HAMMERSMITH LOCALS













































Some of Doorstep Library's group of volunteers

really got through to a child. I call it my "Ah!" moment. I'd been reading Disney books to one little girl for months and unexpectedly she picked out a picture book about the writer and civil rights activist Maya Angelou and said "That girl's just like me!". She saw Angelou's success as potential for her own. The next week she read more about Maya Angelou. The spark was lit. That was special.'

DOORSTEP LIBRARY

Helping children to read for pleasure gives them enormous advantages in the future

Weaving their way through the sprawling walkways, carrying rucksacks and little plastic stools, Jill and Allyson are regular fixtures on this Hammersmith housing estate.

They have been coming here together every Tuesday for the past two years with one purpose: to share their love of reading with children from some of the most deprived families in the borough.

The women are just two of the 95 volunteers for Doorstep Library whose aim is to make books accessible to children – not just in libraries and schools but at home too.

It's a busy evening. Each pair visit the same five or six families every week in 20-minute slots which, Jill says, is plenty of time to connect with the family, engage a child and instil a lifetime love of stories.

'There are numerous studies showing that reading for

pleasure is one of the key factors to a child's future success,' says Katie Bareham, who became the Doorstep library's first employee in 2010 and is now its director.

Katie insists there is no secret formula. 'We just role model what parents can do in their own home,' she says. But there is no denying that Katie's leadership is very much a factor in the charity's growth. Along with Hammersmith and Fulham there are now two further projects in Westminster with plans for Lambeth well on the way.

'These are exciting times.' says Katie though her ultimate vision might seem something of a paradox. 'My ideal scenario would be for parents to say they don't need us any more because they're reading with their children now and going to the library.'

Jill agrees: 'It's wonderful when you realise you have



Katie Bareham - Director

COULD YOU VOLUNTEER? The charity is looking for more volunteers and there are two information sessions coming up: July 14, 11am-12.30pm, Fulham Broadway and July 25, 11am-12.30pm, Shepherd's Bush

Please email enquiries@ doorsteplibrary.org.uk to book your place.

For a longer Q & A interview with Katie go to www. keepthingslocal.com

Doorstep library

020 8870 1476 Dawes Road Hub 20 Dawes Road, SW6 7EN enquires@doorsteplibrary.org.uk www.doorsteplibrary.org.uk



Raise a glass to summer rosés, says wine expert Thor Gudmundsson

A June heatwave gets your hopes up so in this issue we're focusing on wines to make the most of the summer and early autumn months.

Summer is PINK and that means rosé, so we've added 2017's take on Aperol Spritz – Frosé! It's a delicious, slush puppy rosé concoction, tarted-up with our very own lemon and Campari infusion. It's a terrace winner, thirst-quenching and delicious!

If it's old school rosé you want, Magali from Provence is a perennial favourite. And in keeping with our love of wines made with minimal intervention and maximum respect for the environment, Matthieu Delaporte's awardwinning Sancerre, Tom Lubbe's Majas and Aymeric Amiel's A Baïa are there to boost your

green brownie points!

We're also great fans of reds that chill well. More fruit-forward, less tannic, they can be drunk anywhere from cellar to fridge-door temperature. Ideal for a barbeque, Bare Bones or Saffraan Cinsault from South Africa, Sous le Manteau from the Languedoc, our very own Ballon Côtes du Rhône and many others all have that lovely, juicy and delicious smashability that's great for summer drinking and dining.

And then, there's the Summer of Riesling, of course...!

Thor Gudmundsson The Brackenbury Wine Rooms

020 3696 8240

111-115 Hammersmith Grove W6 0NQ brackenbury@winerooms.london www.winerooms.london/brackenbury

WELCOME FROM THE EDITOR

As smoke from barbeques wafts across the borough and neighbours chat over garden fences, Hammersmith Locals would like to welcome you to our summer issue.

While this free magazine reaches nearly 10,000 readers in the borough it's also available as an emailed newsletter and online at www.keepthingslocal.com

There are articles as well as many opportunities to find events and local listings. In fact at Hammersmith Locals we want to promote events in print and online that you think would be of interest to readers.

If you are a local business why not consider our competitive advertising rates. We have special deals to introduce you to the community to explain just what it is you do.

So whether you're a cafe owner, kitchen fitter, decorator, carpenter or butcher you can benefit from direct marketing to your potential customer in print, online and through the Hammersmith Locals newsletter.

Through these pages you can get your message out to people who receive the magazine at home, at the tube station or read it in cafes, pubs and in high street stores.

To appear in our autumn issue contact us on the number or email below.



CONTACT US

Editorial and Advertising:

07956 391739

connect@keepthingslocal.com

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SHEEP RETURN TO W6!

Mark Tremlett brings a good night's sleep to west London with Naturalmat organic mattresses, mattresses for babies, organic sheets, bedding and Cornish Beds

Only 100 years ago sheep passed along Goldhawk Road, stopping over at Shepherd's Bush Green, before going on to Smithfield Market. They would have been a baa away from Naturalmat, the newly-opened bedding showroom in Paddenswick Road, that specialises in luxury sheep's wool and natural fibre mattresses, alongside a range of traditional cast-iron beds.

Walk into Naturalmat and you get a

completely different bed experience. A first for London, there is a Sleep Zone where you can try out a range of beds and mattresses in a calm and hidden space. Foliage and screens gives you privacy, so you can lie down and test each mattress without the embarrassment of assistants and shoppers looking at you.

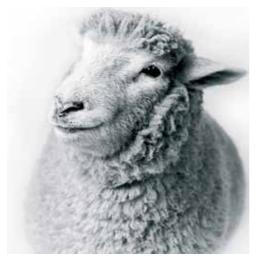
A delicious aroma of essential oils concocted by a Japanese perfumer lulls you into a dreamy woodland, with countrywide sounds to match. You are even offered a glass of local Devon apple juice.

The founders Mark Tremlett and Peter Tindall, who hail from Devon, started by making bespoke beds for yachts using ecofriendly materials. When Mark's first child came along, he was appalled by the synthetic mattresses that were available, so Naturalmat was born, using the same clever techniques for baby mattresses. Sixteen years on, Naturalmat is an international award-winning business offering a range of organic mattresses, toppers,

bedding and beds, for babies through to adults. They supply Harrods, high-end hotels and luxury yachts.

Mark, who has lived around west London for 30 years, says: 'We're really excited about bringing the whole range from the Naturalmat stable to the Brackenbury area. I think people are attracted by our traditional craftsmanship and contemporary designs and also by the clear health benefits of sleeping on natural fibres.'

All materials are obtained from sustainable and renewable sources and the organic lambswool comes from sheep grazing on Soil



Mildred the sheep

Association farms within a 50-mile radius of the Devon factory.

The Cornish Bed Company, their sister company, is based near St Austell and is one of the last foundries to hand-cast traditional iron, brass and nickel beds. West Londoners can now look forward to seeing the full range and to getting a really great night's sleep.

No more counting sheep!

Naturalmat and Cornish Bed Co The Old Dairy

0208 090 2845 66a Paddenswick Road London W6 0UB info@naturalmat.co.uk www.naturalmat.co.uk







LOOK, MOVE AND FEEL BETTER!

The key to good posture, core strength and flexibility lies in an understanding of how our bodies move, says Susan Harker

Brook Green resident Susan Harker tells us about her Movement For Life business based in Hammersmith's Novotel London West Hotel.

Born in South Africa, Susan came to London in 1999 with a degree in Biokinetics, which means life + movement. She has since established a thriving practice where she uses scientifically-based programmes involving corrective exercise and Pilates.

'Movement is an essential part of everyday life,' she says. 'It effects development, learning, communication, our work, health and quality of life, so it stands to reason that improving movement should be a priority for all of us'. Susan has become an advocate of the healing, strengthening power of Pilates, she explains: 'When I was 39 I was shocked to be told I needed a hip replacement. I thought there must be another way and I found the Pilates Reformer.'

From regular reformer practice Susan noticed the

'I found that the aches and pains I had in my back and hips subsided'

changes in her body and quickly the reformer became a passion. 'It complemented the strength work I did in the gym and I found that the aches and pains in my back and hip subsided." As a result Susan never needed that operation.

Hammersmith and Brook Green has a diverse community of business and local residents which Susan supports through her range of packages such as recovery and workplace wellness.

'I can improve your posture, manage aches and pains and take you through exercises to strengthen your core so you'll become more flexible and mobile.'

Pain, stress, poor posture, sedentary living, injuries all contribute to various niggles and ailments. Susan uses her holistic training to evaluate her clients' overall lifestyle as it is essential for her to understand the full picture to then create appropriate corrective exercise programmes bringing an awareness to the client. For example: 'One young mum in Brook Green had persistent back pain. I discovered she was carrying her baby on the same hip when climbing up and down the stairs.'

Whatever your goals and fitness levels Susan encourages both local residents and the business community to invest in their health to help them to look, move and feel great.

Movement For Life

07826 258294 Novotel West London Hotel 1 Shortlands, W6 8DR susan@movement-for-life.co.uk www.movement-for-life.co.uk



FILLING A GAP IN THE WORLD OF DENTISTRY

For 32 years dentist Ron Baise has run a successful surgery in Hammersmith. He describes his career and shares tips for making your dental check-up as pain-free as possible!

I moved to London from Cape Town in 1980 soon after graduating. The political situation in South Africa was shaky then with a potential revolution on the horizon. Mercifully the transition was relatively peaceful thanks to the efforts of Nelson Mandela and FW de Klerk.

I have been a dentist in Hammersmith since 1985, long enough to feel like a local! Many of my patients have been coming to me since I started and I've formed real friendships with some. We might meet for a coffee, a beer or see each other socially at dinners, weddings or funerals.

Like many dentists I sometimes find myself in the

role of counsellor! Obviously all patient information is treated highly confidentially but when patients have been coming to you for a long time and become friends they often talk about their personal issues. They may ask for my opinion and, if I know a patient has a particular knowledge on a subject, I may ask for their tips or advice.

All dentists acknowledge that some patients are going to have genuine phobias about coming for treatment. Back in the Eighties I had one man run out before I'd even had time to examine him. Fortunately these days we have techniques to help phobics, depending on their particular

fears. We take time to work through the problem to make sure we get the right results.

I am very proud of our new state-of-the-art dental practice with its four treatment rooms just off the Glenthorne Rd which has given us space to offer not only general dentistry but also specialist dentistry and post-graduate education to local dentists. I get quite emotional when I read our Google reviews and reviews on our website. They make me realise that our practice contributes positively to the community.

I enjoy many aspects of my work particularly meeting new people. I also have a wonderful and talented team of young dentists, hygienists, nurses and receptionists. I'm 62 now and they all help me feel younger!

My top tips to patients are:

- Eat something before you come to the surgery so you aren't too hungry. It can really affect your mood if you haven't eaten.
- Be on time for your appointment so you aren't stressed and anxious when you arrive and also so that you don't affect all the other appointments after yours!
- Try to relax. Modern dentistry is pretty painless and nothing like the experience it was a few decades ago.

92 Dental

020 8741 5263 5 Glenthorne Mews 115 A Glenthorne Road W6 0LJ info@92dental.co.uk www.92dental.co.uk



ALEXANDER

HEADQUARTERS



Keeping you cool this Summer

TIPS & TALES

Fresh from the barber shop...with

Stav the Barber When the going gets hot it's time for a crop...

Flaming June! For a few days it was finally hot enough to complain about how hot it was and, with summer in full flight, you may have noticed people walking around wearing a little less - some wearing a hell of a lot less - the one thing nobody complains about!

Time for a crop

The same applies to hair. When it heats up, shorter is better. The crop, also known as the buzz cut, is a short haircut with a slight reputation for making its owner look a little bit naughty. Yet some gentleman like manners and paired with a softer yet stylish approach in the wardrobe department, the crop is a bad boy style that will make you look good.

Suits you

There are different variations on the theme: you can go

for the same length all over or shorter on the sides than the top or, if you're feeling a touch flamboyant, a hard taper with sharp lines around the edges works well.

The heat is off!

Voila! The buzz gives Instant hair relief from the heat on those just-a-little-too-hot days, not to mention valuable time saved in front of the mirror. This all adds up to the already added man points you have notched up by choosing the crop in the first place. A good move all round!



GUIDE TO KITCHEN COOL

They're modern or traditional, sleek, sexy and desirable. Who wouldn't want a bespoke West London Kitchen?

A new kitchen is what many people dream of, yet according to Keith Patterson of West London Kitchens, once it's installed, clients can't wait to see the back of him – and he can't blame them.

'A kitchen is often the centre of family life so clients want us out as soon as possible. Building work can be stressful and home owners are usually pretty exhausted when the work finally ends. Also we are generally the last people to leave as you don't want to install a kitchen in a building site – unless it's a straight replacement kitchen which is slightly less stressful.'

Once a new kitchens is up and running much of Keith's business comes from word of mouth recommendation from happy clients. Surprisingly, a growing number of buyers are choosing their kitchen via lifestyle scrapbooking site Pinterest and a lot of research goes on before the final decision is made.

'Kitchens are not an impulse buy and they don't come cheap,' admits Keith, who offers a range of German, Italian and traditional English kitchens from £10,000.

'In terms of expenditure they are up there with buying a car so people tend to choose very carefully.'

Fashions change too. Five years ago, glossy surfaces were popular, then matt finishes. Now traditional Shaker style kitchens are making a comeback.

Keith's team takes a softly softly approach to selling. Potential customers can drop into the Kite Studios showroom any time to have a chat. He is also keen to add that being a Brackenbury resident he is happy to give free advice any time.

Keith will prepare designs without obligation and when a buyer does commit, the kitchen is bespoke for that client and delivered ready built to reduce time and mess.

'We start in our studio selecting finishes and fittings then go to the design stage on computers.

'Once the work starts we meet on site to check progress. We have met some clients up to 24 times before signing off the job. You have to be patient!' Once all the work is done Keith drops off a bottle of wine and sneaks out of the door. He'll catch up with the clients later when they're happily settled in. Job done!

West London Kitchens

020 8741 1981 Studio 6, Kite Studios 2B Bassein Park Rd, W12 9RY keith@westlondonkitchens.com www.westlondonkitchens.com



QUIETLY BUILDING A SOLID REPUTATION

Tucked away in Hammersmith's Brackenbury Village is a Victorian corner shop that is currently being extended, updated and transformed into a family home by one of the best builders in the area

Garry Clark can be found most days hard at work on the two-storey building at the corner of Aldensley Road and Bradmore Park Road. Locals are curious to see what becomes of the building that 100 years ago housed a thriving greengrocers and more recently was a cake shop and a hairdressers.

Garry, 35, is a local boy, born to Fulham parents in Queen Charlotte's Hospital and taught the skills of the building trade early on by his father Terry. On leaving school at 16 young Garry followed in his father's footsteps and then went on to start his own business, G.J. Clark Carpentry & Building. Garry explained how his company has grown over the years. 'All our work comes via word of mouth. Once we start on one street we usually go house to house, often working in succession on five homes on any given street.

'We have always been busy even during the 2008 recession. If people are not moving they are improving their homes so there's always work for us. We have a good reputation and our prices are very competitive. We never slow down, quite the opposite. A lot of families we work for recommend us to other families via the school gate.' Garry, who is also a keen footballer and has a Level 1 FA coaching badge and coaches junior under nines, is working on his current project with architect Jason Wren. 'Jason will keep many features to maintain the building's character.

'I can't believe I've lived and worked in the area all my life but never knew Brackenbury existed. I really like it, it's very peaceful and you forget where you are.'

Garry's next project will be his marriage in July to long-term partner Nadine, a hairdresser. They will be joined on their honeymoon in the Maldives by their three children aged 12, eight and six. After that it's back to building a secure future for the whole family.

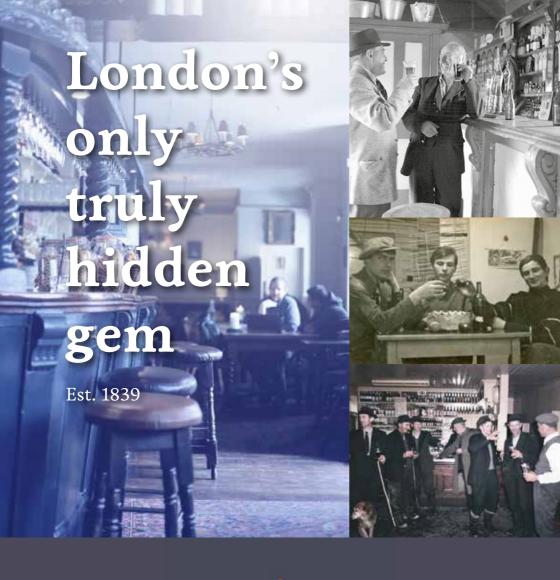


The Old Cornershop

Garry Clark G.J.Clark Carpentry & Building Ltd

Site: 07877 463 373 Office: 020 3542 1415 81-83 Fulham High Street SW6 3JA info@gjclark.com www.gjclark.com

To find out more about Garry Clark visit www.keepthingslocal.com





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Architect Warren Hagues on the importance of accurately passing on clients' wishes to the builders and designers

In the last issue we spoke about the architect's role as a facilitator who's job it is to realise that the preferences and tastes of clients play a major part in developing a design brief.

While there are technical and legislative requirements that must be adhered to when undertaking a building project, when it comes to aesthetics the priority is client preference. It is not our role to impose our design style on a project. Rather, it is our role to translate client preferences in to an architectural language and final design.

Indeed it is this role as a facilitator that forms a large part of what an architect does when liaising with others within the building industry. We translate the client's brief in to the 'languages' of associated professions so as to be understood by the local authorities, surveyors, contractors, product suppliers and other designers etc.

By working in this manner, the client can be assured that the architect has understood their project fully by viewing it from multiple points of view and communicating it in a way that is understood by the associated building professions.

Chartered Practice Architects

020 8743 9535 159 Askew Road, W12 9AU warrenhagues@cparchitects.com www.cparchitects.com

LATEST NEWS FROM THE GROVE

The Grove Neighbourhood Centre would like to send its love and sincere condolences to all those affected by the tragic Grenfell Tower disaster

For the next month, the Centre will be donating all its proceeds from general fundraising to the Grenfell Tower Disaster Fund. We have been informed that survivors no longer require donations of clothes and bed linen.

Can we take this opportunity to thank everyone for the fantastic response to our Spring Fete. You will be pleased to hear that we will be having a summer super sale of clothes and bric a brac on Thursday August 10 between 11am and 4pm. So please put the date in your diaries now so you are free to come on that day. Hope you can all make it.

Grove Neighbourhood Centre

020 8741 3321

7 Bradmore Park Road, W6 0DT info@groveneighbours.org.uk www.groveneighbours.org.uk

Tool Chest

020 8748 7912 68 Iffley Road, W6 0PF ian@toolchesthire.co.uk www.toolchesthire.co.uk





THE CARPET STORE'S JOE MILLER WAGES WAR ON CARPET MOTHS!

The battle is on. Joe's enemy is small, aggressive and a threat to us all. Sometimes they are killed with chemical weapons, occasionally they're smeared across walls leaving ugly stains

Q. Who is your enemy?

A. Moths. They are a big problem in the area. They love to eat 100 per cent woollen carpets. But we are on to 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

A. We can usually fit a carpet within a week. Q. What carpet would you recommend for a family with young children?

A. A carpet with man-made fibre (the ones that confound moths). They are stain-resistant, antistatic, hard-wearing, long-lasting and much easier to clean.

Q. What colours are popular?

A. 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 sales people badgering you. We don't rush customers. You will talk with me, my wife Fiona or my brother Clay. But moths are not invited.'

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FESTIVAL FOR A BETTER LIFE

The Good Life Experience Festival celebrates music, its makers, the great outdoors and the search for a simpler, more rewarding life — September 15-17

Front woman Cerys Matthews captured the public imagination when her band Catatonia achieved hit after hit in the Nineties. Now, as a reporter for BBC's The One Show and a presenter on BBC 6 Music, the musician has again become a household name.

Not content with her already hectic schedule, Cervs has co-founded a music festival for families in her home country of Wales. 'The Good Life Experience is about reconnecting with nature and acknowledging the joys of the simpler things in life,' she explains.

'It's a great opportunity for all the family to log off and get together, try some new experiences and enjoy "real-world" adventures in the great outdoors.'

Book online with the code TGLF17 and receive a 10 per cent discount!

The Good Life Experience

15-17 September, 2017 The Hawarden Estate Flintshire, Wales, CH5 3FB Info & sales Mon-Fri: 01244 784122 info@thegoodlifeexperience.co.uk www.thegoodlifeexperience.co.uk



HISTORY OF HAMMERSMITH GROVE

If you think Hammersmith has never seen so much building development, local residents felt the same way more than 150 years ago...

Hammersmith Grove is an elegant, tree-lined thoroughfare running from Goldhawk Road down to Hammersmith Broadway. It is blessed, on the west side in particular, with some extremely handsome multi-storey residences, originally built for 'ladies and gentleman and with plenty of accommodation for indoor staff'.

The grandeur of the street prompts a fascinating question – why does it exist? After all there is a much older thoroughfare, Shepherds' Bush Road, serving almost exactly the same purpose of connecting Bush to Broadway which takes the bulk of the traffic.

In fact, for a long time Grove Road or just the Grove didn't exist. The entire area was able to function just fine without it. The thoroughfare is a relatively new addition to the map of Hammersmith. There's no sign of its existence on a map dated 1746 (Shepherd's Bush Road, on the other hand, is clearly marked). The map shows mainly fields and open spaces.

For centuries the area was known for its large number of nurseries and market gardens that provided fresh produce to the rapidly-swelling populace of London.

The evidence provided by the map dovetails with A Philosophical Account of the Works of Nature, published in 1721. It states that 'the gardens about Hammersmith are famous for strawberries, raspberries, currants, gooseberries, and such like'. One garden at the north end apparently even grew cherries, apricots, and 'curiosities of those kinds'.

It's when you look at the architecture of Hammersmith Grove that you begin to get an inkling of why those market gardens and nurseries were swept away. In the 19th century, town planning and preservation orders meant comparatively little. Builders could and did launch speculative enterprises when and where they wanted. This accounts for the vastly different architectural styles of either side of Hammersmith Grove; the homes weren't designed and built at the same time or by the same people. (The same is true of many other streets in the locality – Overstone Road and Bradmore Park Road are just two examples.)

George Wimpey – one of the most famous names in construction – was a local boy, born in Brook Green in 1855, later moving to 84 Hammersmith Grove. In 1888 he joined forces with Walter Tomes and their partnership was responsible for many famous buildings including Hammersmith Town Hall and the White City Stadium.

Wimpey died at the age of 58 but his legacy lives on and he and his fellow builders clearly did the local community a great service.

Hammersmith Grove is a handsome street and a fine place to live. It has a tube station at one end, west London's biggest transport hub at the other. It even once had its own railway station but that was closed back in 1916.

Thanks to Daniel Paul for sponsoring the history page.



Daniel Paul Estate Agents 020 8743 5254 168 Goldhawk Road W12 8HJ info@danielpaul.co.uk www.danielpaul.co.uk