FULHAM LOCALS

SUMMER 2019
The Fulham FC Foundation changes lives for the better in the community

‘Every school holiday we run Soccer Schools in Bishops Park for boys and girls aged 3 to 14 of all playing abilities. They are fun, sociable events and what’s lovely is that members of the first team squad often pop down and spend some time with the children. Of course, we can never predict who will turn up and when, but the players always enjoy the experience. It’s typical of the excellent support we receive from the Club.’

The Club is Fulham and I’m talking to Karen Taylor, Head of Operations at its successful charitable arm – the Fulham FC Foundation. Karen is responsible for managing a 30-strong team, a figure that in itself reveals the Foundation’s ambitious vision. It runs a remarkable range of proven community-based health and wellbeing, social inclusion, education, employability, environmental and sports skills programmes that reach 12,000 people every season.

‘We were founded in 2002 with the simple aim of helping to build better lives,’ says Karen. ‘That objective has never changed. Using sport as the hook to engage both young and old, we try to help people overcome their daily challenges and provide them with a more positive future.’

The Foundation’s qualified coaches work closely with local primary and secondary schools to develop pupils’ sporting and life skills through curricular and extra-curricular activities. During 2016/17 3,876 children took part and, in addition, 33 teachers completed the Teacher Training P.E. course.

‘First-team player Denis Odoi is our Schools Ambassador and he’s very generous with his time,’ adds Karen. ‘Also, our Football & Education scheme offers academic support to athletes taking A-Levels and BTEC qualifications. We’re particularly proud that...’

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Welcome to the Summer edition of Fulham Locals. The long holiday is fast approaching and with it comes the perennial problem of keeping children happily occupied. We have a couple of timely suggestions…

Chelsea Fine Arts will once again be running weekly drawing and painting workshops for 8-18 year-olds at its studios in Chelsea Wharf and Ravenscourt Park (from 15 July to 23 August). No previous knowledge is required, students learn core techniques in a variety of different media and they can leave with their own framed artwork.

Meanwhile, at Bishops Park, the Fulham FC Foundation will be hosting its popular Summer Soccer Schools. They are a key part of the club’s wide-ranging community activity and expert coaches will be on hand to run fun programmes for boys and girls aged 3-14 of all standards.

At the other end of the age spectrum, the Foundation organises adult health projects, such as walking football for those who haven’t participated in physical activity for a while, and a programme called Sporting Memories for older adults who might feel isolated. ‘Those sessions are held once a month at Craven Cottage,’ explains Karen. ‘Participants get together and just chat about their sporting reminiscences – and you don’t have to be a Fulham fan to attend. We even have people coming wearing their Chelsea shirts!’

The Foundation is also committed to growing the women's game – there is a clear playing pathway for girls from age five right through to the Fulham FC Women’s team – and supporting disability sport (Fulham was the first professional club in London to field a Down's Syndrome team).

‘We want to overcome barriers and disadvantages and create immediate and long-term opportunities,’ says Karen. ‘That might mean enabling an individual to make the most of their sporting potential, develop core life and work-related skills, gain qualifications or boost their confidence and meet new people. It’s amazing to see what the power of sport can achieve.’

Neil McKelvie, Editor
Dr Theo Sioutis leads a team of eight dentists and three hygienists who cover all procedures from children’s dentistry and orthodontics to mouth reconstruction with implants. ‘On the GP side we offer general consultations, baby immunisations such as chicken pox which aren’t available on the NHS, health screening, travel vaccines and blood tests. If specific advice or treatment is required, we have in-house consultants in disciplines from dermatology and gynaecology to paediatrics and psychology. These specialists take regular appointments here and they are part of the MyHealthcare family.’

Akash is the Medical Director of the family-run business, which was named Best Private Healthcare Clinic in London at the 2019 Private Healthcare Awards. ‘Our prime focus is on the core GP and dentistry services that people need on a regular basis. We have seven experienced GPs and two practice nurses and my colleague Akash trained at Imperial College, worked as a junior doctor at St Mary’s, Paddington and practiced as a GP in Brook Green. He is a firm believer in nurturing the doctor-patient relationship.

‘We opened the first MyHealthcare Clinic in Wandsworth in 2014 and the second here in Fulham in 2018,’ says Dr Akash Patel. ‘Our philosophy has always been the same: to use state-of-the-art technology to provide the best private medical and dentistry care within a flexible appointment structure and at transparent, affordable prices. Also, we wanted to bring back the “traditional” friendly GP approach that enables patients to get to know their doctor or dentist.’

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relationship. ‘That’s why our appointments are for 20 minutes – that gives us time to understand each case. Patients know that they can always see me – they won’t have to start from scratch every time – and they have my contact details and are welcome to ask follow-up questions. That applies to every practitioner.

‘When it comes to appointments, we save enough slots in a day to accommodate patients who want to see someone there and then. We are open seven days a week (from 8am Monday to Friday and 10am Saturday and Sunday) with late evenings until 8pm Monday to Wednesday. It’s all about convenience.’

A key element of the MyHealthcare ethos is a commitment to providing medical care at a fair price. Hence, in addition to pay-as-you-need treatments, the company has developed an unrivalled variety of excellent value membership plans for GP and/or dental services and for individual, family and corporate patients. In particular, great emphasis is placed on looking after families: for example, if two adults take a combined membership for GP and dentistry, two children are entitled to free care up to the age of 18.

‘If there’s one phrase that sums up what we do, it is continuity of care,’ adds Akash. ‘We like to create a bond with each patient and that allows us to talk to them informally. Often those discussions can make all the difference in how we choose to care for our patients.’

New patient offer: Book a GP appointment for £45 (usual cost £75 Monday to Friday and £85 at weekends) or a dental appointment for £25 (usual cost £75).

My Healthcare Clinic also offers:
* Paediatrics * Gynaecology * Dermatology
* Podiatry * Psychology * Mother and baby care (fertility testing, pregnancy scans, ante-natal and post-natal care, immunisations and infant feeding) * Travel clinic * Diagnostics (blood tests, ultrasound, genetic testing, dental x-ray, iTero and CT) * Occupational Health
* Sexual Health clinic * Dental hygiene and cleaning * Orthodontics (including Invisalign)
* Dental implants * Cosmetic dentistry

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Ritesh bought Aristone nine years ago. ‘This building has been an opticians for 60 years, so we’re definitely part of the Fulham community! I did consider a new name, but when I heard people talking about “Aristone” rather than “the opticians” I thought why change it.

‘We are a small team, we’ve all been here at least five years and we’re proud to be an independent family opticians. We have grandparents and children from the same families who come to us knowing that they’ll see a familiar friendly face.’

Providing a personal service is key to Ritesh’s approach. ‘Of course, there are set processes to follow with every eye test. But we never know what issue will arise (we also carry out glaucoma and diabetic screening) or how a customer will respond. That’s why we always tailor what we do to the individual.’

All Aristone glasses are made on site. ‘We have a lab upstairs so we can offer a same-day service (that also applies to repairs); customers can come for an eye test and leave a few hours later with their new pair of glasses. We stock a huge choice of frames (over 800) split evenly between designer and non-designer makes.

‘We also have a wide range of contact lenses. Most importantly, we take the time to sit down with customers and show them how to put the lens in and look after them properly – and we’re always here to help if there are any problems.

‘Whatever the service, I believe that if someone has a positive experience with us they will come back and recommend us to others.’

Aristone Opticians
356 North End Road,
SW6 1LY
020 7385 9772
aristone.opticians@gmail.com
www.aristoneopticians.com

Gautam and Ritesh

A CLEAR VISION
Whether glasses or contacts, repairs or eye screening, the experienced team at Aristone Opticians are Fulham’s optical specialists

Not many of us choose our future profession based on a Saturday job, but that’s what happened to Ritesh, owner of Aristone on North End Road. ‘I started at my local High Street opticians when I was 16 years old. I was helping customers with frames and lens and enjoyed it so much that I began thinking about the optical industry as my career.’
Artist Stephanie Villalba believes that every child, whether they are naturally gifted or an absolute beginner, can learn to draw and paint if they follow a set teaching method and receive personal attention. One glance at the completed and ‘in-progress’ paintings around the light, airy studios at Chelsea Wharf proves that Stephanie’s approach really does work.

Over the summer holidays the Chelsea Fine Arts team of experienced tutors will be running a series of workshops (15 July-23 August) for young people aged 8-18 at their two studios in Chelsea and Ravenscourt Park.

Chelsea Fine Arts’ teaching method is founded on the belief that artistic talent is best developed once basic techniques have been learned. ‘Without mastering core drawing skills, the ability to create will always be limited,’ explains Stephanie. ‘Our method is based on showing students how to work from observation. By focusing on tone and line, we encourage them to break down the way they view objects; from these building blocks, they can develop an original vision.’

The classes include a mix of ages with each student taught on an individual basis. All materials are provided (including reference books) and students can even have their work framed. The tutors have been trained by Stephanie to follow the teaching method and the still-life set-ups are composed to concentrate on a specific skill, such as perspective, composition or using complementary secondary and tertiary colours.

‘We teach in a variety of mediums because each is relevant to a particular technique,’ adds Stephanie. ‘For example, charcoal, is excellent for encouraging students to see big shapes and bold tones and ink and pencil help identify textures and line work.’

Stephanie recommends taking a minimum of three to five sessions to make the most of the workshops. ‘No previous experience is needed. Often students who come for a week knowing nothing are the ones who progress the fastest. It’s wonderful to see their confidence grow and their pride when they leave with their own framed work of art.’

Chelsea Wharf Studio
10 Chelsea Wharf, 15 Lots Road, SW10 0QJ
Ravenscourt Park Studio
275 King Street, W6 9QF
info@chelseafinearts.co.uk
www.chelseafinearts.co.uk
Dr Hala Mahfoud’s successful health and beauty clinic is founded on a clearly defined treatment philosophy. ‘We know that no two people are ever the same,’ she says. ‘That’s why we always take the time to get to know each patient and then devise a bespoke approach that fits their specific needs.’

After studying medicine in Syria, Dr Hala came to the UK in 1997, working as a Consultant in Obstetrics, Gynaecology and Sexual Health for the NHS. She opened her clinic on New Kings Road in 2017 with the vision of building a doctor-led service that offered professional aesthetic and wellbeing treatments in a safe, comfortable environment.

Over the last two years Dr Hala has introduced a wide range of exciting new options – among them Mesosculpt, CO2 laser resurfacing and Aquagold micro-needling – and, in the process, invested in the latest medical equipment. ‘The scope of our facilities means that we’re able to tailor how we work according to every patient’s age, the nature of their condition and their budget – and we can do it all under one roof.’

Dr Hala herself conducts all the new Mesosculpt treatments. ‘It’s a very effective way of reducing facial fat pockets, for example under the eye, around the cheeks or below the chin,’ she explains. ‘A series of precise, painless injections target the problem area; the result is that loose skin is tightened and the face becomes more clearly defined.

‘CO2 laser re-surfacing and Aquagold micro-needling are also proving popular with our clients. Aquagold is a minimally invasive anti-ageing and skin rejuvenation procedure and laser re-surfacing is perfect for acne scars, sun damage, blemishes and wrinkles. Lasers burn off the top layers of the skin leaving the skin smoother, tighter and more youthful-looking.”
skin in a completely controlled way and the natural healing response of tissue regeneration and collagen formation ensures that old damaged cells are replaced with healthy, glowing skin.’

Dr Hala is particularly proud to be one of the few gynaecologists in the UK with a Femi-Lift laser machine. It stimulates the production of collagen, the protein responsible for skin elasticity. ‘Post-birth, many ladies leak when they exercise, sneeze or cough,’ she explains. ‘The Femi-Lift provides non-surgical relief from stress urinary incontinence and it also alleviates vaginal dryness and pain during sex.

‘We also have two Harmony lasers: the XL Pro lifts and refreshes skin and is ideal for treating hyper-pigmentation and vascular lesions and mole and tattoo removal and the Soprano ICE Platinum laser has revolutionised hair removal – it is fast, safe, pain-free and suitable for all skin types.’

Warm and welcoming, Dr Hala epitomises the friendly approach of her team of therapists: she sees every new client for their initial free consultation and has a delightfully reassuring manner. ‘We’re proud of what we do and we want to achieve the best outcome every time.’

**Treatments include:**
* **Carboxytherapy:** combat cellulite, under-eye circles and stretch marks
* **Ozone Therapy:** a natural, effective way to detoxify the body
* **HydraFacial:** all-in-one facial cleansing, exfoliating and hydrating
* **FibroBlast:** lift sagging skin and smooth smoking lines
* **Plexr soft surgery:** lift the eyes and face and minimise acne and scar tissue
* **Skin lesion removal:** warts, moles, skin tags and tattoos
* **Vitamin IV infusion:** improve energy levels through plasma injections
* **LPG Endermologie:** tighten skin, target fat and beat cellulite with natural stimulation

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**Dr Hala Health and Beauty Clinic**  
Unit 3-4 Broxholme House,  
New Kings Road, SW6 4AA  
020 7371 8939  
info@halahandbeautyclinic.co.uk  
www.halahealthandbeauty.co.uk  
@HalaHealth
Since opening on Chiswick High Road in 2017, the Hugo Ceramicas tile showroom has built an excellent reputation for its high quality product range and friendly customer service. It stocks a huge array of interior and exterior designs in different formats and effects – and the choice has just got even wider.

Already the exclusive UK representative for Turkish tile manufacturer Yurtbay Seramik, co-owner Peter Hughes has recently struck a similar agreement with another major industry name, the prestigious Barcelona-based brand Roca. ‘They actually approached us, which was very flattering,’ says Peter. ‘We are now offering the full Roca portfolio in every material – marble, stone, wood, concrete, porcelain – in exquisite colours and large-format sizes.

‘Roca has a stylish viewing gallery in Chelsea Harbour – it was designed by Dame Zaha Hadid – and our clients are welcome to go there to see the tiles in a display environment. Also, when we have converted the top floor of our Leeds showroom to focus on Roca, our London clients will be able to take a virtual tour from here in W4.’

Whichever room you want to refresh and refurbish and whatever tile you’re looking for – decorative or practical, on trend or classically elegant – you’re sure to be inspired.

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‘I believe the road to recovery starts with a correct diagnosis. So, when the evidence suggests physiotherapy and injections will achieve results, I always try that route first.

‘Many patients are a little nervous about awake surgery – that’s only natural,’ says Nick, who practises at HCA Chelsea Outpatient Centre. ‘However, once I’ve reassured them that they won’t feel pain – we use very effective ultrasound guided nerve blocks and extra sedation if required – and explained the benefits of remaining conscious, any anxiety is usually allayed.

‘I believe the road to recovery starts with a correct diagnosis. So, when the evidence suggests physiotherapy and injections will achieve results, I always try that route first.

‘If, however, surgery is appropriate, then the advantages of staying awake are clear: it means avoiding the risks of a general anaesthetic – they are rare but significant – and, more commonly, post-operative nausea. Also, the pain relief can last 24 hours, patients leave hospital faster and, in some cases, rehab can begin straight away.’

During the operation Nick explains exactly what he is doing and patients can watch on screen. ‘There’s no blood, so even those who are squeamish to begin with often start asking questions. Interestingly, I’ve found that awake patients have the confidence to crack on with rehab: they don’t have to wait two weeks until their stitches come out to understand what I’ve done. They have a head start.’

While patients can choose to have a general anaesthetic if they wish, Nick now finds that most prefer the awake option. ‘The best testament is that if they return for another surgical procedure, they actually ask for it.’

Nick describes his working methods on his youtube channel (tinyurl.com/ShoulderTube).

His specialities include:
* Clavicle, elbow and shoulder fractures and degenerative conditions
* Rotator cuff tears
* Frozen shoulder
* Ulna Nerve compression
* Tennis and Golfer's Elbow

Nick Ferran @ Shoulder & Elbow London
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Just like most businesses, fashions come and go in carpets and flooring. Few people are better able to spot and respond to the latest trends than brothers Clay and Joe Miller, who have been running the Carpetstore for the last 25 years.

‘Recently, we’ve noticed more demand for carpets with the look and feel of silk,’ explains Clay. ‘At the same time, the hard-wearing, natural look remains very popular. Whatever the style, we guarantee that all our carpets have been moth-proofed. We use a treatment that puts a chemical on the yarn as it is spun – that works well.’

Customers at the Carpetstore are spoilt for choice. Clay and Joe have a huge selection of contemporary and classic designs for all tastes and budgets as well as made-to-measure bespoke rugs and a wide range of vinyl, tile and laminate flooring. Of course, customers are welcome to take samples home to check how the colours and hues work with their domestic lighting and decor.

‘At the moment, we have new designs in 100% natural Sisal and a large selection of room-size remnants at half normal price,’ says Clay.

‘We can make stair runners to order with different edges, either bound in cotton herringbone tape or with edges whipped the same colour as the carpet, and we also supply extra-heavy commercial wear carpets for communal stairs and landings.’

Come summer, the Carpetstore also stocks artificial grass. ‘As soon as the weather improves, people ask us for it,’ smiles Clay. ‘We have different qualities and thicknesses – from 20mm to luxury 40mm pile height – and at least the grass doesn’t attract moths!’

With their own skilled teams of fitters, the Carpetstore will take up and remove existing carpets, lay hardboard, ply and latex sub-floors and trim doors. Whether you know an Axminster from a shagpile, man-made fibres from wool, you’ll receive excellent personal service and no-nonsense advice.
Annie Leyland and her husband recently completed a major re-building project on their semi-detached house. They chose Jason Wilkinson of West London company Whitehall Construction as their contractor. Here Annie recalls the experience of working with Jason’s team.

‘Jason had told us the work would take four months. On the very first day on site we joked that we had prepared for four to six months. He turned to us and replied: “I said four months – and that’s what it will be.” And indeed it was. In fact, without Christmas, we’d have finished ahead of schedule.

‘Having lived in our home for five years, we wanted to add a front extension and completely re-configure the ground floor. We’d noticed that Jason was working on a big house nearby with which we were familiar – he was converting it into two smaller properties – and we were impressed with the quality of the build. We met and liked him; he was calm, totally professional and straight down the line.

‘Jason project-managed the job. When an issue came up with the structural engineer, he sorted it out. He was on site every day to make sure there were no blips, he gave us a detailed week-by-week plan of what would happen and when and no question we asked was ever too stupid. We knew where we stood the whole time.

‘Jason’s team reflected his approach. They were on fire – I called them the Red Bull team of builders – and there was no sitting around. I actually missed them when they’d left – how often can you say that about builders? I would recommend Whitehall Construction to anyone.’

Whitehall Construction has the expertise to take any project from design to completion

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‘Great service, great carpet.
Joanne R. W6

CAN WE HELP YOU TO PROMOTE YOUR BUSINESS?
Keep Things Local is a media business with a unique local focus. We publish five flagship magazines (Fulham Locals, Chelsea Locals, Chiswick Locals, Richmond Locals and Hammersmith Locals) and more launches are planned for Autumn and Winter.

The prime focus of each of these seasonal magazines is to profile and support independent traders and businesses. This is achieved through advertorials which are written, designed and photographed by our experienced in-house team.

In addition to featuring in the magazines, every advertorial is also published on our website (www.keepthingslocal.com) and in our newsletters and social media.

If you want to promote your business, call 07956 391739 or email connect@keepthingslocal.com

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nothing that Dom and Geoff don’t know about sports shoes and how to fit them.

‘Firstly, we like to scan feet,’ adds Geoff. ‘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. Armed with that information, we can then tailor the fit so that the feet are bio-mechanically balanced and work better.

‘We apply the same fitting principles for running, football, hockey, tennis, netball, cricket, rugby or fitness training. That means pinpointing the size and width

Sporting Feet also stock good quality running wear and the Ascent range of children’s school shoes. ‘They are hard-wearing and, because they incorporate sports technology, they’re ideal for running around,’ says Dom. ‘Kids just love them.’ Dom and Geoff are happy to give basic advice on injury prevention and treatments, have strong links with sports health practitioners and the shop has become an information hub for classes, teams and clubs.

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

BEST FOOT FORWARD

Whatever your sporting pursuit, it’s worth making sure your footwear is fit for purpose

‘If your sports footwear doesn’t fit – even slightly too narrow or too small or not enough arch support or cushioning – then it will likely cause issues or injuries,’ explains Dom Stead. ‘That’s where we come in: we have the experience and expertise to customise the shoe or boot and ensure the best fit.’

I’ve just watched Dom, who co-owns Sporting Feet in Putney with Geoff Ross, measuring the feet of an amateur runner and, to her surprise, she wasn’t the size she had thought. Customers travel to the specialist shop in Lacy Road from around West London – many popping over the bridge from Fulham – for a good reason: there’s

– we have extra-width options – and, if necessary, providing an insole that mirrors the arch type and reduces pressure points. We work with all the top brands, we’re independent and we never sell someone the wrong shoe.’

Sporting Feet
3 Lacy Road, SW15 1NH
020 8780 0558
customerservices@sporting-feet.com
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Advertorial | To read online search: Keep Things Local | #SportingFeetUK @SportingFeet
SUMMER HOLIDAYS
2019

WEEK 1
Monday 15th July - Friday 19th July

WEEK 2
Monday 22nd July - Friday 26th July

WEEK 3
Monday 5th August - Friday 9th August

WEEK 4
Monday 12th August - Friday 16th August

WEEK 5
Monday 19th August - Friday 23rd August

Morning Sessions
10:30 am – 1 pm
or
Afternoon Sessions
2:30 pm – 5 pm

(Minimum 3-5 sessions advised)

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