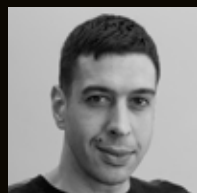


# HAMMERSMITH LOCALS

# SPRING



# LOVE SPRING

Welcome to our **Spring** issue. With hopes of good weather on the horizon, we are featuring tips for home improvements, as well as advice on childrens' education, the usual community news, as well as what's on at pubs, wine bars and restaurants on your doorstep. This issue also looks at local residents making a stand about issues that could be - or should be - dear to you heart.

## MEET THE LOCALS

### Editorial and Advertising

07956 391739

nigel@keepthingslocal.com

#### Legal and boring stuff:

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Cover: 'Girl with Yoyo' by Jonas Plosky. 'Portrait of a Friend' by Edward Hartwig. Paintings and Photographs Auction: 25 Blythe Road, W14 0PD, 12noon on 17 March.

# Christina Smyth

## 'A Third Heathrow Runway? That's just *PLANE* stupid!'

Nearly two years ago, Christina Smyth was asked by the council to set up a group to look into the effects on Hammersmith and Fulham of a third Heathrow runway.

As a former senior civil servant who had worked at the Cabinet Office and Her Majesty's Revenue and Customs she was the ideal candidate.

In January last year, as chairwoman of the Hammersmith & Fulham Commission on Airport Expansion, she published their 56-page damning report into the plans for that runway.

It found that while there would be some minor economic benefits for the area, these would be vastly outweighed by the increase in flights over the borough (from 506- to 780-a-day) and in tube and road traffic congestion (one estimate was of 1,500 extra cars on the A4/M4 corridor at peak hours), and a subsequent increase in noise and deterioration in air quality.

But, a few months later the Airports Commission recommended a new runway at Heathrow, but the government put off the decision. With the decision due this year, Mrs Smyth, who has lived in Hammersmith for more than 30 years, has become one of the most ardent campaigners against the plans.

'People don't know what's going to hit them,' the mother of three says from her home on Benbow Road. 'When they've built the runway and the first planes are flying over, it will be too late. We have to stop it.'

This year, she set up H&F No Third Runway campaign group which will email a monthly newsletter about the battle, as well as ways to oppose the runway.



‘The government has to know that there is a groundswell of opinion about this issue. Seventy per cent of flights are undertaken by 15 per cent of the richest people in the world. This runway isn’t about business flights, 85 per cent of flights are for leisure. The passengers won’t be paying the full economic cost of the expansion. Instead the people underneath their flight paths will be paying.

‘The private overseas companies that owns Heathrow want to expand to make more profit. But this is going to have an impact on the lives of hundreds of thousands of people.

‘Just before the 2010 election, David Cameron promised at a meeting in west London that there wouldn’t be a third runway. The phrase he used was “no ifs, no buts, no third runway.”

‘After the election he said it was off the agenda. We took him at his word and there was a sigh of relief.

‘Then there was a renewed campaign to say we do need a third runway.

‘A huge amount of money was spent looking into all that. In the end, a commission came out with a recommendation that it should be Heathrow.

‘Now we expect the government to make a decision this year, probably in the summer although it is being careful not to say when it is going to make a decision.’

Mrs Smyth is urging locals to join H&F No Third Runway by emailing [christina@d-and-c-smyth.co.uk](mailto:christina@d-and-c-smyth.co.uk) to receive her newsletter and help better understand the issues we are all facing.

## Real Characters *Real Life*

Read about locals featured in previous issues online:  
[www.keepthingslocal.com](http://www.keepthingslocal.com)



*Elsie Paine*

Elsie recalls how the community pulled together during World War II and the horrors of the Blitz.

‘We were all issued gas masks at Brackenhury School and shown how to wear them. You wouldn’t go anywhere without them.

---

### **WHAT’S YOUR STORY?**

---

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# 25 Blythe Road

Antique Auctioneers



Plosky - Girl with Yoyo

## HARRY MOORE-GWYN – British and Continental Paintings

*With an eye for unjustifiably neglected artists, particularly from 20th Century, Harry explains the highlights of his forthcoming auction.*

'Of particular note is a collection of works by Jonas Plosky (1940–2011) consigned directly from the artist's family, and works by other British and Continental artists, including Walter Sickert, Oliver Messel, James Isherwood, Edward Ardizzone, Henri Hayden, James Jacques Joseph Tissot and Henri Harpignies. Largely unknown, apart from several strong prices at auction, Plosky's world expands beyond the streets of his north London into industrial-coloured blacks and greys of the Cornish landscape and English coast.'



Hartwig - Portrait of a Friend

## ARNAUD DELAS – Photographs

*Specialising in 19th & 20th Century themes of travel, exploration, science, portraiture and nudes, Delas auction includes work by one of the most famous Polish photographers of the 20th century, Edward Hartwig (1909 – 2003).*

'To enhance the dynamism, expression and structural impact in his works, Edward Hartwig used intense contrasts of light and shadow and combines real and fantastical elements with the purely abstract.'

**25 Blythe Road | London's Specialist Auctioneers**  
**Paintings and Photographs Auction**  
 Starts 12 noon 17th of March  
 25 Blythe Road W14 0PD  
[www.25BlytheRoad.com](http://www.25BlytheRoad.com)

PROMOTION

# Keystone Tutors

in Brook Green, is one of the country's foremost tutoring companies

**Josh Pull** explains what parents can use at home to support their children at primary school



'In the primary phase of education it is important that children secure the fundamentals. This truth especially holds for the fundamental topics in English and Maths, without which future academic progress is made significantly more difficult. Experienced primary tutors tell us that they are able to make the most progress when their pupils are expected to work on these fundamentals independently between tutorials.'

We recommend starting with some overviews. The new National Curriculum is generally clearer than one might expect. It is full of parent-useful information, for instance spelling recommendations. Local educational guru, Toby Young, has produced a clear-headed guide to the new curriculum, written specifically for parents. And Civitas have produced Core Knowledge textbooks that lay out the – ehm – core knowledge recommended for UK pupils on a year-by-year basis. Check them out online.

Looking at English more closely, the textbooks by Schofield and Sims are affordable, clear and properly sequenced. For English, a great book called "Vocabulary from Classical Roots" by Flowers and Fifer does exactly what you would think and hope best for you child's education. Bond's English Books also offer a clear and sequenced programme.

With respect to Maths, Schofield and Sims is again the best place to start. Singapore Maths is a linear, mastery-based approach that has caught the eye of the UK's Department of Education recently. More Primary Schools are now using its approach, though parents may be interested in buying the books too.'

## Keystone Tutors

5 Blythe Mews, W14 0HW  
 020 76025310  
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[www.keystonetutors.com](http://www.keystonetutors.com)

PROMOTION



# Stuart Blake

## Build a better BRA



For the last five years, Stuart Blake, chairman of the Brackenbury Residents Association, has been standing up for the folk of Brackenbury Village.

Stuart and BRA committee members have been tackling key issues like over-development, anti-social behaviour and parking.

Having lived in Hammersmith for more than 25 years he knows better than most how the housing boom and the ambitions of developers are transforming the community.

As he prepares to step down as association chairman he explains how residents must fight to preserve the area's unique character.

The association was launched in 1999 to oppose plans to open the Secrets lap dancing club on Glenthorne Road. Although the group has the acronym BRA, it lost that battle.

Today, it has more than 400 members and consults with the council on issues affecting residents.

In calling for a new chairman, Stuart warns that they will have many exciting new challenges.

'We are virtually living in a building site!' he says from his home on Overstone Road overlooking nearby developments.

Stuart thinks little of claims that developers carefully considered locals when drawing up their plans.

'I think some of these new developments will end up ghettos in 20 or 30 years time, despite one bedroom flats costing as much as £600,000.

'The problem is that the architects working on these kinds of job are under the control of the developer. As a result they produce bland, unexciting, easy to sell pieces of architecture.'

But, what about the planning issues for those living in terraced homes?

'Basement excavations are the current big thing. It seems nearly every street in Brackenbury has one. Because all of Brackenbury is a conservation area they are proving less

controversial than roof extensions because they are hidden from view.

'Then, Air B&B is becoming a problem because people who visit are probably told to put their rubbish out when they leave, which means you've got rubbish on the street at all times of the week.

'The demographic in the area has shifted. There are a lot more young people moving here, as well as an increase in rental properties meaning more of a transient population.'

Stuart also bemoans the changes he has seen on King Street, where some shops have remained boarded up for long periods or let out to charity shops to cut business rates.

Stuart, an advertising copywriter, wants more people to get involved with BRA particularly younger residents.

'They see a residents' association as a bit fuddy-duddy and full of retired people.

'Younger people need to be encouraged to take part in community life here. After all, they probably chose to move here because existing residents have helped shape the area for the better. So we need them to do the same for future generations.'

The association counts lawyers, journalists, politicians, businessmen, bankers and writers among its members.

'It's quite a broad church for the area. We are large which is good because it gives us an influence and a bigger voice when dealing with the council. However, the future of BRA is dependant upon members willing to join the committee. We are due to lose three people at the next Annual General Meeting, and they need to be replaced in order that the Brackenbury Residents Association can continue to serve the community.

**Find out how you can help by contacting Stuart via the website:  
[www.brackenburyresidents.co.uk](http://www.brackenburyresidents.co.uk)**

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# Chartered Practice Architects



*Warren Hagues*

## **Q. Who are your clients?**

Local home owners, landlords and people who inherit property. We've done work at schools and work for developers, as well as residential, refurbishments, new builds and working on listed buildings or in conservation areas. We also do commercial work.

**'Our job is to help clients explore potential and make informed decisions'**

## **Q. Specifically, what type of work?**

Mainly refurbishment and extension work. Clients move into property with ideas to extend, modernise, renovate and to change the layout to fit in with their lifestyle. Our job is to help clients explore potential and make informed decisions so they get the most out of their property, be it for the family or for rental.

## **Q. Explain the process involved?**

Clients come to us via referrals and some walk in off the street. We take a brief to ascertain what they want, arrange a meeting preferably at the property where we can see it in context. Photographs and drawings are never as good as a site visit. We help the client develop the brief and discuss potential issues that need solving. We'll produce a series of options. There's always an amount of mixing and matching. Not everybody understands sketches and drawings, so we may do an imaginary walk-through in their property.

## **Chartered Practice Architects**

159 Askew Road, W12 9AU  
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warrenhagues@cparchitects.com  
www.cparchitects.com

PROMOTION

# Brackenbury Wine Rooms



*Bobby Fishel*

## **Q. What do you look for as a wine buyer?**

I seek out unusual, rare, and limited wines. I search for small production wines, organic, biodynamic, unusual and different wines. The joy of wine is discovery, it's about tasting something you've not tasted before. I share these wines at our wine dinners and wine classes.

## **Q. Tell me more about your wine classes?**

Classes are informal, sociable and fun. Each tasting session is followed by a discussion about what each of us is experiencing as we taste the wine. It's not just the tastebuds that are used but a whole raft of senses, sight, smell, taste,

**'I like a wine to challenge perceptions'**

and feel. We may focus on a grape, a region and a terroir. A topic could be pinot noir, a famous wine grape mainly associated with the Burgundy region of France. We will then taste wines from Burgundy, discuss what makes the wines so special, why we want to focus on pinot noirs. Then, we will taste pinot noirs from around the world, different expressions of the same grape. We try to understand why the wine changes.

I have things I would like to talk about, but the direction follows the questions from the guests on the day.

## **Q. Are wine classes formal events?**

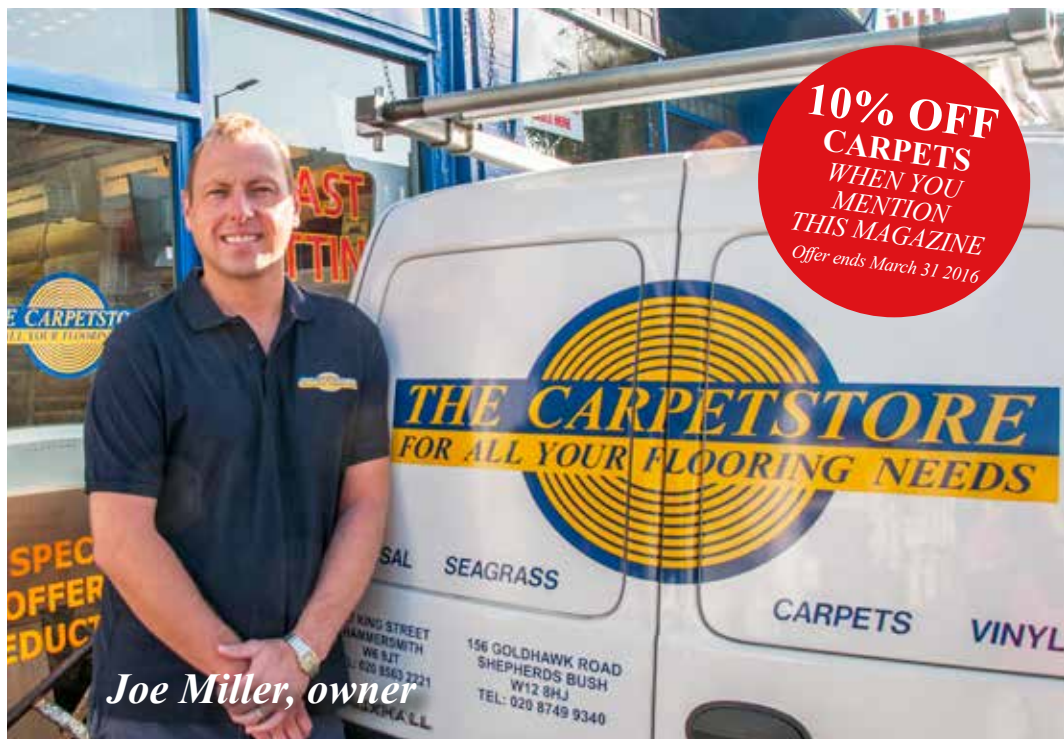
Classes certainly aren't rowdy, but there's definitely more social interaction after the second glass! I like people to enjoy tasting a different or challenging wine that takes them out of their comfort zone. I hope they learn something they didn't know before.

## **Brackenbury Wine Rooms**

111 – 115 Hammersmith Grove W6 0NQ  
0203 696 8240  
bobby@winerooms.london  
www.winerooms.london/brackenbury

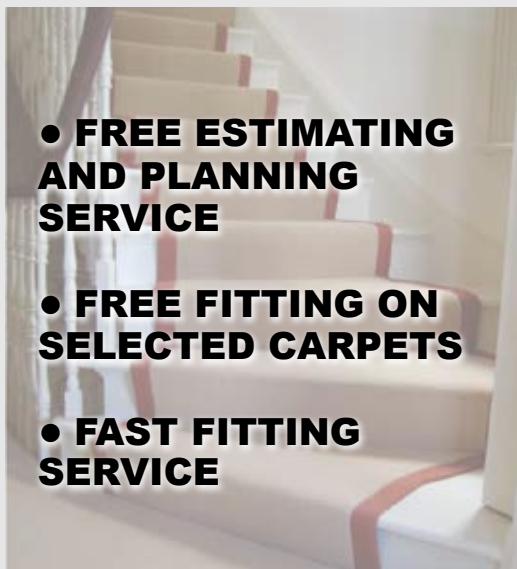
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*Joe Miller, owner*

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# The Carpet Store



**Joe and Fiona Miller**  
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Joe is waging war. The enemy is small, aggressive and a threat to us all. Sometimes they are killed with chemical weapons, occasionally they are smeared across our walls to leave an ugly stain.

## **Q. Who is your enemy?**

Moths. They are a big problem in the area. They love to eat 100 per cent woollen carpets. But we are onto them. Sorry moths, you have got to be beaten. We offer a selection of great carpets that can protect against these little blighters. Sorry moths we've got you beat.

## **Q. How quickly can you fit a moth resistant carpet?**

We can usually fit a carpet within a week.

## **Q. What carpet would you recommend for a family with young children?**

A man-made fibre carpet (the ones that confound moths). They are stain resistant, anti-static, hard-wearing, long-lasting, and easy to clean.

## **Q. What colours are popular?**

The most popular are neutral colours. Grey is in at the moment, and beige has been popular for a while. Our showroom has a wide selection of carpets, including different and unusual ones. We finish edges with binding tape or whipping. We also make bespoke individual runners for a variety of staircases and designs. Drop into our showroom. Call for an appointment. You can take samples home. Unlike chain stores we don't have high-pressure salesperson badgering you. We don't rush people. You will talk with me, my wife Fiona, or my brother Clay. But, moths not invited.

## **The Carpetstore**

020 8749 9340  
156 Goldhawk Road, W12 8HJ  
carpetstoresb@aol.com  
www.thecarpetstore.info

# Grove Neighbourhood Centre

**Annual Spring Fete on Saturday 19th March 1-3 p.m.**



**Theresa Tobin**

## **Q. What does the centre offer?**

We have lots of classes: Life Art on Monday afternoons, Social Dancing on Tuesday evenings, Keep Fit for Over 50's on a Wednesday morning, a Toddler Group on Monday, Tuesday and Thursday mornings. There are Pilates and Yoga classes and support groups plus many more. We have rooms and halls for hire at competitive rates. Please see our website for more details.

## **Q. Do you need volunteers?**

We are always looking for volunteer cooks to prepare a two course meal for our Wellbeing Lunch Club held on Fridays at 1 p.m. If anyone is interested please call the office for details.

## **Q. Are you local to Hammersmith?**

Fulham born and bred. I'm the youngest of six children and come from a large extended family. I had lived in the same street all my life.

## **Q. What changes have you seen locally?**

Hammersmith has changed a lot over the years. I remember the Broadway before it was re-built. I used to go Irish dancing in a dance hall called The Emerald, it was a pre-fab situated where the lower bus station is now. There is a large Irish community in the area. At the entrance of the old Hammersmith Tube station was a J. Lyons tea room, a chain that no longer exists. In the 70's and 80's the young generation hung out on King's Road, Chelsea. The Lord Palmerston Pub and The Chelsea Bird's Nest club were the places to be and be seen.

## **Grove Neighbourhood Centre**

7 Bradmore Park Road, W6 0DT  
020 8741 3321  
gnc@groveneighbours.org.uk  
www.groveneighbours.org.uk



**Ian McCarroll - Tool Chest**  
68 Iffley Road, W6 0PF  
020 8748 7912  
ian@toolchesthire.co.uk  
www.toolchesthire.co.uk





# Pub Doctor

Tom  
Gavaghan

## Q. What is Pub Doctor?

It is a mentoring and business support for startups, entrepreneurs, local businesses with a strong focus on the hospitality industry, including pubs. I have worked with some of the giants of the hospitality industry.

## Q. What do you do if a business needs help?

We ask questions. We identify issues that are holding you back and where there is room for improvement. We set milestones, look at what needs to be achieved and how to achieve it. We provide one-to-one training and support, as well as group training and support. Be it food development, people development, service standards, finance, or business planning - we can help.

## Q. Can you explain how you have helped?

A bank asked me to help with training, development, and service presentations. While in the bank it was clear their service needed improving. The bank manager asked me to speak to its staff. This led to director level meetings in Canary Wharf. We set out criteria to work to. I then presented findings based on mystery bank visits scoring its services, how I was treated, and felt as a customer. After further consultation with directors I met house teams to set out additional targets and milestones. Results were measurable and productive.

## Q. Do you have a top business tip?

Surround yourself with good friendly people, train and treat them well. Develop staffs' potential and allow them to feel part of the business. Give them a sense of ownership. Everyone wants to feel they are an important valued part of the business.

## Pub Doctor

Thomas Gavaghan  
07747 766808  
thomas.gavaghan@pubdoctor.com  
www.pubdoctor.com

PROMOTION



# Thatched House

Marinos  
Nikitakos

## Q. What will you be cooking at the Thatched House this Spring?

Spring is great for lamb, particularly rump of lamb. I also use beautiful Springtime vegetables like broadbeans, asparagus and wild garlic. We have on the menu a confit of chicken with pella, chorizo, peas and prawns. I also do a dish called Souvlaki which is from my home country and is made with pork and vegetables. There are also seasonal dishes like vongole, spaghetti with clams. We have a Miso cod dish, which has a miso paste and shiitake mushrooms. This is also the season for artichokes, which I use with a broth made with carrots, fish stock and onions.

## Q. Where are you from?

I am from the south of Greece, Nafplio, a seaport town an hour and a half from Athens. It was the capital of the First Hellenic Republic.

## Q. Did you train as a chef there?

Yes, I trained in Greek cuisine, but also worked on the islands where there's more international cooking. I worked on Mikonos for two years with chefs from Hawaii and the U.S. I also had a short spell working in Italy. I worked at two of Jamie Oliver's restaurants for two years where I obviously made a lot of pasta dishes. I think it helps to have worked in a variety of busy restaurants and perfected a number of different styles of cooking.

## Q. What do your customers demand?

Put simply, they want great food. The key is cooking to the highest possible standard, and doing that consistently throughout.

## Thatched House

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## **Indian Zing Restaurant**

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## **Alexander Barbers HQ**

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# Alexander Barbers HQ

## Spring Style Tips

*Stavros Christoudolakis - barber*

'The fashion for Hipster beards is over - it's yesterday's style. Guys will be opting for shorter beards and stubble to get that rugged look. The trend this Spring will be short back and sides, traditional number 1 and 2 crops. Side partings are going to stay around during 2016. We will see more classic cuts with lots of texture and very close tapering around the edges. Wet shaves are definitely back on the menu.

## 'Try the Crop & Suit'

'For those guys with the right shaped head and face who go for the all-over crop, they should complement that chiselled look with sharp tailored clothing. Choose well defined suits with crisp, clean lines. Although strong colours are in this year you can't beat a light grey, it's perfect for every occasion.

## 'Don't follow the herd!'

'Find out what works best for you. Don't feel the need to follow the herd - don't be a sheep. Keep an eye on what's in and out, but have your own style. It's just as important to feel comfortable with what you wear. After all, it's all very well looking great, but if the style leaves you feeling awkward, then it isn't right. It's about your overall image.

## 'Hang loose!'

'Meanwhile, this year will see the arrival of a new casual look - trousers just got wider. Skinny jeans are out - loose trousers are back in. Wide trousers will after all, fit just about anyone!

## **Alexander Barbers HQ**

38 Hammersmith Broadway, W6 7AB  
020 8741 1801  
[haircut@alexanderbarbershq.com](mailto:haircut@alexanderbarbershq.com)  
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PROMOTION

# Fitness First

## Meet our Personal Trainers

### Jono Openshaw - Manager

'I started at Firstness First in Hammersmith in December 2015. Before that I was at the Streatham branch for 18 months.

The plan is to help our members to achieve their fitness goals. And, this is the ideal place to do it. This is a great looking gym. It's been wonderfully refurbished with brilliant studios. Having a swimming pool and spa makes us stand out from a lot of the competition.

The gym is not simply stacked full of exercise machines. There are different rooms for different aspects of training. There's a freestyle group training area where instructors run all sorts of activities, including spin, yoga, pilates and bodypump. Then there's the High Intensity Interval Training sessions which are also an exceptional way of getting fit.

We have 16 personal trainers, one of whom won a Time Out award for being the best personal trainer in London for his 12-week programme, another is specifically a knee rehab specialist. They are all freelance. I think they are the best in the industry. They are incredibly motivated and also incredibly motivating.

You'll see me working out here because I am training for my first iron man which involves a long swim, a bike ride and then a marathon.

I have a sporting background. I swam for Britain as a junior intermediate international. But, I didn't quite make the senior grade because I missed out by 600th of a second. I still play rugby and this year I've been refereeing as well.

Our quiet or off peak times are between 9am and 11am and between 2pm and 5pm. Consequently we have a cheap membership plan if people want to use those times.'

### Fitness First

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PROMOTION



in  Hammersmith



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erowe@dng.co.uk



**Charlotte Osborne**

Head of Lettings  
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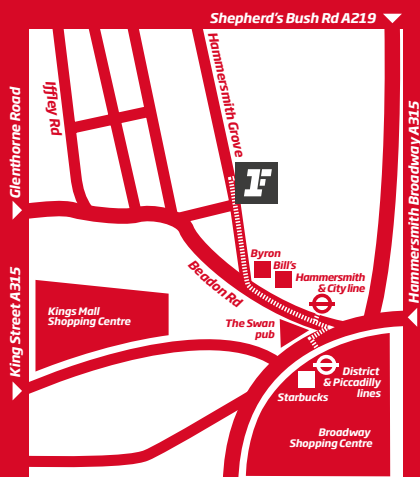
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- ✓ Free CustomFit App: Anytime. Anywhere. Support
- ✓ Free monthly programme reviews by our experts
- ✓ Fitness Fridays - Bring a friend for free every Friday
- ✓ Month by month memberships available

## Fitness First Hammersmith

T: 0344 571 28 70

E: [Hammersmith@FitnessFirst.com](mailto:Hammersmith@FitnessFirst.com)



Find us a short walk from both stations  
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