

HAMMERSMITH LOCALS

SPRING



West London Action for Children



Centenary 1917-2017: How you can help this historic children's charity celebrate 100 years of fund-raising and its vital support for local families

West London Action for Children, a charity founded back in 1917, offers therapy and counselling for children in need and their families, in the London boroughs of Hammersmith & Fulham and Kensington & Chelsea. They are client-led and solution focused.

Teams have tried and tested therapeutic methods based on cutting edge research and practice, which has allowed WLAC to remain successful and as supportive for 100 years.

To mark this achievement WLAC want to celebrate 100 years of delivering positive change with local families and use this milestone to deliver a major push in marketing the charity and raising awareness of their work. The aim is to broaden the local support base and fundraise £100,000 to extend services.

Celebrate

WLAC will be looking back and celebrating the work they have done and the achievements clients have made over the past 100 years.

Raise awareness

WLAC will be raising awareness about mental health issues and their work to support local children and their families and to broaden the support base.

Fundraise

WLAC are seeking to raise £100,000 to extend services; one of these is Mighty Me, which has been running for 10 years. The plan is to introduce Mighty Me to six more local schools.

Volunteers have lots of exciting ideas for the Centenary. Please join in and get involved!

Online auction

WLAC members are inviting donations of a range of items to be auctioned online to raise funds. If you or your business have something new or interesting you can donate please contact team@wlac.org.uk. WLAC also need help sourcing donations from local businesses.

Set yourself a '100 Challenge'

WLAC are inviting you to set yourself a '100 challenge'

and secure sponsorship from friends and family in aid of West London Action for Children. Ever wanted to cycle 100 miles? Or learn 100 words in a new language? Or perform 100 sit-ups? You can use an online sponsorship site such as www.virginmoneygiving.com. Please contact sam@wlac.org.uk if you would like any help with this.

Centenary Bunting

WLAC have already started making centenary bunting – and are trying to set a new World Record. Please join in the fun!

'Go Orange' Day!

WLAC are planning this for October 10, 2017 to coincide with World Mental Health Day. WLAC will be encouraging people to wear something orange in support. If your school, church, business or club would like to get involved, please get in touch.

300 Bridges Challenge and Tennis Tournament

The charity is organising a virtual fun run, covering the course of the Three Bridges Run 100 times during May and June. Runners and walkers will sign up for a lap (or more!) and post to social media when they have done it. To celebrate the efforts of all those taking part, a tennis tournament and picnic will be held on July 2 in Ravenscourt Park.

• For more details of any of the above events please contact team@wlac.org.uk

You can learn more about West London Action for Children's long history on their website, see below.

West London Action for Children

020 7352 1155
15 Gertrude Street
London SW10 0JN
team@wlac.org.uk
www.wlac.org.uk

Shoots & Leaves

WLAC
Charity
Sponsor



Spring is
a time for
remedial
works to
garden
walls

There is something very special about a walled garden and if you're lucky enough to have one it could well date back to the time your home was built. With little but a brick foundation it's incredible that they've survived so well and for so long and the fact they're often leaning, undulating, bowed and discoloured gives them extra character.

Recently we saw a wall where the level had been raised up behind and a house built on the higher level. The garden wall was suddenly acting as a retaining wall, something it was never designed to do! Underpinning and structural concrete retaining walls were required to prevent the ground slipping, the wall collapsing and with it the risk of the building too!

At Shoots & Leaves we like to preserve and maintain these walls where feasible and ensure they last for many years to come. Traditionally, these walls were built with a lime-based mortar which over the passage of time has broken down. The two 'skins' of the wall often slip and the top 'header' course comes adrift allowing material to deposit inside the wall and plants (most notably ivy) to thrive, the roots growing down between the brick skins.

Hew's Gardening Tip: Remember that prior to working on any garden wall it is important you establish ownership and get an 'amicable agreement' in place or party wall agreement if required.

For a free, no-obligation quotation call Hew Stevenson on 020 8563 7733

Shoots and Leaves

020 8563 7733

235 Trussley Road W6 7PP

hew@shootsandleaves.co.uk

www.shootsandleaves.co.uk



Thor Gudmundsson tells us why natural wines are a sign of quality craftsmanship

Natural winemaking is now a badge of quality craftsmanship in the vineyards and winery as natural wines respect the environment and the consumer. Natural wines are often organic, sometimes bio-dynamic, and definitely made with fewer additives than more industrial wines, notably sulphur.

Even a few years ago natural wines could be a hippy-ish smokescreen for sloppy work and dodgy hygiene in the winery. Now natural practices are becoming mainstream with positive results for everyone including you – the wine lover!

Take our Ballon organic red Côtes du Rhône. We blend it every year at Estézargues, France's most natural wine cooperative. Ballon is always made with only natural yeast, no additives except tiny amounts of sulphur at bottling, unrefined and unfiltered. The Ballon 2015 edition is now made entirely with organically farmed fruit. It's a lovely, even juicier southern Rhône blend of Syrah and Grenache with a bit of Mourvèdre, a joyful, sustainable wine rather than a big, heavily-oaked headache bomb.

There's a fundamentalist streak that seeks to contrast 'natural' wines as a separate category. We see a virtuous spectrum with a simple logic: better soil, better fruit, better wine. Over half the wines on our list are well advanced on that virtuous road. Come and share the joy of natural wines with us!

The Brackenburg Wine Rooms

020 3696 8240

111-115 Hammersmith Grove W6 0NQ

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TIPS & TALES

Fresh from the barber shop... with Stav the Barber



Stav and shop mascot Big Reggie

Bravo gentlemen, give yourselves a pat on the back. You managed to survive those winter blues.

Luckily spring is now here, bringing with it the promise of warmer weather and extra daylight – and, boy, do you feel it in your step on your way to work.

Some people call this the season of new beginnings and with that sentiment in mind it is the ideal time to try out one of these new hairstyles that will definitely be trending throughout 2017.

THE HIGH FADE

High tight fades on the back and sides of your hair will be popular this year, taking over from the Low Fade of 2016. This haircut will give you a more military look and on top go for a close but textured cut (think Ryan Reynolds in the movie 'Deadpool'). Alternatively leave some length on top and disconnect from the sides (which in theory should have you resembling Brad Pitt in the epic war movie 'Fury').

You could say the curtains have been raised on this massive 90's hairstyle as it is making something of a comeback. Go for tapered sides and back, an undercut will also work well. On top you will need at least medium length hair to create that centre parting and curtain-like fringe. It's worth having a little chat with your barber to see if you have what it takes to pull it off, but if you do, you could be on to a winner.

TOP TIPS FROM THE TEAM

1. Don't wait till the moment you sit down in the barber's chair to pull out your phone and start searching the net for men's haircut photos. Do your homework, save your photos and come prepared.
2. Try to not wear a cap or hat on the day you decide to have a haircut.

Barbershop Banter...

**Why do barbers make good drivers?
Because they know all the shortcuts.**

On a more serious note, rumour has it that the Kingpin of suspect hairstyles could find its way back onto our streets. This style goes by the name The Mullet! This is a plea on behalf of all of us here at Alexander Barbers Headquarters, to please try to avoid this nasty piece of work!

Chaps remember whatever haircut or style you go for wear it with confidence!! Time to leave you and I will do so with a quote from absolute legend and Hollywood actor Christopher Walken - **'My hair was famous before I was'**.

SINCE 1981
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BARBERS



{HEADQUARTERS}

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The Flying Yogi

Try our
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offer!
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consecutive
days of yoga**



The Flying Yogi is a boutique yoga and Pilates studio that recently landed on Goldhawk Road.

Owner and local resident Kasia Poremna tells us why she is passionate about the joys of teaching yoga in W12

You were an architect and interior designer. Why the transition to yoga?

Twelve years ago I was suffering from back injury and stress but didn't know why. A friend practised yoga and invited me to a class. I went along and felt positive results immediately. I realised my working life was out of balance and making me unhappy so I decided to spend time taking care of myself with yoga. My body became stronger and started to heal and my stress levels fell away to the point I could sleep soundly again. That was such a relief. I discovered yoga was the right thing for me and decided to be a yoga teacher.

What can locals expect when they visit?

A warm hello and cup of herbal tea while you take off your shoes. We want you to feel comfortable and to familiarise yourself with our large new yoga studio. We offer Pilates and various yoga styles as well as warm yoga classes. The ceiling has infrared panels that radiate gentle heat. Six teachers offer a range of classes from beginner groups to vinyasa flow sessions for the more experienced. We have pregnancy yoga and mum and baby classes. We can help you relax or challenge you with something new. Ask about our gong bath! All are welcome – men and women, young and old.

**The Flying Yogi 020 8746 7191 88 Goldhawk Road, Shepherd's Bush W12 8HD
info@theflyingyogi.co.uk www.theflyingyogi.co.uk**

Rafaello Café



Jerry Pawlowicz

H&F Award-winning café

As the manager of Café Rafaello in Ravenscourt Park, Jerry Pawlowicz takes pride in having won the Best Café award in Hammersmith & Fulham Brilliant Awards. This award will be no surprise to his devoted customers and local dog lovers who frequent Café Rafaello on their journey to Ravenscourt Park, the Thames river or Chiswick. So what is Jerry's secret recipe for success?

'We serve a great selection of healthy food at reasonable prices. Everything is prepared from scratch in our kitchen and locals love our coffee.'

Rafaello's is a great meeting point for friends and families as it is situated on the south side of Ravenscourt Park on the corner of King Street and Ravenscourt Avenue. The café is yards away from some of the best schools in West London.

'Every parent knows kids are always hungry especially after a long day at school or playing sport. We offer tasty healthy food kids love at prices parents can afford.'

So if dinner is going to be late Café Rafaello can help parents avoid a grumpy teenager. Any other secrets to success?

'We have ample seating with table service so customers can settle in and enjoy great coffee served by trained baristas or 'grab-n-go' if commuting or in a hurry.'

What are the award winning favourite dishes?

'Favourites are pasta boxes, fresh green salads, big wraps, freshly squeezed juices, smoothies made from real frozen fruits, baguettes, jacket potato, toasted paninis, sandwiches, bagels, fresh croissants baked daily on site. During lunch we offer fresh and hot chocolate chip cookies from the oven and breakfast specials. If the customer requests a new dish we are keen to make it.'

Rafaello Café

07821525650

246a King Street, W6 0RF

rafaellocafe@hotmail.co.uk

www.rafaellocafe.com

Corinne Denham



Do you suffer from any of the following?

*Backache, neck
and shoulder pain,
sciatica, hayfever...*

If so, Corinne can help

Local mum of two (a 10 year old girl and her dog Cassie!) Corinne Denham is a practitioner of The Bowen Technique. Corinne explains: 'With Bowen Therapy I perform a series of gentle rolling moves over muscles, tendons and ligaments with frequent pauses which let the body respond naturally and do what it needs to do to heal itself. This technique helps realign and balance the body, resulting in less pain and discomfort.'

What the locals say

*"Three treatments later,
the pain was completely gone
- Larysa Yefremova*

*"Eased me into a healthy way
of life - Cha Hayward*

Corinne can help - 020 8610 9772

**Corinne Denham
Wellêtre**

Grove Neighbourhood Centre

7 Bradmore Park Road

London W6 0DT

hello@welletre.com

www.welletre.com

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020 8610 9772

Get ready for the great Grove Neighbourhood Centre Spring Fete!



Saturday 22 April 1pm-3pm

The Grove Neighbourhood Centre has announced the date for their next Spring Fete which is to be held on Saturday 22 April and will be open from 1pm to 3pm.

The event will feature its usual range of delightful stalls and activities: jewellery, clothing, shoes and accessories, clairvoyant, tombola, gifts, cake stall, books, plants, bric a brac, hot food and children's games, not forgetting the fantastic raffle! The main prizes are: a local restaurant voucher worth £60, food hamper, Gina's spring cake, Fuller's brewery tour, plus many more prizes. If you have any nearly-new clothes, quality bric a brac and gifts for the fete they would be most welcome.



Grove Neighbourhood Centre

020 8741 3321

7 Bradmore Park Road, W6 0DT

info@groveneighbours.org.uk

www.groveneighbours.org.uk



Ian McCarroll Tool Chest

020 8748 7912

68 Iffley Road, W6 0PF

ian@toolchesthire.co.uk

www.toolchesthire.co.uk

Aska Mucha



**'Don't allow
your pain to
limit you living
life to the fullest
any longer!'**

Working as a sports massage therapist for many years, I have treated a range of conditions for clients whether the pain and concern was chronic or the result of an injury.

My recent trip for self-development took me to San Diego in California where I was trained as a specialist in corrective exercise at the widely recognised National Academy of Sports Medicine (NASM). It was a great experience for me educationally, clinically and personally.

I feel very blessed I am able to expand and share my knowledge of the human body, the physical abilities of the musculoskeletal system and the field of rehabilitative exercises.

I'm intrigued by functional movement and passionately believe that integrating sports massage and exercise into everyday life is essential for a healthy and pain-free body.

I love to encourage and motivate people to stay active regardless of their personal circumstance.

My teaching, advice and support is very manageable, with a simple 15-minute stretching and strengthening routine, producing positive, noticeable results, helping to elevate one's life.

Indeed one of the most important parts is that both sports massage and corrective exercise will work, undoubtedly demonstrating real honest outcomes that are evident throughout sessions with my clients thus far.

This is your time to invest in your health, to take care of your body, wellbeing and reward yourself with the gift of a pain free and enjoyable life!

Aska Mucha - Insight Sports Massage

Practising at Grove Neighbourhood Centre

7 Bradmore Park Road, W6 0DT

07894331743

aska@insightsportsmassage.com

www.insightsportsmassage.com

Dog of the month - interview

Albi

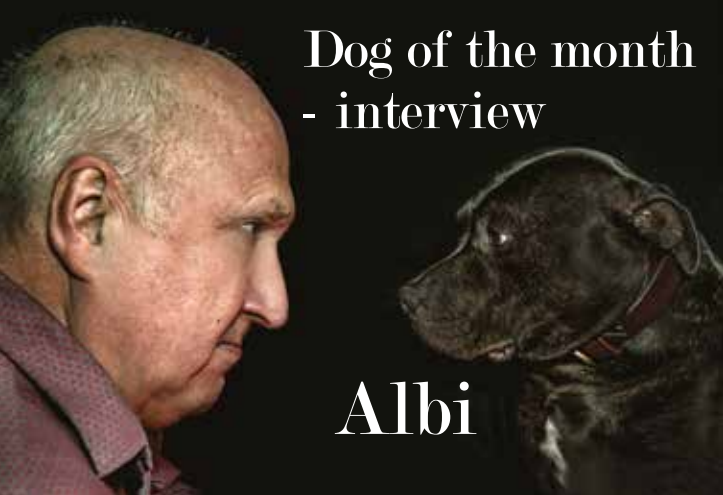


Photo credit: Annabel Moeller

After a life globetrotting with his owner Lavinia von Schneider, Albi the Staffordshire (right) is a permanent fixture of Brackenbury Village. Reporter Rufus Barclay (left) goes face-to-face with this popular and influential resident

Q. You knew the Prince of Wales quite well, tell me about that?

It was nothing, we were in the JFK compound and I could see he really wouldn't do.

Q. Explain?

Lack of fibre. No way that chap would stay the course – I knew. But I spotted a neat looking Cavachon, then she started yapping, 'Leave that pooch alone, Mimi'. A stringbag if you ask me, and suddenly we were tangled up on the sofa: Wallis, Edward, MiMi, me. The constitutional issues were rather boring. But I liked her feet.

Q. Did you stay often at the Kennedy's?

Only during the Cuban missile crisis. We travelled a lot and Jack needed the advice. He couldn't speak a word of Volgoda-Kirovian patois: Khrushchev's preferred dialect. That's where the

Countess came in. 'He's just a peasant', she explained, 'remind him of the keiner-wasserstumpf gruel they force-fed him as an infant!' You gotta hand it to her. He was a broken man ...

Q. Where else did you go with von S?

I won't speak of her heart-break years. Traipsing from one faded royal court to another in the wastes of Outer Diptheria may sound amusing, but, dullsville or what! I have no idea what MI6 were paying her for. Even peddaling her London Taxi Cab for tourists on the Oregon Trail was more fun, and we were short on fares, and they tasted pretty samey.

Q. The Trump connection?

Don't even ask. We taught him how to tweet after they met in an intriguing Slovenian medical facility. Or garage. It did robot-refur-

bishment. There was this model called the Melania saying 'my man he haf short attention span' on a loop, the solution was obvious.

Q. Did you know West Side Story was based on the gang rivalry between the Andover Arms and the Anglesea?

I was there, man. All started with the one affair, a couple of young lovers in rival pub-strips prancing down Cardross Street – and then, bam, gangfights! With more mayhem when the massed W6 trans-gender set joined in! Shakespeare didn't have to contend with that – otherwise one would simply never get out of the theatre. Do you have a light?

Q. The Oscars?

My lips are sealed. But I'll say this, that Faye has a fetching pair of ankles... there goes my phone again... oh hi Vlad... mind if I take this? ...

Q. Catch you later?

Interview by Rufus Barclay.

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www.keepthingslocal.com

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The Songbook Series

The Jess Radcliffe Trio

Thursday 20th April 8pm

The Songbook Series is a performance of some of the greatest tunes ever written. The Jess Radcliffe Trio will take you on a journey through songs originally performed by the greatest performers and composers of all time: Billie Holiday, Ella Fitzgerald, Richard Rodgers, George Gershwin and more.

'There is real depth of emotion in Jess's singing, she is such an incredible talent.'

Tickets online at Eventbrite: £12.50.
£17.50 on the door subject to availability.

Visit our website for further information and ticket links:
www.thatchedhouse.com

For dinner bookings call 020 8741 6282 or email connect@thatchedhouse.com

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Meet the Nutritionists



Lowri Turner

'Having struggled with weight in my teens and 20s, I know what it's like to feel that your weight and eating habits are out of control. This is why, now that I'm a fully qualified nutritionist and hypno-therapist I specialise in weight loss. I've been there and bought

the XXXL T-shirt. My own experience of Polycystic Ovarian Syndrome motivated me to help others with hormonal conditions including hypothyroid, PCOS/PMS, menopause and diabetes. I also work with IBS and see children and teenagers.

Once you know what you should be eating, how do you stick to it? Stress/emotional eating and sugar cravings often sabotage your efforts. This is where HYPNOTHERAPY comes in. I use a mix of nutrition to help you feel better and lose weight (if appropriate) and hypnotherapy to change bad habits, beat cravings and build motivation.'



Hannah Brown

'Hello! I'm Hannah, a fully qualified nutritional therapist, motivational coach, Metabolic Balance® coach and SWAMI practitioner. Since beginning my practice, I have known that nothing stands in isolation and everything is inter-connected.

Hippocrates stated: "All disease begins in the gut". It so often follows that a happy gut makes for a happy head, heart, skin, hormones and more. I treat the causes of disease and not just the symptoms. Where appropriate, I offer clients The Genotype diet or Metabolic Balance®. Both programmes are highly effective at correcting damage and dysfunction at a cellular level where most conditions begin. I love to inspire people with delicious, easy recipes using simple whole-food ingredients. By devising achievable and enjoyable changes to diet and lifestyle, I help my clients increase their vitality and bring harmony back into their lives.'

SAVE £30 on your first nutrition session with Hannah

Brackenbury Natural Health Clinic

020 8741 9264

30 Brackenbury Road, W6 OBA

info@brackenburyclinic.com

www.brackenburyclinic.com



Georgina Knight

Local painter and decorator
Georgina Knight
hopes to make her company **Ozmas** a household name



Known as a perfectionist who works fast and leaves your home spotless at the end of each day, Georgina Knight, with her 20 years' experience working in the high-end decorating trade, has earned a very good reputation among local clients.

'We quote for job sizes ranging from painting a single front door to full interior and exterior re-decoration of a four storey, six-bedroom house – and everything in between.

'We can advise clients on colour and how to achieve the overall look, finish and style, while avoiding unnecessary labour costs and material expense. We listen to clients and are objective with colour choices, suggesting the most appropriate finishes and types of paint best suited to the purpose.'

Georgina, a mother of two young boys, moved to London from Ireland in the mid-Eighties and after a few years living in the Hammer-

'We can advise clients on choice of colour, look, finish and style'

smith area, has now settled with husband Justin in Acton. With a background in the arts – she studied at Chelsea College of Art and is also a skilled illustrator and cartoonist – she has now set up her own company, Ozmas Developments & Design.

Her wide experience allows realistic quotation and a sensible deadline for the job's duration.

Whether you are a landlord looking to lease premises or an in-going tenant, services can be provided to suit your needs. Commercial work includes white box finish to bespoke franchise standard. Clients include private homeowners, landlords and high-end residential and commercial agents.

Georgina's skills as an illustrator and cartoonist can often provide an interesting crossover with the decorating work, particularly in private houses. 'I enjoy designing fun artwork for any number of room situations, particularly children's bedrooms and playrooms. This can be a pleasant crossover with the decorating work (www.inkgeorge.com). If you have an interest in commissioning bespoke artwork or wall designs I can offer some ideas and something new.'

Georgie and her team offer interior and exterior painting and decorating, lining and wallpapering, colour consultation and design.

For a free consultation call Georgina on 07772 636 000.

Georgina Knight
Ozmas Developments & Design

07772 636 000
42 Davis Road, W3 7SG
info@ozmas.co.uk
www.ozmas.co.uk



Victor Wild

Wild & Sons



Victor's sound like they want to hurt you with names such as Trizilla, Chrome Doom, Stumpy and Slippery Banana. Wild & Sons sell custom and vintage bikes such as the Raleigh Chopper, above.

Don't wait till Christmas to get that custom or classic bike you have always dreamed of

Victor Wild, 24, father of two and owner of Wild & Sons the classic American car specialist will be raising money for the British Heart Foundation while riding the 'Bikenstein' on the London to Brighton Bike Ride on 18 June. Victor creates quirky bikes

intended for short urban jaunts, not an arduous journey pedalling 54 miles over hilly terrain that will test his mettle and leave him saddle-sore but hey, it's all in a good cause. Good luck! We know bikes are low carbon footprint machines yet



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Chartered Practice Architects



Photo credit: Annabel Moeller

Architect Warren Hagues on why it's vital to consider how we use indoor space when approaching a new project

Interior architecture forms a large portion of our design remit, especially when it comes to private residential projects.

While the external appearance of a project is an important consideration during the design process, it is the way in which the users of the building interact with the interior space that is a vital factor. Taking this important element into account is key to achieving a successful project.

Time and again we are approached by clients who have previously gained planning permission for a design by others that only considered the planning policies of a given borough and not how the internal spaces can be most suitably used. We strongly believe that architects should consider both of these aspects of a project in order to satisfy a client's brief. To consider only the interior or exterior of a building, in isolation, will not yield the best result.

Every client is an individual so when it comes to interior architecture we would rather act as facilitators to develop our clients' preferred tastes. We do not believe that it is our role to impose our personal tastes upon a client's home unless asked to do so.

Chartered Practice Architects

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Fiona and Joe Miller

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We will take care to understand your exact requirements. *Joe & Fiona Miller*

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Daniel Doherty

Cardross Street was once home to over 300 children who shared the same bath water while their mums did laundry work

A policeman patrolling the streets of Brackenbury Village in the late 1900s took down some notes while wandering along Cardross Street.

He noted that the residents were 'poor labourers', while at the upper windows of the houses were children with dirty faces. Meanwhile, he observed,

with dirty faces', the census returns for 1881 reveal there were 293 children under the age of 14 living in Cardross, a staggering 43% of the total population of the street.

By 1901 that figure had risen to 312, or 44% of the population living in this relatively short road in Hammersmith.



Photo credit: Hammersmith & Fulham Archives

women 'who do laundry work' busied themselves for long hours in the area. His observations tally with the census returns of 1891 and 1901 that confirm there were large numbers of women living in Cardross Street taking in laundry in order to earn some money to help feed the family. With regard to the 'children

More than half the cottages at this time were occupied by two or more households, which would account for the large numbers of children. And the majority of these households were sharing the sparse water facilities, which explains all the little 'dirty faces'.

These fascinating historic facts are all part of the research

carried by Moya Tyson, a late resident of Cardross Street, who had hoped to publish a book on the life and times of the street where she lived. Among the many interesting facts she uncovered were the accounts of the jolly street parties held by the residents. A royal jubilee or a coronation was always a good excuse for the tables to come out and the bunting to be hung across the street.

Sometimes there would be competitions between the adjoining streets in Brackenbury to decide which had the best decorations. The mayor of Hammersmith or some other local worthy would usually be called up on to judge the contest.

When cameras became cheap enough to be widely available, black and white photographs captured the excitement of the day. The now-faded images show cottages decorated with Union flags and children seat-



Photo credit: Elsie Paine

ed on benches in front of tables groaning under the weight of cakes and sandwiches, while their mothers, in their best aprons, stand proudly behind.

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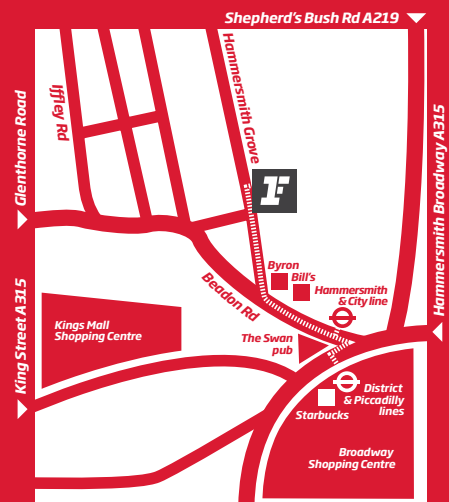




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- ✓ Fitness Fridays - Bring a friend for free every Friday
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