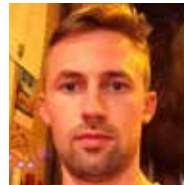


CHISWICK LOCALS



KEEP IT LOCAL!

At this time of year it's lovely to spend time outside, and it's always such a pleasure to watch birds, bees, butterflies and other animals sharing the environment. But how wildlife-friendly is your garden?

Whatever the size of the space, it's possible to create vital green corridors just by making some simple changes. If you want to learn more about how to make a garden welcoming to wildlife, pop in and see the expert team at W6 Garden Centre in Ravenscourt Park – they will be happy to provide practical advice.

And, if your fitness levels have suffered over lockdown, help is at hand. F45 Training (just off King Street) is currently offering a free body composition analysis plus gym session and a two-week unlimited training trial for only £39.

Neil

Neil McKelvie, Editor



ADDING EXTRA VALUE...



Do you need to upgrade a website, refine a SM strategy or shoot a video? Nicholas Smith provides professional business support that will successfully target new markets.

Nicholas Smith

(Sales and Marketing: Keep Things Local)
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Jocette and Sam

Photograph: Annabel Moeller

BODY TALK

F45 Training is offering a free body composition test and training session

'We want to get people moving,' smiles Jocette Coote, who owns F45 Training Ravenscourt Park with her husband, the ex-Scotland Rugby Union international Andrew Mower. 'Many of us – me included! – have developed bad habits during lockdown. It's time to focus on fitness and respiratory health, so we're offering a free body composition assessment and introductory training session (until 9 September).'

Non-members are welcome to book an appointment with Manager Sam Palmer and, using state-of-the-art machinery, she will analyse relative percentages of body fat and muscle mass (the process takes five minutes). Armed with that information, the F45 team can then devise an individual training regime (including expert nutritional advice) that will achieve specific core fitness goals.

Founded in Australia, F45 Training is a global phenomenon. 'The F stands for functional training and each class lasts 45 minutes,' explains Jocette. 'The weekly schedule is split into three types of class – resistance (weight training), cardio and a hybrid of the two – and they are suitable for all fitness levels.'

It's possible to burn up to 900 calories in one cardio class. The evidence suggests that HIIT (High Intensity Interval Training) followed by a rest period results in more calorie burn over time than a full speed 5K run.

'We also organise a regular 45-day intensive Challenge promoting weight loss and body shaping (the next is from 16 August-29 September) during which progress and accountability is monitored by our coaches.'

With pay-as-you-go and flexible membership options and a two-week unlimited training trial for £39, F45 Training delivers an effective full-body workout in a supportive atmosphere – it will help you bounce back from lockdown inertia!



F45 Training Ravenscourt Park

150-152 King Street, W6 0QU
(entrance on Galena Road) 020 8222 8261
ravenscourtpark@f45training.co.uk
www.f45training.co.uk/ravenscourtpark/home

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Scarlett and Louise



GARDENING IN HARMONY WITH NATURE

*Would you like to attract more wildlife to your garden?
W6 Garden Centre has everything you need to create an
environment that nourishes birds, butterflies, hedgehogs, frogs...*

"The sheer pleasure of connecting with nature can never be over-estimated, and that's been very evident during the pandemic," reflects Louise Alhadeff, the Manager of W6 Garden Centre. "Whether large or small, a garden is our piece of the natural world and making it welcoming to wildlife brings such rewards."

"We have the expertise to help create a beautiful, wildlife-friendly habitat. We stock a wide range of top quality seasonal plants, shrubs and trees which will nurture animals year-round, our Urban Garden Services teams can assist in revamping your space and, if you need practical advice, pop down to W6 and discuss your plant selection with one of our knowledgeable staff. You can always stop and enjoy a delicious cake and coffee at our award-winning Café!"

Currently, the Garden Centre is collaborating with Hammersmith & Fulham Council on its major initiative to promote the best principles of ecology, sustainability and wildlife diversity. "It's a fantastic local project and we're delighted to be involved," says Louise.

"There are so many private gardens in the borough. Some residents may think: 'Oh, it's only my little plot, I can't do that much.'" But, when you join up those gardens and add in public green spaces, that's a huge area of land in which we can make a significant positive difference. These green corridors are essential to urban wildlife. To demonstrate what can be achieved, Scarlett, our in-house ecology expert, has used a variety of nectar-rich plants to build a Bee and Butterfly Corner here at W6."

Perhaps one of the most common misconceptions about wildlife-friendly gardening is that it means immediately letting everything run wild. "The thought of ending up with an unkempt jungle does put people off," admits Louise. "But it's not the reality. You can still have a lovely garden – the animals will control pests – and you don't have to transform it in one fell swoop. It's simply a matter of being conscious of nature and introducing step-by-step changes."

"A key addition to make is water, whether that's a pond or an upturned dustbin lid. Like us, nature needs water and you'll suddenly see animal life multiply as birds, insects, butterflies, frogs and newts form a wildlife chain."

"Equally vital is to grow plants and shrubs that attract insect life, for example Hellebores for winter and early spring and Lavender, Salvia, Buddleia and Echinacea for summer. Planting shrubs with berries, such as Rowan, Blackthorn and Hawthorn, will be a valuable food source for birds in autumn and winter."

Other tried and tested tips include keeping some parts of the garden more natural – that might

mean turning a blind eye to the odd weed or leaf litter – adding cover and nesting sites with climbers, providing a bird bath or bug hotel, not blocking the gaps under fences and keeping one patch of lawn longer.

"Most importantly, whenever possible avoid using pesticides and insecticides – we can recommend the best natural alternatives," says Louise. "Personally, I love gardening with wildlife, it brings me such joy. When you engage with nature, it adds a new dimension; you get the fun and the animals get the benefit."

For information about Hammersmith & Fulham Council's campaign to support nature and bio-diversity, visit www.lbhf.gov.uk/environment/climate-and-ecological-emergency

W6 Garden Centre and Café

17 Ravenscourt Avenue,
Ravenscourt Park, W6 0SL
020 8563 7112
info@w6gc.co.uk
www.w6gardencentre.co.uk



Jeremy, James and Chris

Photograph: Annabel Moeller

ARE YOU PLANNING A SUMMER PROPERTY MOVE..?

'Whitman and Co has such a fantastic team. There is no way we would have managed to tie up our sale and purchase last year without their complete dedication and positivity. They are simply brilliant.' – Jo Laing

Walking around Chiswick, you can't fail to notice the number of new businesses that have opened or are preparing to open. 'It's true, there's a significant level of interest in the W4 market,' confirms Jeremy Day, Commercial Director at Whitman & Co.

'We've been remarkably busy over the past few months. For example, we have recently completed lettings with Pianta for the ex-Piazza Taormina restaurant on Turnham Green Terrace, with Balfe's Bikes (at the former Heal's site) and Up & Running (next to M&S). It's been so encouraging to see previously empty shops being fitted out and signs appearing on the windows advertising positions for new staff.'

The hitherto dormant office sector is also showing signs of renewed life. 'Enquiries are now coming in from occupiers who are keen to put a distance between their work and home lives,' explains Jeremy. 'We have premises available for all budgets in the heart of W4 and at the old Chiswick Station building in Grove Park, and we can also help clients find suitable serviced office space.'

That positive commercial outlook is mirrored by Whitman & Co's impressive sales and letting figures. According to the latest official *Rightmove* statistics, the estate agency is again the Number One local company in both sectors. 'Over the last year (July 2020 to July 2021) we sold 23% of all

Chiswick properties and this June we exchanged on 41 properties, that was a record,' says Sales Director, Chris Chalmers. 'Buyers are mostly locals trading up and some properties have gone for 15-30% over the asking price.'

'Of course, with the end of the Stamp Duty holiday it will be very interesting to see what happens next. Over the last six months to a year, we estimate that houses have increased 10% in value, and Stamp Duty has been a factor in that rise. People who were planning to redecorate or upgrade a bathroom took the view that those works would be covered by the money saved on Stamp Duty. Now, that cash is coming straight from funds, so it may make buyers more cautious.'

'That said, demand remains strong, in particular in the over £2 million bracket. Equally, in the lettings market rental values for family homes are rebounding as more people return to London to work, and we expect flats to follow that trend in the future.'


One of the enduring secrets of Whitman & Co's success is the agency's tried and tested philosophy of focusing on W4 and its immediate surroundings and using an experienced, close-knit team that knows the area street-by-street. 'As a successful local business, we also believe in investing in our community,' says Chris. 'It's such a shame that many of the school fairs and fêtes that we usually support have been cancelled, however we're delighted to be sponsoring Chiswick Flower Market, Chiswick Cricket Club and Chiswick Rugby Club Juniors.'

'The Whitman's way is all about building relationships – that's why clients often pop into the office for a chat and advice about the market. We're transparent, we don't put anyone under pressure, we flag up issues and we try to solve them without any fuss. No matter how busy we are, we keep it personal. Longevity is at the core of our business.'

Whitman & Co
5-7 Turnham Green Terrace, W4 1RG
020 8747 8800
sales@whitmanandco.com
lettings@whitmanandco.com
www.whitmanandco.com
www.whitmancommercial.co.uk

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Christopher Barrow

BOXING CLEVER

Enjoy the peace of mind that comes with knowing your treasured possessions are secure

'Convenience is a fundamental element in our service,' says Christopher Barrow, the Chief Executive of Metropolitan Safe Deposits. 'When customers trust us with their valuables, they must have complete confidence that their safe deposit box is accessible. Hence, it's been essential for us to remain open through all the lockdown periods.'

To be able to do so, Christopher and his team invested substantially in re-modelling their High Road premises. 'Glass screens were installed in our meeting rooms to separate staff and customers, we put gel pads on doors and provided hospital grade cleaning materials and staff were equipped with full PPE,' he recalls. 'Inevitably, our hours were slightly reduced but, most importantly, clients were reassured that they could use their boxes and in safety.'

At a time when banks have mostly exited the safe deposit sector, Metropolitan Safe Deposits is an independent alternative. 'We have 12 sizes of box in our Chiswick vaults,' explains Christopher. 'Initially, most customers choose one of our three smallest ones; they are ideal for storing precious

keepsakes, such as jewellery and watches, and cost from £95 p.a including £10,000 insurance.'

'Our building combines multi-layered alarm and surveillance networks and proven physical protection, including 24/7 CCTV of the perimeter and interior, seismic and stress detectors and bullet-resistant airlock doors. We have three integrated alarm systems and client access is controlled by computer-verified ID and biometric fingerprint procedures. Each safe deposit box is individually alarmed and we are alerted if more than a given number are open at any one time.'

Opening hours at Metropolitan Safe Deposits are currently 8.30am-7pm (weekdays) and 10am-4pm (Saturdays) and Christopher anticipates that Sunday opening will resume soon now that the government has confirmed the lifting of Covid restrictions.

'In the UK we are still less accustomed to using what Americans call a Bank Box,' he says. 'That's why we encourage people to come and see us; just call, email or pop in to arrange an appointment, and then one of our professional team will explain more about how we operate and the options available.'

Metropolitan Safe Deposits
329 Chiswick High Road, W4 4HS
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Maddy Alemayehu



HOME IS WHERE THE HEART IS

‘It hasn’t felt like care at all. At least, it’s certainly not what I thought care would feel like. I’ve actually really enjoyed it.’
 – Maggie Jones, a Home Instead client

Being able to live happily and safely at home in later life is a comfort. Inevitably, however, mundane daily tasks become physically more challenging and social contact narrows, which can cause loneliness and profoundly affect mental wellbeing.

As a result, many older people feel obliged to move. But there is an award-winning alternative. ‘That’s where we come in,’ smiles Maddy Alemayehu, Director of Home Instead Hammersmith and Chiswick. ‘By providing sensitive, relationship-led care, we help our clients stay where they love and continue to enjoy independent, fulfilling lives.’

A global company, Home Instead has a very successful UK network and, in 2016, it was the first home care operation to win the prestigious

Queen’s Award for Enterprise. Maddy, who worked for many years as an Intensive Care nurse, and her dedicated team deliver an extensive choice of bespoke services – including Dementia Care, Home Help, Companionship, Respite Care and 24/7 Live-in Care – in Chiswick, Hammersmith, Fulham and Ealing.

‘Family or friends usually get in touch with us,’ she explains. ‘One of our Care Managers will visit the potential client to discuss their specific needs and talk through what we do. We never forget that everyone is different; we don’t dictate, we’re there to be a trustworthy, friendly face and assist in any way we can.’

‘If all goes well, we then match the client with one of our lovely professional CAREGivers. We hand-pick them for their empathetic

character, values and experience and, of course, they are rigorously vetted and trained. We place huge emphasis on finding points of contact between clients and CAREGivers based on background, personality or interests. For example, a member of our staff is a keen singer and so we placed her with a lady who plays the piano.’

Home Instead offers flexibility across a comprehensive range of care options. The most popular, Home Help, covers all those chores – cleaning, ironing, cooking, laundry, watering plants, changing the bed, running errands – that we take for granted when younger.

‘As well as pro-active, practical support, many people like to have a good old chat,’ says Maddy. ‘That’s why we have a Companionship service; the CAREGiver might pop in for a cup of tea or encourage and help clients to be more active and revive their hobbies. One lady had been a tennis player, so we took her to watch her friends playing – she loved it.’

‘When we provide Personal Care, whether that’s assistance with dressing and bathing or meals and medication, every client is treated with

dignity and respect, and for Dementia Care our CAREGivers receive intensive specialist training to enable them to cope with any situation. When it comes to Live-in Care, the client and their family decide how many hours they require us – we can usually arrange 24/7 coverage.’

While nothing will ever replace human contact, Maddy believes that technology can play a key role in enhancing quality of life. ‘We install devices that check people are safe and connect them to their families; in addition, as part of our Social Responsibility commitment, we give our Home Aware monitoring system free to less well-off long-term clients.’

‘To us, care at home is personal. Home Instead’s standards are exactly what we would expect for our own loved ones. We’re passionate about changing the face of ageing.’

Home Instead – Home Care & Live-in Care
 186 Sutton Court Road, W4 3HR
 020 8022 3276
maddy.a@homeinstead.co.uk
www.homeinstead.co.uk/hammersmith-chiswick



Anthony Wozniak

A FIRST-CLASS BESPOKE SERVICE

Anthony Wozniak, Lettings Manager at Horton and Garton, will guide landlords and tenants through the rental process

Being in the right place at the right time is so often crucial when it comes to job hunting. That's how it proved for Anthony Wozniak, Horton and Garton's new Lettings Manager in Chiswick.

Having spent 11 years specialising in residential lettings for a West London firm, he was looking for a fresh challenge and, more importantly, a new approach to working in the industry.

'A landlord I knew well said that he only listened to the advice of two agents,' recalls Anthony. 'One was me, which was very flattering to hear, and the other was Paul Cooney, Director of Horton and Garton's Chiswick office.

'After some research, I got in touch with John Horton himself, sending in my CV and asking to keep in touch. He called me straight away! I was delighted to be offered

the chance to join a successful team that does estate agency the way it should be done.

'The Horton and Garton philosophy of investing in the community is a perfect fit for me. I genuinely believe it's important to put landlords and tenants at the forefront of the business. It should never be a case of figures, figures, figures; rather, it should be, is the deal right for the client and the company's reputation?'

Born and bred in Ealing and educated in Hammersmith and Shepherd's Bush, Anthony knows Chiswick very well. 'The local market is healthy with rental values almost at pre-pandemic levels. Family homes with gardens are at a premium and, encouragingly, the demand for one and two-bedroom flats is now coming back. If enough boxes are ticked for both landlord and tenant, there will always be applicants in a prime area like W4.'

Horton and Garton offers a comprehensive lettings service, including all the necessary investigative checks, and a full Property Management option (includes a bi-annual inspection). 'I've always prided myself on being open,' says Anthony. 'I like to build lasting relationships with clients, so if you are interested in letting or renting a property, I would be very happy to help.'

Horton and Garton
Gable House,
18-24 Turnham Green Terrace,
W4 1QP / 020 3989 5454
anthony@hortonandgarton.co.uk
www.hortonandgarton.co.uk



Paul Cooney (right)

MOVING ON UP

The Horton and Garton sales team is now settled in their new High Road home

It's been all change at Horton and Garton in Chiswick. Paul Cooney and his colleagues have recently moved into bright, spacious new accommodation in the heart of W4. Their new home, called High Road Studio, is the perfect location to conduct business and, most excitingly, it will be much more than an estate agency office.

Paul has always envisioned having a hybrid space that could be shared with the local community and opened up to businesses, charities and other organisations. For example, members of Artists at Home will have their work hung on the walls throughout the year and there are already arrangements in place for a local food business to hold pop-ups.

Of course, Horton and Garton's prime focus remains firmly on Chiswick's flourishing property market. Currently, a lack of stock continues to be an issue and, in terms of prices, they are strong but not unrealistically inflated.

The demand from buyers remains far higher than the number of properties available for sale and, in particular, there is a strong demand in the family house sector.

If you would like to discuss the sale of your property or to arrange a meeting – or to discuss using High Road Studio in the future – please do get in touch. Paul and his team are looking forward to welcoming you to their new home.

Horton and Garton (Sales)
High Road Studio,
129 Chiswick High Road,
W4 2ED / 020 8996 5120
chiswick@hortonandgarton.co.uk
www.hortonandgarton.co.uk





Jack Hart

POWER TO THE PEOPLE

Whether it's a case of installation, repair or servicing, Byron Sanders, Jack Hart and the skilled SES team will deal efficiently and promptly with any electrical issue in the home or at commercial premises

Chatting to Byron Sanders, the Managing Director of SES Electrical Contractors in Chiswick, one topic kept coming up: customer service. 'When I was learning the trade, I saw first-hand how important it is,' he recalls. 'I've known electricians whose workmanship was outstanding but their customer care almost non-existent, and vice versa.

'My philosophy is to deliver the maximum on both counts. That's why we're always happy to go out of our way to help our customers, sometimes even talking through a problem over the phone, such as getting the power back on temporarily. I'd much rather help for free if there's a simple solution. It's common sense: we then have a good chance of securing a future client and they might recommend us or post a comment on *Checkatrade* (it's no coincidence that SES has 1000 positive reviews).'

Byron founded SES in 2010 when he was 23 years old, recruited engineers who shared his pro-active approach and, since then, he has built a successful business based on professional excellence and trustworthy advice. He and his second-in-command, Managing Supervisor Jack Hart, have 35 years combined electrical experience and they both still enjoy going out on jobs.

'With a highly qualified team, we're quick and we try to respond to calls on the same day,' says Byron. 'We carry plenty of stock – many firms don't do that and it often causes delays – and we invest in the best tools, parts and vehicles (SES's striking blue vans are a common sight out and about around W4).'

The core of SES's work comprises electrical installation, repair and testing for domestic

clients. 'However, we're also fully trained to handle all elements of commercial electrics,' explains Byron. 'We are BAFE approved (British Approvals for Fire Excellence) to design, install and service fire alarms and we design and maintain CCTV and security systems, looking after many local businesses such as Le Vacherin and The Source Bulk Foods.'

Inevitably, over the last 18 months, SES has seen a significant increase in WiFi and data enquiries as customers working from home have needed extra access points and reliable connections. Equally, recent government legislation requiring all rental properties to have an electrical installation condition report (EICR) has prompted a high demand from landlords.

'Unfortunately, many companies now offering EICRs don't have the relevant technical experience or knowledge of electrical wiring regulations,' says Byron. 'We've seen many instances of serious defects not being picked up. We carry out a thorough investigation and deliver a detailed photo-report so the landlord is certain to be covered legally and the tenant reassured that everything is safe in their home.

'We want all our customers to feel special. If there's an issue, which is very rare, we deal with it correctly; we dispatch an engineer as quickly as possible to put it right and, in the past, we've sent flowers and gift cards as an apology. I want SES to be known as the John Lewis of electrical contractors!'

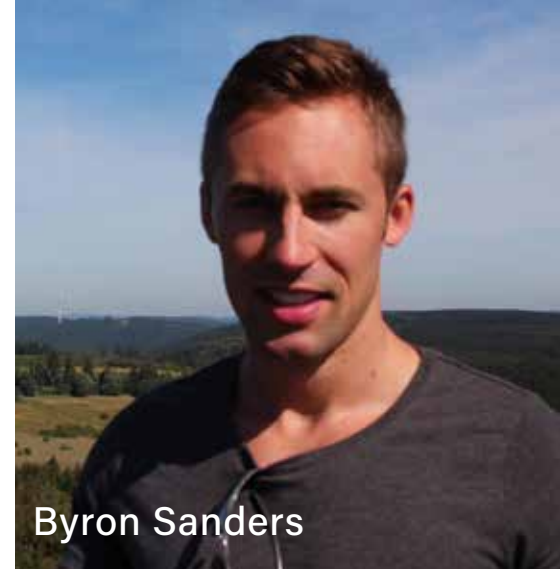
The SES team handles:

- * All domestic, commercial and light industrial electrical projects
- * Audio and Visual systems
- * CCTV and Security
- * Electrical installation and testing
- * Fire Alarms and Life Safety Systems
- * Home Automation (Lutron)
- * Wi-Fi & Data
- * Electrical Installation Condition Reports (EICRs)

SES Electrical Contractors (UK) Ltd

4, Maynard Court, Fletcher Road,
W4 5AW
020 7523 5373
info@seselectricalcontractors.co.uk
www.seselectricalcontractors.co.uk

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Byron Sanders





Ricky and John

CLASSIC AND CONTEMPORARY BARBERING

Special offers on cuts and hair and beard products at Big Jim's Trims

Big Jim's Trims has been a popular fixture in Chiswick for over a decade. There are now two barbershops in W4, one on the High Road (by appointment only) and one around the corner on Devonshire Road (walk-in).

Open seven days a week, both deliver high quality, family-friendly barbering and first-class customer service at an affordable price. All Big Jim's barbers are fully trained in every aspect of mens hair care, from textured scissor cuts and the current longer lockdown styles to skin fades and beard trims. Most importantly, the team always listens to what the customer wants, so that everyone is sure to leave completely satisfied with the results.

The shops are renowned for having a friendly, relaxed environment – there's always a fantastic playlist of music, from Johnny Cash to The Doors and everything in between – and the barbers only use (and sell) the best products. In fact, Big Jim's is the exclusive stockist of Anchor Jack and works closely with the brand to create new hair and beard products.

Children are made welcome and under-12s are always offered a sweet or drink (when restrictions are fully lifted there will be toys too), for over-21s there's a complimentary beer, and discounts are available for students and seniors.

Finally, as a thank you to Chiswick customers for their loyal support over the last 18 months, Big Jim's is offering the following special discounts: £3 off your next haircut or skin fade (just show this page in either shop, offer ends 30/8/21); 25% off your total purchase at Anchor Jack, visit www.anchorjack.co.uk or at www.bigjimstrims.com/shop, and use code #keepthingslocal at Checkout (offer ends 19.08.21).

Big Jim's Trims (Walk-in Barber Shop)

6 Devonshire Road, W4 2HD
0203 645 8295
bigjimstrims.w4@gmail.com

Big Jim's Trims (Appointment Barber Shop)

169 Chiswick High Road, W4 2DR
020 3774 7988
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THE PROFESSIONALS

The Reliant LDN team has the experience and expertise to solve all your plumbing, heating and air conditioning issues

After he left school, John Kearney's first job was working on a major property renovation in Strand on the Green. 'I was 17 and living near Oxford,' he recalls. 'I had to get up at 5am to get to the Chiswick site on time. I really liked the area's village atmosphere. I always thought, if I end up moving to London, it's where I'd like to be.'

John has now been living in Grove Park for a decade and in 2019, with co-director Ricky Axten, he launched Reliant LDN, a plumbing, gas boiler, heating and air-conditioning business. Both John and Ricky have worked in the industry for over 18 years, they are fully qualified and take great pride in combining excellent workmanship with courteous, reliable customer service (Reliant LDN currently has a 9.95 out of 10 rating on *Checkatrade* based on 218 reviews).

'Chiswick is the perfect base for us and client satisfaction is the key to our approach,' explains John. 'We offer a comprehensive range of services for both residential and commercial

premises. With our experience, we're able to diagnose and fix a huge range of plumbing-related issues, from a simple leaking tap or faulty radiator valve to a full boiler replacement, installing and repairing air conditioning systems and completely re-fitting a bathroom.

'In addition, we specialise in devising cost-efficient, eco-friendly solutions for domestic heating and hot water systems, in particular those that haven't been serviced or upgraded for many years. Thanks to our professional accreditation and in-house training with leading manufacturers, we can offer customers the best guarantees when installing all the UK's top brands.

'Most importantly, we always give straightforward advice. We charge by the hour and we offer a quotation on a per job basis before any work commences.'

Services provided include:

- * Full plumbing and heating service
- * Gas and Boiler servicing, certification and installation
- * Air conditioning
- * Renewable heating (solar, heat pump and ground source systems)
- * Luxury bathroom refurbishments
- * 12-year boiler installation guarantees
- * Worcester Bosch and Vaillant accredited installers

Reliant LDN

020 3576 7586
info@reliantldn.co.uk
www.reliantldn.co.uk

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Jason Wilkinson

BUILT ON EXCELLENCE

'Jason does what he says he's going to do, he shouts early if he foresees issues and he always has a solution.' – Alison McDowell (a recent client)

Jason Wilkinson of Whitehall Construction has a simple, effective business philosophy. 'I'm hands-on – I like to be on site every day. I think that approach stems from the fact that I started on the ground floor of the trade.

'I've learned how important it is to be available – it's the best way to build a positive relationship with a client and find solutions to issues.' Having left school to become a bricklayer, Jason took his City and Guilds and worked as foreman on projects for Carillion and McAlpine. He co-founded Whitehall Construction six years ago with the aim of specialising in house renovation, loft conversion, kitchen

and side return extensions, basement excavation and bathroom re-design.

'We have the knowledge to take any job from Planning and Design through to Build,' he says. 'We're used to liaising with architects and structural engineers and we have a permanent team of top-quality, reliable craftsmen. If I do need to employ specialist sub-contractors, I only use people I know and trust.'

Jason stresses the importance of good project management. 'It's essential to explain the process clearly – why something will work and why it won't. It's about being open. In my opinion, many builders today have become more like

salesmen. They get work in and then farm it out. So you lose that line of communication and personal contact.'

Jason is equally emphatic in his views about pricing and delivery. 'I give a realistic quote, not a deliberately cheap price to secure a contract. Our fees are fixed from the beginning, so there are no nasty surprises. Also, we deliver what we promise and on time. I'd like to think that over 30 years' experience helps me anticipate problems and come up with practical answers.'

With many satisfied clients in Chiswick, Jason is happy for potential clients to view his previous completed projects. 'We're proud of what we do. We don't cut corners and craftsmanship means everything to us.'

Whitehall Construction
07971 418857
jason@whitehall-construction.co.uk
www.whitehall-construction.co.uk



Dom and Michael

BEST FOOT FORWARD

Whatever your sporting pursuit, it's worth making sure your feet are fit for purpose

'If your footwear doesn't fit – slightly too narrow or too small or not enough arch support or cushioning – then it can cause issues or injuries,' says Dom Stead. 'That's where we come in: we have the experience and expertise to customise the shoe or boot and ensure that every element is perfect.'

I've just watched Dom, who co-owns Sporting Feet in Richmond, measuring a keen runner and, much to her surprise, she wasn't the size

she had thought. Customers travel to the specialist shop from around West London for a very good reason: there's nothing that Dom and manager Michael Morris don't know about sports shoes and how to fit them.

'First and foremost, we scan feet,' adds Dom. 'It's a quick process. Our digital scanner measures size, width, arch and pressure and that is complemented by gait analysis tests – sometimes we ask customers to run outside.

With that information, we can tailor the fit so that the feet are bio-mechanically balanced and simply function better.

'We apply the same fitting principles for running, football, hockey, tennis, netball, cricket, rugby or fitness training. That means pinpointing size and width – we have extra-width options – and, if necessary, providing an insole that mirrors the arch type and pressure points. We work with all the top brands, we're independent and we never sell the wrong shoe.'

Sporting Feet also stocks high quality running wear, a wide choice of kids' shoes and boots for the main sports (the right sizes are often hard to find) and the popular Ascent range of children's footwear. 'Ascent products are hard-wearing and incorporate sports technology, so they're ideal for running around,' explains Dom. He and Michael are happy to advise on injury prevention and treatments, have strong links with sports health practitioners and the shop has become a hub for local classes and clubs.

'Whether you are running or playing a sport, your feet are crucial,' says Dom. 'It's worth looking after them, and our job is to give practical guidance and provide effective solutions.'

Sporting Feet
9 King Street, TW9 1ND
020 8948 6059
richmondmanager@
sporting-feet.com
www.sporting-feet.com



Dr Hala Mahfoud

Photograph: Annabel Moeller

MAKE SURE YOU ARE ALL SET FOR SUMMER

'I love coming to Dr Hala's clinic. Not only is she a kind and gentle person, you feel completely at ease as her professionalism, knowledge and expertise are second to none. I always walk out like a new person.' – Mandy Bissell

With hot weather promised and lockdown restrictions finally coming to an end, it's time to get ready to enjoy the summer. Whatever your plans, Dr Hala Mahfoud and her experienced team of therapists will ensure that you look fabulous and feel rejuvenated, energised and fully body confident.

Dr Hala worked as an NHS Consultant before founding her family-run clinic in 2017. Then, as now, her vision was to bridge the gap between aesthetics, beauty and medicine in a safe, relaxed environment. Since opening, she has consistently added exciting new therapies, often pioneering the latest worldwide advances in the UK, and launched her own successful Dr Hala Skincare Collection.

'With holidays back on the horizon, our "summer-ready" facial and body treatments are always very popular,' says Dr Hala.

'We specialise in anti-ageing HydraFacials and Intraceuticals Oxygen Facials. The former combines cleansing, exfoliation and hydration and is perfect for pigmented, dry and acne-affected skin and fine lines. The latter delivers an Intense hydration boost, hence it is often used by clients to combat the severe dehydration effects of travelling by plane, and significantly brightens and softens the skin.'

Dr Hala's Fulham clinic is one of the very few that offers MesoSculpt C71, an injectable fat reduction procedure that works particularly effectively on double chins. 'It is much more powerful than traditional fat injection techniques,' she explains.

'MesoSculpt simultaneously reduces localised fat deposits while inhibiting future fat formation in that same area, hence it both produces noticeable results and maintains them.

'Recently, we have also introduced the Dr Hala Ozone Lift. This is a new approach based on a combination of ozone therapy methods; it is specifically designed to provide an immediate total-body boost, increasing energy, reducing inflammation and pain, refreshing the skin and helping to fight any lingering infections.'

Dr Hala has always invested in state-of-the-art medical technology. One of her first major acquisitions – and it is always in strong demand – was a Femi-Lift laser, which stimulates collagen, the protein responsible for skin strength and elasticity. 'Post-birth, many ladies leak when they exercise, sneeze or cough,' she says.

'The Femi-Lift provides non-surgical relief from stress urinary incontinence, alleviates vaginal dryness and pain during sex and enhances sensation. One session can have dramatic results, while the benefits of a full course of four sessions can last for over two two years.' (Currently, the clinic has an exclusive offer for a Femi-Lift course, get in touch to find out more details).

Warm and welcoming, Dr Hala and her friendly, professional team always treat their patients as individuals. 'We get to know each one and, with the scope of our facilities, we can devise a bespoke approach that fits their needs,' she smiles. 'We're very proud of our work and we want to achieve the best outcome every time.'

Treatments include: * **PRX Peel:** scar management and reducing wrinkles * **FibroBlast:** lift sagging skin and smooth smoking lines * **Lesion removal:** warts, moles, tags and tattoos * **LPG Endermologie:** tighten skin and target fat * **Botox and fillers** * **Herbal and chemical peels** * **HydraFacial:** skin cleansing * **Mesotherapy:** rejuvenate skin and boost hair growth * **Mesosculpt:** eliminate facial fat pockets * **Cellulite and stretch mark reduction:** a non-invasive technique using radio-frequency and ultrasound

Dr Hala Medical Aesthetics

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Joe and Clay



CARPETS OF MANY COLOURS

'The fitters were magnificent and the job was done so considerably and to a very high standard. Really thrilled with the result.' – Jude Beckinsale

'It's strange how trends come and go,' reflects Clay Miller, who with his brother Joe co-owns The Carpetstore. 'Recently, the dominant fashion in carpets has been for muted shades, mostly beiges and greys. But, while they are still popular, we've noticed that customers are now asking to see stronger colours.'

With this in mind, the brothers have added the Wild Luxury range to their portfolio (they are the only stockists in West London). 'It's a polyamide (nylon) natural-looking carpet,' says Clay. 'It is soft, easy to clean and suitable for all areas of the home, including those with constant traffic. And best of all, Wild Luxury comes in a fantastic array of colours.'

With over 25 years in the business, Clay and Joe have an excellent track record of anticipating and responding to customer demand. With vinyl tiles now attracting the same level of interest as wood and concrete flooring, they have also introduced Invictus' luxury wood, parquet and stone-look ranges. Indeed, during lockdown, they fitted an Invictus vinyl floor in their own showroom.

'The quality is simply outstanding,' explains Clay. 'Invictus tiles are waterproof and so perfect for kitchens and bathrooms, extremely hard-wearing, warm and silent underfoot and they are available in a wide choice of striking designs.'

Another new arrival has been the Diamond carpet from Fibre (there is also a Herringbone version). 'It's suitable for heavy domestic use, for example on stairs, and the design is very contemporary,' says Clay. Like all The Carpetstore's classic and contemporary carpets, made-to-measure bespoke rugs and stair runners, Diamond is also guaranteed to be moth-free.

Customers are welcome to take away swatches and Clay and Joe use their own expert fitters on every project – they will also lay hardboard, ply and latex sub-floors and trim doors. Whether you want an Axminster or a shagpile, an eco-friendly carpet or vinyl tiles, you'll be spoilt for choice at The Carpetstore.

The Carpetstore

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carpetstoresb@aol.com
www.thecarpetstore.info

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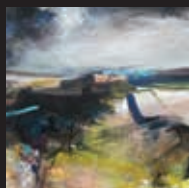
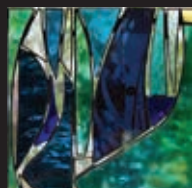
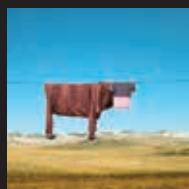
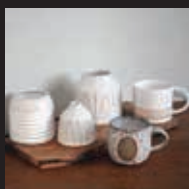
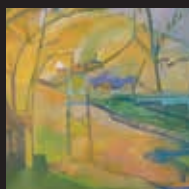
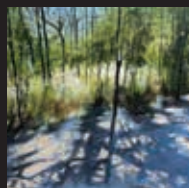
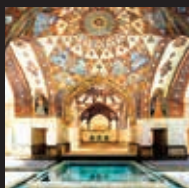
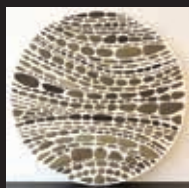
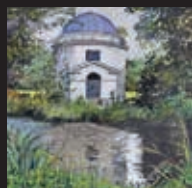
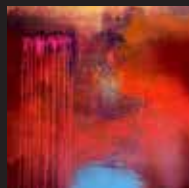
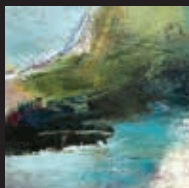
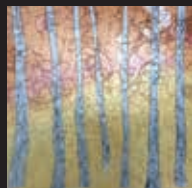
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