Hundreds of people marched against racism and hate crimes in on Sunday as part of the second annual Unity Day, the finale of Hammersmith and Fulham ArtsFest. Speaking ahead of the march, council leader Stephen Cowan said the event had become “more poignant” following recent terrorist attacks. Leading a minute’s silence to remember the victims of the London and Manchester attacks, Cllr Cowan told the march: “We will never let those who seek to divide us do so.” For the full story see page 10

No change as MP holds seat on a good night for Labour in London

BY BECKY MORTON
becky.morton@londonweeklynews.co.uk

Labour’s Andy Slaughter held the Hammersmith constituency with a thumping majority as his party made gains across London. Mr Slaughter increased his share of the vote by 13.9 per cent compared to 2015. He beat his closest rival, Conservative Charlie De-whirst, by nearly 20,000 votes.

Labour supporters at the count were jubilant as news of the exit poll spread and it became clear their party had outperformed predictions nationally. The constituency saw a massive turnout of 71.8 per cent, up from 66.4 per cent in 2015. This mirrored a nationwide trend which saw turnout reach its highest level since 1997, with early indications suggesting young voters were responsible for much of the increased support for Labour.

Meanwhile in Chelsea & Fulham Greg Hands held the safe Conservative seat for his party, albeit with a reduced majority.

Labour challenger Alan De’Ath increased his party’s share by 10.1 per cent, although Mr Hands retained a comfortable majority.

Both constituencies saw the Lib Dem and Labour candidates increase their share of the vote in what was a disappointing night for the Conservatives in London.

Labour continued their strong performance in neighbouring Kensington with a shock victory in the Conservative stronghold.

In one of the biggest surprises of the night Emma Dent Coad beat Lady Victoria Borwick with a margin of just 20 votes. The result was the last to be declared at just before 9pm on Friday, almost 24 hours after polling closed, following three recounts.

There was a carnival atmosphere outside the count as Ms Dent Coad’s grassroots supporters chanted “Tories out” and played music in celebration.

Lady Borwick had supported Brexit while her constituency voted 69 per cent for remain in the EU referendum.

But Ms Dent Coad, who has represented the Golborne ward as a councillor since 2006, stressed the election “was not all about Brexit” and pledged to tackle inequality in Kensington.

● For more on the general election see pages 2&3
Labour vote up

The Conservative candidate’s vote share fell by 10.3 per cent with both the Labour and Liberal Democrat candidates increasing their votes on the 2015 election. Alan De’Ath achieved a swing of 10.1 per cent, while Louise Rowntree increased the Liberal Democrat share by 5.8 per cent. In his acceptance speech Mr Hands said: “These elections were held against a backdrop of two major terror attacks but we have persevered with our democratic processes and made sure that democracy is the winner tonight. We will never be defeated or cowed by terrorism in this country.”

“I will be carrying on fighting for all the most important issues in this constituency – against Heathrow expansion, for our local hospitals, for greater choice and better schools, for more jobs and for lower taxes.” The Labour, Lib Dem and Green candidates all spoke of their opposition to a hard Brexit following the results.

Lib Dem candidate Louise Rowntree said: “I am so proud of what the Liberal Democrats have achieved in Chelsea and Fulham. We started our campaign nine months ago with nothing from scratch. We did this because we felt that someone needed to stand up against this government’s hard Brexit and that we needed a strong opposition.”

Kensington & Chelsea

The outcome for the Labour seat

Labour’s Emma Dent Coad declared the election “was not all about Brexit” as she snatched the Conservative stronghold of Kensington. She beat Conservative candidate Lady Victoria Borwick by just 20 votes following three recounts. Lady Borwick supported Brexit while Kensington voted to remain. Ms Borwick said: “I will take Kensington’s issues and problems to Parliament to improve the appalling and unforgivable inequalities here. This constituency is a microcosm of everything that is wrong in this country after seven years of incompetence and uncaring coalition and Tory government.”

Ms Dent Coad, who has represented the Golborne ward as a councillor since 2006, pledged to work to improve air quality, reduce traffic, make streets safer and address the housing crisis. She continued: “I will take Kensington’s issues and problems to Parliament to improve the appalling and unforgivable inequalities here. This constituency is a microcosm of everything that is wrong in this country after seven years of incompetence and uncaring coalition and Tory government.” She will do everything in her power for the next five years to make ‘One Kensington’ an example of the finest qualities of common humanity, mutual respect for all our communities and social justice.”

In her speech after the result Lady Borwick said: “I congratulate all my fellow candidates. I think everybody here cares about the single market. We must hold her to those pledges. ‘We must also hold her to account on the issues which matter in Kensington – air pollution, housing, education and security on a local and national level.’

Outside the count there was a carnival atmosphere as grassroots supporters celebrated Ms Dent Coad’s victory.

Lib Dem candidate Annabel Mullin congratulated Ms Dent Coad on a “phenomenal result.” Ms Mullin increased her party’s share of the vote by 6.5 per cent and called for Ms Dent Coad to be “held accountable” over Brexit. Speaking after the result she said: “Emma has promised Kensington that she will defy Labour’s manifesto and defend freedom of movement and keep us in the single market. We must hold her to those pledges. ‘We must also hold her to account on the issues which matter in Kensington – air pollution, housing, education and security on a local and national level.’

Outside the count there was a carnival atmosphere as grassroots supporters celebrated Ms Dent Coad’s victory.

Edward Daffarn of Grenfell Action Group in North Kensington, said: “Emma is a breath of fresh air. She’s part of North Kensington and one of us and will fight for our community.”
Labour MP Andy Slaughter retained his Hammersmith seat with a massive 33,375 votes, an increase of 13.9 per cent on the 2015 election.

His closest rival, Conservative Charlie Dewhirst, polled just 14,724.

The constituency saw a huge turnout of 71.8 per cent, up from 66.4 per cent in 2015.

“I’m very grateful for the strong and stable majority I have been granted by the people of Hammersmith and Fulham,” he said in his acceptance speech, prompting laughter from supporters. He said the election showed the country “simply did not want what Theresa May and her party were offering”.

He continued: “This country did not want more pointless austerity. It did not want suffering inflicted on everyone from children at schools facing budget cuts, through to pensioners facing a ‘dementia tax’ and their winter fuel tax being removed. I don’t think in my lifetime I’ve seen a party and a leader misjudge a political situation so badly. I’m so grateful that in this very robust democracy we have, the people can disregard the press, disregard the polls and go out and make a sensible decision. They have made the sensible decision to reject May and reject the Conservative Party and their destructive and divisive policies. I hope that whoever forms a government now will genuinely govern in the interests of all the people of this country.”

Mr Slaughter reaffirmed his support for a strong relationship with Europe and called for the country to “stand together and be united”.

There was a strong police presence at the count and Mr Slaughter paid tribute to emergency services for their role in “ensuring democracy functions as it should” following the terrorist attacks in London and Manchester.
Chance to talk about fostering

Have you ever considered fostering but wondered what it entailed? If so, a fostering information event is being held on Thursday, June 15 where you can talk to foster parents and social workers from Kensington and Chelsea council’s fostering recruitment team.

Children seeking foster families include sibling groups, children aged over five, teenagers and children with a disability.

The information sessions, which are organised by the Royal Borough of Kensington and Chelsea, Westminster City Council and the London Borough of Hammersmith and Fulham, run from 10am until noon and from 6pm until 8pm in Room 3.1, Westminster City Council, 5 Strand, WC2N 3HR.

If you cannot attend the session but want to find out more you can email fostering@rbkc.gov.uk or you can register your interest online at www.rbkc.gov.uk/fostering for an information pack.

Free bike rides

Free organised bike rides are taking place across Kensington and Chelsea on Saturdays this month.

All rides are led by experienced cyclists and are open to anyone over the age of 14. Teenagers under 16 must be accompanied by an adult. You can cycle your own bike or hire a Santander bike.

Each ride is organised around a specific theme and all start at 10am and finish at 12.30pm. For more details, and to reserve a place, see www.bit.ly/JuneBikeRides.

Classical masterpieces to be performed

Two orchestral works by classical masters Beethoven and Walton will be performed in Hammersmith on Saturday.

Approximately 80 musicians from the Fulham Symphony Orchestra will be joined by the award-winning Linos Piano Trio to play Beethoven’s landmark Triple Concerto in concert at Hammersmith Town Hall in King Street. The performance of Beethoven’s Triple Concerto will feature pianist Prach Boondiskulchok, violinist Konrad Elias-Trostmann, and cellist Vladimir Waltham as they lead the FSO’s performance.

“What makes Beethoven’s Triple Concerto interesting is its attempt to bring together two quite distinct genres, the piano trio and the concerto,” explained FSO conductor Marc Dooley. “Yet he manages to find a balance between the public orchestral grandeur and the soloists’ genial chamber music.”

The concert begins at 7.30pm. Meanwhile, the programme for the evening also includes British composer William Walton’s Symphony No. 1 – which was inspired by his turbulent relationship with Baroness Imma von Doernberg.

“The two works in the concert were written by composers of around the same age, in their early 30s, and in the first stage of full mastery of their own voice,” added Marc.

The concert begins at 7.30pm and tickets cost £12 (£8 concessions) from: www.wegottickets.com/event/402102.

A little piece of

A Fulham restaurateur has brought back to life a corner of North End Road with the real taste of Italy.

Salvatore Polizzotto opened Rigatoni last month on the corner of Haldane Road. Shortly after realising they had a successful formula they started to look at locations in London and came across the former Barrow Boy pub that was being redeveloped.

“The diversity and excitement of North End Road made it an ideal location for their brand of Italian hospitality relying on good food and good music.”

Considering their success in Spain we decided that Rigatoni needed a little sister in London where you can enjoy our vibes even during the winter. And finally after a long wait we are now open in London,” added Marco Maffi, one of the partners.

Rigatoni opened last month with a performance from Italian singer Umberto Smala, while contestants from BBC TV show The Voice have also sung at the restaurant.

“It is great to be in Fulham in a vibrant area

From left cellist Vladimir Waltham, pianist Prach Boondiskulchok and violinist Konrad Elias-Trostmann

TUESDAY JUNE 13 2017 LONDON WEEKLY NEWS 4

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TUESDAY JUNE 13 2017 LONDON WEEKLY NEWS 4
Lorries and trucks are banned from street

Large lorries and trucks have been banned from a residential road in Hammersmith after the council responded to concerns from residents over potential dangers.

Signs have gone up at each end of Hammersmith Grove advising drivers of heavy goods vehicles (HGVs) they can no longer use the area as a cut-through.

Large lorries will no longer be allowed to thunder down Hammersmith Grove

Residents had campaigned for the large trucks to be banned from Hammersmith Grove. Residents had campaigned for the large trucks to be banned from the road, which many drivers use to cut through from the north of the borough to the south. The bulky size and wide turning circles of the trucks had caused residents to fear they might lead to an accident, with many motorists being directed down Hammersmith Grove by their satellite navigation systems. New bell bollards were recently installed at the junction with Trussley Road to prevent HGVs mounting the pavement when turning and new “raised entries” will be installed at each end of Hammersmith Grove in the autumn.

The ban is part of a suite of measures to improve local safety following joint working between Hammersmith Grove Residents’ Association and Hammersmith & Fulham council.

“We listened to our residents in Hammersmith Grove when they asked us for help and now we’re taking action,” said Cllr Wesly Harcourt, cabinet member for environment, transport and residents’ services.

“High volumes of traffic and HGVs have caused misery and concern for these residents for some time now, so we hope these new measures will help them feel safer about the roads near their homes.”

Residents had campaigned for the large trucks to be banned from Hammersmith Grove.

Residentsof the council will be contacting sat-nav providers once the ban goes live to advise them to update their maps.

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The council will be contacting sat-nav providers once the ban goes live to advise them to update their maps.

The changes, which came into effect on Monday, June 5 could affect landlords of houses or flats shared by multiple tenants, or which are in roads where there are higher incidents of anti-social behaviour.

The council wants to raise standards for licensed rental properties to keep tenants safe and to reduce potential problems for neighbours.

The council already operates a mandatory licensing scheme for properties which have three or more stories and are occupied by five or more people with at least two households.

Licences have the backing of independent Hammersmith estate agent John Horton, founder of Horton and Garton, who believes that an overall improvement in standards will benefit everyone.

“It’s important that landlords understand their responsibilities — and thankfully the majority are extremely responsible,” he said.

“It’s also great news for local renters who now have more protection and can expect higher standards from landlords.”

Italy in Fulham

that offers the beauty of so many different cultures all together in one place. That is North End Road,” said Salvatore.

The other local businesses have been very welcoming and made me feel at home. It has a nice old school vibe and now we have traditional Italian food and live music on offer on the street. No compromise is made when it comes to food here. It is a huge part of the Italian culture. We love to sink our teeth into delicious food.”

Music is said to be good for the digestion and Salvatore is a true believer as he cooks up a memorable night’s dining with Rigatoni Friday - a night packed with live music to accompany the scrumptious plates of pizza, pasta and tiramisu coming from the kitchen.

“I have been involved in restaurants for over 30 years and live music is so important.

“The atmosphere of a place just changes in an instant the band strikes up. In Fomentera by the beach we have DJs and live singers entertaining the customers. It is a great experience and now I want to bring the dining party to Fulham,” added Salvatore.

Rigatoni is located at 306-310 North End Road. Call 020 3903 8554.

Measures are introduced to protect tenants

New measures affecting licensing for landlords across Hammersmith and Fulham launched this month.

The council introduced the measures to better protect tenants from rogue landlords, while also protecting honest landlords from badly-behaving tenants.

The changes, which came into effect on Monday, June 5 could affect landlords of houses or flats shared by multiple tenants, or which are in roads where there are higher incidents of anti-social behaviour.

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Group singing can help lung disease

Singing improves the quality of life for people living with Chronic Obstructive Pulmonary Disease (COPD), according to research published by the Sidney De Haan at the Research Centre for Arts and Health.

There are currently about 1.2 million people in the UK living with COPD, a progressive lung disease that predominantly increases breathlessness and long-term inflammation of the airways.

Over recent years there has been growing evidence that group singing is beneficial for people with chronic respiratory disease in helping to modify breathing patterns, reduce breathlessness, and improve quality of life and social and psychological well-being.

The findings of the study, which observed singing groups for people living with COPD in London, further support the centre’s previous research carried out in East Kent. Professor Stephen Clift, director of the Sidney De Haan Research Centre, said: “People with COPD find it difficult to breathe, and are also vulnerable to social isolation, anxiety and depression.

“Regular group singing can help people to focus on their breathing in a positive way, improving management of breathing difficulties.”

“Group singing is also supportive and fun, and people can have an enjoyable time.

“More and more singing for breathing groups are starting across the country, and the NHS needs to seriously consider the idea of singing on prescription.”

The launch of the study took place at the Royal Festival Hall as part of the Southbank Centre’s Chorus’ Festival in 2015 and COPD singing groups from around the country were invited to sing and find out more about the project.

The project team, led by the Sidney De Haan Research Centre for Arts and Health in collaboration with academics from the University of Kent and the London School of Economics and Political Science, worked with GPs to recruit people with COPD to four singing groups, then carefully monitored the groups over the period of a year.

The results concluded that regular singing has a positive impact on people with the serious and incurable lung condition.

For more information, contact Di White at the Sidney De Haan Research Centre for Arts and Health at Canterbury Christ Church University, email di.white@canterbury.ac.uk or call 01303 220870.

Met Police volunteers are out in force

Metropolitan Police Service (MPS) volunteers have been working together by supporting their policing colleagues following the recent terrorist attack in London.

Volunteers have been helping policing colleagues on the streets of London and in police stations in a variety of roles.

While some worked behind the front counters and fulfilled a number of roles behind the scenes, officers from the Met’s Special Constabulary (MSC) went to the scenes to assist with first aid, cordons, reassurance patrols and to offer assistance and advice to members of the public.

In the Met, there are about 2,600 Special Constables, 800 Met Police Volunteers (MPV) and 5,000 Volunteer Police Cadets (VPC).

Throughout last week’s National Volunteers’ Week and National Specials Weekend, Specials and Cadets assisted in the rehearsal for Trooping the Colour and 40 Specials passed out from Hendon training college.

The MSC held recruitment events throughout the week to encourage members of the local community to join as a part of a strategic target of 3,200 officers by 2020.

Special Constabulary Chief Officer John Conway said: “On behalf of London and the Met Police, I would like to thank all of our volunteers for the vital help they gave the MPS at a time of heightened uncertainty.

“They helped to enhance our service in a range of activities and gave their time freely to keep London safe.

“On a day-to-day basis Met Police Volunteers regularly assist their colleagues in a wide range of roles by working on front counters, watching CCTV evidence, offering chaplaincy support and undertaking role play to support training courses.

Alison McWhinnie from the MPV, said: “I’ve been involved in many projects and events, including launching a counter-terrorism video for an airline”.

The Metropolitan Police Cadet Programme (VPC) is a youth engagement and diversion programme supported by the Met.

It is for young people aged between 10 and 24-years-old and it gives them the chance to learn about policing skills, law and legislation, citizenship, and team building activities.

Cadets also take part in the Duke of Edinburgh’s Award and support policing operations which, in the past, have included the Olympics and the Diamond Jubilee.

Throughout National Volunteer week cadets assisted firearm officers during training, attending a Duke of Edinburgh’s expedition and assisted with a test purchase operation targeting retailers selling knives to underage children.

Police Cadet Lamya Al-Rishq Aguirre said: “Being in the cadets has given me a lot of confidence.
your letters

Do you have any pictures you would like us to feature in the London Weekly News titles? If so send them to shuz@slp.co.uk. Here, from left, Meghan, six, Isla, three and Elise, four, are seen enjoying the weather in Hyde Park recently.

Pictures: PA

Dear London Weekly News,

I would like to feature some of my photographs of the wildlife in Hyde Park. The stag beetles are particularly striking, with their large antlers and shiny carapace. I hope they make for an interesting article.

Yours sincerely,
[Your Name]

London Wildlife Trust

Spring heralds the start of the stag beetle season - when Britain's biggest land beetles wake and emerge from tree stumps and logs across the capital. Despite stag beetles being globally endangered and extinct across much of Britain, the capital remains a hotspot, and London Wildlife Trust is asking people to report their sightings and help researchers map their whereabouts.

Male stag beetles sport fearsome looking but harmless mandibles, the 'antlers,' which look as if they could give a serious pinch. In fact, they use these specially adapted mouthparts to wrestle other males, fighting for female attraction.

Almost 8cm in length and large enough to fill an adult's palm, the males seem to prefer warm, sultry evenings an hour or two before dusk and were once known as thunder beetles, as they could be seen flying before storms.

The females lack the large antlers and to stick to the ground, waiting for the males to fly to them. The decline in stag beetle numbers is attributed in part to the tidying up of parks, gardens and greenspaces and the removal of tree stumps and dead wood, without which the beetles have nowhere for their larvae to grow.

They may also be destroyed in the mistaken belief they are pests. Many London parks now deliberately leave tree stumps and large logs in place, providing a home for stag beetles and other wildlife. While stag beetles have been recorded in most London boroughs, they are most common in south London, including places such as Peckham Rye, Crystal Palace, Sydenham Hill Woods, Greenwich, Hither Green, and Morden Hall Park.

Last year, London Wildlife Trust received nearly 1,000 reports of stag beetles across the capital and is again asking Londoners to report their sightings.

Mathew Prith, Director of Conservation at London Wildlife Trust, said: “The stag beetle is a plucky London survivor and shows how nature and wildlife continues to live alongside us, even in the midst of a huge city.

“Most people are amazed when they first see one of these stunning, super-sized beetles, especially when they realise they are harmless to us and our homes. If you do see one, please visit our website and let us know. By understanding where they live in London we will be able to ensure their survival.”

If you think you’ve seen a stag beetle, or to find out more, visit www.wildlondon.org.uk/stag-beetle-survey.

The hidden charms of some of the borough's private green spaces are waiting to be explored during London’s Open Garden Squares Weekend this coming weekend. Celebrating its 20th anniversary this year, the annual event is a chance to delve into the capital’s secret or lesser known garden squares. Garden explorers can discover more about the nine green spaces in Hammersmith and Fulham.
A man has died following a collision in Kensington, shortly after police officers signalled for a car to stop.

At approximately 3.10am on Saturday a car was in collision with a building in West Cromwell Road, W14.

Officers were on the scene shortly after the collision occurred. The car was wedged between the side of the building and steps leading to a basement.

The London Ambulance Service and the London Fire Brigade (LFB) were called to the scene.

Two men were able to free themselves from the trapped vehicle. Two other men were released from the car with the assistance of LFB.

All four men – believed to be aged in their 20s – were taken to hospital.

One of the men died at hospital later that morning. A post-mortem examination and formal identification will be arranged in due course. His next of kin have been informed.

A second man remains in hospital in a critical condition. The other two other men have been arrested in connection with the incident. Neither suffered serious injuries.

As is routine in such cases, the Directorate of Professional Standards and the Independent Police Complaints Commission have been informed.

At this early stage it is understood that the car was seen by officers being driven at speed on Talgarth Road shortly before the collision.

The police car followed the vehicle and signalled for it to stop, but it sped away out of sight of the officers. When next seen by the officers, it had been involved in the collision in West Cromwell Road. Enquiries continue to establish the full circumstances.

Anyone who witnessed the collision, or the moments leading up to the incident, is asked to contact police via 101.

Richard Loat will report back for ShelterBox on the work it has done to help families after Cyclone Dineo hit in February, leaving 130,000 in need of food and shelter.

Richard Loat, from Stamford Brook, Hammersmith, has helped traumatised families in Sudan, the Philippines, Serbia, Zimbabwe and Nepal since joining the charity in 2010.

ShelterBox is an expert in emergency shelter, but also supplies basic rebuilding materials, water filtration, solar lighting, and kitchen equipment and blankets to make a tent into a home, however temporary.

Richard has a passion for triathlons, particularly Iron Man races.

He said: “When I’m not doing that I’m probably chasing down surf on a beach somewhere.

“I emigrated from Canada to London four years ago, and can often be found running along the Thames from my home in Hammersmith.”

For more information see www.shelterbox.org.
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Hundredsmarch together against
racism and hate on a day of unity

BY BECKY MORTON
becky.morton@londonweeklynews.co.uk

Hundreds of people marched against racism and hate crimes in Hammersmith on Sunday as part of Unity Day, the finale of Hammersmith and Fulham ArtsFest.

Speaking ahead of the march, council leader Stephen Cowan said the event had become “more poignant” following recent terrorist attacks.

Leading a minute’s silence to remember the victims of the London and Manchester attacks, Cllr Cowan told the march: “We will never let those who seek to divide us do so.”

The march ended at Ravenscourt Park with speeches from politicians and campaigners, followed by live music and food from around the world.

Speakers included Lord Alf Dubs, who escaped Nazi Germany by the Kindertransport and has campaigned for the UK to take in more unaccompanied child refugees.

He praised Hammersmith and Fulham council for “leading the way” in supporting child refugees and called for “unity in our community and country”.

After the successful launch of Unity Day last year, the council decided to make it an annual event.

Last year’s march was organised to celebrate diversity following a rise in reported hate crime in the wake of the EU Referendum, including an attack on Hammersmith’s Polish Cultural Centre.

Witko Moscinski, of King Street’s Polish and Cultural Association, said: “In the first few months after the Brexit referendum the Polish community and many others suffered as the demons of racism were let loose.

“But our community have rejected this. After the attack on Hammersmith’s Polish centre last year the reaction that everyone remembers is the flowers and gifts that came from the community expressing solidarity.”

With Brexit negotiations on the horizon he said the risk of EU citizens being used as “bargaining chips” made this year’s march just as significant.

Meanwhile the flag of the European Union flew above Hammersmith Town Hall as a symbol of unity against the rise in reported hate crimes since the EU referendum.
Much is written about the health benefits of singing but recently I was reading about the disadvantages which can have such resounding repercussions on individuals that I thought would be worthwhile sharing.

Singing can cause loneliness – you never know where it might strike – if you become very successful and spend all your time touring and living away from home. Singing is even known to cause loneliness – you never know where you might lose touch with your old acquaintances. The number of groups has quadrupled, and they are now to be found the length and breadth of the borough.

The number of singers keeps on growing – we now have over 120 tuneful warblers, some of them have been singing since the programme’s inception – such is its addictive nature. And just as football fans tend to share similar traits, these singers share common characteristics. They like to wear their team shirt and an initial study of participants found the overwhelming majority shared an increased ‘sense of community and pride’ culminating in an urge to share their experiences with the public, through performances.

In fact Sing to Live groups have performed Christmas concerts at the V&A and entertained shoppers at Portobello Market and older residents on Silver Sunday. All of which won over even more people to the cause. A report by Imperial College post-graduate students in Public Health found that 90 per cent agree that their well-being has increased as a result of Sing to Live, Live to Sing workshops.

The worst that can happen is that a year from now you will still be singing its praises.

Meanwhile, council officers presented the study findings to an All-Party Parliamentary Group Inquiry into Arts and Health at the House of Lords. But don’t just take my word for it. Find your local group and give it a try out. To find your local group go to www.rbkc.gov.uk/singtolive.
Today has been a busy day. As I sit down at the computer to write this, the day has not yet finished, anything can still happen and believe me, I’m sure that by the time I have finished writing this article, something else would have occurred.

So, firstly I promised myself that this article was not going to be based on our new puppy, Sparky.

However, I cannot write anymore without mentioning the fact that, like with a new-born baby, I had to get up twice in the middle of the night. Sparky cried out once he had done his business, on our wooden floor.

That’s twice: Once at 1.30am and again at 3.30am. After the 3.30am shift, I couldn’t get back to sleep for ages and I knew exactly how my poor long-suffering husband has felt for so many years.

Sleep deprivation is the worst form of torture.

As I was lying there, in the room next to the dining room, having fallen asleep very briefly and dreaming that I was being chased by zombies in Streatham, I was woken by a massive bang and a yelp.

Sparky had managed to knock down the wall that I had set up for him (inspired by Trump) to stop him going into the sitting room and claiming the sofa.

He was back in his crate and luckily there didn’t seem to be any damage to him. He was a bit shaken though.

Shortly afterwards I heard my oldest son come down and potter in the kitchen when suddenly there was a smash of glass, a few seconds later Sparky ran into the room clutching a piece of glass in his mouth. It could have been a total nightmare, if I hadn’t pulled the piece from his mouth, mainly because we’ve not sorted out his pet insurance yet.

The glass crashing was the glass cafetiere (yes, we too, are posh) that comes out only for guests. It had been shoved between the breakfast cereal boxes out of harm’s way. Unfortunately my son didn’t think to move it before yanking his Coco Pops out from the back.

Then I had a call. The drains to a flat that I rent out were blocked. All of them were blocked and it was my responsibility to sort it out because nobody else would.

I couldn’t bear to deal with the hassle and pushed it back to the managing agents to sort it out. It was only 8.15am and I already felt exasperated.

I took my youngest son to school. As we got to the gates, he remembered he was going on a school trip that day. So in a panic we darted to the Tesco supermarket across the road and stocked up on lunch-type foods to get him through the day.

Son dropped off again I went straight to my mum’s to take her to her doctor’s appointment.

I wanted to take my mum’s blister pack to discuss the medicines with the doctor. The packs are great. They basically divide the tablets into morning, afternoon and evening, and it’s all labelled so you don’t forget which tablets to take when.

This can get a bit confusing for some people, especially those with dementia.

Anyway, in my mum’s cupboard I not only found her blister pack, but alongside it there was a box of tablets.

A mixture of tablets she has been taking out of her blister pack and storing them in this random box.

So for the past few months, what we thought was a fail-safe way of her taking tablets was not working.

She had decided that she was only taking random tablets when she felt like it. I don’t know what to make of my mum’s behaviour hiding these tablets.

Should I be pleased with her that she is taking a stand? That she’s decided she doesn’t want to be reliant on tablets for the rest of her life, like she has been her whole life up to now? Or should I be concerned my mother is not taking her tablets and this is not good for her treatment? That she may get worse without them?

Is this normal behaviour for someone in the early stages of dementia?

I did tell my mum today. I tried to explain she has been diagnosed as being in the early stages of dementia.

She replied it’s because she lives alone and she doesn’t have anybody to talk to so she is forgetting things.

I responded she should come and live with me.

“No,” was her abrupt reply. “I’ll move in with you then.” I wasn’t giving up.

“What for?” was her reply.

“There’s nothing wrong with me.” I said. “What about the warden-assisted flats for older Polish people in Balham?” She would have loads of company then.

“Definitely no.” Okay, that told me.

After the visit to the doctor I took my mum to the chemist and made her hand back her stash of tablets.

I felt I was treating her like one of my children.

Or were her actions so childlike that I was using the same tone of voice and language as I would with my child? It is almost like starting to learn a new way of speaking, behaving, acting with a person.

A person who has always been somebody who tells you what to do, who cares for you, that you looked up to.

It all feels that things are starting to turn on their head, and I’m not sure how quickly things will change for the even worse.

On arriving home in the afternoon I received one call after another about the drain situation, which I found just draining.

I then found a bit of blood in Sparky’s poo, so I panicked and took him to the vet.

I was then going out to meet a friend in London and I realised I didn’t have any decent comfortable shoes and ended up borrowing my son’s plimsolls.

I set off for London town and it started pouring. My feet got soaked.

I sat through a classical recital and was in direct view of everyone as my head bobbed up and down trying to stay awake.

I dozed through the entire concert while sitting there with squelching shoes.

I got home late only to sit at the computer and finish this before I go to bed.

I let Sparky out for a last toilet break and yes, I knew it.

I found my oldest son’s school shoe outside in the garden, soaked through.

He doesn’t have another pair of black shoes and he couldn’t even borrow any from me.

I took a long deep breath and went to find the hairdryer.

It might just work to dry it out, it’s either that or he’ll have to hop to school.
Next generation of traders learn their art on streets of west London

More than 20 young entrepreneurs took their business ambitions to a new level when they traded at Portobello and Golborne Road Market.

In a bid to encourage young people to use the market to launch their businesses, the first-time traders were able to hire their pitches for just £10 a day as part of the market’s New Youthquake initiative which was held on May 27 and 28.

The traders, who sold clothing, jewellery, fashion accessories, art, brocante, toys, stationery, homewares, natural cosmetics, personal grooming products, henna tattoos, craft coffee and hot food, were joined by seven of Portobello’s ‘next generation’ of regular under-30s traders.

Over the weekend the young traders voted on the most promising trader who will represent Portobello Road and Golborne Road Market at the National Youth Market in Manchester in September.

Lauren Youngs and Manon Teychenne-Simoes claimed the title with their handmade fashion and accessories brand Candy Warhol Creations.

They also won the best visual merchandising category. Traders also voted on other awards; these included:

- Best Product, which went to Sadia Conteh-Mosere for her autobiographical book Single Mother Breaking the Stereotype
- Best Customer Service, which went to Matthew Wright and Mike Wyatt of PlayPress Toys Ltd
- Best Social Media award, which went to Emmanuel Yeboah from the urban clothing and lifestyle brand DownWithIt.

Overall the young traders were very positive about the event.

Kei Ferguson, who markets illustrated stationery and homewares, said: “I liked New Youthquake’s inclusivity, accessibility and affordability.

“The event was a great way to communicate and network while still having the chance to share my work and learn more about trading.

“It strengthened my ability to engage potential customers, challenged me to make the best of what I have, and allowed me to pick up little tips and tricks to make life easier when trading.”

Meesha Lewis, who did not have far to travel to her stall as she lives in Tavistock Road, said: “I liked that my community had the opportunity to see my work.

“It was great to be part of Portobello’s history – taking part in its first youth market.

“My grandmother and mother both shop for their friends in the market and as the next generation it is great to be part of that legacy.”

Meanwhile there is a prize of £500 up for grabs in a market video competition for the aspiring vlogger, film-maker or storyteller that best captures the essence of the Portobello and Golborne street market.

The competition, open to young people aged 16 to 25 years, is jointly sponsored by the Royal Borough of Kensington and Chelsea and the Portobello and Golborne Management Committee.

The winning video will be screened at September’s Portobello Film Festival.

The closing date is midnight on Saturday. For information on how to enter visit www.rbkc.gov.uk/newyouthquake.
Scientists call on women to sign up for Race for Life

BY CHARLIE STONG
charlie.stong@slp.co.uk

Three scientists are asking women to back life-saving research by signing up for Cancer Research UK’s Race for Life.

Dr Ylenia Perone, Dr Silvia Ottaviani and Alison Harrod are researchers at Imperial College London.

Dr Perone is a CRUK-funded clinical fellow in breast cancer, Dr Silvia Ottaviani is a research associate in pancreatic cancer and Alison Harrod is a CRUK-funded PhD student in breast cancer.

They want to highlight the crucial connection between taking part in an event and funding their work into the prevention, diagnosis and treatment of the disease.

They want to inspire women to enter the Race for Life 5k, 10k, Pretty Muddy and marathon events across London this summer by showing the difference they can make in the fight against cancer.

Dr Perone, 31, from Hammersmith, who will be taking part in an event and funding their work into the prevention, diagnosis and treatment of the disease.

“A few years ago my auntie was diagnosed with breast cancer. It was caught early and therefore she had a great chance to be free of the disease.

“But because of her beliefs, she refused treatment and died. It was very sad and frustrating because her death could have been prevented. It made me realise that communication with patients and the general public is as important as the science we do.”

Alison, 27, from Marylebone, who is taking part in the Hyde Park 5k Race for Life on July 23, said: “Research has the power to save lives. That’s why we need constant funding.”

Last year, the charity was able to spend over £129 million last year in London alone on some of the UK’s leading scientific and clinical research – helping more men, women and children survive cancer.

Last year, 52,689 women took part in Race for Life in London and raised £3,838,394. This year, organisers need 56,000 women and girls to help raise £4m.

Cancer Research UK’s Race for Life, in partnership with Tesco, is an inspiring women-only series of 5k, 10k, Pretty Muddy and marathon events which raise millions of pounds every year to help beat cancer sooner by funding vital research.

Money raised at Race for Life events helps Cancer Research UK fund long-term research and pioneering trials, leading to new tests and kinder treatments.

Cancer Research UK research and clinical trials have helped doctors use the drug tamoxifen to its full potential, revolutionising treatment and prevention of breast cancer and boosting survival. And the charity’s early research work helped develop cisplatin, which is now used to treat testicular and other types of cancer.

Lynn Daly, Cancer Research UK spokeswoman for London, said: “By taking part in Race for Life, women can make a real difference in the fight against cancer.

“It isn’t about being the fittest, fastest or first to the finish. It’s about coming together to fight back against this devastating disease. Every person, step and penny raised counts.”

“Our aim is that one day everyone will survive cancer and the more women who Race for Life, the sooner that day will come.”

To enter Race for Life visit www.raceforlife.org or call 0300 123 0770.

For more information about Cancer Research UK’s work or to find out how to support the charity, call 0300 123 1022 or visit www.cancerresearchuk.org. Follow the charity on Twitter and Facebook.
Creature Comforts

adoptapet

Battersea Dogs & Cats Home and the South London Press have teamed up to find new homes for some of the hundreds of animals at the pet shelter in Battersea Park Road. The charity aims never to turn away a dog or cat in need of help. Lost dogs and cats are reunited with their owners and, where that is not possible, the shelter cares for them until homes can be found.

The rehoming fee is £135 for dogs and £75 for cats. This includes microchipping, initial vaccinations, flea and worming treatment, a collar, identification tag and lead, access to our behaviour and advice line. The animal will be neutered and there will also be the option of signing up to four weeks’ free pet insurance and a starter pack of food advice and special offers. A home visit may be required.

To find out more call 020 7627 9234, email rehoming@battersea.org.uk or visit www.battersea.org.uk.

My rabbit, Black Spot, is starting to act weirdly, every time I come in he gets up out of his cage, the way his old owner told me to, he leaps around scratching me and trying to tear my T-shirt off. When my neighbour comes round and picks him up exactly the way I do, he does her no harm. When my brother comes round bringing toys for a pet, he will make sure you clean the water bowl regularly as the food dispenser. Any changes to return your budgie’s diet should be a small amount of fresh vegetables too, such as broccoli and grated carrot. Budgies can overeat, so make sure you give them the recommended amount of pellets. Remember that your budgie also needs fresh water so make sure you clean the water bottle regularly as well as the food dispenser. Any changes to your budgie’s diet should be gradually made as sudden changes can upset their digestive system.

You should watch the way your neighbour handles Black Spot and check that you are holding him in exactly the same way. Many rabbits don’t like to be picked up at all and prefer to be fussed when they are on the ground. If you need to pick him up, make sure his hind legs are supported. His behaviour could also be because he is scared of you. Always approach him quietly and calmly. Let him get used to your company by giving him his favourite treats. When he is confident in your company, which may take days or weeks, he may let you gently stroke him and, eventually once he trusts you, pick him up.

I’ve been feeding my budgies with commercial food, but will they also need vitamin supplements?

I would advise discussing this with your vet as they can sometimes offer a payment plan, such as paying by instalments. You could also check to see if you are eligible for PDSA’s help or possible assistance from other organisations, such as local charities.

Breed: Dobermann
Sex: Female
Age: 16 months
Reference: 356027

Gia is a gleeful gal, who will be happier in a home with experienced owners to shape her into a well-rounded adult. She is full of energy and very intelligent. Gia is best suited to a home with older teenagers only and a garden. She would be better in a quiet area where she can gradually meet other dogs outside the home.

Breed: Bull Mastiff
Sex: Male
Age: 2 years 8 months
Reference: 356457

Handsome Homer is a very lovable boy. While perhaps not the brightest, he will make you laugh. He makes friends with people very quickly and loves attention. Homer needs adult only owners confident handling strong dogs. He would benefit from being the only pet in his new home.

Breed: Greyhound
Sex: Male
Age: 2 years 3 months
Reference: 357183

Kip is a glass-half-full kind of girl. While not the brightest, he will make you laugh. He makes friends with people very quickly and loves attention. Kip is a bouncy girl who is happy to have a fuss after burning off some energy. With training she will mature into a lovely little lady. Bella would appreciate a quiet area. She could live with another dog or a confident cat, but children should be teenagers able to help with training.

Breed: Staffordshire Bull Terrier
Sex: Female
Age: 9 months
Reference: 357801

Bella is a bouncy girl who is happy to have a fuss after burning off some energy. With training she will mature into a lovely little lady. Bella would appreciate a quiet area. She could live with another dog or a confident cat, but children should be teenagers able to help with training.

Breed: Domestic Short-hair
Sex: Male
Age: 1 year
Reference: 356450

Bella is a bouncy girl who is happy to have a fuss after burning off some energy. With training she will mature into a lovely little lady. Bella would appreciate a quiet area. She could live with another dog or a confident cat, but children should be teenagers able to help with training.

Breed: Domestic Long-hair
Sex: Male
Age: 1 year
Reference: 356736

Mocca is a regal lad whose loveliness is cover for his charm. It takes a while for him to trust people, once he does he can’t get enough attention. He needs a settled home, with no major changes expected.

Ideally, he would be the only pet in a home with adults and older children and outdoor access.

Dogs’ Home and DJ join up to thank volunteers

Volunteers’ Week 2017 saw Battersea Dogs and Cats Home and Radio 1 DJ Matt Edmondson join forces to thank the volunteers and foster carers who have given up their spare time to help care for thousands of homeless animals at Battersea.

Last year, 1,399 volunteers and foster carers gave up an impressive 140,949.25 hours of their time – the equivalent of 16 years – to provide lots of love, attention, and care to the stray, abandoned, and unwanted animals at the home. A new film on the Battersea website follows the Radio 1 DJ, who is also a Battersea foster carer, visiting the home and exploring the roles of the charity’s volunteers.

Battersea is also holding its first ever volunteering and fostering conference on June 7 to say thank you to its many dedicated volunteers and foster carers and to showcase their hard work.

VICKI LARKHAM-JONES, vet for the PDSA, answers your pet questions

My rabbit, Black Spot, is starting to act weirdly, every time I come in he gets up out of his cage, the way his old owner told me to, he leaps around scratching me and trying to tear my T-shirt off. When my neighbour comes round and picks him up exactly the way I do, he does her no harm. Is this because of who is holding him, and who he feels comfortable with? Is there something I can do to make him stop?

You should watch the way your neighbour handles Black Spot and check that you are holding him in exactly the same way. Many rabbits don’t like to be picked up at all and prefer to be fussed when they are on the ground. If you need to pick him up, make sure his hind legs are supported. His behaviour could also be because he is scared of you. Always approach him quietly and calmly. Let him get used to your company by giving him his favourite treats. When he is confident in your company, which may take days or weeks, he may let you gently stroke him and, eventually once he trusts you, pick him up.

I’ve been feeding my budgies with commercial food, but will they also need vitamin supplements?

Many health problems seen in budgies are due to an inappropriate diet, so it’s important that they are fed properly. Complete, pelleted foods are recommended as they contain essential nutrients in the right amounts. But it’s a good idea to add a small amount of fresh vegetables too, such as broccoli and grated carrot. Budgies can overeat, so make sure you give them the recommended amount of pellets. Remember that your budgie also needs fresh water so make sure you clean the water bowl regularly as well as the food dispenser. Any changes to your budgie’s diet should be gradually made as sudden changes can upset their digestive system. For more information on feeding budgies, please visit www.pdsa.org.uk/budgies.

I would advise discussing this with your vet as they can sometimes offer a payment plan, such as paying by instalments. You could also check to see if you are eligible for PDSA’s help or possible assistance from other organisations, such as local charities.

Visit pdsa.org.uk or call 0800 731 2502 to find out if you can see a PDSA vet. Keeping your dog’s teeth clean will help to prevent the build-up of bacteria, which can lead to painful dental problems and other diseases, if not treated. After your dog’s teeth are nice and shiny, start to brush them regularly using an enzymatic pet toothpaste.

Speakers will include Karl Wilding, director of public policy and volunteering at NCVO, renowned dog trainer Sarah Fisher, and feline specialist Vicky Halls.
Battersea’s volunteering and fostering department wouldn’t be able to function without the generosity from players of People’s Postcode Lottery, who have so far donated a total of £200,000 to help expand the home’s volunteering and fostering programme, in addition to producing the video for Battersea.

Charlotte Fielder, Battersea’s head of volunteering and fostering, said: “The support of the volunteers and foster carers is vital to Battersea. We’re so grateful for the work they do – they are integral to the work of the home.

“I want to thank them for everything they do and let them know how much the staff and animals appreciate their hard work.

“The volunteering and fostering conference is set to be a brilliant day to celebrate their hard work and the difference they make.”

For more information on volunteering and becoming a foster carer, visit www.battersea.org.uk.
People of a certain age will know Anthony Head as the suave coffee drinking chap from the hugely successful Nescafe ads of the 1980s.

Others will know him as the Prime Minister in *Little Britain*, David Whelan in *Dominion* and of course as Rupert Giles in *Buffy The Vampire Slayer*.

But the London-born actor’s long and illustrious career also includes the stage, with stints at the RSC and the National, not to mention his West End turn as Frank N Furter in *Rocky Horror*.

And it is the stage that is his current focus of attention, thanks to a production of the critically acclaimed *Love In Idleness*, which has just transferred to the Apollo Theatre from the Menier Chocolate Factory.

He tells me the play is actually an amalgamation of two – Terrence Rattigan’s original version, *Less Than Kind* and actor Alfred Lunts’ reworking of it – by director Sir Trevor Nunn.

In it Anthony plays Sir John Fletcher, a tank expert in Churchill’s government during the latter stages of the Second World War.

Sir John is separated from his much younger wife and is now happily living with Olivia Brown, a vivacious and charismatic widow of two years standing, played by Eve Best. It is clear the pair are besotted with each other.

However, their idyllic setup is disrupted and put in jeopardy when her firebrand son Michael comes home from Canada from where he was evacuated a few years previously.

A young socialist, Michael disapproves entirely of his mother’s relationship with Sir John, who he sees as representing every one that is wrong with society.

He sets about to destroy their relationship – forcing her to choose between her lover and son – and in so doing allows the play to explore the subjects of love, passion, politics, ideology and loyalty.

Anthony and I chat shortly before the country voted in the general election, and it is clear the role and indeed the play has proved to be a fascinating project for him to work on, not least given the current political climate.

“The play is set in 1944 and at a time when life had changed enormously because of the war,” he tells me.

“For the first time things looked as though they were going in our favour and that we were going to win the war.

“At the same time there was a huge political change with the rise in socialism and of course after the war the country elected a Labour government which went on to create the welfare state and the NHS.

“It’s much like today in many ways. We are in the midst of an election, there’s the whole issue of Brexit and it feels as though the political landscape is shifting.

“Within the play we see how Olivia and Sir John enjoy their dinner parties and taking part in political discussions. It makes this production very current and relevant, so I hope audiences will enjoy it and be entertained but also think about the parallels.”

But he insists it is not just a platform to discuss politics, citing the incredible humour within the piece that has had audiences laughing loudly ever since it opened at the Menier.

“What Trevor (Nunn) has done with the two plays is brilliant,” Anthony says warmly.

“He’s got the best of both and written it really well. When I saw the script it was clear how extraordinary it was.

“There are so many genres – it’s got themes of love and what it is to find love and keep it, as well as drama, Noel Coward-esque farce, real sadness, passion and political conscience – with clear and obvious references to Hamlet and elements of Chekhov. It’s very clever.

“There is also great characterisation. Sir John is an industrialist, a multi-mil-
found more life in it and have laughed more raucously,” he laughs.

He also chuckles as he tells me he now regards himself as something of an "expert in tanks" thanks to the research he did for the role, and recommends a visit to the Cabinet War Rooms for anyone interested in the history.

“Churchill was an extraordinary man, and the Cabinet War Rooms is an incredible place," he says.

“Trevor did a lot of research and got Pathé news footage from that period which is cleverly projected on to the stage at various intervals.

"It shows images from the war as well as afterwards such as when Labour was elected and the subsequent creation of the NHS and welfare state – something that is now so current for us all.”

Although he’s clearly fascinated by politics, it’s acting that has always been in his blood. However, given his illustrious career it comes as a surprise that Anthony undertook acting lessons when he moved to LA just before landing his role in Buffy.

He credits his partner Sarah with the idea and says it was “absolutely the right thing to do.”

“I acknowledge the fact I’ve been hugely fortunate,” he says warmly about his longevity in what is a notoriously tricky business.

“Sarah encouraged me to go to America to work, and when I rang her up after two months of being out there she told me to go and get on with it and go and get acting classes.

“It led to my first job out there and then Buffy, which in turn led to Little Britain and Dr Who, all of which were very different roles.

“The bottom line is it’s hard work trying to make sure you are not pigeonholed though.

“However, Giles in Buffy was a wonderful step as I’d always been a young romantic lead and he was a real character role.

“It gave me an ‘in’ to a completely new world. I knew it was going to be good because the writing was so brilliant but I don’t think any of us realised how huge it would be. We had a great time with it.”

And he says he’d do the coffee ad again. “It changed my life – and the face of advertising – so yes, I’ve been very lucky.”

**Love In Idleness** is on at the Apollo Theatre until July 1. Tickets from £20. Visit [www.nimaxtheatres.com/apollo-theatre/love_in_idleness/](http://www.nimaxtheatres.com/apollo-theatre/love_in_idleness/) for full listings.

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Iionaire and minister of tank production. It's likely he is loosely based on Lord Beaverbrook, who was Churchill’s right hand man during the war.

"He is separated but not divorced from his younger trophy wife, but has now found his soul mate in Olivia, so everything in his life is hunky dory – that is until Michael comes along.

"Michael comes back from Canada, as a socialist, with an expectation that his mother will be lonely but finds she is living in this nice house with me hanging around. He is petulant and annoying and sees me as a dreadful capitalist, someone who has seduced his poor, defenceless mother – so there is a huge head-on collision both culturally, politically and emotionally.

“Sir John comes across initially as quiet and modest, but he’s got a steel determination and is really a schemer just like Michael, and is more than a match for him. You see how underhand he is at the end – though he does what he does with the very best of intentions.

“It’s a really meaty piece and it’s been such a joy to be part of. In fact it was a no brainer – when you get a call from Sir Trevor Nunn and find out Eve Best is on board, I couldn’t wait to get to rehearsals.”

He adds joking that his enthusiasm was tempered somewhat when he realised that they only had four rather than six weeks’ rehearsal before opening at the Menier.

But he needn’t have worried because the reception it got secured it a West End transfer which he describes as "wonderful”. "Audiences seem to have

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**HOLIDAY CHALETS FOR SALE**

Holiday Chalets for sale on well-run Holiday Park in Leysdown, Isle of Sheppey, Kent. Recently re-furbished to a high standard with 2 bedrooms, living room, fully fitted kitchen & tiled bathroom. Must be seen to appreciate full value. 10 month Occupation. Price £30,000 with 5 year lease with option to renew, Rent fixed at £3,000 per annum for 1st 5 years plus share of site services, half plus services payable on 1st January other half of rent payable on 1st July each year.

For viewing and further information contact Leysdown Chalet Services, 26/28 Leysdown Road, Leysdown, Kent ME12 4RE, Tel 01795 510379
When a colleague contacted me and suggested we meet up for lunch in west London, one place that immediately came to mind was a restaurant I had visited a few years back and described at the time as ‘Chiswick’s buzzing modern bistro’.

Now, while Chiswick has a plethora of fine eating establishments to choose from, Charlotte’s Bistro seemed just the place to re-visit for a long-awaited catch-up with a fellow foodie, who knows a thing or two about a good lunch.

The Bistro is situated just a few strides off the High Road and yards from Turnham Green Tube station and is part of the small Charlotte’s family, which also includes two popular establishments in nearby Ealing.

The restaurant is fronted by a cozy bar area, strong on cocktails and gins, which flows through to a long narrow glazed dining area.

There are comfortable leather seats down either-side and plenty of light streaming through.

The design, however, is fairly bland and would benefit from a splash of colour here and there and some stand-out features to create a more interesting atmosphere that matches the colourful cooking.

The modern menu has some inventive touches and imaginative flavour combinations with a good seasonal choice of ingredients on offer.

Vibrant, chilled, crushed tomato soup with feta and black olives was bursting with flavour and colour and truly brought the taste of the Mediterranean alive.

It also proved the perfect pick-me-up for my dining companion, Hannah, who was still suffering the effects of rather over indulging the previous night.

My mackerel tartare was clean and fresh and stonking dollops of oyster mayonnaise worked wonderfully well and pulled the dish together, while a seaweed cracker added texture and interest.

Fish was the order the day and gleaming white flaky roasted cod was perfectly delivered sitting in harmony with well-matched chorizo, black rice and delicious fennel for a skilful well-seasoned plate of food.

Hannah declared her mains of crispy skin pan fried Shetland salmon “simply perfect and tasty”, with accompaniments of crushed Jersey royals and asparagus adding to a seasonal dish full of fresh flavours.

And the best was saved to last with my desert of scrumptious iced lemon parfait, marinated strawberries, strawberry sorbet and crumble, an enticing summer sensation of flavours that left me licking my lips with delight.

Hannah wrapped up with a well-thought-out array of cheeses – which included particularly tasty Cashel Blue, Montgomery Cheddar and Tor goat’s – presented nicely with pickled pear and homemade crackers.

There is a heavily-focused European wine list, with a decent selection available by the glass, and with lunch coming in at £24.50 each for three courses the Bistro was the perfect choice for a good natter with a colleague over some well-delivered and refined cooking.

● Charlotte’s Bistro, 6 Turnham Green Terrace, Chiswick W4 1QP.
British Summer Time Hyde Park's Open House returns for a marvellous week of free summer activities in-between two weekends of legendary musical line-ups.

Barclaycard will be putting on outdoor movie nights, tennis screenings live from Wimbledon, street food stalls from all over the world, pop-up bars serving draft and craft beer, wine and cocktails, live music and entertainment and much more.

Following the huge demand for the open-air film nights over the past two years, Barclaycard presents British Summer Time Hyde Park is hosting four evenings of frivolous film fun on one of the biggest outdoor screens in London. Two films will be shown each evening - at 6pm and 8.30pm.

You can sign up at www.bst-hydepark.com/openhouse to be the first to hear about the movie line-up and be offered the chance to book your place before the general announcement.

You can also watch Wimbledon this summer without tickets to the world’s most famous tennis tournament with screenings from noon onwards.

On Monday, July 3 award-winning beat boxer The Pete Box, whose pioneering live show has ignited audiences across the world, will be tearing up the stage, while the following day House Gospel Choir will perform along with The Pete Box.

Described as a place where spirituality and the euphoria of the dance floor come together, House Gospel Choir will unite and uplift the audience through their outstanding vocals and good vibes.

On Wednesday, July 5 London Gay Men’s Chorus, plus Old Dirty Brassstards perform, with Soho Radio presenting The Cuban Brothers plus special guests on Thursday, July 6.

Soho Radio will also be hosting The Barclaycard Stage on Friday, July 7 from 4pm onwards, with performances from The Cuban Brothers, The Curious, Mary Epworth, Little Barrie, Young Gun Silver Fox, and the Soho Radio All Stars featuring Baby Bam, Terri Walker and Hamish Stuart.

There will also be a street food market, a craft beer and cocktail bar and performances from Chickenshed Theatre suitable for children up to the age of six.

For more information visit www.royalparks.org.uk.
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A wide range of insurance options – some compulsory and others advisable – are available to landlords letting a property in the UK.

Allison Thompson, managing director at property specialist Leaders, has had her say over cover available and urged landlords to protect themselves.

"Unfortunately, there is always the possibility of something going wrong and a landlord being left out of pocket, even with the most committed and reliable tenant in place, so adequate insurance is a must," she explains.

"By selecting the right products landlords can cover themselves against most eventualities, ensuring ultimate peace of mind."

Allison has identified six popular types of insurance that every landlord should consider:

The first is buildings insurance.

This is widely considered to be the most important type of cover and a priority for all landlords. Mortgage lenders are likely to insist on a landlord holding a policy – and even those without a mortgage are advised to cover themselves.

A good policy will cover the cost of rebuilding or repairing a property should it be affected by issues such as storms, floods, vandalism, fire, damage to water or heating systems, subsidence, falling trees and much more.

Your policy will also cover loss of rent, but only in the case of an insured peril, such as a fire or flood. Buildings insurance will, in many cases, cover malicious damage by tenants, providing a further benefit to landlords.

The second is contents insurance, which is just as important as buildings insurance, particularly if a property is let fully or part-furnished.

This insurance protects all contents – such as furniture, sofas, televisions, carpets and other possessions – against theft or damage.

One tip is to ensure a policy offers a ‘new for old’ term, meaning landlords can replace existing items that are damaged or stolen with brand new versions. Landlords do not need to insure their tenant’s belongings, so should only purchase cover for their own items.

The third is landlord liability insurance. This crucial policy covers landlords in the event of somebody being injured or killed while on their property.

It also protects landlords against any tenant who opts to sue following an accident. Those who let to students may find this type of cover is a requirement of their university, while local authorities often stipulate a minimum level when letting to applicants on housing benefit.

Landlord liability insurance is sometimes offered as part of another landlord policy, but if it is not it is well worth taking out.

Fourth is rent guarantee insurance. Even tenants who tick every box during the application stage can go on to default on their rent.

A change of circumstances – such as the loss of a job – is sometimes all it takes.

But landlords with a rent guarantee plan in place – such as Leaders’ Premier Rent Guarantee Service – will still receive their monthly payments, typically up to a maximum amount for an agreed period.

Fifth is home emergency insurance.

Landlords are unlikely to want to have to respond to every incident in a property, so instructing a quality letting agents to manage their tenanted home and investing in home emergency insurance is a wise move.

Home emergency insurance covers the cost of arranging repairs in the event of, for example, a burst pipe, gas leak, burglary or pest infestation. It guarantees a qualified tradesman will be available to resolve emergencies 24 hours a day, 365 days a year.

For a wide range of specialist landlord insurance products visit our specialist insurance partner Hepburns at hisinsurance.com.
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1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to structural inspection works to be carried out in the above named road; made an Order the effect of which would prohibit vehicular traffic in a section of the above named road.

2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Sussex Place.

3. An alternative route for traffic in article 2 would not be required.

4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.

5. The Order would come into operation on the 19th June 2017 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.

6. Works would be expected to commence on Monday 19th June 2017 and last for 1 day.

The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 9th day of June 2017
Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways
Local Planning Applications
London Borough of Hammersmith & Fulham

41 Ravenscourt Road London W6 1JA 2017/02097/FUL Erection of rear extension at lower ground, upper ground, first and second floor level.

Flat A 32 Vereker Road London W14 4JS Replacement of existing roof with a new raised mansard roof; excavation basement to provide accommodation at lower ground floor; alterations to the Fairholme Road elevation in connection with the enlargement of the rear extension.

1459 Greyhound Road London W6 8NJ Variation of condition 2 of planning permission ref: 2016/01216/VAR granted 15th April 2016 to allow minor material amendments to include: Flat roofs to the first floor glazed roof flat; and alterations to the positions of a window and door to the front elevation at ground floor level.

Flat A 68 Bramber Road London W6 8BY 2017/02107/FUL Erection of a single storey rear extension, to the side and rear of the existing back addition, following demolition of existing back extension, excavation of front garden and part of garden rear to form lightwells, in connection with the enlargement of the existing rear extension.

Flat C 455 Fulham Palace Road London SW6 6EQ 2017/02125/FUL Erection of an additional floor at roof level.

St Albans Road London W4 1OLH 2017/02179/FUL Erection of a single storey rear extension, on top of existing back addition, to form new bedroom self-contained unit.

104 King Street London W6 0QW 2017/01931/FUL Erection of a single storey rear extension, on part of the site comprising the demolition and removal of all existing buildings and their replacement with a new one-storey rear single storey building comprising a part 3 storey block and a series of interconnecting two-storey buildings to provide 3234 square metres Gross Internal Area (GIA) (3720 square metres GFA) of offices.

Mayhew Animal Home Trenam Gardens London NW2 6JY 2017/01866/ADV Variation of condition 2 of planning permission ref: 2015/02145/VAR of which appeal ref: APP/H5390/W15/133658 was granted 23rd February 2016 to allow residential amendments to include: addition of gable ended hopper and downpipe, addition of gable lined exterior cladding to the shed roof extension; change of use from motor vehicle maintenance (Class B1 light industrial use) into residential exclusive use (Class Z1).

9 King’s Parade Askew Road London W12 9BA 2017/01995/FUL Amendments to the size and layout of the roof terraces at first and second floor level as approved under planning permission ref: 2016/01371/FL granted 18th September 2016 (Amended description).

The TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT) PROEDURE ORDER 2013 NOTICES UNDER REGULATION 129 - 131 Stephendale Road London SW6 2PS 2017/02118/FUL I give notice that Stephendale Road LLP is applying to the HAMMERSMITH & FULLHAM COUNCIL for planning permission to carry out the following development:

Change of use of the ground floor of a retail (Class A1) into residential (Class C3); partial demolition of the single storey rear back addition to form extensions to the front and rear sides and garden to form lightwells in connection with the creation of new larger open space.

Anyone who wishes to make representations about these applications should do so by 4th July 2017. See below for ways of commenting on applications.

Signed: JO RLOWANDS
Regeneration, Planning and Housing Lead Director on behalf of HAMMERSMITH & FULLHAM COUNCIL

You can view applications, make comments on these applications and see their progress on our website: www.lbhf.gov.uk/planning. Click on the 'Planning Online' logo on the planning home page. You can also E-mail comments to: plancomments@lbhf.gov.uk which can also be used for the submission of applications using computers at our office FIRST FLOOR, HAMMERSMITH TOWN HALL EXTENSION KING STREET W6 between 9.00am and 5.00pm, Monday to Friday, excluding public holidays. If you want to make comments on applications please E-mail / write to us at the above address. Please include the application reference number and the name of the planning officer. We will try to consider and approve any representations which we receive after the date indicated but this cannot be guaranteed so please reply as early as possible in the event of remaining queries call our information and reception service on 020 8753 1081 or 020 8753 1082.

Hammersmith & Fulham Council
Diego Costa, who was told his Chelsea career was over by a text message from head coach Antonio Conte could be heading to north London to join arch rivals Arsenal in a sensational move that will rock the Premier League.

Arsenal are desperate for a quality hit man as Alexis Sanchez is expected to exit the Emirates for £200,000 a week Costa off the wage bill as they prepare to formally open talks with Everton for the services of Romelu Lukaku.

Costa revealed last week that he not longer has a Chelsea future after an extraordinary text message was sent to the Spaniard from Conte. Costa sent a message thanking them for a great season and wishing them a good holiday, before, in Costa’s case, being told “you are not in my plans.”

Conte made great play last season that he would only leave SW6 for move anyhow, and Costa said that if Conte would not want the potential for Costa to disrupt the dressing room if he stayed until January - preferring to get rid now of the striker with whom he also had a training ground bust-up with in January. A bid of £30million from Arsenal will secure the signature of Costa.

The Blues revolution will see former Chelsea striker, Belgium hitman Lukaku return to Stamford Bridge and take Costa’s place in the Chelsea starting line-up.

The Premier League winners have after Lukaku for almost 18 months. Relations between the two clubs soured last season as the west Londoners were preparing a £25million offer for the player they sold to Everton, in 2014 for £20million.

The Toffees were not pleased by the way Chelsea went about their business, but are now resigned to losing their top scorer, with Chelsea ready to negotiate to pay the cash. Lukaku was pictured in a firm embrace with Chelsea director of football Michael Emenalo in the tunnel after the two sides played at Goodison Park last season. The suggestion was that Emenalo, who brought Lukaku to Chelsea from Anderlecht in 2011 for £38million, was cementing what was always seen, as good relations between the two men.

Meanwhile Chelsea are close to signing two midfielders as they seek to embark on the defence of their league title and have a serious tilt at the Champions League. A defensive and creative midfielder are in the frame in the form of Monaco’s Tiemoue Bakayoko and James Rodriguez.

The 22-year-old Bakayoko will fly to London for a medical this week and a £30million transfer has been agreed.

That will mean the end of the road for Nemanja Matic, who could rejoin manager Jose Mourinho at Manchester United.

The second midfielder is Real Madrid’s James Rodriguez, who has fallen down the pecking order at the home of the current European champions. The Colombian will make way at the Bernabeu for another Monaco play Kylian MBappe.

Rodriguez, more commonly known by just as James, is worried that his international place is at risk from the lack of game time at Real Madrid. The 26 year old was not even selected for the Champions League final victory over Juventus last month.

His international boss Jose Pekerman, made it clear he was unhappy about the situation. He said: “James knows full well that he has had a tough year, but I saw a big improvement in him. He had some difficult moments, but had the strength of character to face up to them in the knowledge of how demanding a club like Real Madrid is, they’re the European champions. “James played well in various matches. About the number of minutes he played, it’s a subject that depends on the decisions of the coach, and they can’t be questioned because only the coach knows whether rotations are necessary. “Real Madrid is the club that always dreamed about, he has won titles there, and he has contributed as much as he could. “That said, it seems to me that he has not had the support to make him feel happy. “At the moment he has to work out which possibilities are the best for him and the club. It’ll be a joint decision. James is an exceptional player, there are few like him in the world, and he is key for Colombia. He feels happy with the national team, and he’s keen to triumph. He has plenty of time to do so.”

Gary Cahill failed to get the England capcy for the World Cup qualifier against Scotland, but that did not get him down as the Three Lions salvaged a late 2-2 draw at Hampden Park on Saturday to remain top of their group.

Meanwhile Chelsea has two new world champions. Jake Clarke-Salter and Fikayo Tomori lifted the Under-20 World Cup on Sunday morning as the centre-back pairing starred in the 1-0 win, in the final against Venezuela in South Korea.

To go along with that extraordinary achievement five Chelsea kids were part of the England set-up that retained the Toulon Tournament in France against the Ivory Coast.

Josh Grant and Reece James started in defence while Ike Ugbo and Tariq Uwakwe coming on as substitutes. Martell Taylor-Crossdale was an unused substitute.