

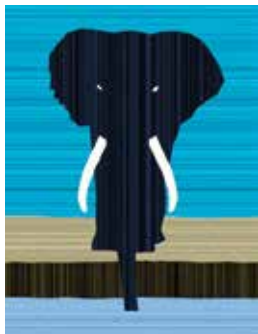
HAMMERSMITH LOCALS

AUTUMN



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Rennie Pilgrem



To some, he's the DJ/producer godfather of Nu Skool Breaks, a style of drum 'n' bass dance music that gripped the club scene in the 1990's. To others, he is the Hammer-smith father of two who rides a punchy motorbike, owns two cats and says he has a pet alligator called Roderick.

But, in recent years [Rennie Pilgrem](#) has focused his artistic prowess on producing striking works of art that have been selected to appear in the prestigious Royal Academy Summer Exhibition, as well as numerous art fairs and shows around the country.

Now, a selection of his work will be going on display and for sale at [the Stonemasons Arms](#) pub on Glenthorne Road. The pub will be adorned with his unique style of art that blurs the boundaries between digital and traditional techniques. His work has been seen at numerous pop-up art shows, cafes and at the Artists At Home yearly event in West London.

Originally from Kent but living in the borough for the last 30 years, Rennie has received much praise as a 'post-digital freestyle' artist whose work encompasses everything from film, photography, painting, illustration and sound.

But just why did he give up his successful DJing career after playing music for two de-

'A lot of artists seem to be waiting for someone to ride into their studio on a white horse, discover them and then make them famous'

acades around the world (including Australia, Spain and London – he often appeared at the now defunct Fabric)?

'I gave it up because at the time, people started getting their music for free rather than buying it,' he says from his studio in his back garden near Askew Road. 'And, as you get older playing in a club until 5am can be pretty exhausting. So, I turned to my focus on my love of art.'

He is passionate about making real art affordable to people from all walks of life.

'I think if you want to make your living making art, you need to choose interesting avenues to gain exposure. A lot of artists seem to be waiting for someone to ride into their studio on a white horse, discover them and then make them famous.'

Credit - Cover photo of Rennie stuck in tyres: Clive Tagg



‘Meanwhile many other artists sell work to wealthy friends, jack-up their prices and before you know it, they stop selling because they’ve priced themselves out of the market. I am interested in selling a range of work that is affordable for everyone. And I’ve found that a lot of people who buy from me, come back and buy again and again.’

His promotional work for his shows is based on how he promoted underground dance parties – posting eye-catching posters, banners and invites around the area to generate a buzz.

And it has proven very effective – since 2013 Rennie’s sales have more than doubled each year. He is being invited to show at more and more art fairs and has recently been working with interior designers and on large commissions.

Just like the music he mixed back in the 1990’s, his work mixes the old with the new by coming-up with a fresh approach to art.

‘Whatever the discipline, art can now be exposed to the world without having to rely on traditional methods. A new piece can be uploaded onto the artist’s own website or Instagram page or online galleries in a matter of minutes. The artist sets the prices, availability and edition size. There hasn’t been a better time in history for an artist to take control of their destiny.’

His latest exhibition runs from now until the end of the year with prices from around £50 to £500.

Rennie Pilgrem

Sales: [07764 938907](tel:07764938907)
renniepilgrem@me.com
www.renniepilgrem.co.uk

Exhibiting now at:

The Stonemasons Arms



[020 8748 1397](tel:02087481397)
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www.stonemasons-arms.co.uk

According to a recent report in the Journal of Aging Research, those born in the autumn months are more likely to live to 100 than those born the rest of the year.

The reasons for this statistical quirk were not made clear by the American boffins. Perhaps such longevity is down to there being something comforting about the nights drawing in, the russet coloured leaves in parks and gardens or the need to wrap up warm against the elements.

Whatever it is, this season is without doubt a magical time of year. Halloween and Bonfire Night are two big events that bring families and communities together.

And so, this issue takes a look at a local artist’s autumn exhibition that features scenes that many West Londoners will recognise. There’s also a look at how businesswomen can make the most of matching styles to suit their character and the season. And, for the men there’s advice on how to wear your hair to take on the more blustery autumnal weather. Then, there’s a look at the local housing market, particularly important following the referendum to leave the European Union.

connect@keepthingslocal.com



Caroline Wolf

It is the unwritten rule that every successful business-woman knows: their wardrobe must serve to emphasise their personal brand and business acumen. Rarely a week goes by without a newspaper commenting on the [Prime Minister's shoes](#) or a fashion faux pas committed by a senior cabinet minister. Whether it is fair or not, clothes continue to be an extension of a woman's professional personality and authority.

So, it is little wonder that busy, high-flying women often turn to personal stylist, Caroline Wolf, who helps

'Unlike many businessmen, women typically need to juggle many more things to ensure corporate success'

them to effortlessly exude business presence, style and confidence.

'Successful women often rely on a stylist or coach to help promote their standing and influence. Women have

to juggle many more things to secure business success from looking after elderly family members, to doing the school run and running a home.

'That's where I step in. I put together a [capsule wardrobe](#) to complement each client's personality and lifestyle. Client's can choose a personal shopping experience or simply have a chat, after which I put together a 'Look Book' featuring their capsule wardrobe. They only have to click to purchase from links detailed in their 'Look Book'. It takes the hassle out of shopping - from squeezing through crowds to browsing half-heartedly through racks of clothes. Instead you receive a customised choice of clothes, shoes and accessories.'

Caroline's own glittering career hints at why she knows what women encounter in top business jobs. From advertising and communications at Saatchi & Saatchi and Publicis London, she was headhunted to move into retail management, working at Dickins & Jones, Harrods and House of Fraser, followed by a stint in the Far East to experience retail manufacturing for both designer and high street brands.

Having been there and done it, she set up her own company offering personal styling and coaching for professional women who want to express their own values and lifestyle through their outward appearance and behaviour.

'A [capsule wardrobe](#) is a small collection of clothes that can be combined in different ways to create a variety of looks,' she says.

Here's an example of how four pieces of clothing can

make up some some seven looks. [Capsules](#) offer ways of mixing and matching looks.



The size of your [capsule wardrobe](#) will depend on your budget and lifestyle. Your personalised 'Look Book' shows you how to combine the pieces to create a variety of outfits. For an initial executive image consultation, contact Caroline at caroline@capsulewardrobecollection.com Call direct on [07875 587249](tel:07875587249). Visit the website www.capsulewardrobecollection.com



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Victor Wild

FAST & FURIOUS

1964 Pontiac Grand Prix 6.4 litre V8

'I felt I was born in the wrong country - I should have been born in the States'

On a quiet suburban Hammersmith street, residents have become accustomed to looking with a modicum of jealousy at some of America's most distinctive cars parked up alongside their more staid 4x4s and family saloons.

There was the 1987 Chevy Camaro Iroc Z convertible. The 1953 Plymouth rat rod. At one point the ominous looking 1969 Chevy Nova SS that featured in Quentin Tarantino's film *Death Proof* was seen outside the Victorian terraced homes. Later, the 1964 Pontiac Grand Prix 6.4 litre V8.

These classics from across the pond, have belonged to [Victor Wild](#), an American hot rod and rat rod enthusiast who has made a living out of his passion for all things on wheels.

The 24-year-old petrol head has set up [Wild & Sons](#), which builds and services some of the USA's most famous and collectible performance cars, many owned by British rock and film stars. His partner, Emma, helps out.

In fact, he has worked on the iconic Batmobile used in the 1966 movie, been under the bonnet of the 1972 Dodge Charger and Toyota Supra that appeared in the *Fast and Furious* film, and even the 1968 Dodge Charger from the 2005 *Dukes of Hazard* movie, and the 1967 Shelby Mustang GT500 (official licensed replicas) seen in *Gone with 60 Seconds* starring Nicolas Cage.

If that were enough, his skills are equally applicable to two wheeled vehicles. He is soon to start work on the Triumph motorbike used by the daredevil Evel Knievel in which the

stuntman suffered a crushed pelvis and femur, fractured hip, wrist and ankles at Caesars Palace in Las Vegas in 1967.

So, where did his passion for all American things on wheels come from?

'I was just six and sitting in the back seat of my mother's Jaguar Mark 2 when I realised I loved cars. Mum would drive around roundabouts so I could slide across the leather backseat - even when wearing a seatbelt,' he says.

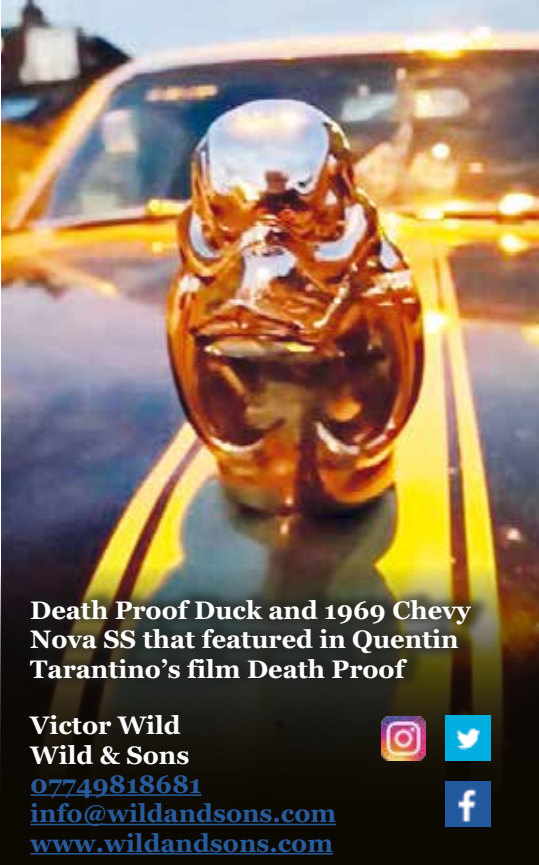
'I loved the Mark 2, but for me most English cars were too polite and quiet. I felt I was born in the wrong country - I should have been born in the States.'

His passion for American cars, coupled with his love for road movies, also means he builds American classics and dragsters for feature films.

With customers from Saudi Arabia, France, Egypt, Switzerland and Denmark, it is little wonder that Wild & Sons is a growing family business. The couple has twins, and despite being just three-years-old, they already know their way around cars.

'My son Max helps me out sometimes. I have taught him how to do an oil change, but he gets so messy. He likes unscrewing oil filters and that sort of stuff, and screwing them back on. Clara likes cars too, but she doesn't like getting dirty or anything. She just likes to sit in the cars.'

As for the 'rat rods' we mentioned earlier - it is essentially a more menacing version of a hot rod.



Death Proof Duck and 1969 Chevy Nova SS that featured in Quentin Tarantino's film Death Proof

Victor Wild
Wild & Sons

07749818681

info@wildandsons.com

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1977 Buick Regal



1953 Plymouth Cambridge rat rod

Alexander Barbers HQ

Stav's Style Tips

Stavros Christoudoulakis - Barber

Unlike Big Reggie, my French Bulldog (above left!) and the beautiful official mascot for [Alexander Barbers HQ](#), us chaps should not be keeping it short and sharp over the autumn season.

While the hot summer months ensure we keep our hair clipped close and tidy, the beginning of the winter months gives us a chance to, well, be downright messy on top.

'Why?' I hear you ask. Simple. The autumn is going to throw everything it has got at your hair. Think wind, rain, hail and even sleet. It's going to be messy, come what may. So embrace it. If you do, your hair will be easy to maintain.

At our barbers we often see a rush in the days running up to Halloween, particularly now that the October 31st has become hipper than ever with pub parties and dinners at friends' homes.

Here are a few hints about getting it right for what Keats described as a 'season of mists and mellow fruitfulness!'

Go for short to mid length on the sides, get the top chopped into so that it is texturised. Remember the more weight you remove from your hair the more movement you will get, particularly when the wind blows. Here is a list of some of our favourite hair products if you want to take on the elements and keep your hairstyle in place.

1 - Forming Cream - by American Crew. A medium hold with medium shine that works well with side parts and slicked back styles.

2 - Defining Paste - by American Crew. A medium hold with low shine. A great product for the chap who is slightly thinning on top.

3 - Reformer - from the MITCH range by Paul Mitchell. A strong hold with a matt finish texturiser. Works well with your new messy Autumn style.

Alexander Barbers HQ

38 Hammersmith Broadway, W6 7AB

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haircut@alexanderbarbershq.com

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PROMOTION

The Carpet Store



Joe and Fiona Miller

This local family has you covered.

If you're the kind of person who likes to invite friends and family around for parties around Christmas time, the Autumn months are the time to think of replacing those old and fraying carpets in time to impress.

And, because this is a long term commitment and can be quite costly, it pays to do your research to get things just right.

Firstly, if you don't know your Axminster from shagpile or your stain resistant manmade fibres from your wool, take a look at The Carpet Foundation website. It has information on all aspects of choosing the right carpet for the different rooms in your house.

Generally chose tougher wearing ones for the stairs and hallways, softer ones for the bedrooms and deeper ones for the living room. Our website will also give you invaluable advice.

'Get things looking sharp in time for Christmas'

At [The Carpetstore](http://TheCarpetstore) we pride ourselves on having a wide selection of different carpets made from a variety of manmade and natural fibres, as well as a vast array of styles and colours. We can always offer you a sample to take home to try out. The lighting in the shop can be subtly different to what you get in your hallway - so it's good to see it in place to check colours and hues.

We are up front about costs, so there are no hidden bills landing on your doormat after the event. We always say how much underlay and fitting is. The only surprise should be just how good the new carpets look when we've done our job.

So, the quieter Autumn season is a great time to get things looking sharp in time for Christmas.

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Chartered Practice Architects



Warren Hagues

Q: How do you approach a client's brief?

Part of the original brief for one project was to build a front porch. The clients envisaged a brick and glass enclosure with a glazed roof.

As space was limited to four square metres I asked if the reason for the porch was to keep the heat (and dog) inside when they opened the front door. Local planning departments set limits on this type of extension - the function of a porch is primarily to limit heat loss.

The reason the client wanted the space was to park bikes, get more storage and to have a place for their dog when the family was out.

We discussed what could practically be accommodated in the space and warned that a small south facing glazed porch is not an ideal place for a dog. I suggested a bespoke dog kennel as part of the brief. I drew up a sketch there and then to help the clients visualise, understand, and consider the advantages to this new approach. The porch and kennel worked out to be the same cost as a garden office/summer-house to the back garden would have been. This strategy provided ample space for bikes and scooters, storage, and a comfy space for the family dog. We included a dog-flap out to the garden.

The added bonus to this approach was it created home office space, slightly removed from distractions of family life. It opened up to the garden as a place the family can gather and enjoy. The new proposal increased the value of the property more than the original porch idea, although that was not the motivation.

Discussing and questioning a set of problems and parameters in this way, while establishing a brief helps to design creatively while offering greater value for money.

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HANDS-ON LETTING

Martin Doherty - Daniel Doherty - Nigel Stanchev

With 20 years' experience in the residential and commercial rental business, Daniel Doherty knows better than most how the housing market is performing since the referendum. He also has invaluable advice to ensure landlords can make healthy profits with happy tenants rather than watch as their properties remain vacant for months on end.

Daniel Paul Residential was founded in Northfields, Ealing, in 1997 by brothers Daniel and Paul. In September this year, they set up shop on Goldhawk Road to bring their hands-on approach to managing lettings to Hammersmith and Shepherds Bush.

Unlike most estate agents, **Daniel Paul** is also registered NICEIC approved electricians (that's the UK's leading voluntary regulatory body for the electrical contracting industry), and is not afraid to get their hands dirty when things go wrong with a premises.

In fact, they often turn up to fix the niggling jobs that can often cost absent landlords a hefty call-out fee for tradesmen.

'It's all part of the service,' Daniel, 58, says. 'We provide

a more hands on maintenance service due to our previous experience in the building industry and because we have a wide range of contacts that we've built up over many years.

'We've had a growing market for many years. But that has changed. Property sales and rentals are a lot more price competitive now'

'The first thing many agents managing a property do when there is a problem is pick up the phone to a handyman, plumber, or electrician. But, we look at what needs repairing, assess the extent of the work required and even fix it ourselves.

'A few days ago, a tenant locked himself out of his apartment. I went around with some WD40 and a few tools and managed to open the lock after just a few minutes. This hands-on approach saves our landlords money.'

They have built up a large portfolio of managed proper-

ties due to this very hands on maintenance approach.

'We have got to know many landlords. Most of our rentals are repeat business, and our landlords pass on our details to other landlords,' Daniel says.

The brothers, who both live in West London, know that pricing is the key to a successful landlord.

Daniel adds, 'If you are asking for too much rent you are pushing your tenants to the limit, so things often become more difficult to manage. They will start looking for faults, reasons not to pay the rent. A good deal is when the landlord, tenants and agent are all happy. When all three parties are reasonably content, you're less likely to find the property languishing vacant for long periods.

'We would prefer a property to be occupied at a good fair rate, rather than hunt down the top dollar while the property lays empty, and the landlord loses money on their investment. Keep it full. I think that's a better policy.'

So, how is the housing market at the moment?

'We've had a growing market for so many years. But that has changed. Property sales and rentals are a lot more price competitive now. People have to adjust.'

Here are Daniel's top tips to letting a property:

1. Present the property sparkling clean and clutter free.
2. Be competitive on price.
3. Request a full range of references including a credit check.
4. Take a fully itemised inventory backed by photos.
5. Be punctual on any maintenance items.

Daniel Paul Estate Agents

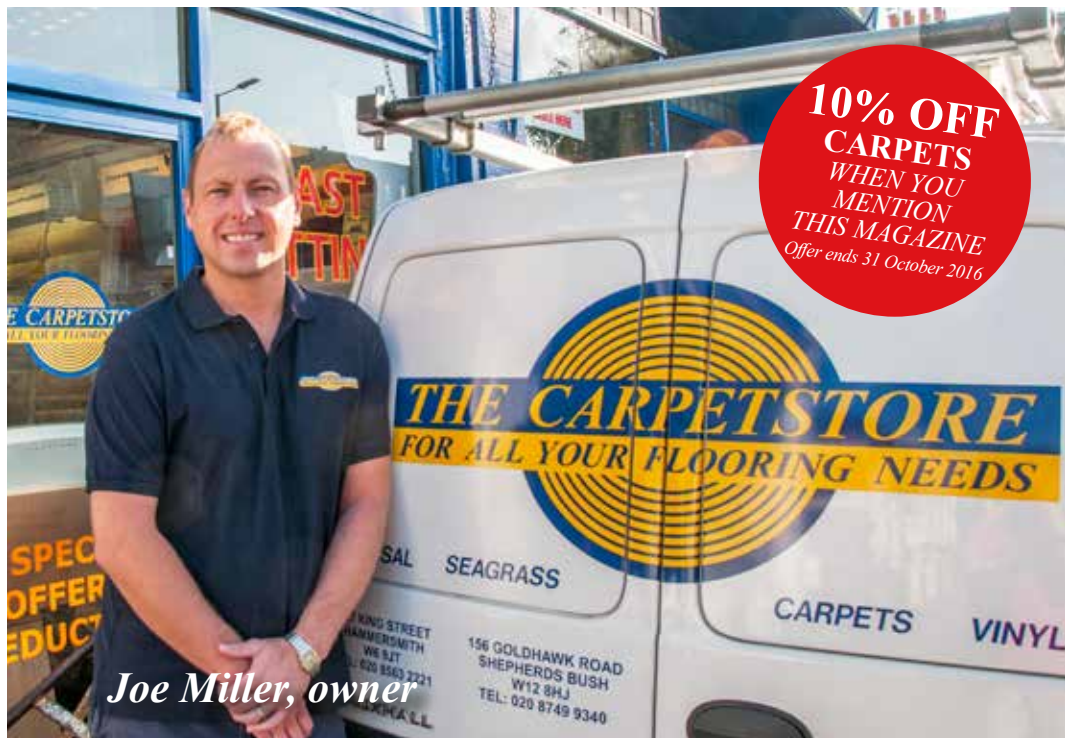
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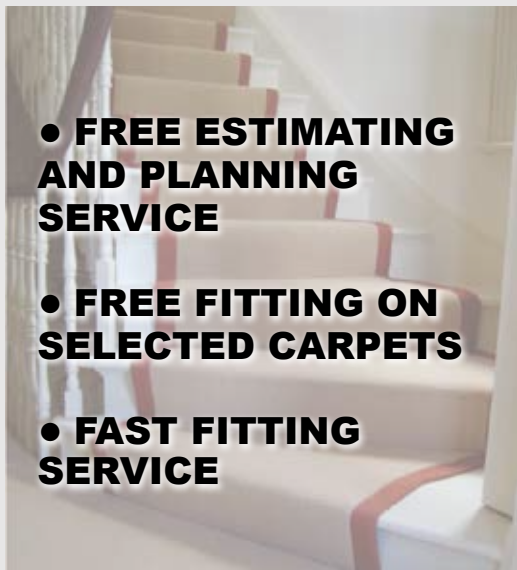
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Meet the Homeopaths



Imogen Spencer

'I grew up using homeopathy and began my homeopathy studies when I was 19. I have now been practising for nearly 20 years. During this time I have treated many different

conditions in children and adults and have a special interest in skin conditions, hormonal issues, allergies and digestive disorders.'



Claire Hewison

'I first became interested in homeopathy when my newborn son was diagnosed with chronic asthma. I was told that he would be on inhalers at least until his teens and would

struggle with exercise. Thanks to homeopathy he never had to use inhalers and has always been involved in sports. I qualified in 2000 and have been practising in London ever since.'



Angelika Metzger

'I started practising homeopathy in 1999 and have been very lucky to gather experience both here in the UK and through my involvement with the charity Homeopathy in

Africa. I regularly travel to Ghana to work with patients and train local students there.'



Hugh Harrison

'I have been practising homeopathy for over 20 years. Since 1997 I have combined Homeopathy with Cranio-sacral Therapy into 'Homeocranial Therapy', which I have used

in treating babies, as well as conditions such as Chronic Fatigue Syndrome, Tinnitus and others.'

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Grove Neighbourhood Centre

One Day Urban Yoga Retreat
12 November 2016
9.30am-5pm



Zaz Grumbar - Lisa Lawton

Grove Neighbourhood Centre is pleased to announce a new One Day Urban Yoga Retreat on 12 November 2016. Lisa Lawton and Zaz Grumbar who teach local weekly yoga classes (Lisa - Tuesdays 7pm, Zaz - Fridays 9.30am) will bring their joint expertise to create this unique one day event.

In our busy world where family and work commitments take precedence, it is difficult to find time to prioritise that 'me time'. The idea of escaping for a week-long yoga retreat can seem like an excessive indulgence. That's why this one-day yoga retreat is the perfect opportunity for local residents to experience the benefits of a full day to create a sense of rejuvenation and relaxation within the Brackenbury community.

Lisa and Zaz will lead two yoga sessions during the day - a dynamic Vinyasa Flow at the start of the session, and a restorative Yin Yoga session to close. Nathalie Kealy of Value Your Mind will run a workshop on Finding Balance in a Stressful World. Guests will enjoy an organic vegan menu, leaving everyone nourished and replenished.

The cost of the full day is £75. Early birds get a discount of 10 per cent if they book by October 12.

Contact Lisa and Zaz for bookings and enquiries: urbanvogyaretreat@gmail.com

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She's the comedienne who has made a career out of falling over on television. But, for residents of Hammersmith, [Miranda Hart](#) is the local flat cap wearing lady who appears sure footed as she walks her dog, Peggy.

Now her love of her pooch is the subject of her latest book, *Peggy and Me*. Her public relations people said she was 'too

busy' for a chat with the world famous Hammersmith Locals magazine (I know, how can she snub such an esteemed publication). So, the PR provided and a clip of her talking about the book in her home will have to do.

Apparently, she used to 'view dog owners with some suspicion', in part because 'they only talked about their pooches', and she was 'troubled by their apparent comfort around excrement'.

So, don't be suspicious that she is now in fact in the habit of talking – or writing – about her beloved shih tzu - the mere pronunciation conjures up pooper scoop bags – and bichon frise cross.

This is one love story that has worked for Miranda. She met her four-legged friend nine years ago and it has 'taught her the best life lessons' and become her 'smart talking but utterly loyal friend', the press release rumbles on.

Yes, you heard it here first - her dog apparently talks. And the twee release says, that the

dog mutters, 'Hello to all my future fans. You are in for such a treat to read all about me. I am completely amazing. And dear reader I cannot wait to dish the dirt about my frankly ridiculous owner. Now excuse me, I must get back to my four-paw manicure, or is it a pedicure. It's sort of both.'

The book about a talking dog dishing the dirt on its 'ridiculous' owner is available in October (in time for the Christmas market) for £20.

The press release mentions the book being guaranteed to make people laugh, particularly 'anyone who has found themselves falling head over heels for a canine friend'.

Sounds like a good read and stocking filler.

Peggy & Me
By Miranda Hart

Published: 6 October 2016
Hodder & Stoughton,
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Also available as an unabridged audio book read by Miranda herself.

www.mirandahart.com

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While this free magazine reaches nearly 10,000 readers in the borough, it is also available online at www.keepthingslocal.com and as an emailed newsletter. You will find the usual articles, as well as many opportunities to find events and local listings. In fact, here at Hammersmith Locals we want to be able to promote events in the magazine and online that you think would be of interest to readers.

If you are a local business then why not consider our very competitive rates to advertise in the magazine and online. We have special deals to introduce you to the community to explain just what it is you do. So whether a music teacher, decorator, carpenter, or private tutor, you can benefit from direct marketing to your potential customers in print, online and through newsletters.

Don't forget the next issue comes out in the lead up to Christmas when the party season gets into full swing and everyone is looking for that quirky present to buy. A plug in these pages means you get your message out to people who receive it in the post, get handed it at the Tube station or find it in the cafes and pubs.



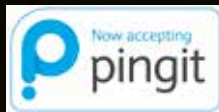
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PubDoctor.com Int'l

'The 'How not to do it' and 'How to do it' are two, equally important lessons'
Tom Gavaghan

Over the last two decades, the hospitality industry has been subject to pressures and strains from the wider economy, as well as shifts in consumer attitudes. Tom Gavaghan, owner of PubDoctor.com Int'l explains in his own words how he can help.

'Our approach is to take a holistic view and survey the various issues that we face within the industry, so that we can adapt accordingly.

'Brewers and chains face difficulties which may seem very different to those in a tenanted or independent positions, but what is similar is the ecosystem in which they operate and the effects that are reflected on the bottom line.

'The PubDoctor.com Int'l will help you achieve the goals you have set for your business'

'We address the problems by actioning change from within. Be that with a single landlord, or an entire management team — we change attitudes and prepare you for success.

'Our approach has been developed over many years. Since every business is different, there is no 'secret formula' for success — but the work we do and the solutions we provide are always built on three founding principles.

'KNOWLEDGE — Understanding the day-to-day practical needs of a business is important, but so too is a wider appreciation of the industry and recognition of the many external factors that generate ripples and affect businesses of every size.

'ATTITUDE — The significance of the correct mindset is often overlooked but everything we do is focused on aligning thinking. A small shift in attitude can frequently have big effects in achieving goals and results for teams of all sizes.

'SKILLS — We give you and your team practical tools and methods that can be applied to many scenarios. Being able to fix problems is one thing, but by teaching the art of problem solving your team will be better prepared for the future.

'Since every job is different, The PubDoctor.com Int'l brings together a different team for every project — the one best suited for the job at hand. Whatever your individual needs, The PubDoctor.com Int'l will lead a skilled team in helping you achieve the goals you have set for your business.'

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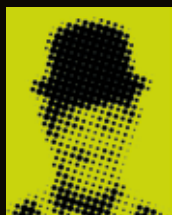
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