforts with a focus on the common goal'. Indeed, my own Vice Lord-Lieutenant – Colonel Jane Davis OBE QVRM TD DL and recently retired Colonel Commandant Queen Alexandra's Royal Army Nursing Corps – helped with the preparation and continues as an Operations Manager.

However, behind the proud headlines lie many worrying issues, including: those struck down by Covid-19; the vulnerable old who are housebound and dependent on others for life's basics; children in cramped accommodation with little to satisfy the demands of agile minds and growing bodies.

Happily London is blessed by having many wonderful organisations like the Paddington Waterways and Maida Vale Society who work tirelessly for no reward other than helping others.

My Representative Deputy Lieutenant for the City of Westminster – Kevin Traverse-Healy DL – has been in touch to tell me of the impressive way in which you have responded to the pandemic. While none of us knows how this will all end, we can be sure that feeding and providing human contact with the elderly, vulnerable and those in isolation will make the whole experience more tolerable for them. Your support for St Mary's staff is also to be commended – we can never thank too much the frontline workers who put their own health at risk.

These are difficult times for charities as well as for those whom we help. The Government has offered some support and although details are still emerging I would encourage you to check out the London Community Response Fund (<https://bit.ly/2wxLsSu>) to see if you can access any financial assistance.

In closing, I offer a quote from The Queen's recent broadcast "I hope in the years to come everyone will be able to take pride in how they responded to this challenge." I know that you and your volunteers will.

*With very best wishes – and do stay safe*

*Ken Olisa*



## A HUGE THANKS TO ALL OUR VOLUNTEERS

Collectively we have:

- raised over £17,000
- made over 100 food deliveries to St Mary's Front Line NHS Staff
- coordinated nearly 100 volunteers
- produced over 10,000 PPE masks for St Mary's and other local care locations.

**A truly impressive achievement**



# VE Day anniversary

## Our greatest generation

By Paul Newman, May 2020

Introducing Peter Brown. Peter is a well known figure around Little Venice. He is often seen out and about around the neighbourhood, belying his 94 years.

Peter's home country is Jamaica, and at the age of 16 signed up as an RAF cadet. In 1943 he joined a convoy from Cuba to Canada where he trained to become an airborne wireless operator. In September 1943 he moved to the U.K. to Warrington to the air base there (ironically Peter has lived in Warrington Crescent for the last 50 years!).

In 1944 Peter moved to RAF Scampton in Lincolnshire and flew in Lancaster bombers. Scampton was the home base for the 617 squadron who were made famous for their 'Operation Chastise' which was later immortalised by the epic film 'The Dam Busters'. Although this operation was carried out about 15 months before Peter's arrival there.

Peter remembers VE Day but he was still on duty that day at his base in Scampton. No huge party he recalls, but did manage a few celebratory drinks!

After several overseas postings, including Egypt, still flying Lancasters, Peter left the RAF in 1952 and became a Civil Servant. After a period back at Warrington, Peter moved to Randolph Ave in 1961, then Warrington Crescent 10 Years later.

Peter loves living in this area, made all the more special by its close proximity to the home of one of his greatest loves, Lords Cricket ground, where Peter has been a member for many years.





# LOCAL ARTISTS

ELEANOR ABOU-SAKR

NADINE SEDDAT

ANNIKA BLOCH

FINLAY KENNEDY



# ELEANOR ABOU-SAKR

Our front cover artist



*"Maida Vale resident, artist and lover of all things colour and light."*


*I started painting about six months ago, when I stopped working and became a full-time mother. Having more headspace, if not necessarily more time, I started looking for a creative outlet and decided to put paintbrush to paper. My painting focuses on colour and the use of brushstrokes to evoke textures.*

*I initially focused on everyday objects and pieces of fruit as a base for my experimentation, drawing in elements of Impressionism and the abstract. Inspired by some of my daily views around Paddington and Maida Vale, I have recently started to paint landscapes. This particular view down the canal to La Ville represents not only a beautiful view but also the high point of my morning school run. Breathless, invariably late and pushing a triple-loaded buggy, the view is a welcome distraction each morning.*

*Also an amateur photographer of the everyday, I use black and white to focus on the play of light, shadow and symmetry, which abounds in the canals, crescents and communities of Maida Vale, a place that she has called home for the last six years."*

Eleanor Abou-Sakr





"This particular view down the canal to La Ville represents not only a beautiful view but also the high point of my morning school run."

Eleanor Abou-Sakr



# NADINE SEDDAT



*"Hello! My name is Nadine and I'm a 14 year old secondary school student! Like a lot of the population right now, I was going to school normally until we were forced into lockdown. It has taken its toll on me (especially since it feels like our teachers are giving us 10 billion times more work than we got before) but I've been trying to find ways around it.*

*An example of this is my artwork. I draw quite a bit and it's one of my hobbies that I really enjoy, but now that we've suddenly been given a load of time to burn, I've been able to draw even more and I'm really enjoying it! Of course, I do take time for my other hobbies too like playing my violin, coding and Latin to name a few!*

*I think that even though we've been kicked out of our regular flow of life, it doesn't mean that we can't create a separate flow of life while stuck inside our houses. It's like a tributary in a river- there's still the main river that flows in a straight and definite direction (our normal day to day lives) but it's also okay for part of the water to divert into a separate path (the new flow of life we decide to create for ourselves in lockdown).*

*So, what were my motives behind this drawing? Well, to draw this, I decided to go about it systematically, which is quite weird if you think about it- going at something creative with logical thinking, but as the saying goes, opposites attract! I thought about the meaning and the message I wanted to give out to the readers, and I eventually decided on one. This digital painting I made was made to show that although times may be tough right now, with the protection of our amazing NHS staff, the government, the World Health Organisation, charities and all the other dedicated workers who risk their lives for our well-being, Maida Vale won't be shaken so easily. In fact, our community should keep on shining and being a light in the darkness.*

*I hope you enjoy this painting as much as I enjoyed working on it (however much of a challenge it was to conjure up!)."*



ISSUE  
3

MAIDA  
UNVEILED

SPRING/  
SUMMER 2020





# ANNIKA BLOCH



*"I am a local photographer, specialising in studio portraiture (children, families, pets, also headshots, dance portraits and all sorts of creative projects). I have been living in Maida Vale for almost 17 years now and cannot imagine living anywhere else in London. Especially the canal is such a beautiful place.*

*Apart from taking photographs in the studio I am keen to experiment and find creative ways to express myself through photography and digital manipulation. This love still carries forward into my passion for Blue Prints and making them accessible for portrait clients.*

*The image below is a Blue Print, which is hand-printed using the cyanotype technique. This an 18th-century technique that involves coating fine art paper with a special liquid and exposing it in the sun. The result is a truly unique piece of art.*

*If you would like to know more visit my website [annikabloch.com](http://annikabloch.com)."*

**Annika Bloch**







# FINLAY KENNEDY

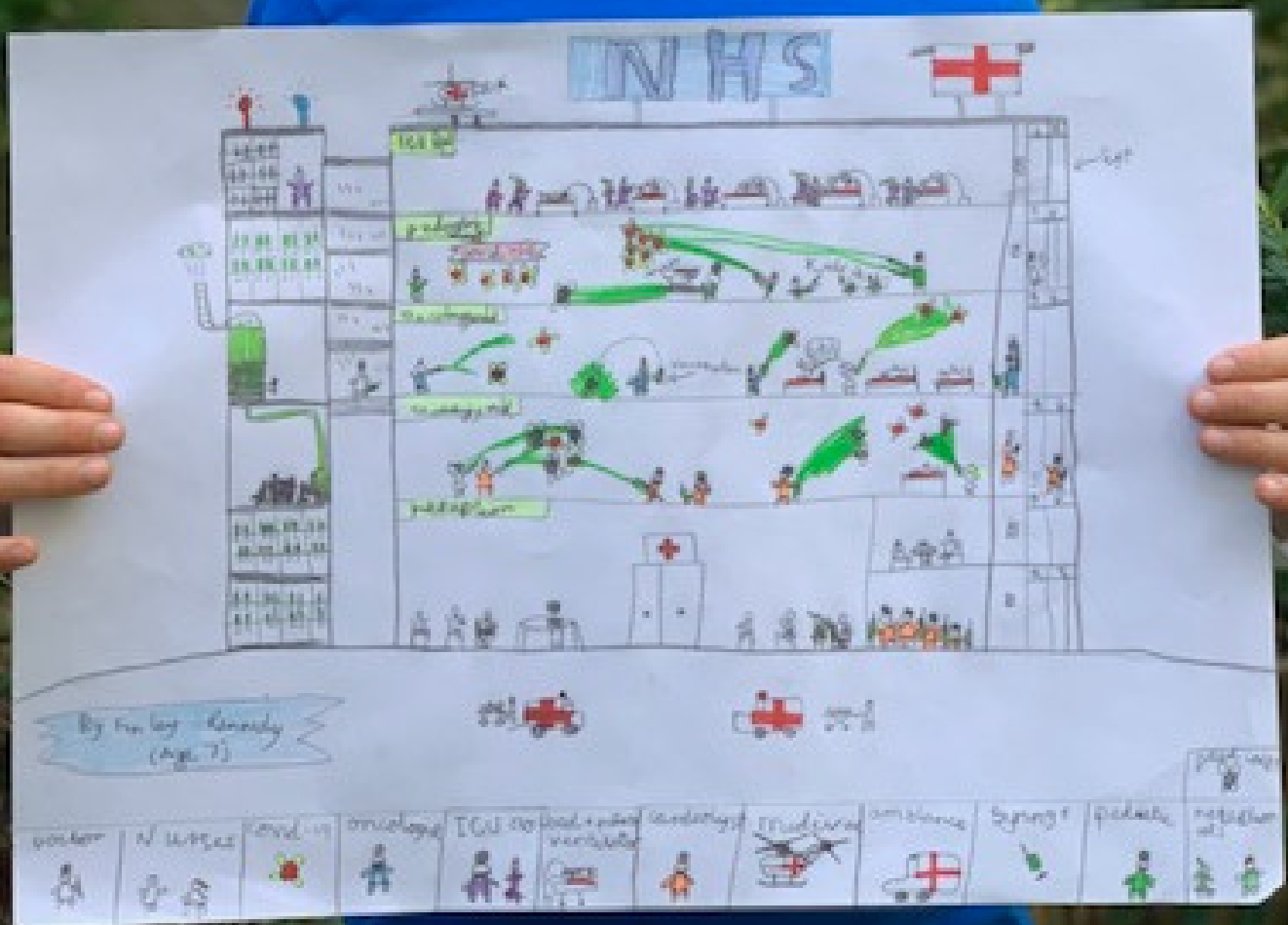
By Alice Sinclair,  
May 2020

Photos by Sam Kennedy

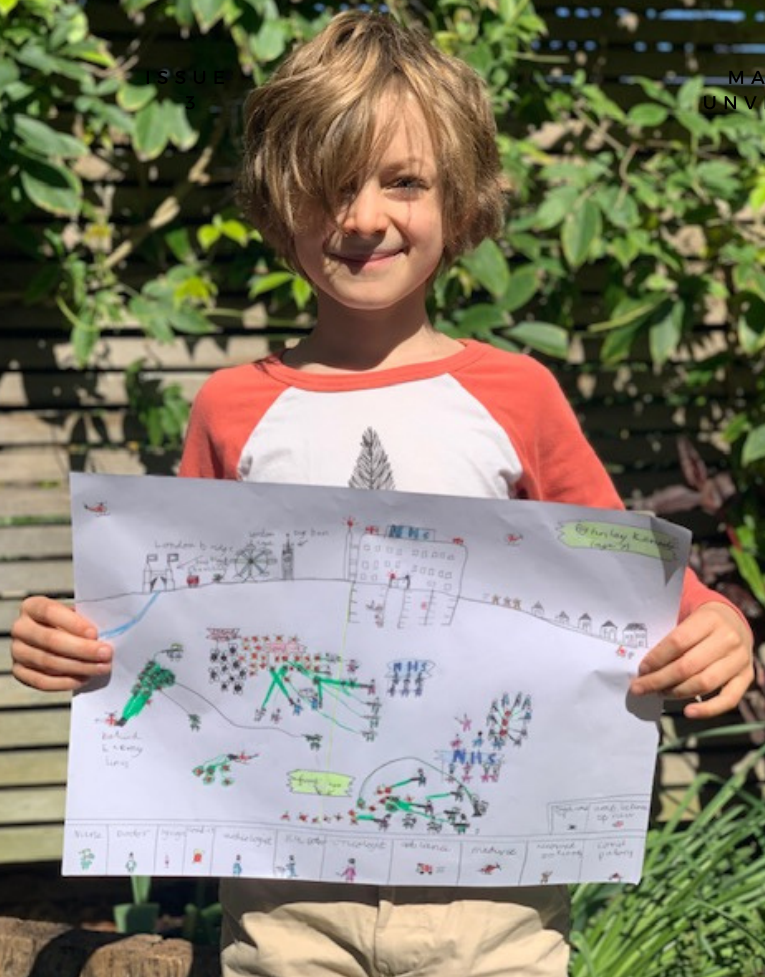


Young artist Finlay Kennedy has been joining in the community quest to fill the halls of St Mary's Hospital with colourful creations to encourage and send warm wishes to the Frontline staff. On Finlay's daily 'scoot' for exercise he came for a quick door step interview with Maida Unveiled...









*Young artist Finlay Kennedy has been joining in the community quest to fill the halls of St Mary's Hospital with colourful creations to encourage and send warm wishes to the Frontline staff. On Finlay's daily 'scoot' for exercise he came for a quick door step interview with Maida Unveiled...*

#### **When and why do you like to draw?**

Everyday. I draw whenever I can. Sometimes I try and draw during breakfast and dinner but Mum doesn't like that. She likes me to do it afterwards.

Drawing is one of my favourite hobbies. I like to draw because it makes me feel calm and still. Its fun too because I can get all my ideas on the paper and also play with them. People really like my drawings, that makes me happy and proud.

#### **How long have you been an artist?**

Roughly about 5 years. I love drawing. Painting is too tricky for me - I cant get the details I want to do right, when I paint.

#### **Am I right in thinking you are 7?**

YEAH ?

#### **What message are you trying to bring with your artwork for the NHS?**

Really because ... I'll tell you why, I am really doing the artwork because my mum had the Corona Virus, and they helped my mum, and she is recovering. That's why I really doing the drawings.

#### **What is your favourite thing about your drawings for the NHS?**

I really like drawing the banners which say NHS on them ... the doctors and nurses are the leaders rallying behind their banner, and they are going to war against COVID.







### What sort of drawings do you usually do?

I really like creating Magic Mini Worlds, with lots and lots of tiny detail and action and different things to look at. My favourite things to draw are battles. Medieval battles, with castles, knights and sometimes dragons. I especially like drawing medieval weaponry like trebuchets and swords, crossbows. Sometimes I draw inventions. Once I drew a massive rainbow factory, where all the colours went in and got sorted out and then the rainbows got spat out at the top. Everyone really liked that one. My Mum got that framed and it is in my bedroom.

### How did you come up with these ideas?

Um, my mum says I am very imaginative. The ideas just come into my head, and so I draw them, and then as I draw things they kind of come to life. Like when I draw battles I imagine being the people in the drawing and imagine the action that is happening around me as I am drawing it.

### What do you want to be when you are older?

I really want to be a game maker or designer. I would like to create all the characters in the game, and work out what they do in the game, and sell the game in the shops.

My brother and I often invent games, we talk about them and then I draw them - then we play them.

### Have you decided what you would call the game?

Something like 'Clash of Empires' ....  
Me and my brother really like playing Clash of Clans.



Finlay continues to contribute his masterpieces, much to the joy of the frontline staff.



# CANAL CAFÉ THEATRE

*By Shannon Steele, May 2020*

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

For the first time in our 40 year history, The Canal Café Theatre has closed its doors until further notice. 2020 was shaping up to be an exciting year with a really dynamic programme with a jam-packed Edinburgh preview season in June & July, the Camden Fringe Festival in August and our Australian Festival in the Autumn.

We can't wait to get back to work!

The Canal Café Theatre is an unsubsidised, independent theatre with no guarantees of eligibility for funding and we will struggle in the months ahead. If you are in a position to help us stay afloat and be able to re-open there are two ways you can help:

## DONATIONS

We are gratefully accepting donations to the theatre via the 'donations' link on our website. Any donations will be used to help towards on-going costs and helping the team to get our programme back up and running as quickly as possible!

## GIFT VOUCHERS

Gift vouchers are available for purchase on our website. These vouchers are redeemable against all future performances of NewsRevue at Canal Café Theatre and have no expiry date.

*Be safe, Be Well,  
Emma, Shannon & Daisy xxx*

[canalcafetheatre.com](http://canalcafetheatre.com)





# AIR POLLUTION



# COVID-19

## Impacts on local air pollution

By Julia Wilson

Air pollution is a major environmental risk to health. According to the World Health Organisation (WHO), by reducing air pollution levels, countries can reduce the burden of disease from stroke, heart disease, lung cancer, and both chronic and acute respiratory diseases, including asthma, [1]. Examples of proxy indicators for air pollution include particulate matter (PM) and nitrogen dioxide (NO<sub>2</sub>). PM consists of a complex mixture of solid and liquid particles of organic and inorganic substances suspended in the air; particles with a diameter of 10 microns or less can penetrate and lodge deep inside the lungs. NO<sub>2</sub> is a gaseous air pollutant produced as a result of road traffic and other fossil fuel combustion processes.

The lockdown and related measures implemented by many European countries to stop the spread of COVID-19 have led to a sudden decrease in economic activities, including a drop in road transport in many cities. Significant improvements in relation to NO<sub>2</sub> have been observed across London. Figure 1 shows the daily average concentration of NO<sub>2</sub> in 2019 and 2020 on Marylebone Road, the closest monitoring station to W9W2, and one of the busiest roads in London. In 2020, a significant drop in NO<sub>2</sub> concentrations is observed towards the 80th day of the year (second half of March), when the lockdown measures were implemented across the UK.

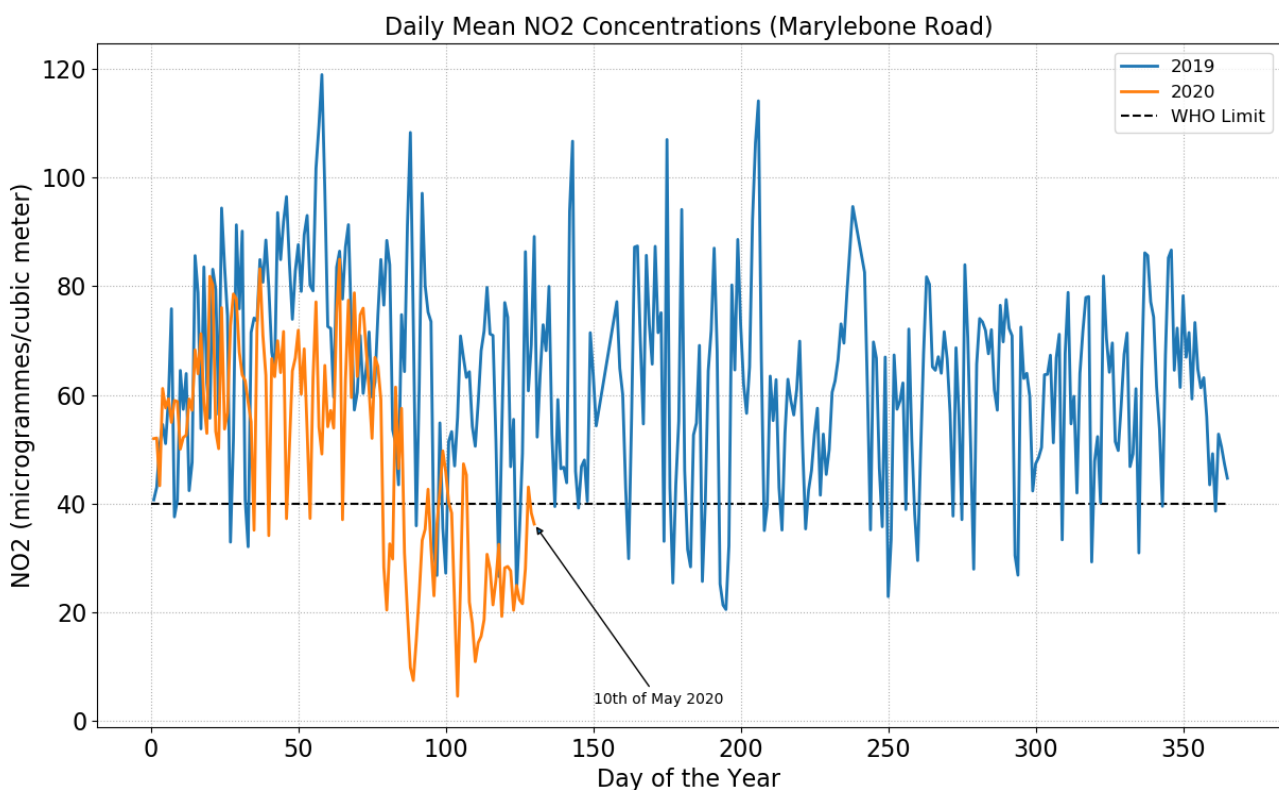
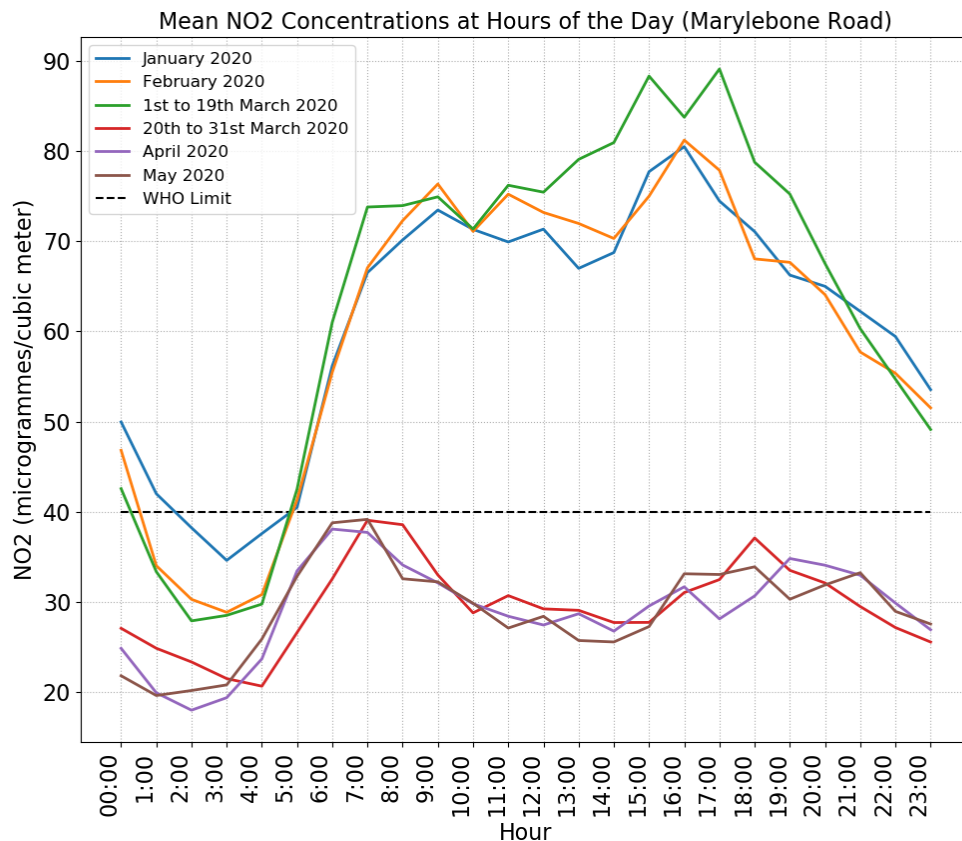


Fig 1: Daily mean concentrations of Nitrogen Dioxide (NO<sub>2</sub>) concentration on Marylebone Road (2019 to 2020)





**Fig 2:** Mean concentration of Nitrogen Dioxide (NO2) at hour of the day on Marylebone Road (2020)

Average NO2 concentrations experienced in 2020 on Marylebone Road are presented in Figure 2. During January, February and the first half of March (e.g. prior to the lock-down implementation), average NO2 concentrations consistently exceeded the WHO limit except for a range of hours at night. From the second half of March to the time of writing (10th of May), average NO2 concentrations have generally fallen below the WHO limits at all hours of the day. It should be noted that the above chart is for all days of the week, but similar trends are observed for work days and weekends. It is no surprise that reduced vehicle activity has resulted in falling concentrations!

The COVID pandemic has shown us a different way of living and operating in our cities. For example, avoiding unnecessary car use (two thirds of car trips in London are less than 7km). Businesses have learned to cope with homeworking resulting in reduced commuting traffic.

Cities and countries will need to return to normality once it is safe to do so. This will inevitably result in a rise in air pollution concentrations. The movement of people is essential to our economy and way of life. However, as the data has shown it requires major interventions to bring concentrations down to below the recommended safe levels.

As indicated by the WHO [1], examples of successful policies which can contribute to reduce air pollution include: walking and cycling networks in cities; shifting to cleaner heavy-duty diesel vehicles and low-emissions vehicles and fuels; improving the energy efficiency of buildings and making cities more green and compact, and thus energy efficient; developing strategies for waste reduction, waste separation, recycling and reuse or waste reprocessing.

## References

[1] [https://www.who.int/news-room/fact-sheets/detail/ambient-\(outdoor\)-air-quality-and-health](https://www.who.int/news-room/fact-sheets/detail/ambient-(outdoor)-air-quality-and-health)



# A SILVER LINING TO A DARK CLOUD

*By James Hewitt*

A few days after the spread of covid-19 became a national concern, air quality seems to have considerably improved in some of the most polluted parts of London. However, the improvement is only evident in relation to nitrogen dioxide – mainly from diesel vehicles – rather than also particulate matter. The latter, most notably PM2.5, is attributable primarily to traffic (including electric cars) and intensive agriculture (specifically nitrogenous fertiliser, and not only in the UK).

The following chart, illustrating that improvement, compares concentrations of nitrogen dioxide recorded at two government measuring units. The steep decline at Marylebone Road on Thursday the 19th probably reflects a response to covid-19.

One would expect concentrations during the weekend to be lower still. The morning rise in concentrations reflects rush hour. It tends to be temporary in locations where there is little traffic. The evening rush hour has rather less impact on concentrations in such locations than adjacent busy roads.

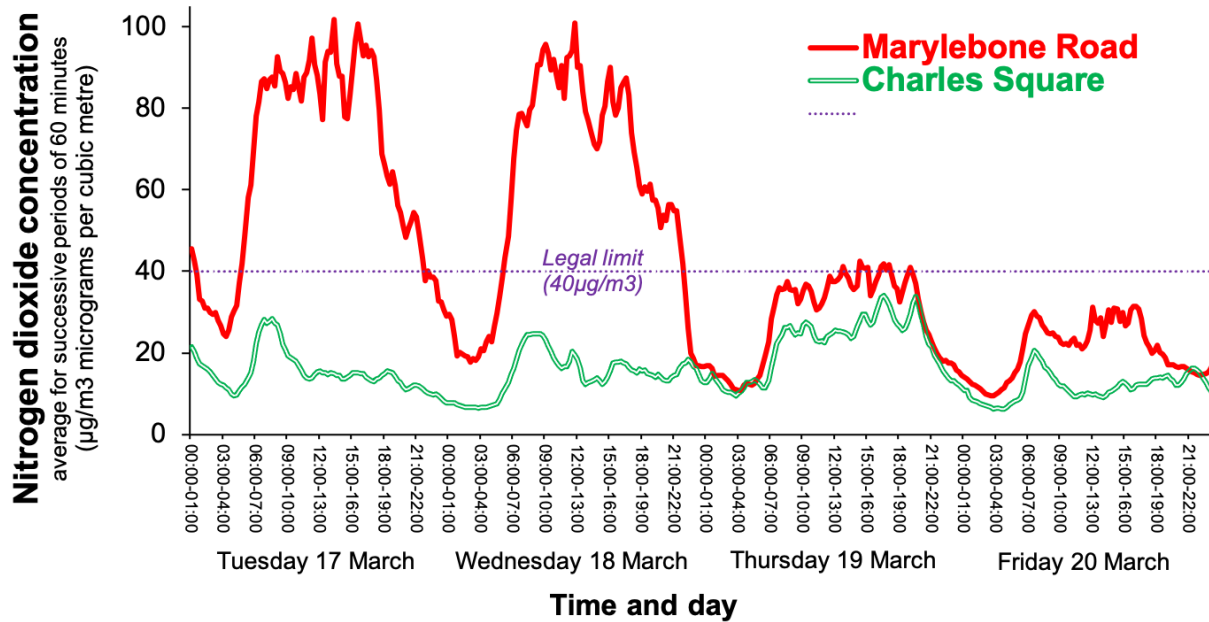
Concentrations at the Marylebone Road site (opposite the tourist attraction Madam Tussauds) are likely to be similar to those in what one might describe as the business district of W2W9. Those at Charles Square (off Ladbroke Grove) are similar to parts of W2W9 which are away from through routes.

During 2019, concentrations of nitrogen dioxide decreased at an encouraging rate, reflecting introduction of the first phase of the ULEZ. Since late last year (until very recently), they slowed and in some places ceased - judging by measurements made (automatically or by diffusion tube) for government, Camden Council, HS2, and Breathe London.

Diffusion tubes are being used to monitor nitrogen dioxide concentrations in Formosa Street. The results indicate that, as one might expect, this is one of the least polluted retail zones in W2W9 (no doubt due to its light flow of traffic).

Various measures purporting to improve air quality have been suggested. However, it is unclear which of these is likely to have a material, positive impact on air quality. Tightly spaced multi-storey buildings adjacent busy roads tend to conflict with such proposals - by obstructing the mixing of cleaner air with local air pollution. That said, the Climate Emergency makes much further expansion unlikely - as the price of steel and cement becomes dissuasive and the life-span of buildings correspondingly lengthens.





*Concentrations of nitrogen dioxide recorded at Marylebone Road and Charles Square  
(17th - 19th of March)*



A photograph of a glass filled with breadsticks and a glass of white wine on a wooden table. The breadsticks are golden-brown and appear to be freshly baked. The wine is a pale yellow color. The background is slightly blurred, showing a wooden railing and some greenery.

# HAVE KITCHEN WILL COOK

*“Are you well? Are you safe? Have you found flour? Eggs? Yeast?”*

It seems that is now the ‘new normal’ of our conversation arcs. Obviously, mainly for those of us fortunate enough to only have that aspect of our lives to worry about. We are told we are heroes for staying at home, and as much as I get the intention, I really don’t feel heroic when I lay awake thinking of the true heroes: the NHS workers, the ones in supermarket supply chains (from producer to delivery person), the cleaners, the bus drivers, the teachers and other childcare providers looking after the children of the aforementioned essential workers. But also the ones worrying about how to pay the next rent or put food on the table. And all the ones we forget when we clap every Thursday before going back inside to the hard work of staying safe with our loved ones, valiantly battling cabin fever. And yet, if we don’t do that, we go from Goodies to Baddies, as my 7 year old would say.

It is with this glaring privilege in mind that I write this indulgent cookery column. It is for those of us who quite enjoy not having to rush as much every morning, even when we have to get ourselves and the kids ready for the 1st Zoom conference call / class of the day. Because below is a recipe for delicious crunchy crusted bread rolls that you mix in the evening, leave to prove in the fridge overnight and then bake while you are in the shower (hence the name). That is, it’s a bread recipe for the handful of people NOT on the sourdough bandwagon...

There’s also a recipe for easy dough you can use for a free-form French “tourte” (fancy word for a tart that doesn’t require a tin), for some pasties filled with leftovers of any kind, perfect for quick lunches whether al fresco or al desko.

Should you have leftover dough, it is perfect for some super-fast bread sticks you can nibble on while having drinks via Zoom (or Facetime, or Skype or whatever video app you use) with friends and/or family from near and far. We now have regular drinks with loved ones in other countries and we wonder why we never did that BC (Before Covid)? It’s the perfect eco-, kid- and wallet-friendly solution to catching up: no traveling, no need for babysitter and you mix your own drinks. What’s not to like? #SilverLining



## SHOWER BREAD & ZOOM NIBBLES

**Shower Bread (Rolls):** These bread rolls are perfect for those who, like me, dread baking. The dough hardly requires kneading (even if you have a stand mixer, use the pastry knife, not the dough hook as it's a sticky dough), and it goes straight into the fridge where it proves slowly overnight (it needs at least 10 hours). The best part? The dough keeps up to 5 days in the fridge, so you only bake the amount you need at any time, and you can have freshly baked bread every morning, with minimal effort. If you have space in the fridge, go ahead and make double amounts and send me a little silent 'thank you' when you smell that unmistakable fragrance as you step out of the shower.

Oh, cherry on the cake: this is so easy that your kids can make it, should you have any handy. My daughter has been mixing the dough since she was 9 or 10 and if she were to be awake before me, she would be able to bake them in the morning (but she's almost a teenager, so I won't push my luck)

**Ingredients:** 450 g flour – any kind will do. I use spelt, preferably a mix of white and wholemeal. It works well with a mix of wheat and rye as well. If you only have normal wheat flour, just use that. 1 tsp Quick Yeast (that's the one you add directly to the flour. If you have Instant Yeast, follow the instructions on the packet) 1 tsp salt 350 ml cold water

**EVENING BEFORE:** mix all the ingredients really well. Either in a stand mixer or food processor, with the pastry knife (not the dough hook!) or for 5 minutes with a wooden spoon (great upper arm workout). The dough will be a sticky mess.

Pour into a bowl (check there is space for the dough to rise to almost double in size, and that it fits in your fridge) and cover loosely with a plastic bag or cling film or a plate. Put straight in the fridge. Leave for at least 10 hours.

**IN THE MORNING:** as soon as someone responsible enough wakes up, have them turn the oven up to 220C. Boil some water and pour 100 ml of it into a bowl and place it in the bottom of the oven (this will make the crust even yummiier).

Take the dough out of the fridge and immediately use a large wet spoon to take a rolls' worth of it and place it on a lined baking tray (it will just be a blob, but that's how it's supposed to be). Repeat as necessary. Make sure you space the rolls out enough. Put into the oven and set the timer for 20 minutes. Put the rest of the dough back in the fridge.

Now, hop in the shower!

After 20 minutes, check the rolls: the crust should be crunchy, and the bottom should sound hollow when tapped (baking times vary with flour used). Leave to cool on a rack for 5 minutes, then enjoy with cold butter. YUM! All hollow-sounding bottom-related puns are free of charge.

Needless to say, these rolls are not the monopoly of breakfast. They go equally well with a soup at lunchtime. That is actually how I converted my kids to eating vegetable soup. Or with cheese in the evening.





### Easy Olive Oil Dough:

This dough is the one used for the free-form tourte/galette on the cover picture. I used a whole portion of dough for it, and it was enough to feed the whole family for lunch, with some leftovers for nibbles another day.

Pastry dough has always scared me as I'm really not good at rolling anything out with a rolling pin. But this dough is like play-doh.

I can't take credit for it though. Like so many other delicious recipes which have become a staple on our table, it's from my amazing Parisian friend Zazou's blog, Gourmandises et Merveilles

(link: <http://gourmandisesetmerveilles.blogspot.com>).

She's a trained food stylist, has written several cookbooks (to be found on amazon under Isabelle Guerre) and is, like me, very much a zero-waste kind of cook.

### **Ingredients**

Mix 300 g flour (I used whole meal spelt, but any will do) with 60 g olive oil, 120 g water and some salt (you can add herbs at this point).

It makes for a very easy dough which rolls out like a dream (my 7 year old could do it after I showed him once).

For a free-from galette, I sautee some greens or use some oven-roasted veg (make sure the mix is quite dry) and the mix with 2 eggs and 2-4 tbsps milk (depending on how dry your veg are) and some cheese if you fancy.

On the photo I mixed kale (blanched beforehand), mushrooms, chopped courgettes and feta. It's delicious with chard as well. Roll out the dough, place it on a lined baking sheet and put the filling in the centre. Then gently fold the edges inwards and voila!  
Bake in oven on 200C for 35 minutes.





For 12 pasties, cut the dough into circles and put some filling in the centre. I used leftover slow-roast lamb and potatoes, and some steamed chopped greens to keep it from getting too dry. Fold over and use a fork to close tightly. Brush lightly with oil and bake for 20-30 minutes at 200C (time depends on flour used, so check after 15-20 minutes).

Delicious served with a salad, or just a yogurt sauce (for speed, yogurt, olive oil and mint are perfect).

### Zoom Nibbles:

If you have any dough leftover (accidentally or on purpose) wrap it in cling film and keep in the fridge. When you need it, take it out and knead it briefly to warm it up then roll out as thinly as possible and add any flavour you fancy: salt, herbs, etc. Just scatter it on top and roll once more to press flavourings down into dough. Transfer to a lined baking sheet, cut into strips and bake for 10-12 minutes at 200C. Pour yourself a drink, line up the best angle on your camera and get ready to catch up, laugh and forget all the craziness for just a little while.



### FOODIE WORD OF THE MONTH:

*Quarantine Cooking*: the act of cooking more at home than we used to. For some it means learning to cook from scratch, for others it might be attempting to master a certain dish or skill (sourdough, anyone?). For many, it will be the art of making do with whatever we have at home, so we don't have to go out to the shops. For me, it's what I call 'stress-cooking': when my mind becomes anxious, I keep my hands busy in the kitchen until it passes. For all, I hope it means we become better, more conscious cooks who waste less and enjoy more.

### DESERT ISLAND UTENSIL:

The never-celebrated *oven*: mine is always switched on at the moment, it seems. I'm either baking bread or trying to bake cakes (definitely not ready to share those recipes yet, if ever). It's also perfect for slow-cooked comfort foods (and OMG do we need those at the moment) and is the BFF of anyone busy as you don't need to hover over oven-cooked food the way you do over a pan.

### #StayHomeSaveLives

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

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

Follow Have Kitchen Will Cook on  
Instagram and Facebook



# The Lonely Pet Column

**Name:** Tarka

**Owner:** strong, decisive, alpha. \*\*\*

**Age:** 11

**Looking for:** A second chance.



*In her words...*

*"To say I am a frustrated lady would be accurate. The urges only come in waves these days. I prefer to take it slowly, only sniffing on the first date. In time, I am looking to be let off the lead, shall we say?"*

*My star sign is Aquarius so am free-spirited and adventurous. In the past I have been particularly compatible with Virgos, although there was once a memorable Sagittarian Cocker Spaniel who well lived up to his breed name. I like a treat before bed-time!*

*I love a day out. I went to the zoo the other day, but there was only one dog there, a Shih Tzu. Lockdown is depriving me of much needed privacy and space for contemplation. A sense of humour is essential, but if the family's kids dangle a rubber rope on my nose again, I could easily resort to brute force.*

*I feel sure there is a not so old dog out there who can teach even me a few new tricks. Come play with me."*

\*\*\*Maida Unveiled researched - it was found it to be incorrect.



# MAIDA UNVEILED

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# Our W9W2 area...

