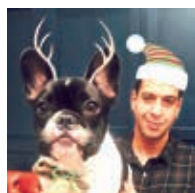
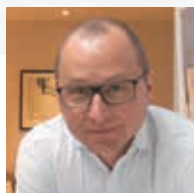
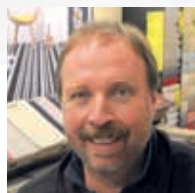
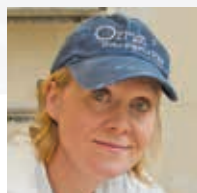
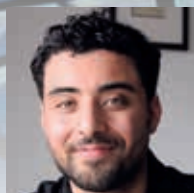
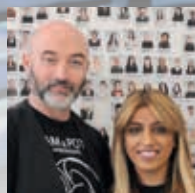


HAMMERSMITH LOCALS

WINTER



BROOK GREEN | BRACKENBURY | ST PETER'S SQUARE | RAVENSCOURT PARK



Jess Webber

GIVING LOCAL CHILDREN A BETTER CHANCE

Jess Webber is the youngest patron of West London Action for Children. This year the remarkable local charity is celebrating its 100th anniversary – and, as she explains, its work is as relevant as ever

Jess Webber has recently accepted an invitation to become West London Action for Children's (WLAC) newest – and youngest – patron, and she is clearly very proud. 'Whenever I go into WLAC's office, I'm genuinely in awe of the team and what they achieve,' she says.

'Everyone is friendly and caring and the therapists are so dedicated to the charity's work. I've watched children and their parents leave after a session or group activity and you can really see that a load has been lifted from their shoulders. It's just incredible to witness how much real progress can be made in a safe, supportive environment.'

This year West London Action for Children (WLAC), is celebrating its centenary. Since it was founded in 1917 to address 'the problems

of moral evils affecting children' the charity has constantly adapted, reflecting society's attitude towards young people in crisis. One thing, however, has never changed: its mission to help vulnerable children and their families in the boroughs of Hammersmith & Fulham and Kensington & Chelsea.

Today, WLAC is a fully professional operation funded entirely by grants and donations. Where troubled children may once have been seen as objects to be removed from irresponsible parents and problem homes, they and their families are now regarded as clients and they receive the highest possible standard of care.

WLAC's work, originally an intervention in desperate situations, is now solution-focused,

dynamic and client-orientated. The charity currently helps over 500 people and is staffed by highly qualified psychotherapists and counsellors who offer tailor-made individual and family therapy and also run projects in schools and drop-in centres.

Jess, who grew up in Ravenscourt Park and now lives in Hammersmith, has recently graduated from the Drama Centre and is beginning her acting career. She has a family connection with WLAC. 'My mother is a trustee of the charity and when I was young, about 11 or 12 years old, she helped to arrange trips for the children to places like London Zoo and Thorpe Park. I was lucky enough to go along and join in and, from that point on, I always took part in volunteer activities such as fun runs.

'Then, before I started at Drama School, the charity's administrator took a month's leave to prepare for her wedding and honeymoon. I was trained up to take over her role on a temporary basis. After that, every time there was a holiday I used to go back to help with child care or fundraising events and now I'm Project Manager. Recently, I was involved in organising the Promises auction for our centenary appeal – that raised over £30,000.'

As WLAC's newest patron, Jess will act as an ambassador for the charity's work. 'I'm looking forward to it,' she says. 'I'm the youngest they've ever had – it's quite an honour – and I want to help to raise our profile and find new volunteers, in particular amongst my own age group. Hopefully, when I've got some acting jobs, I'll be able to use my contacts in that world to spread the word even more!

'WLAC does provide a truly amazing service for children and their families who have nowhere else to go. What's so lovely is to see children and mums meeting up and then hear them laughing and enjoying themselves.'

West London Action for Children

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



WINTER WARMERS

Thor Gudmundsson raises a glass – or two – to the festive season!

The cold weather has well and truly arrived, so it's time to consider which wines are most appropriate for winter and, in particular, to enjoy at Christmas and New Year.

So, not a word about rosés – unless, of course, it's pink bubbles! And, fortunately, we are stocking Pierre Peters Rosé d'Albane, a cult grower Champagne if ever there was one, alongside the Renard Barnier Blanc de Noirs and the elegant Jacquesson Cuvée 740.

Rich, generous reds are perfectly suited to frosty days and nights. Here are three of the best from our list to suit all tastes and budgets. Firstly, Ballon red 2016 is the wine we blend with our friends at Estezargues, 15 minutes west of Avignon. Overflowing with red and black fruit, it's organic and made naturally.

Secondly, and for lovers of Burgundian wines, we're fans of Elemental Bob's 2015 Pinot Noir. Subtle and bursting with the glorious sunshine of the Western Cape, it is the perfect wine to pair with game, goose or turkey.

Finally, if you fancy treating yourself to a very classy Rioja, choose the 1996 Urbina Gran Reserva. Having spent four years in oak barrels followed by another 17 of bottle ageing, it hits the spot and is amazing value for money.

The Brackenbury Wine Rooms

111-115 Hammersmith Grove, W6 0NQ
020 3696 8240
brackenbury@wineromrooms.london
www.wineromrooms.london/brackenbury

KEEP IT LOCAL!

Welcome to Hammersmith Locals. Thank you to all the readers and businesses who got in touch with us after our last issue – all the positive comments were very encouraging!

This Winter edition features some interesting new ventures. Pho District on King Street is offering deliciously light Vietnamese cuisine and, in Ravenscourt Park, Piate provides a shared dining experience based on a Mediterranean menu. Meanwhile, on Goldhawk Road, Vishal and Tanvi Patel have opened two complementary businesses-in-one: they are combining an online pharmacy with a health and fitness shop.

Even though it's not December, the C word does sneak into a few pages, not least with the imminent arrival of Santa himself at the Andover Arms and the Thatched House. And, if you're seeking inspiration for a post-Christmas health and fitness blitz, do check out Nahid de Belgeonne's yoga classes and one-off workshops at the Hampshire Hog.

With Christmas in mind, I would like to draw your attention to our interview with Jess Webber. Jess is the newest patron of West London Action for Children, a local charity that does amazing work. If you can help WLAC in any way, either through donations or as a volunteer, it would be much appreciated.

Neil

Neil McKelvie, Editor

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We would like to thank readers and businesses for all their support in 2017. Do get in touch if you think there is a good local story or an unsung hero that you think should feature in these pages.

So, from everyone at Hammersmith Locals we would like to wish you a Merry Christmas and a Happy New Year!





Nahid de Belgeonne

Photograph: Annabel Moeller

YOGA FOR LIFE

'Nahid has transformed my yoga practice. I always feel blissful after a class with her.' – Gemma Arterton, Actress

'Some classes are now so fast, they seem more like cardio work-outs,' reflects Nahid de Belgeonne. 'Yoga should be about quietening the mind and opening up the body.'

'My approach, which is based on the latest anatomical and movement thinking, is to use a slow pace that enables students to process instructions easily and to fully connect with their breath.'

Nahid has been teaching since 2010 and, complementing her one-to-one sessions, she takes two regular classes (Alignment-based Yoga Flow and Restorative Yoga) on Monday evenings in the wonderfully light, airy room over the Hampshire Hog on King Street, Hammersmith.

'I have 12 people in each class, so everyone receives hands-on attention. Also, I always encourage the use of props and never force students' bodies into unnatural poses, so both classes (the first is 50% off for new clients) are suitable for complete yoga beginners as well as the more experienced.'

Cultivating strength, flexibility and awareness, Alignment-based Yoga is perfect for those seeking a moment of stillness away from the stresses and strains of modern life. Restorative yoga is designed to release tension in muscles and joints in supported poses, so it's ideal for anyone who sits hunched over a computer or sports players with tight muscles.

Advertorial

In the New Year (16 January) Nahid, who has lived in W6 for 18 years, will also be teaching two special workshops. 'In the first, Yoga for Beginners, I'll introduce all the core poses and in the other, Restorative Yoga for Better Sleep, the poses and breathing techniques that can improve sleep,' she says.

Also, for those wishing to take their practice deeper, in September Nahid will be leading a group to Spain where the daily routine will include five hours of yoga.

'I would love anyone who, hitherto, might have thought yoga was not for them to come along,' adds Nahid. 'Equally, if you've been to yoga before, I can offer a different method that will help you feel more at ease in your breath and body. My teaching is about yoga for life – it's yoga for longevity.'

Nahid de Belgeonne
nahid@yogawithnahid.com
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Tanvi and Vishal

WHEN BOOTS MEETS HOLLAND & BARRETT

*Vishal and Tanvi Patel have created
an online pharmacy and health business*

Eagle-eyed locals may have spotted a new business at 86 Goldhawk Road. Fitness Fuel and Pharmacy on Wheels opened five months ago and is owned by husband and wife team, Vishal and Tanvi Patel. As you might guess from the name, the enterprising young couple, who are both qualified pharmacists, actually run two complementary operations from the premises.

Vishal and Tanvi met at university and, since graduating, they have worked in chemists and pharmacies – from High Street names to independents and health centres. ‘Our vision is to combine a pharmacy – in

our case, an online pharmacy (Pharmacy on Wheels) – and a health and fitness retail outlet (Fitness Fuel),’ says Tanvi. ‘You could say we want to create the perfect fusion of Boots and Holland & Barrett.’

The concept of an online dispensing pharmacy is still relatively new. ‘The huge advantage is convenience,’ explains Vishal. ‘Having registered with us, either online or via our paper consent form, patients can get their practitioners to send their prescriptions by electronic transfer and we will deliver to the door – be it a home or work address. If the location is within five miles

Advertorial

and we have the medicines in stock, it’s a same day service. Most importantly, we are governed by the Pharmaceutical Council and the NHS in exactly the same way as a traditional chemist.’

The Fitness Fuel side of the business is based at the shop. ‘We want to cater for everyone from health and fitness enthusiasts to mothers and babies and the elderly,’ confirms Tanvi. ‘We stock natural skincare products, health and superfoods (chia seeds, goji berries), protein shakes and powders, spelt and coconut flour, vitamins and minerals as well as a wide range of nutritional supplements and fitness aids. And if we don’t have something, we’ll order it.’

With an on-site consultation room which the couple use as a licensed travel clinic, Vishal and Tanvi don’t lack for ambition. They are certainly providing a fantastic one-stop medical and lifestyle resource for the local community.



Fitness Fuel and Pharmacy on Wheels

86 Goldhawk Rd, W12 8HD

020 8740 5555

info@pharmacyonwheels.co.uk

www.pharmacyonwheels.co.uk



Loc and Neville

Photograph: Annabel Moeller

THE TRUE TASTE OF VIETNAM

Two enterprising young cousins are bringing the delicious, healthy cuisine of their homeland to Hammersmith

King Street regulars may have noticed that the former VietAce restaurant has reincarnated as Pho District. Stylishly redecorated, the name change is the culmination of much hard work by the engaging entrepreneurs who co-own the Vietnamese restaurant.

Loc and Neville acquired the business two years ago. Since then, they have been gradually putting their stamp on the operation. Loc has a proven track record in hospitality – he used to work for the Vietnamese Kitchen chain – while his cousin Neville handles front of house affairs.

Talking to them, it is instantly apparent that they share a passion for their homeland's cuisine. 'Our food is elegant,

light and very healthy,' explains Loc. 'We want customers to experience authentic Vietnamese food and that's why we source the finest, freshest ingredients. We've also reduced the number of dishes we serve to ensure everything is the best quality.'

The cousins have taken great care over the menu. 'We've travelled all around Vietnam looking for regional specialities,' says Loc. 'We then made the final choice of dishes with Duong Doan, our Head Chef. I knew him from the Vietnamese Kitchen and when I heard he wanted a new challenge, we jumped at the chance to work with him.'

For those not familiar with Vietnamese cuisine, what Advertorial

signature dishes would they recommend?. 'For a main, I'd suggest *Bun Mam*,' says Loc. 'It's a mixture of steamed rice vermicelli noodle, shredded iceberg, herbs and meat (beef, chicken, prawns, tofu or grilled pork) with a kick of lemongrass. And for dessert, try *Che Sen*, a sweet pudding with mung beans and lotus seeds – it's a traditional cure for insomnia.'

If enthusiasm counts, this culinary venture will be a success. Loc and Neville are keen to become part of the W6 neighbourhood and their lunch menu is already proving popular with employees at the council offices. Also, always a good sign, London's Vietnamese community regularly travel to Hammersmith to eat at Pho District. You can't get higher praise than that!

Pho District

216 King Street, W6 0RA
020 8748 2584
info@phodistrict.co.uk
www.phodistrict.co.uk



Mike Moran

TOP HAT CELEBRATES ITS 50TH ANNIVERSARY

Mike Moran's family business delivers high-quality laundry and dry cleaning services

You could say that Mike Moran was born into the world of dry cleaning. He was just two when his parents, Mike Snr and Pat, opened the first Top Hat in Kingsley Road, Hounslow in 1967. Most appropriately, given this year marks the 50th anniversary of the family business, Mike recently won Drycleaner of the Year at the *Laundry and Cleaning News* awards: 'That was a nationwide competition, so I was chuffed about it,' he says proudly.

Mike's father started working at the Welcome Laundry in Isleworth and then Reliable

Cleaners in Feltham while still at school. So, by the time he left, Mike Sir was already an 'old hand' and ready to launch his own venture. He was joined by his wife Pat and together they built a successful chain of dry cleaners, opening eight Top Hat outlets in all. Mike and his brother Paul completed their apprenticeships in the industry and, in 1984, Mike took over the operation from his parents.

In 2014 he opened the Top Hat branch at the Ravenscourt Park end of King Street (open 7am-6pm Mon-Fri and 9am-5pm Sat). 'The full-service laundry, which is in the basement, is run by my cousin Steve – he's been in the trade for 35 years – and John, who is equally experienced, manages the upstairs receiving shop,' explains Mike.

'We've invested heavily in the latest state-of-the-art equipment and machinery and that allows us to process all our laundry in-house and to provide "wet clean" services suited to items such as raincoats. Equally, our top-quality presses and ironing tables allow us to deliver the best finish possible for shirts and linens.'

All the dry-cleaning, alterations and repairs are taken to Top Hat's Chiswick branch in Devonshire Road (Mike does regular runs between the two branches to ensure prompt delivery). 'In the dry cleaning industry, it's rare to have our team's level of knowledge,' he says. 'We can look at anything, be sure what the material is and know how to treat it.' Here's to Top Hat's next 50 years!



Top Hat Dry Cleaners

289 King Street, W6 9NH

020 8741 2581

info@tophathammersmith.co.uk

www.tophatchiswick.com



Andreas Hagisoteri

SHARE AND SHARE ALIKE

Family-run restaurant Piate offers a delicious shared dining experience in a warm, welcoming atmosphere

The hospitality gene runs deep in the Hagisoteri family. Andreas, who recently opened Piate on King Street (opposite Tesco Express) in partnership with his father, is the grandson of (another) Andreas who owned the popular Kleftiko restaurant in Chiswick for many years. 'You could definitely say that I was born into this business,' he smiles. 'I grew up in my grandparents's kitchens, I was always in there tasting the food.'

Andreas is the Head Chef at Piate – most recently, he was a chef at the US Embassy – and he has a clear concept in mind for his first restaurant. 'We are focusing on dining tapas-style, so all our dishes are designed for a minimum of two to share and, most importantly, they are

excellent value,' he explains. 'I always describe my food as Mediterranean-influenced. It is high quality, unfussy, seasonal and we're proud to use fresh, locally sourced ingredients.'

It takes some arm-twisting to persuade Andreas to recommend any signature dishes – he's a modest man – but, in the end, I'm successful. 'The calamari is worth trying – I cook it in a crispy batter with chilli and parsley, the lamb cutlets are always good and I've had some nice feedback about the courgette and cauliflower fritters, which are made with a lovely honey and yoghurt dip. Also, if customers would like more vegetarian or gluten-free alternatives, if they contact me in advance I'll create or adapt something for them.'

The menu is complemented by a varied wine list that combines well-known and less familiar labels. Stylishly designed, Piate is the perfect place to hold a party; clients can design a menu according to taste and budget and, from January, Andreas will be starting a daily lunch service.

Even though it has only been open for a month or so, Piate is already attracting an enthusiastic local clientele. Andreas has clearly inherited his family's knack for friendly, attentive customer service and great-value fine dining.

Piate
300 King St, W6 0RR
020 8617 1092
info@piate.co.uk
www.piate.co.uk



Adam and Potsie

THE CUTTING EDGE

Whatever the style, colour or cut, Adam and Potsie provide first-class professional hair care with a delightful personal touch

The first thing that strikes you about Adam and Potsie's bright hairdressing salon in Ravenscourt Park is a picture gallery of hundreds of beaming faces. 'Our business is all about making people feel positive, so it seemed an excellent idea,' explains Adam.

'We've been putting up photos of happy customers since February and now there must be almost 500 on the wall. We've found that the gallery helps to make new clients feel at home and it's become an attraction in itself.'

Adam and Potsie are familiar, well respected faces on the local hairdressing scene. For 15 years they ran the Essensuals/Toni&Guy salon in Hammersmith, building a

20-strong team and attracting a loyal following. When that venture came to an end, and after a spell at Toni&Guy in Chiswick, Adam decided it was time to launch their own salon. 'We had lots of clients in Chiswick and Hammersmith, so this location is perfect.'

Unsurprisingly, with so much experience, the couple has a clearly defined business philosophy. While they offer all the technical skills of a major salon – Potsie is a superb colour technician and Adam is the master of cutting and blow-drying – what matters most is what Potsie calls 'a genuinely friendly service.'

'In some salons, it can seem like you're on a relentless conveyor belt,' she says. 'That's Advertorial

not us. We take time to chat and get to know our customers; we listen to what they want, we like to introduce them to one another and we provide tea, coffee, wine or Prosecco. It's like joining a family.'

'We like people to come to us, relax and be confident that they'll be completely satisfied with the results,' adds Adam. 'We can bring every style and colour to life and handle everything from cuts and re-styles to wedding and party hair. We deliver consistently high quality – and leave clients with a smile on their faces.'

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Photograph: Alastair Hilton

Dorota Zelazny

THE SHAPE OF THINGS TO COME

When intense exercise and strict dieting isn't shifting fat or banishing cellulite, the HYPOXI method can help reclaim your body shape

There used to be a TV advert for Remington Shavers in which the US entrepreneur Victor Kiam declared, 'I liked the shaver so much, I bought the company.' You could say that Dorota Zelazny followed his example, albeit on a less grand scale, when she discovered the HYPOXI body-shaping programme.

'I had a treatment and it was amazing,' Dorota recalls. 'I was so inspired that I started investigating how to become a HYPOXI partner. I took as much overtime as I could to save enough to invest in their machines (the company provides the training and servicing) and then find suitable premises.'

That was two years ago and Dorota has since attracted a loyal following to her Studio. So, how does it work? Here's the science bit: put simply,

it's easier to eliminate fat and cellulite in parts of the body with strong blood flow. HYPOXI pinpoints and banishes stubborn fat (usually around the stomach, hip, buttocks and thighs) by boosting circulation through gentle exercise on a bike or treadmill and alternating high and low pressure therapy that accelerates the transport of fatty acids via the blood to be burned in muscles.

All this happens in a pressure chamber machine (another, the HYPOXI Dermology, banishes cellulite by giving a lymphatic massage that works on the principle of cupping) and Dorota, who is as friendly as she is knowledgeable, is always on hand to monitor what's happening.

'I've found that HYPOXI also delivers health benefits other than weight loss,' she

Advertorial

adds. 'It helps with fluid retention, lipoedema, fibromyalgia and I've had excellent results with ladies who are going through the menopause.'

A treatment lasts 30 minutes and is suitable for all fitness levels. Some commitment is required; Dorota recommends three sessions a week for at least a month (she is currently offering a free, no obligation trial worth up to £80). And the results? 'The average weight loss is a dress size in 4-6 weeks,' she says. With New Year coming, HYPOXI could be your perfect health and fitness resolution.

HYPOXI-Studio Chiswick
50 Chiswick High Road,
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07787 416530
dorota@hypoxichiswick.co.uk
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Clay Miller

MAGIC CARPETS

Are you investing in a new carpet or flooring? The expert team at the Carpetstore will help you make the best decision

According to Clay Miller – and he should know – West London is a hotspot for carpet moths. ‘Five years ago, one in 50 customers said it was a problem,’ recalls the co-owner of the Carpetstore. ‘Now, it’s one in three. Curiously, carpet reps tell us that it’s not an issue elsewhere. But it’s why we always ask suppliers, is it moth-proof? If it isn’t, we don’t touch it. All our carpets are moth-treated.’

Clay has been in the business since schooldays, when he used to join his carpet fitter uncle on jobs, and he and his brother Joe have been running the Carpetstore for 25 years.

They stock a huge selection of carpets and stair runners in wool, natural and man-made fibres (all come in

a fantastic choice of colours and classic and modern designs) as well as an extensive range of remnants and vinyl, tile and laminate flooring.

‘Natural carpets, such as seagrass, sisal, coir and jute, are really popular at the moment,’ says Clay. ‘Also, there’s a growing demand for made-to-measure handmade rugs. People used to have carpets in their living rooms, now stone and wood floors are fashionable. But they can be cold, hence the interest in designer rugs. We deal with manufacturers that can produce any rug in any size; we’re currently stocking 20 different designs and can always get more.’

Personal service is the hallmark of the Carpetstore.
Advertorial

‘We have four teams of fitters, all of whom have been with us at least 10 years,’ explains Clay. ‘We provide free estimates and planning advice, we’ll take up and remove existing carpets, lay hardboard, ply and latex sub-floors and cut and trim doors. We also handle bespoke fitting for staircases and supply carpets for offices, shops and communal properties.’

Whether you know a twist pile from a loop pile, an Axminster from a Saxony, at the Carpetstore you’ll get friendly guidance and a superb choice for every budget and taste.

The Carpetstore
156 Goldhawk Road, W12 8HJ
020 8749 9340
carpetstoresb@aol.com
www.thecarpetstore.info



CHRISTMAS GIFTS

for men

Time seems to have flown by again!

It will soon be December – and that means the C word will be on everyone's lips. So, get ready for the inevitable mad dash preparing for the festive season. Whether you are a lady buying a gift for the man in your life or a dapper gent wanting to turn a few heads at Christmas parties, why not add some swanky male grooming products to your festive shopping cart? Here are some of my personal favourites:

1. **Kent Brushes:** Men's folding pocket comb £6.85
2. **Kent Brushes:** Traditional king-sized, pure silver-tipped badger brush £135.00
3. **The Bluebeards Revenge Cut-Throat Razor Kit** £34.99
4. **Beards n Bobs:** Christmas Beard Baubles £6.99
5. **Mitch Style Suits You Gift Set:** Double Hitter 2-in-1 Shampoo/
Clean Cut semi-matte styling cream/Construction Paste £32.00

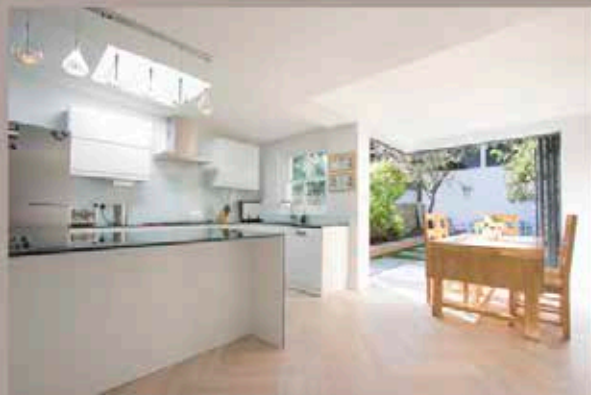


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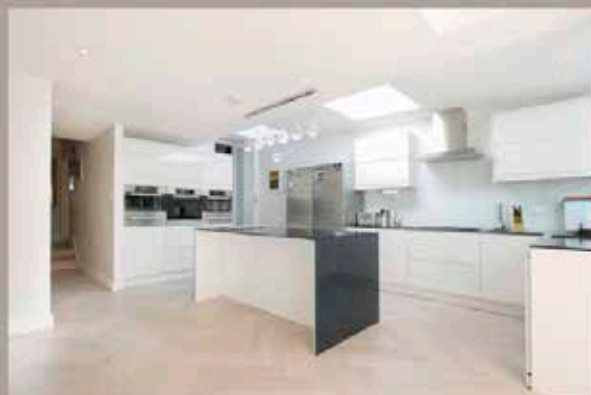
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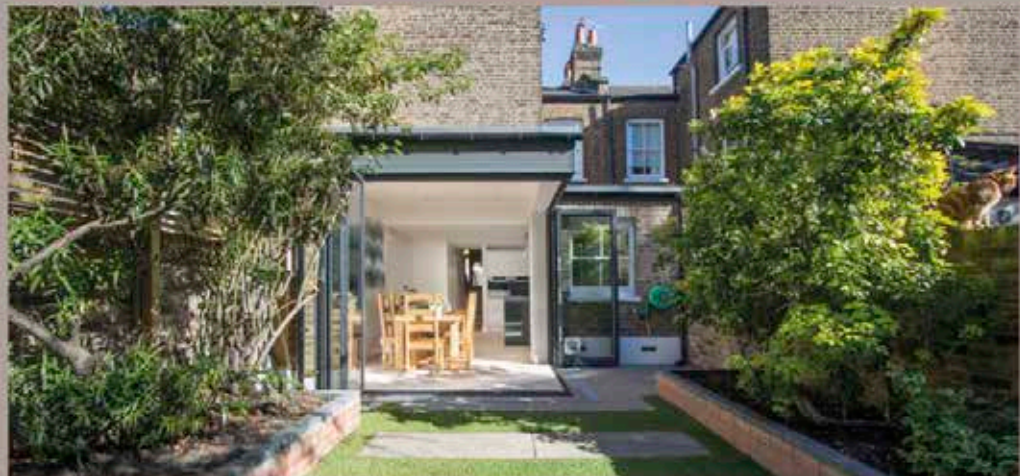
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Warren
Hagues

MAKING SPACE

Architect Warren Hagues recommends striking a balance between storage space and living areas

When you are planning significant home extension and refurbishment work, careful consideration should always be given to the most efficient ways in which to create storage space without it affecting how you live.

It's particularly essential to achieve a realistic living area/storage balance when carrying out a loft conversion. Under-eaves storage at the front of a house (often the largest volume in a property) is usually no more than one meter high in order to maximise the floor area of the new loft room (often, a bedroom).

Hence, the floor area directly in front of the storage space is also limited to around one meter high. Personally, I question the practicality of this low level as part of the loft room. Instead, I would argue for a larger storage space, one with taller access doors and a slightly reduced main room floor area; this does not sacrifice the useable floor area of the loft but does improve storage by 50%-plus.

This is just one of many examples of how the design process can resolve issues. A professional architect should always discuss achieving the right balance with the client as part of a well-considered overall design.

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LOCAL LISTINGS

DENTIST - Ron Baise



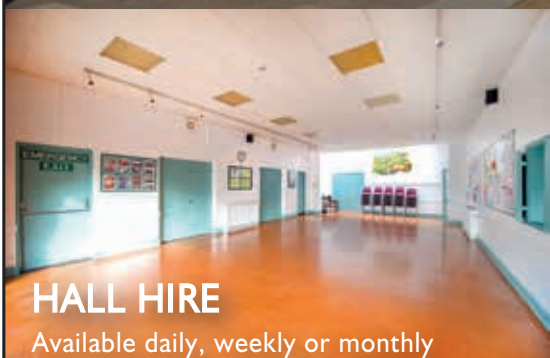
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DECORATOR - Georgie Knight



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ian@toolchesthire.co.uk
www.toolchesthire.co.uk



The Kitchen & Loft Company

27 Old Gloucester Street, WC1N 3AX
0800 046 7268 / 07581 193 333
info@thekitchenandloftcompany.co.uk
www.thekitchenandloftcompany.co.uk



Brad Cahoon

MR. FIXIT!

Need help with those annoying little jobs around the home? Local handyman Brad Cahoon is the man to call

It goes without saying that, as a general handyman, you can never be sure what you're going to be tackling next.

When you cover as many bases as Brad Cahoon, that's certainly the case: 'A lady once asked me in to put up a "few pictures" after her house had been completely redecorated. I ended up rehanging 170 in all. It took a week – I've never seen so many in my life.'

Canadian-born Brad – he comes from 'the middle of nowhere, on the prairie, about 100 miles south of the city of Calgary' – arrived in London in 1986 while taking part in a student work abroad scheme. He met a Hammersmith girl called Susan, they subsequently got married, and he has lived in Brackenbury Village ever since – without losing his accent!

Practical skills clearly run deep in the Cahoon genes. 'I come from a family of carpenters and farmers. So, I was wielding a hammer when I was six years old. We don't consider it DIY back home, it's about being self-sufficient. You just learn what you need to and then get on with it.'

Prior to starting his handyman business three years ago, Brad worked as an IT consultant. 'I'm much happier now – I'll turn my hand to anything and I enjoy the variety,' he says.

'I've just partnered up with a professional painter and, between us, we now handle the full interior and exterior painting and decoration of houses – there seems to be a real demand for that service at the moment.'

Other recent commissions have included laying a parquet floor, glazing, re-pointing, clearing roof gutters, putting up garden fencing, replacing pipes, changing light fixtures, hanging doors and assembling particularly annoying items of flat-pack furniture.

Brad works all around West London – most customers come from word of mouth recommendation – and he can call on excellent contacts if he needs extra labour or specialist assistance. 'No job is too small and, if I can't do it, I always say so and try to recommend someone who I know and trust. I'm Canadian, I can't lie!'

Bradley Cahoon

07715 408202

bradleycahoon@me.com

News just in from Santa and his Elves in Lapland!

Father Christmas is overjoyed to be joining all the children of Brackenbury Village on Monday 18th December – and he will be bringing CHRISTMAS GIFTS!



THATCHED HOUSE 5pm-7pm
Santa's reindeers will drop him off
at the Thatched House at 5pm.
Present for every child!



020 8741 6282

115 Dalling Road • Hammersmith
London • W6 0ET
connect@thatchedhouse.com
www.thatchedhouse.com

THE ANDOVER ARMS 8pm-9pm
Santa will be singing with the Mums
and Dads at The Andover Arms.
Present for every child!



020 8748 2155

57 Aldensley Road • Hammersmith
London • W6 0DL
connect@theandoverarms.com
www.theandoverarms.com