

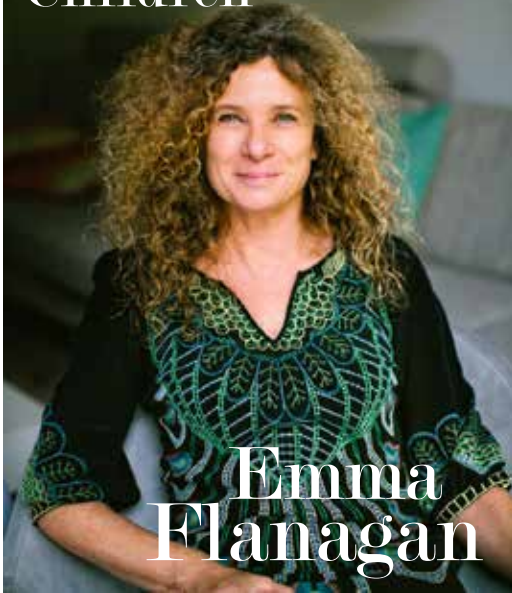
HAMMERSMITH LOCALS

WINTER



BROOK GREEN | BRACKENBURY VILLAGE | RAVENSCOURT PARK

West London Action for Children



Emma
Flanagan

Christmas is a time for families to come together and cherish one another. Spare a thought for those children and their parents who struggle, often due to circumstances beyond their control. Here we take a look at a local charity offering valued practical support and advice for those less fortunate than ourselves.

In 1917, the great and good of West London met to draw up a plan to tackle head on the effect poverty and deprivation was having on the lives of children.

Those religious leaders and social workers pledged to help some of the most vulnerable youngsters thought to be in 'moral

danger' in the capital. The organisations they set up went on to protect children who were victims of abuse, violence or bullying and even offered guidance to those lacking suitable parental supervision.

Today, one of those groups, now called West London Action for Children (WLAC), remains committed to those very same aims. And, despite nearly 100 years having passed since the founding fathers' meeting, children and their families from deprived areas often face similar problems today.

'Today, we work with parents to help them provide a stable family to face head on the challenges of the modern world,' says Emma Flanagan, a psychotherapist at WLAC.

'Our parents' groups have proven a remarkably good way to empower them so they can develop their parenting skills and understand their children's needs.'

The small independent charity which serves Hammersmith and Fulham and Kensington and Chelsea also helps children and parents tackle divorce, bereavement, bullying and mental health issues.

While the issues they encounter remain the same, the methods used to help have shifted with the times. The WLAC's team are trained in psychology, family therapy, and modern day social work techniques.

Working mainly from offices in Gertrude Street, Chelsea, the teams offer a series of sessions for young people aged under 19 years of age.

'We provide free, independent and confidential services to children and their families receiving state benefits,' Mrs Flanagan continues.

'We help them use their own skills and resources to address problems they face as a family.'

In the first half of the 20th Century, children were often removed from their families and placed in homes, special schools or with foster families in the countryside.

Nowadays, more emphasis is placed on keeping children with their families wherever possible.

'Despite the enormous material improvements in our society and the increase in the general standard of living, children still

find themselves in similar personal crisis and distress to their predecessors and the need for organisations such as West London Action for Children is therefore still as great as ever.'

As a registered charity, their invaluable work is funded by the generosity of its supporters.

But, as ever, it is the work of volunteers, from youngsters to pensioners, who help keep the charity ticking over.

'We are a small charity, and that generally means that volunteers will get involved at some point with everything!' she adds. That can range from office work, filing reporter, answering the telephone, handling donations, or running events.

You are invited to join WLAC for their 10th Postcards Anon Exhibition Sale at Christie's on November 10 to 14.

Postcards Anon is a collection of more than 1,000 original postcard-sized pieces of art, all available for a suggested donation of £25 each. There is a Private View on 10 November. Visit the WLAC website for further information.

Christie's Auction House

85 Old Brompton Road
SW7 3LD

West London Action for Children

020 7352 1155
15 Gertrude Street
London SW10 0JN
team@wlac.org.uk
<http://www.wlac.org.uk>

Shoots & Leaves

A LOCAL BUSINESS THAT CARES ABOUT LOCAL YOUNGSTERS

Shoots and Leaves is a truly local business with 17 years' of trading in London. It is proud to sponsor the WLAC article in Hammersmith Locals.

'We are delighted to be supporting the worthwhile work of WLAC again this year,' says Hew Stevenson, the owner of the landscape design and construction company. Once again, the company will be selling Christmas trees in Brook Green from November 28.

'And, as ever, we are also working closely with local schools with our Christmas voucher scheme, whereby schools get £5 for every tree sold (ask us for details).'

The company prides itself on buying direct from the growers, cutting out any middlemen costs. Earlier in the year staff are sent out to inspect the farms to ensure the trees are top quality.

It is that kind of attention to detail, Hew says, that means they get repeat

customers. A local delivery adds only a fiver to the total bill.

They also make handmade seasonal wreaths, garlands, lights and holly boxes to add a little floral luxury to Christmas.

'Over the years we have supplied schools, churches, celebrities, universities, TV shows, politicians, pub chains and restaurants as well as local residents,' Hew continues.

'A few years ago, we even supplied the tree for Downing Street for the first time.'

Shoots and Leaves will be located at Little Brook Green W6, The Palace Gardener (formerly Fulham Palace Garden Centre) Bishops Park Road SW6, Acton Park W3, Cleveland Park W13 and Lammas Park W13. You can also order online at www.christmastrees.london or by phone 020 8563 7733.

Shoots and Leaves

020 8563 7733
235 Trussley Road W6 7PP
hew@shootsandleaves.co.uk
www.shootsandleaves.co.uk
www.christmastrees.london

**WLAC
Charity
Sponsor**



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



Let's start with a quote from Frank Sinatra (a barber shop legend) to get us in the Christmas party spirit - **'Alcohol may be man's worst enemy, but the Bible says love your enemy!'**

Over the festive period there will be family get-togethers, New Year's Eve spectaculars and the notorious office Christmas (party) to deal with.

Chaps will make several pit stops at the barber shop in the coming weeks.

The old cutthroat razors are out ready for the traditional Hot Towel Shave.

And, like 'Ol Blue Eyes himself, clean shaven is the look to go for over the Christmas period (Santa is the only dude who should be sporting a beard come Christmas Eve).

With the whiskers gone you'll be looking and feeling younger plus we reckon it will put a big smile on Mum's face over Christmas dinner (I hope you are reading this Jono Openshaw, the bearded manager at Fitness First).

Remember the good old razor can have a real positive impact on your day.

For you guys shaving at home, here are a few tips to make your shave a treat and not a chore.

1. Make the experience more fun and soften your beard with a home-made hot towel. (I'm going to post a video on our website - look right - to show you just how to do this).

2. Treat yourself (it's Christmas after all) to a Badger Hair Shaving Brush, great for creating a rich creamy lather.

3. Use short strokes only, about an inch at a time. Also allow the blade to do the work, no need to apply too much pressure.

To all the ladies reading this column, here at Alexander Barbers Headquarters we are very proud of the gentleman of Hammersmith, we hope you are too. We have put together a little list of manly gift ideas to help you put a grin on your bloke's face this Christmas (he deserves it).

1. Kent Military Hairbrush

2. Shoe Shine Kit

3. You can't go wrong with the John Wayne ceramic mug



The team, Big Reggie (the dog), and I would like to take this chance to thank all the Hammersmith Locals and our customers for supporting us. You make the shop special and are the reason our barber shop buzzes. You make it a wonderful place to come into work each day. Wishing you all a very Merry Christmas and a Happy New Year.



38 Hammersmith Broadway, W6 7AB
020 8741 1801
haircut@alexanderbarbershq.com
www.alexanderbarbershq.com

EDITOR

It's that time of year again. The nights have drawn in and the chill of Autumn is being usurped by the colder and crisper weather of winter. As Christmas draws closer, we've taken a look at some of the community spirited people supporting the fine work of the West London Action for Children. It's a feature we will be looking to repeat in future editions. So, get in touch if there is a local charity or good cause you think should feature in these pages. And, if you think there is an unsung hero whose outstanding work benefits Hammersmith and Fulham area send me an email (see below).

As ever, the magazine also appears on the website below and as a downloadable PDF. We update the Events & Offers section regularly ensuring you know what's happening in your community. There are also special offers for many local shops and businesses.

So, from Hammersmith Locals let me take this opportunity to offer you a Merry Christmas and a Happy New Year. May 2017 be a peaceful year.

ADVERTISE WITH US

Editorial and Advertising
07956 391739
nigel@keepthingslocal.com

FIND LOCAL OFFERS AND EVENTS ONLINE:
<http://www.keepthingslocal.com/events>



Legal stuff: inclusion of information in this magazine does not imply information, products or services are endorsed, verified, or factual. Publisher: Species Enterprises Ltd / Keep Things Local Ltd. All Content © 2016 Copyright Protected. All Rights Reserved.



Meet the Aromatherapists

In aromatherapy essential oils are used in conjunction with a unique and special massage to rebalance the nervous system and the metabolism of the body. The oils are chosen individually to suit the client both mentally and physically. Some of the benefits reported include restored energy levels, reduced pain and anxiety, improved circulation, better sleep etc.



Makeda Hemans

'My love and appreciation for the natural environment was nurtured from childhood. I remember being fascinated that my parents knew how to identify various herbs in our garden and could tell me of their uses. As a result I have

used healing plants all my life.

In aromatherapy I use the essences of plants during massage for their effects upon the nervous system, for skin care and for general well-being.'



Olivia Inge

'During my modelling career I used to book an acupuncture or massage session after every long-haul flight to ease the effects of changing time zones on my body. My passion for traditional forms of medi-

cine led me to train as a massage therapist and acupuncturist. After qualifying in massage, I worked as apprentice to renowned aromatherapist Michelle Roques O'Neil. She took me under her wing and shared her unique method, which I now use to help clients deal with the stresses of everyday city life.'

**MAKEDA AND OLIVIA ARE OFFERING £15 OFF
THEIR TREATMENTS UNTIL CHRISTMAS!
A WONDERFUL CHRISTMAS GIFT IDEA...**

Brackenbury Natural Health Clinic

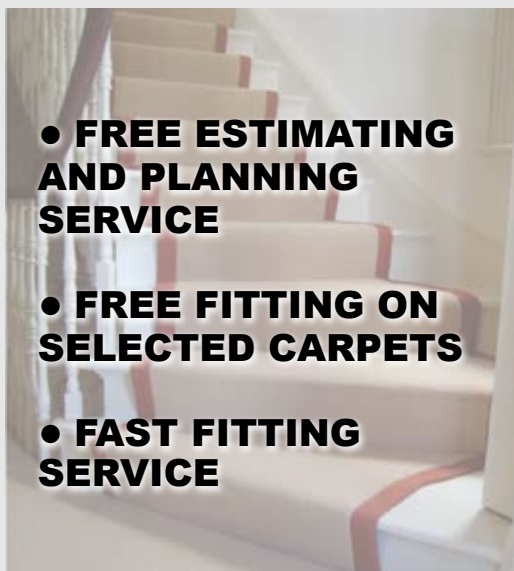
020 8741 9264
30 Brackenbury Road, W6 OBA
info@brackenburyclinic.com
www.brackenburyclinic.com





Joe Miller, owner

**10% OFF
CARPETS**
WHEN YOU
MENTION
THIS MAGAZINE
Offer ends 30 Nov 2016



- **FREE ESTIMATING
AND PLANNING
SERVICE**
- **FREE FITTING ON
SELECTED CARPETS**
- **FAST FITTING
SERVICE**

020 8749 9340

SHEPHERD'S BUSH

156 Goldhawk Road, London W12 8HJ

thecarpetstore@btconnect.com

www.thecarpetstore.info

“Great service, great carpet.”

Joanne R. W6

Special offers subject to terms & conditions.

Thatched House

‘Customers fall asleep in those big armchairs after a big meal..we have hoovered around them’

Ashanti May - Manager | Marinos Nikitakos - Chef

As the manager of The Thatched House in Ravenscourt Park, Ashanti May prides herself on ensuring the pub feels home from home.

Anyone having walked in recently will recall being greeted by her friendly staff, proving she is at pains to pick some of the best in the catering business.

‘We have a tight-knit team working in the pub. But, we are more friends than colleagues, and that works well for us and the customers,’ says Ashanti, who is 25 and from Chiswick.’

But occasionally her determination to ensure punters can relax as much as they want has led to some entertaining incidents.

Picture the three exceptionally comfortable studded leather chairs that surround the huge fireplace in what are the most coveted seats in the house.

‘Customers can fall asleep sometimes in those big armchairs, particularly after a big meal. So, if we are clearing up but don’t want to disturb them we work around them. That’s meant we have even hoovered around some customers as they sit their happily snoring away. Obviously, when we have to shut up shop we wake them.’

So, who are their main customers?

‘We get couples, families and the occasional famous person coming here for a drink. But, we like to think of ourselves as being at the centre of the community, so we also have local school meetings and corporate events.

‘But, because it’s a big pub, we also get used for music events - we have a regular opera evening and live jazz. And, we’ve also been used for wedding receptions, birthdays and even wakes.

‘In total we can have 70 people here at a single party event.’

The pub, a stone’s throw from Ravenscourt Park, means many dog walkers pop in for a drink. Not wanting the dogs to miss out, Ashanti also offers them a non-alcoholic drink called Bottom Sniffer, a fitting reward for a tired pooch. For hungry humans, Sunday roasts and moules marinières are particularly popular. The chef specialises in using seasonal produce, and changes the menu each week. They also offer lots of gluten-free and vegan dishes.

And throughout December, the pub will be offering a special Christmas party menu for just £32.50 (think wild mushroom soup or Foie Gras, to start, then Norfolk turkey, pigs in blankets, sprouts and chestnuts, or duck, fondant potatoes with a port and orange jus followed by Christmas pudding or a chocolate tort).

Then anyone wanting to stay out of the kitchen on Christmas Day could consider the Thatched’s £57.50 Christmas Day menu. Food - or your first glass of bubbles - is served from noon until 3pm. The menu includes celeriac soup, potted crab rarebit or a rabbit saddle wrapped in Parma ham to start, followed by Norfolk turkey or pan fried cod or polenta with wild mushrooms, then traditional Christmas pudding or chocolate sponge rolls, with coffee and mince pies to guarantee that bloated feeling.

Thatched House

020 8741 6282

115 Dalling Road W6 0ET

connect@thatchedhouse.com

<http://thatchedhouse.com>



Your local ARCHITECTS since 1992



We offer full or partial RIBA services to suit your project and budget including:

- Concept Design
- Interior Architecture
- Planning Applications & Advice
- Construction Drawings & Specifications
- Contract Administration & Site Inspections

CONTACT US FOR A
FREE INITIAL CONSULTATION:

159 Askew Road
London
W12 9AU

T: 020 8743 9535
E: info@cparchitects.com
www.cparchitects.com



@ArchitectsW12



The Andover Arms



Goska Wozniak



Gemma Worley

It is a well known fact within the catering trade that a pub that books lots of taxis around closing time is doing something right. But, rather than inebriated locals or motorists abandoning their car after one too many, the Andover Arms sees fleets of taxis turning up for very different reasons.

Firstly, the cabs arrive throughout the day and, secondly, very few of those being ferried to and from the pub are actually English.

The Andover Arms, nestling among the warren of Victorian-terraced streets in Hammersmith, has become an essential part of the London tourist trail. Taxis bring Japanese, Chinese, American, Australian and European holidaymakers eager to sample a real London pub atmosphere.

The hanging baskets filled with flowers outside the pub have appeared in many holiday snaps, along with one or two grinning locals.

Goska Wozniak, the manager who is originally from Poland, knows better than most why the pub is so popular.

'We have people from all over the world visiting us, usually couples, but also a lot of families, and now lots of local

young people,' she says.

'Recently we had a group of German tourists on a traditional English beer tour. Consequently, they wanted to try every Fuller's ale and beer we had. They loved Fuller's Vintage B, possibly because it's eight per cent. They can put it away, those Germans!'

For Goska and Gemma Worley, the assistant manager, it is the locals - or 'Bar Babes' or 'Pub Children' as they call them - who make the pub such a great destination.

'It's an old-fashioned, cosy and friendly pub,' Goska adds.

'Locals love to bring family and friends here for drinks and dinners out. Brackenbury Village has such a sense of community.

'Everyone knows each other. When you walk to the shops you say 'hi' to everyone you meet. It's great the pub is at the heart of that community.'

Gemma adds, 'The pub is popular because we also all love dogs! We give them a dog biscuit and a bowl of water, after regulars take their pets for a walk in Ravenscourt Park.

'Actually one of our regulars eats dog biscuits too, despite him claiming they are a little on the salty side.'

Albi, a black Staffordshire Bull Terrier, is the most regular canine visitor to the pub. The placid animal lives over the road but treats the pub like his own, probably because he gets given lamb bones from the kitchen's eight-hour cooked lamb shoulder. But it is the kitchen's traditional fish and chips which proves most popular.

'Some tourists ask us how to eat it. They are bewildered by a huge slab of battered and fried fish,' Goska adds.

Throughout December the pub will be offering a traditional turkey main course, Christmas pudding, seasonal soup, mulled wine and speciality wines. Then, acoustic music will add to the party mood.

On Christmas Day many locals have their Christmas dinner at the Andover.

'We only have one sitting on Christmas Day and it is booking up fast,' Goska says, adding that the bar opens at 11am for one hour before closing so the staff can concentrate on the Christmas dinners.

The Andover Arms

020 8748 2155
57 Aldensley Road W6 0DL
connect@theandoverarms.com
<http://theandoverarms.com>

Bradley Cahoon



Local handyman and Mr Fixit, Bradley Cahoon, tells us why Brackenbury Village has been home for nearly 30 years

Known for his distinctive bright floral shirts and pork pie hat, Bradley Cahoon has worked and lived in Hammersmith ever since he arrived in the area in the late 1980's.

But, he has never forgotten his roots in Canada where he learnt many of his practical skills and had no choice but to be self-sufficient.

Born in Lethbridge, in Alberta, Canada, Brad came from a family made up of carpenters and farmers. Consequently, he had to learn practical skills around the house and later around the family farm near Calgary.

For many years, he has been working in Hammersmith often using his skills as a practical-minded handyman, among other things.

His neighbours know better than most how obsessed and skilled he is at repairing and building things. He has constructed his own workshop and amassed a collection of tools, ranging from antique

Word of mouth from happy customers ensures the odd jobs keep coming for Brad

planes and chisels to high-tech computer controlled routers and laser cutters.

He has even built his own terracotta pizza oven in his garden (to the envy of many residents).

'I have been living in Brackenbury Village for more than 25 years, including working as part of the team at Grove Neighbourhood Centre on Bradmore Park Road,' Brad, 50, says.

'I think being a handyman from the local area means I have a vested interest in doing a good job because my reputation depends on it.

'Brackenbury is a small community and everyone

knows everyone. So, much of my work comes from personal recommendations.'

So, small carpentry jobs like hanging doors, repairing furniture, building those annoying flat pack furniture kits, and fitting tiles or unsticking stuck windows is Bradley's forte.

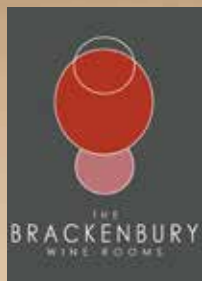
'No job is too small. The minimum payment is £20, for a job that takes an hour. For bigger jobs I can draw up a fixed quote,' he adds.

Brad came to the UK as a student travelling around Europe in 1987 before meeting his wife, Susan, who was born and bred in London.

Local handyman and Mr Fixit, Bradley Cahoon, can help with IKEA assembly, odd jobs and repairs. No job is too small. He charges £20 per hour.

**Local Handyman
Bradley Cahoon**

07715 408202
Hammersmith W6
bradleycahoon@me.com



The Brackenburg Wine Rooms
111-115 Hammersmith Grove



**Christmas bookings
now being taken
email**

rob@wineromms.london

Tel 0203 696 8240



Established 1983

ORGANIC AND FREE RANGE

- Free range Norfolk black turkeys
- Packington Farm free range capons
- Judy Goodman free range geese
- Smoked gammon
- Homemade wheat-free sausages and beefburgers
- Complete range of game
- Rare breed free range Galloway beef
- Free range Welsh lamb
- Blythburgh free range pork

**WE ARE TAKING
CHRISTMAS ORDERS
NOW UNTIL
15th DECEMBER 2016**

**Please call us on
020 8748 6121**



John Stenton Family Butchers
55 Aldensley Road
Hammersmith W6 0DH
www.johnstenton.com

The Carpet Store



Joe and Fiona Miller
This local family has you covered.

Your step-by-step guide to buying a carpet (and getting it fitted in time for Christmas) with handy hints from the Carpetstore's secret tricks of the trade:

Firstly, a bit of preparation goes a long way to help you know what you want and need when buying a carpet. Pop into the shop to try out the textures and understand the uses for different kinds of materials and weaves.

A twist carpet made up of cut pile and twisted fibres helps to create a hardwearing and textured carpet. Add to that a plain or 'heathered' style and marks will be harder to spot. The carpet is also less likely to fluff and wear.

Then there are loop carpets that have a tight and resilient weave which quite literally bounce back, and so are ideal for hallways where they get a lot of use.

Finally, there are velvet carpets that, as the name suggests, have a more luxurious and smoother finish. These are ideal for bedrooms or living rooms where you want to maximise that feeling of comfort and plushness.

When you have chosen what you're after, we can cut you swatches to take home to try out.

Getting the right colour is the key. Place the samples in different parts of the room to see how it reacts to light and different shades to help you get an idea of how it may look.

We can then pop round to measure up the rooms and give you an accurate estimate of the costs and the time we need to do the job.

Once we are done, simply enjoy your sumptuous new carpets.

The Carpetstore

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



Chartered Practice Architects



'We'd like to be in by Christmas'

Warren Hagues

One phrase that residential architects sometimes hear is; **'We'd like to be in by Christmas'**, or another such occasion. There's a lot of work to be completed before the building works can begin, including: surveys, developing the brief and design, planning approvals, building regulations compliance, Party Wall Agreements and tender returns etc. Your architect will be able to prepare a programme to provide clients with an idea of how these fit together and when they can expect paint to have dried in their new home, and then enjoy the new space.

In order to minimise delays during the construction phase make sure that you have signed a (preferably standard) building contract with your contractor. This will specify: the amount of work, the contract sum and the contract length.

By getting a fixed quote, rather than an estimate from the contractor, including removing as many provisional sums from the contract as possible prior to signing the contract, one can be further reassured of a completion date – as additional costs can impact on the building programme.

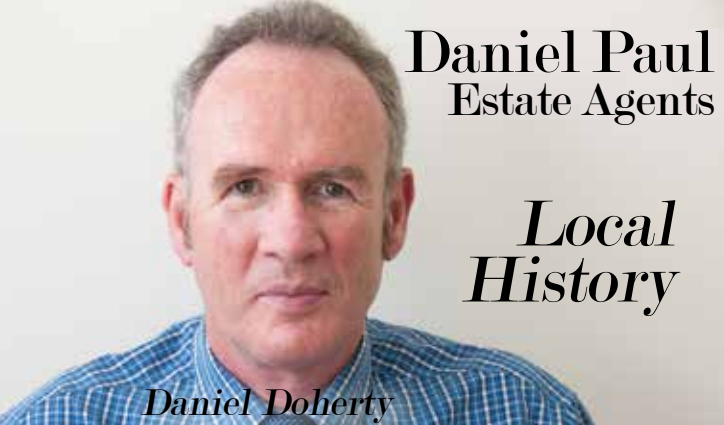
Lastly, changes to the design and additional works during construction also increase the length of the construction phase. If you employ your architect to administer the building contract they will ensure that any changes, and their impacts on time and cost, will be determined impartially and professionally. This helps clients understand the implications of changes and make informed decisions.

In order for the vision to be completed on budget and on time it is crucial to have a design which has been fully considered before a spade ever hits the ground.

Chartered Practice Architects

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





Daniel Paul Estate Agents

Local History

Daniel Doherty

WHAT'S IN A NAME?

It is generally accepted that the name Brackenbury Village was coined by some sharp suited, smooth talking estate agent.

Classifying a warren of Victorian terraced streets into something between a hamlet and a town was a cunning move. It certainly chimed with residents eager to define a neighbourhood known for its sense of community and friendliness.

But what are the real roots of the area? In medieval times, the Bradmore estate was a patchwork of orchards and small gardens run by small scale farmers selling their produce to eek out a living.

At that time Goldhawk Road was based on a Roman Road heading to the West Country and the town of Bath. Meanwhile, King Street headed south towards Plymouth.

With the arrival of the Hammersmith and City Railway to Paddington in the 1860s came the more affluent commuter who bought land to build houses and then needed churches and schools. Much of the wealth was also linked to the boom in industrial shipping and trade using the Thames.

And, where there were workers there were brewhouses and pubs, eager to cash in on thirsty men with a spare bob or two.

Towards the end of that century, George Wimpey based his house building company on Hammersmith Grove. One of his early big projects was building the Goldhawk Road Tramway.

Towards the end of World War I, Samuel Waring formed the Alliance Aeroplane Company to build civil aircraft from its base on Cambridge Grove.



In the 1920's, Henry Moore, worked from Adie Road, perhaps attracted to the area because it had a burgeoning reputation for skilled workmen, an asset for a sculptor creating monumental bronze works.

But, like so much of London ravaged by the Blitz bombings of World War II, the area fell into appalling decline in the recession hit years of the 1970's.

It was probably around that time that the estate agent who would hark back to a yesteryear of village life was born.

Q. Could you please tell us what effects Brexit is having on residents?

I had noticed that there was an air of uncertainty in the weeks before the Brexit vote on the 23rd of June 2016.

This uncertainty has continued, as landlords and tenants, are unclear as to the long term financial impact of withdrawing from the European Union.

During this period there has been a wait and see attitude from tenants, they are tending to stay put, and landlords are generally happy to renew contracts on favourable terms.

Generally speaking, the rental market has flattened off, and until we see a more positive move from the Government in the property sector, confidence in new investment will remain at low levels.

Q. Would you advise people to rent out their property and not sell at the moment?

I have no doubt that we will see lower numbers looking to buy, as we head into the mid-winter seasonal slowdown in housing activity. I think over the long term property prices will continue to rise, but not at the rate of previous years.

At this time of year there is a general lull in the sales market, and traditionally the market picks up in the Spring.

My advice to homeowners thinking of renting out their property, would depend on each person's individual circumstances. The perfect scenario, if time is not an issue, is for vendors to rent out their property, and then wait and see how the property market performs, over the next couple of years.

Daniel Paul Estate Agents

020 8743 5254

168 Goldhawk Road W12 8HJ

info@danielpaul.co.uk

www.danielpaul.co.uk



Grove Neighbourhood Centre



Kim Benson

He has worked as a civil servant in the Department of Trade & Industry and been a menswear salesman at Liberty. But in recent months, Kim Benson is bringing his years of expertise to bear in helping to run the Grove Neighbourhood Centre (GNC).

For five years he volunteered at the GNC, but started officially as the Centre Assistant in February. The job, which he shares with Marie Ellis, brings him into contact with the very community he was brought up in back in the 1950's.

'I originally started coming to the centre to learn ballroom dancing. The classes are great fun,' he says. 'I started to volunteer at fetes, helping to set up the clothes stalls.'

Working at the centre has allowed him to reconnect with his local community.

'I'm a West London boy at heart after being born in Paddington in 1957. It's all about local people. Meeting and greeting them when they come into the centre. We have a lot of classes here covering all sorts of activities: yoga, pilates, still life and folk art, and even Arabic language tuition.

'Sometimes I am answering people's enquiries, on the telephone or through e-mail. Then I may be helping the GNC Team organise the autumn and spring fetes, coach trips, tea dances and the other activities we have in the pipe line, that bring people together from the neighbouring community.'

'The Centre does a great job in the community and I am proud to be a part of it.'

Grove Neighbourhood Centre

020 8741 3321

7 Bradmore Park Road, W6 0DT

<http://www.groveneighbours.org.uk>



Ian McCarroll Tool Chest

020 8748 7912

68 Iffley Road, W6 0PF

ian@toolchesthire.co.uk

www.toolchesthire.co.uk

TARGET AUDIENCE!

While this free magazine reaches nearly 10,000 readers in the borough, it is also available online at www.KeepThingsLocal.com and as an emailed newsletter. You will find the usual articles, as well as many opportunities to find events and local listings. In fact, here at Hammersmith Locals we want to be able to promote events in the magazine and online that you think would be of interest to readers.

If you are a local business then why not consider our very competitive rates to advertise in the magazine and online. We have special deals to introduce you to the community to explain just what it is you do. So, whether a music teacher, decorator, carpenter, or private tutor, you can benefit from direct marketing to your potential customers in print, online and through newsletters.

Don't forget the next issue comes out in Spring. So, make 2017 a great New Year by reaching your target audience. Get your message out to the very people who matter to you - the locals. But, you don't have to wait until the next issue - we post your events and special offers on our website, in the email newsletter and through social media.



Full page advertorial - £450

Half page advertorial - £250



Double page spread - £750

Back cover - £700



All content appears on the website, as well as the newsletter and social media.

CONTACT KEEP THINGS LOCAL

Editorial and Advertising

07956 391739 nigel@keepthingslocal.com

Find local events and special offers online:

www.KeepThingsLocal.com/events



EXPERIENCE FITNESS FIRST HAMMERSMITH

Facilities and benefits include:

- ✓ Freestyle functional training
- ✓ Olympic lifting equipment
- ✓ 18M swimming pool
- ✓ Mind & Body studio, including hot yoga
- ✓ Free towel hire
- ✓ Free Wi-Fi & interactive iPoint touch screens
- ✓ Inside Track: Tips, advice & training programmes from Team GB athletes & coaches
- ✓ BioScore: Discover your real age
- ✓ Free CustomFit App: Anytime. Anywhere. Support
- ✓ Free monthly programme reviews by our experts
- ✓ Fitness Fridays - Bring a friend for free every Friday
- ✓ Month by month memberships available



Find us a short walk from both stations on Hammersmith Grove

HAVE A WORKOUT ON US FREE 1 DAY PASS

To download your free 1 day pass,
visit [FitnessFirst.co.uk/1day](https://www.fitnessfirst.co.uk/1day)

Fitness First Hammersmith

T: 0344 571 28 70

E: Hammersmith@FitnessFirst.com

For full terms and conditions visit
[FitnessFirst.co.uk/guestterms](https://www.fitnessfirst.co.uk/guestterms)

F
Fitness First
OFFICIAL FITNESS PARTNER

TEAM GB
OFFICIAL OLYMPIC PARTNER

Need a website?

We build, upgrade, and maintain websites that *really* work. Here's a few local businesses who use our website, content, promotional, and social media services:



The Carpetstore

020 8749 9340
156 Goldhawk Road, W12 8HJ
www.thecarpetstore.info



John Stenton Butchers

020 8748 6121
55 Aldensley Rd, W6 0DH
www.johnstenton.com



Alexander Barbers HQ

020 8741 1801
38 Hammersmith Broadway, W6 7AB
www.alexanderbarbershq.com



Indian Zing Restaurant

020 8748 5959
236 King Street, W6 0RF
www.indian-zing.co.uk

CALL FOR A FREE QUOTE

07956 391739

nigel@keepthingslocal.com

<http://keepthingslocal.com>



Big Sale £599



Offer valid till 1st December 2016

- 3 DAY DELIVERY WHEN IN STOCK
- FREE INSTALLATION - TWO YEAR WARRANTY
- MODULAR SECTIONS ALLOWING LEFT OR RIGHT PLACEMENT
- OUR SOFA BEDS KEEP THEIR SHAPE WITH HIGH-DENSITY FOAM
- STORAGE SPACE FOR BEDDING
- PERFECT FOR GUESTS



SOFA FOX | 0777 034 3058
contact@sofafox.co.uk | www.sofafox.co.uk

Shoots & Leaves

Landscaping Design & Construction

RAISE MONEY WITH OUR £5 CHRISTMAS TREE VOUCHERS

We are giving vouchers to schools, churches and sports clubs to sell and raise money.

For details call **020 8563 7733** or visit:

www.christmastrees.london

EST 1983
BRACKENBURY
NATURAL HEALTH CLINIC

GIVE A CHRISTMAS GIFT VOUCHER

MASSAGE · AROMATHERAPY

REFLEXOLOGY · SHIATSU *and more*

020 8741 9264

30 Brackenbury Road, W6 0BA

info@brackenburyclinic.com

www.brackenburyclinic.com

dp DANIEL PAUL
Sales, Lettings & Management

020 8743 5254

168 Goldhawk Road

Shepherd's Bush W12 8HJ

info@danielpaul.co.uk

www.danielpaul.co.uk



Advertise here



CONTACT US

Editorial and Advertising

07956 391739

nigel@keepthingslocal.com

