

Explore

PADDINGTON

AUTUMN/WINTER 2019/2020

WILD AT HEART

Protect Paddington's natural beauty

CHANGE OF PACE

Give your mind and body a New Year workout

D FOR
Delicious

Fill up on warming winter dishes loaded with vitamin D

WHAT'S ON | WHAT'S NEW | LOCAL HEROES | SPICY DRINKS



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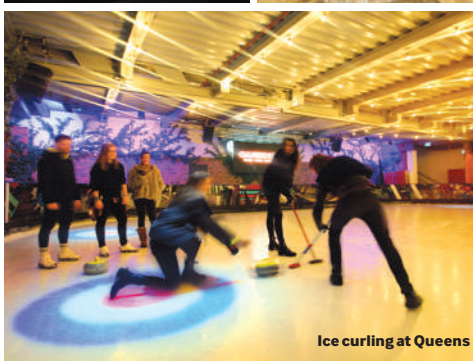
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GET IN TOUCH

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Little Venice Sports Centre

Warwick Avenue

LITTLE VENICE

PADDINGTON CENTRAL

Paddington

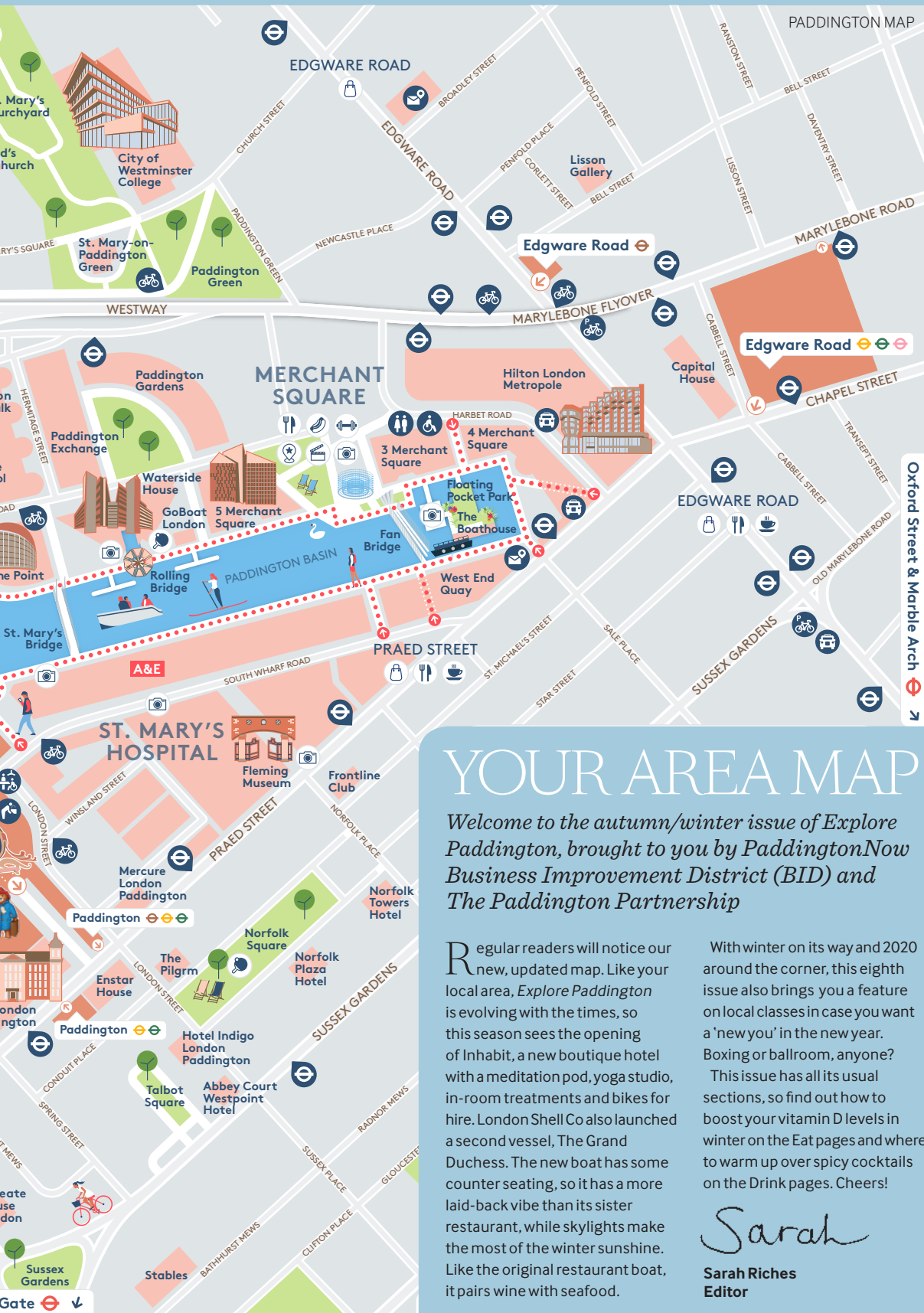
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| | CYCLE HIRE | | RESTAURANT | | HEATHROW EXPRESS |
| | CYCLE PARKING | | STREET FOOD | | GREAT WESTERN RAILWAY |
| | TOILETS | | PUB/BAR | | BAKERLOO LINE |
| | ACCESSIBLE TOILETS | | ACTIVITIES | | CENTRAL LINE |
| | CHANGING PLACES | | TABLE TENNIS | | CIRCLE LINE |
| | WATER FOUNTAIN | | GYM | | DISTRICT LINE |
| | POST OFFICE | | BIG SCREEN | | HAMMERSMITH & CITY LINE |
| | TAXI RANK | | SHOPS | | |
| | STEPS | | ART/ATTRACTION | | |
| | STATION EXIT | | | | |
| | TOW PATH | | | | |

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Hyde Park & Lancaster



YOUR AREA MAP

Welcome to the autumn/winter issue of *Explore Paddington*, brought to you by PaddingtonNow Business Improvement District (BID) and The Paddington Partnership

Regular readers will notice our new, updated map. Like your local area, *Explore Paddington* is evolving with the times, so this season sees the opening of Inhabit, a new boutique hotel with a meditation pod, yoga studio, in-room treatments and bikes for hire. London Shell Co also launched a second vessel, The Grand Duchess. The new boat has some counter seating, so it has a more laid-back vibe than its sister restaurant, while skylights make the most of the winter sunshine. Like the original restaurant boat, it pairs wine with seafood.

With winter on its way and 2020 around the corner, this eighth issue also brings you a feature on local classes in case you want a 'new you' in the new year. Boxing or ballroom, anyone?

This issue has all its usual sections, so find out how to boost your vitamin D levels in winter on the Eat pages and where to warm up over spicy cocktails on the Drink pages. Cheers!

Sarah

Sarah Riches
Editor

WHAT'S ON

A steelpan show, piano sing-a-long and ice curling might not immediately spring to mind when you think of things to do in Paddington, but they're all taking place this winter

ONGOING

Mon: Take part in a pub quiz and you could win £50. 7.30pm. £2. *The Cleveland Arms*, 28 Chilworth St, W2 6DT. 020 7706 1759. www.theclevelandarms.com.

LUNCHTIME TREATS Mon-Fri:

StreetDots has 2,000 food vendors and a few come to W2 each day. Try Korean dishes, fried chicken or Venezuelan arepas at Paddington Central, or buy a vegan lunch from outside WeWork. 11am-2pm. *WeWork*, 2 Eastbourne Terrace, W2 6LG; *Paddington Central*, Sheldon Square, W2 6PY. www.streetdots.co.uk.

Tue-Thur: Buy lunch at Merchant Square Street Food Market, a weekly market with various food trucks such as The Rice Guys, Urban Yak, Hola Guacamole and Rolling Dough. 11.30am-2.30pm. *Merchant Square*, W2 1JS. 020 7298 2455. www.merchantsquare.co.uk.

NIGHT OUT Wed-Sat:

Join a sing-a-long in *Overtures*, a piano bar decorated with photos of music legends such as Judy Garland, Elaine Stritch from *Company* and Angela Lansbury from *Sweeney Todd*. The venue rotates 10 pianists and has singing staff. There's no set list, stage or microphone – just you belting out showtunes over Manhattans. Request old-school hits, Disney classics or musical numbers. *You Can't Stop the Beat*, anyone? 6pm-2am. *Beneath City*



A secret cipher machine at the Science Museum

of Quebec pub, 12 Old Quebec St, W1H 7AF. 020 7629 6159.

Thur: Listen to upbeat covers and original tunes by acoustic performers over dinner at Pizza Express – check its website for the schedule. 7.30pm. Free. *3 Merchant Square*, W2 1BF. 020 7706 8000. www.pizzaexpresslive.com.

Attend regular wine tasting, quiz and comedy nights. *Cork & Bottle*, 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.

Listen to a talk or watch a film screening inspired by global news and current affairs, often hosted by investigative journalists and photographers. *Frontline Club*, 13 Norfolk Place, W2 1QJ. 020 7479 8960. www.frontlineclub.com.

NOVEMBER 2019

Why not organise an office social or family day out at Queens? Sign up for neon ice curling sessions on the rink. Curling resembles ice hockey, but players are static – you stand still while shooting pucks across the ice with a stick.

Wed-Sat. £9.95. *17 Queensway*, W2 4QP. 020 7229 0172.

www.queens.london.

18 Nov: Nuffield Health gyms host 'meet our expert' drop-in events. This month learn about winter training and how to avoid winter bugs. Non-members are also welcome. *Paddington Fitness & Wellbeing Gym*, 2 Sheldon Square, W2 6EZ. 020 7289 4686. www.nuffieldhealth.com.



21 Nov: Shop late in Connaught Village and attend its Christmas lights switch-on ceremony. *Connaught St*, W2. www.connaught-village.co.uk.

21 Nov-5 Jan 2020: Watch *Paddington™ on Ice*, a 45-minute ice-skating show at Hyde Park Winter Wonderland. Adult from £15.95; child £11.95. *Hyde Park*, W2. www.hydeparkwinterwonderland.com.

FESTIVE FUN 23 Nov: St James's Church is hosting its first Christmas fair, with live music, a children's play area, a tombola with wine and chocolate prizes and stalls selling presents. 2pm-5pm. £2. *Sussex Gardens*, W2 3UD. 020 7262 9976. www.stjamespaddington.org.uk.

28 Nov-20 Dec: Wrap up in blankets under heaters and umbrellas and enjoy a hog roast and mulled wine from Bar Torelli. Thur-Fri 5pm-9pm. *Merchant Square*, W2 1AF. 020 7298 2455. www.merchantsquare.co.uk.



Clockwise from bottom left: Overtures; St James's Church; live music at Pizza Express; Cork & Bottle; Tim Walker's photography at the Victoria and Albert Museum; *Paddington on Ice* at Hyde Park Winter Wonderland; a kimono exhibition at the V&A



DECEMBER 2019

4 Dec: Paddington will be illuminated from the Floating Pocket Park to St. Mary's bridge for the festive period. Count down for the big switch-on. 6pm-9pm. Free. *Floating Pocket Park, Merchant Square, W2 1JS. www.merchantsquare.co.uk.*

4 Dec: An evening of mulled wine, mince pies and a Christmas singalong. 4.30pm-8pm. Free. *Sheldon Square Amphitheatre.*

6-7 Dec: Young people present a Christmas show at Paddington Arts. From 6.30pm. Adult £3.50; child £2. *32 Woodfield Rd, W9 2BE. 020 7286 2722. www.paddingtonarts.org.uk.*

22 Dec: Attend a candlelit carol service with mulled wine. 6pm. Free. *St James's Church, Sussex Gardens. W2 3UD. 020 7262 9976. www.stjamespaddington.org.uk.*

JANUARY 2020

NIGHT OUT 24 Jan & 7 Mar: Experience the 2006 fantasy *Night at the Museum* yourself at Dino Snores for Grown Ups. After a three-course dinner, enjoy live music, comedy, a quiz and film as you snack on insects. 6.30pm-9.30am. £180. *Natural History Museum, Cromwell Rd, SW7 5BD. 020 7942 5000. www.nhm.ac.uk.*



FEBRUARY 2020

14 Feb: Fill your Instagram with flowers, lights and balloons as the area around the fountains and Floating Pocket Park turn red for Valentine's. *Merchant Square, W2 1JS. www.merchantsquare.co.uk.*

NIGHT OUT To 23 Feb: Explore a century's worth of communications intelligence through previously unseen artefacts. See declassified files, master puzzles and learn how Alan Turing, who was born near Paddington, cracked codes during World War II in *Top Secret: From Ciphers to Cyber Security*. Book ahead. Free. *Science Museum, Exhibition Rd, SW7 2DD. 0333 241 4000. www.sciencemuseum.org.uk.*

From 29 Feb: *Kimono: Kyoto to Catwalk* explores the significance of the Japanese kimono from the 1660s to today. Please check for prices. *Victoria and Albert Museum, Cromwell Rd, SW7 2RL. 020 7942 2000. www.vam.ac.uk.*

MARCH 2020

To 21 Sep: Tim Walker has exhibited in *Vogue*, The Design Museum and at Somerset House. Now you can see highlights in *Tim Walker: Wonderful Things*. £15. *V&A, details left.*



Show *Explore Paddington* to Pall Mall Barbers to bag £5 off products and services (4 Nov 2019-4 Apr 2020). One reader will also win £100 worth of its products—just follow @pallmallbarbers on Instagram, @PallMallBarbers on Twitter or Pall Mall Barbers on Facebook to be in with a chance. The name of the winner will be announced on 20 Dec 2019 on www.thisispaddington.com.

WHAT'S NEW

What with the arrival of a Nepali food truck, dinner boat and a boutique hotel with a meditation pod, there are a few new kids on the block this season

EAT

For a change from pizza, burgers and sandwiches, look out for **Urban Yak**, a colourful van which has been serving authentic Nepali and Tibetan cuisine such as chow mein, dal bhat (lentil curry and rice) and momos (steamed dumplings) since July 2019. The van is part of Merchant Square's permanent street food market. Tue-Thur 11.30am-2.30pm. 07415 884695.

www.merchantsquare.co.uk.

If you'd rather sit down to eat, then dine on **The Grand Duchess**, which opened in June 2019. The permanently moored dinner boat is the sister boat of the London Shell Co cruising restaurant, and they're next door to one another on the Grand Union Canal. Thanks to skylights and port holes, The Grand Duchess

brims with natural light. One side has counter seating, making it feel spacious and more casual than its romantic neighbour. Like the original, it specialises in sparkling wine and seafood, and staff explain the menu well. Typical dishes might include kale in shrimp butter and skate wing with cockles and samphire, while familiar dishes come with a twist, such as beer-battered lobster with 'chip shop' curry sauce. The boat has 40 seats, with more seating on the canalside in summer. Groups of six to 13 can book the Captain's Table at the bow of the boat.

Sheldon Square, W2 6PY. 07553 033636. www.londonshellco.com.



Skylark Roof Garden



DRINK

Paddington waved goodbye to Draft House and hello to **BrewDog Paddington** in March 2019. Assistant manager

Ellie Breeds says: 'We reopened after a two-week transformation, adding two shuffleboards and two pinball machines,

refurbishing it with neon signs, tables and booths. We also have a DeskDog – a room which is a dedicated work space; £7 a head gets you unlimited coffee and a pint of Punk IPA for afterwork.' It serves 24 taps of craft beer, as well as burgers, dogs, wings and salads. Harbet Rd, W2 1AJ (access is via Merchant Square). 020 7723 9286. www.brewdog.com.

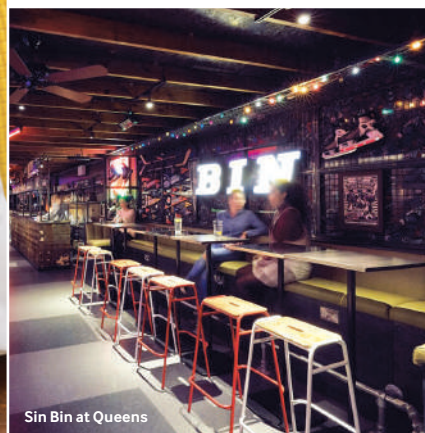
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Fancy a late-night venue? Then stop by **Skylark Roof Garden**, which opened in July 2019. The garden is on the 10th floor of an office building in Paddington Central, so you can see Hyde Park. The leafy fairy-lit deck seats 180, with day beds available all year round for warm autumn nights. Mercedes Benson and DJ Spencer Mac – who was previously the producer for Skull Bandits and DJ at the Mayfair restaurant Novikov – play till late. Mon-Fri building employees only; Sat-Sun open to public. 4 Kingdom St, W2 6BD. 020 7846 1985. www.skylarkroofgarden.co.uk.

Alcohol and ice skating: a dizzying combination or a winning one? Skate up to Queens' new rink-side bar and decide for yourself. **Sin Bin** runs the length of the rink and is decorated with neon font. Queens, 17 Queensway, W2 4QP. 020 7229 0172. www.queens.london.

WORK

Riding the wave of shared office space is **Ministry of Startups**, a no-frills office founded by Ben Davies. Its Paddington branch opened in August 2019. As well as the basics such as fast internet and meeting rooms, it has a sound-proofed podcast room and an event space for 40 people. Part business, part social enterprise, the space hosts workshops such as coding. Members can also borrow cameras, wireless mics and drones – on the condition they do something nice for one another. Monthly socials and a rule that all members must bring in a plant add to the feel-good vibe, too, while regular dinners are partly funded by donations. 'If you'd like to come to one of our dinners but you can't afford it, just let me know as I want to help people if they need support,' says Ben. 'Because we all row together. We're all in the same boat, and we help each other.' 33-35 Praed St, W2 1NR. 020 7846 0101. www.ministryofstartups.com.



SLEEP

Inhabit, a new boutique hotel off Sussex Gardens, opened in September 2019. Six Grade II-listed townhouses are home to 89 bedrooms, a yoga studio, library and café, which is also open to the public. Co-founder Nadira Lalji says: 'Our vision

is to create a hub centred around wellness, embedded in the Paddington community. We welcome hotel guests and locals to nutritious food, guided meditation, talks, supper clubs and book clubs.' 25-27 Southwick St, W2 1JQ. 020 7723 7723. www.inhabithotels.com.

Locals: plan your day

Enjoy a guilt-free day off by exercising and crossing off an errand on your things-to-do list before relaxing with friends in Paddington's restaurants and bars



10AM Have a lazy breakfast at **Les Filles**, a vegan-friendly café near Lancaster Gate. The Earl Grey-infused porridge with coconut milk, fruit and honey will warm you up. 27 Craven Terrace, W2 3EL. 020 7262 0306. www.lesfilles.co.uk

11.30AM Join **Virgin Active** then work off breakfast by flipping giant tyres in a Grid Strong class. 33 North Wharf Rd, W2 1LA. 020 3126 5500. www.virginactive.co.uk

1.30PM Stop for lunch at **Lena's Café**, a budget-friendly, family-run spot that has been serving healthy dishes since 2007. Try orzo pasta with chickpeas, a full fry-up or tortellini stuffed with ricotta cheese and Grana Padana. 83 Praed St, W2 1NT. 020 7402 7776. www.lenascafe.com

3PM Collect a Pawprint Trail pamphlet from the Paddington Shop in Paddington Station then do a self-guided walk past bronze, velvety and brick bear statues. The Lawn, Paddington Station, W2 1HB. 020 7402 5209. www.thisispaddington.com

6.30PM Meet friends for dinner at **Massis**, a Lebanese restaurant which serves sharing dishes such as stuffed vine leaves, halloumi, potato kibbeh and moutabal (smoky aubergine purée). 9 Sheldon Square, W2 6HY. 020 7286 8000. www.massis.co.uk

8.30PM It's your day off, so celebrate with a glass of wine at the nearby wine bar **Vagabond Wines** and enjoy views of the canal. 6a Sheldon Square, W2 6EZ. 020 7121 8844. www.vagabondwines.co.uk

Have you visited one of these places?
Then show us your pics!
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Go for breakfast



Hit the gym



Visitors: plan your day

Discover Paddington's highlights, from the Grand Union Canal to Hyde Park, before trying the nation's unofficial dish and drink – chicken tikka masala and beer

10AM After a lie in go for breakfast at **The Meal Ticket**. On holiday? Then waffles with berries, pistachios and meringue is the obvious choice. 19 Sheldon Square, W2 6PY. www.paddingtoncentral.com.

11AM Hire an eco-friendly **GoBoat** and glide along the Grand Union Canal. Sat-Sun Nov & Feb. Merchant Square, W2 1AS. 020 3887 6955. www.goboat.co.uk.

NOON Stroll along the canal from **Little Venice** to the Rolling Bridge and Fan Bridge in Paddington Basin. Bridges open at noon on Wed and Fri; 2pm on Sat. Merchant Square, W2 1JS. www.merchantsquare.co.uk.

1.30PM Enjoy a jacket potato loaded with beans at the Edgware Road branch of **Java U**. 195 Edgware Rd, W2 1EY. 020 7706 8118. www.java-u.co.uk.

3PM Try a one-off boxing class at **12x3** – most of its coaches have represented a club or a country. 19 Sheldon Square, W2 6PY. 020 721 0235. www.12x3gym.co.uk.

6.30PM Have a well-deserved dinner at **Ryath Indian Tandoori**, which opened in 1978. The chef is Bangladeshi, so order biryani – a typical Bengali dish. 32 Norfolk Place, W2 1QH. 020 7262 4621. www.ryathindiantandoori.com.

8.30PM On your way back to your hotel, stop by **The Beer House** near platform 11 in Paddington Station. Its local cask ales change regularly, but try Meantime Pale Ale if you can. W2 1HA. 020 7262 6131. www.thebeerhouseuk.com.



Take a boxing class



Enjoy a meal out





THE WILD WEST

*W2 has more wildlife than you think. So whether you're an early bird or a night owl, keep an eye out for the area's parakeets, geese and foxes – and find out what action you can take to protect them, says **Sarah Riches***



Little Venice

Paddington's parakeets might not know it, but they have David Attenborough to thank.

That's because the presenter's 2017 wildlife documentary, *Blue Planet II*, kick-started a revolution that turned the British public against plastic.

All rubbish is detrimental to wildlife, but plastic is one of the most harmful types as it lasts for generations.

The Canal & River Trust – responsible for 3,220km of the UK's canals and rivers – has dredged up everything from a 'Boris' bike and a World War II hand grenade to a child's pogo stick.

The charity's environment manager, Richard Bennett, says: 'One in five people admit to dropping litter, and some of it is blown into the water. Plastic bags and rings from a six-pack of cans can suffocate animals and birds, sweet wrappers can be ingested, nylon fishing lines might tangle around a bird's legs and plastic-based paint in tyres can break down into microplastics, which have been found in the sediment of the canal. These release toxic chemicals and end up in the Thames and the sea – and in our food chain.'

As well as perch, eels and roach, the Grand Union Canal that runs through Paddington is home to swans, Canadian geese, coots and waterfowl, plus ring-necked parakeets – green birds with red beaks and long tails.

So what can you do to protect them? The Canal & River Trust's #PlasticsChallenge suggests three simple ways to reduce waste: pick up a piece of plastic, post a selfie with it on social media with the hashtag #PlasticsChallenge, then recycle or bin it. You can also join its Towpath Taskforce to collect litter and avoid single-use plastic.

Families can download an activity pack from the trust's website, which raises plastic awareness through challenges, such as trying to remove an elastic band from your hand in 30 seconds without using your other hand, teeth or rubbing against anything. Can't manage it? Then imagine how a bird would struggle.

The paddleboarding and kayaking firm Active360, meanwhile, has hosted 'paddle and pick' events since 2011 to encourage people to collect litter while paddleboarding and canoeing.

While it's important to keep Paddington's main artery plastic-free, its parks need to be kept tidy as well to help protect local wildlife.

Stephen Mills works for Continental Landscapes, which is responsible for maintaining Paddington's green spaces including Talbot Square, Norfolk Square Gardens and Sussex Gardens. He says: 'The canal and Royal Parks such as Hyde Park form a wildlife corridor which allows birds and flying insects a means of crossing what would be inhospitable terrain. While they're not ideal, they serve a vital function.

Smaller parks such as Talbot Square and Norfolk Square Gardens also provide

nesting habitats and are

a source of food. Trees

and green roofs are

important, too,

as they provide

protection and

a living habitat

as the birds and

insects move

through the city.

These habitats

support smaller

insects, which are

a food source for larger ones.'

Paddington's green spaces are home to squirrels and pigeons, bats and foxes and birds such as sparrows, tawny owls, blue tits and greenfinches.

'We encourage the public to provide wildlife habitats for birds and flying insects,' says Stephen. 'Plant wildflowers such as betony – a perennial with purple flowers which is popular with bees – and pollinator plants such as pot marigolds and echinacea, which attracts butterflies.'

Merchant Square estate manager, Andre Roos, adds: 'Our Floating Pocket Park is a hub for biodiversity and wildlife, as it provides a range of habitats that are maintained in different ways. The wildlife island is carefully managed to ensure nesting birds aren't disturbed and plants can keep their seed heads in winter as a source of food for the birds.'

So take a walk on Paddington's wild side – and see where the wild things are.



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PRESERVE THE PAST

With the upcoming Crossrail and Paddington Square projects, W2 has a new lease of life. But **Sarah Riches** peels back its history to reveal the people of its past who are gone, but not forgotten



Sarah Siddons

Thespians can pay their respects to the 18th-century actress Sarah Siddons, as a restored statue in her memory was unveiled in July 2019 in Paddington Green.

In true rags to riches style, Siddons blossomed from a maid in Warwickshire to a West End actress. Theatre manager David Garrick noticed her in her first performance in 1774, and between 1782 and 1812 she was a star on Drury Lane.

Siddons was best known for playing Lady Macbeth – which made some people in the audience

faint with fear. She also performed for the Duke of Wellington and took to the stage while heavily pregnant. She retired after making her official farewell in 1812.

After she died at home on Upper Baker Street, she was buried at St Mary's on Paddington Green. Five thousand people attended her funeral.

Sculptor Léon-Joseph Chavalliaud made a marble statue of the actress which was unveiled in 1897, close to where she is buried. But the statue was vandalised in 2011 and weathering created cracks in its dress, dagger and tragedy mask.

The charity Heritage of London Trust (Holt), which restores London's statues, monuments and buildings, raised £12,000 while Westminster City Council contributed £5,000 to restore the statue in May 2019 with the help of London Stone Conservation.





Clockwise from far left: *Message from the Unseen World* inspired by Alan Turing; Alexander Fleming; Fleming's laboratory; a blue plaque dedicated to Alan Turing



Holt's director, Dr Nicola Stacey, says: 'Sarah Siddons was an extraordinary woman with an inspiring story – we're so proud to give her statue new life. Siddons is one of the country's great cultural icons – the project has brought back to life this inspiring female figure and restored a wonderful part of the city's history. It is fantastic to see her overlooking Paddington Green again.'

Alexander Fleming

If you've ever needed antibiotics to fight a bacterial infection, then you have Alexander Fleming to thank.

A chance observation led the Scottish microbiologist to discover penicillin at St Mary's Hospital in 1928, which earned him a Nobel Prize in 1945.

The Alexander Fleming Laboratory Museum opened in St Mary's Hospital in 1993. Small but mighty, visits take around 45 minutes. Along the way you'll learn fun facts: bet you didn't know that

HERITAGE HUNT

Twenty five English Heritage blue plaques in W2 honour former residents, including one on Clarendon Place dedicated to the architect Sir Giles Gilbert Scott who designed the red telephone box, Battersea Power Station and Cambridge University Library. How many can you spot? Look out for a map revealing their location in the next issue!

penicillin was originally called mould juice, tastes like Stilton cheese and was first tested on a policeman in 1941?

The ground floor introduces the hospital and museum, while the first floor has a shop. The second floor is home to Fleming's laboratory: a dusty room restored to its 1928 condition, with original Petri dishes, test tubes and microscopes. You can also hear a talk on the discovery of penicillin. On the third floor, you can watch a 10-minute video about how World War II led to penicillin being mass produced, an exhibition on Fleming's life and a timeline of penicillin displayed through posters and photos.

You can also see a stone carving of Fleming outside the museum, visit Fountains Abbey opposite where he was a regular, see a stained-glass window honouring his discovery in St James's Church nearby and the mould from his Petri dish in the Science Museum. Mon-Thur 10am-1pm. *Praed St (entrance through gate on Norfolk Place), W2 1NY. 020 3312 6528. www.imperial.nhs.uk.*

Alan Turing

Next time you stroll by the canal, stop for a moment to acknowledge *Message from the Unseen World* beneath Bishop's Bridge Road.

The digital installation is inspired by Alan Turing, a computer science pioneer whose life inspired the 2014 film *The Imitation Game*. So whether you're a Windows woman or a MacBook man, your computer is partly down to him.

The artwork's lights illuminate a poem by Nick Drake that depicts Turing speaking posthumously about his life.

Born in 1912 in what is now The Colonnade Hotel by Warwick Avenue Station, Turing read at the University of Cambridge then studied for a PhD in maths and cryptology – the study of codes – in the States. That was where he conceived the idea of a 'universal computing machine' which could solve calculations – an early computer.

After his studies, Turing joined the Government Codes and Cypher School at Bletchley Park in Buckinghamshire in 1939. The following year, during World War II, he co-developed the Bombe, a device which cracked messages on the Germans' enciphering machine, the Enigma. He also decrypted German naval signals in 1941 and later he designed the world's first computer chess programme.

Credited for helping Britain win World War II, Turing was awarded an OBE in 1945 and he's now considered a national hero.



Clockwise from this image:
Arty Club; make carnival masks with Paddington Arts; a coffee class at Coco di Mama

NEW YEAR, NEW YOU

*The key to making resolutions stick is making them realistic – and fun. Signing up to a dance class? Manageable. Giving up alcohol forever on 1 January? Not so much. So join a steelpan workshop or take up running and make 2020 your best year yet, says **Sarah Riches***

Hands up if you'd like to learn a new skill, get fit or make more friends? Be the best you can be in 2020 by joining a class or try one of our running routes...



POT LUCK PARTY

Adults and kids can drop in to **Arty Club** to paint a pot, make pots on a wheel or make dreamcatchers, bracelets or tote bags, while in December, the venue has festive classes. Tuesday to Thursday mornings are for tots, Thursday nights are for under 12s and include popcorn and a film, while on Friday nights adults can paint pottery or canvas and take their own booze. New management took over in May 2019. 129 Shirland Rd, W9 2EP. 020 3441 6868. www.artyclub.com.

LEARN TO LATTE

Make lattes like a pro in a two-hour Funk 'n' Grind class at **Coco di Mama**. Listen to funky tunes as Jason Tsontillis teaches you to extract espresso, make 'sexy milk' and create latte art, while you drink as much coffee as you can handle made with cow's or vegan milk. Sharing platters and goodie bags are included. The next class is 20 Nov. 2 Kingdom St, W2 6BD. 020 7286 0673. www.cocodimama.co.uk.

INSPECTOR GADGET

Could you be the next James Bond? The one-day private investigator course at **Bluemoon College** teaches you how to use GPS tracking devices and covert radios and cameras, before you practice outside. 020 3006 2689. www.bluemooncollege.co.uk.

STRICTLY BALLROOM

Dance Art Studios hosts private and group classes for all ages and levels. Drop in or invest in five- or 10-week packages in ballet, salsa, Latin American, ballroom or Argentine tango. You can also take a three-week wedding waltz course, or get fit with Latin fusion cardio or Pilates. 1 Chilworth Mews, W2 3RG. 020 7402 0822. www.danceartlondon.com.

BOX OF TRICKS

Under 26s can try Wu Shu Kwan Chinese boxing at **Paddington Arts**. The centre also hosts steelpan, drama and singing workshops – perfect for carnival. 32 Woodfield Rd, W9 2BE. 020 7286 2722. www.paddingtonarts.org.uk.

CHANGE OF COURSE

Want to kick-start a new career, progress in your current one or learn a new skill? **City of Westminster College** offers DIY car maintenance, ukulele, public speaking, beginner's astronomy and sewing. 25 Paddington Green, W2 1NB. 020 7723 8826. www.cwc.ac.uk.

TRIAL
RUN**IF YOU HAVEN'T
RUN SINCE SCHOOL...****Start: Merchant Square.****Halfway point: Beany Green.****Length: 1.3km**

From Merchant Square, pass by Kupp and over the Rolling Bridge, then turn left on to North Wharf Road. Next, turn left and run up the steps over the footbridge, then continue along the towpath on the other side, past Paddington Station's canalside exit. Jog over the next footbridge and continue north along the canal, under the Westway. Jog through Rembrandt Gardens near Little Venice, exiting on to Warwick Avenue, still heading north. Cross the canal again and when the road splits take the right fork towards Warrington Crescent, stopping at Warwick Avenue Station. Well done!

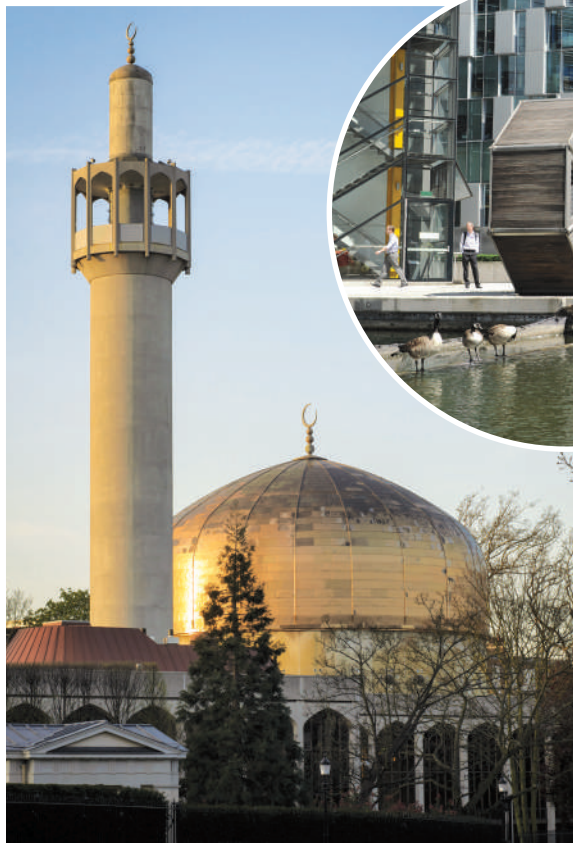
**IF YOU ONLY RUN FOR
THE BUS...****Start: Sheldon Square. Halfway
point: Regent's Park. Length: 5km**

From Sheldon Square, turn left on to the canal path and continue towards Little Venice. Turn right at Waterside Café to cross over the bridge and follow the canal along Blomfield Road, past the Puppet Theatre Barge. Cross the main road and take the first road on your right (which is Maida Avenue), running parallel to the canal. Then cross the next main road – Edgware Road – and continue straight on Aberdeen Place. Just as the road curves left, cut on to the path ahead of you and you will be back on the canal. Enter Regent's Park via Hanover Gate near the London Central Mosque, loop the pond near The Boathouse Cafe then return to Sheldon Square – and give yourself a pat on the back.

**IF YOU'RE PREPPING
FOR A RACE...****Start: Sheldon Square. Halfway point:
Serpentine lake. Length: 10km**

From Sheldon Square, jog along Bishop's Bridge Road, turn left on to Eastbourne Terrace past WeWork and cut right on to Cleveland Terrace. Continue straight then turn on to Leinster Gardens, which takes you to Hyde Park – an entrance gate will be on your right. Once inside the park, head west, parallel to Bayswater Road, then turn left at the Diana Memorial Playground. Run south, past Kensington Palace, then east, past the Albert Memorial. Continue east to West Carriage Drive – the road that cuts the park in two – then head north to the Serpentine. Loop the lake clockwise, cross the bridge to the Serpentine Sackler Gallery then run in a '1 o'clock' direction to Speakers' Corner near Marble Arch. Return to Sheldon Square and treat yourself at Meal Ticket Café.

From far left:
The London Central Mosque
in Regent's Park; the Rolling
Bridge; running in Hyde Park



HOLDING OUT FOR A HERO

HOSPITAL

Ian Gilmour is matron in the Paediatric Emergency Department at St Mary's Hospital.

He says: 'I've spent 26 years working as an emergency nurse. I started working as a senior staff nurse in the Paediatric Emergency Department at St Mary's Hospital in 2007 and was made matron in 2018.

'We deal with everything from common colds and sore throats to major trauma for babies and children up to 16. Summer is our busiest time, and nights are busy all year round.

'I start at 7am, catching up with the team from the night shift. I make sure we have enough cover so staffing levels are safe. I then attend meetings about safety, quality, patient flow and bed capacity. I also train staff – for example, I show them how to put on a chemical protective suit or tell them how to cope with a major incident.

'We deal with falls from windows, falls from trees and road traffic incidents. My team also helped deal with the terrorist attack on Westminster Bridge in March 2017, and the fire at Grenfell Tower that June. The Westminster attack was during the day just as my shift was ending so I stayed on. I coordinated the response, ensuring clinical teams had everything they needed to assist patients. We had armed police and a BBC film crew shadowing senior clinical staff.

'With Westminster, we had a definite number of casualties, whereas Grenfell had a different feeling as it was an ongoing incident with an unknown number of cases and a lot of waiting throughout the day to see if further patients would come in. Most cases were managed in the first few hours but it was a protracted incident.

'Both incidents had a few children; not large numbers, but complex cases requiring specialist input.

'I don't feel like a hero, not at all. But a lot of people are very grateful.'

HERO

If there's trouble in your neighbourhood, you'd call 999 and know that the police, fire brigade or hospital would help.
Sarah Riches meets the people behind the number



Matron Ian Gilmour

POLICE

Amy Washington is a sergeant for Hyde Park, Bayswater and Lancaster Gate.

She says: 'I have a degree in politics and a masters in American politics but I realised I didn't want to sit at a desk all day. I was always interested in the police force; the variety of the roles appealed to me. I applied in 2009 and have been in Paddington since February 2019.'

'I spent 18 weeks training in Hendon, learning legislation and first aid in the classroom. I also had practical assessments, for example, conducting an interview with a suspect and stopping and searching a person or vehicle.'

'No day is the same. I go from one call to the next, dealing with fights, domestic incidents, welfare checks on elderly people or a mentally ill person with a knife to their throat.'

'I also deal with housing associations, neighbourhood teams, the British Transport Police and PaddingtonNow BID. As well as emailing and arranging meetings, I deploy officers and visit other boroughs to see how they deal with particular issues such as street prostitution or aggressive begging.'

'I'm called up to work in other areas, too. I was recently deployed to deal with ongoing violent crime in Kensington and Chelsea, I check the Changing the Guard ceremony at Buckingham Palace runs smoothly, and when the US President Donald Trump visited, I searched conference halls and Westminster Abbey.'

'I don't feel like a hero. My hero is Alex Ferguson, the former manager of Manchester United. I'm a big football fan and he stands out because of his prolonged success. I'm impressed with how he deals with competing personalities and demands, as well as his management skills.'

'At lunch, I usually relax by walking around Merchant Square.'



Police on the beat in Paddington

FIRE BRIGADE

Paul Askew is station commander at Paddington Fire Station.

He says: 'I applied for the London Fire Brigade in 2000 after leaving the Army and started training in May 2001 – so I have just over 18 years' service.'

'I still love every day. Working in the borough of Westminster is always packed with new challenges and interesting interactions with people all over Paddington.'

'I recently made the move to station commander,

which is more of an office-based role, but thankfully this still allows me to attend the more serious

incidents in and around Paddington, Westminster and Greater London.'

'My average day is always busy. Our firefighters attend various

incidents, from fires and flooding to road traffic collisions. As one of London Fire Brigade's specialist stations, we help with technical rescues that require specialist equipment and training, so alongside fire fighting, we attend more complex road traffic collisions and provide line rescue, using ropes to rescue people from great heights or places that are very difficult to reach.'

'But life at the fire station isn't all blue lights and sirens. We are also proactive within our community. We help to reduce fires through home fire safety visits, open days and working with partner agencies.'

'I've been working in the borough of Westminster for more than three years and Paddington is going from strength to strength. Paddington Basin adds real glamour to what is now west London's answer to the French Riviera!'

'There are many people I'd consider to be my hero, including sport stars, politicians and our commissioner Dany Cotton. But no one supersedes my mum and dad, who quite frankly deserve a medal for putting up with me as a teenager!'

'What strikes me most about Paddington is its sense of community; everybody from all walks of life enjoys living in this wonderful area.'



Station commander Paul Askew

EAT

Vitamin Demystified

Boost your vitamin D levels this winter by piling your plate with eggs, oily fish and red meat. Venison meatballs, anyone?

Vitamin D mostly comes from exposing the skin to sunlight, so levels can dip in winter. The vitamin helps regulate calcium and phosphate levels, which are needed to keep bones, teeth and muscles healthy.

While you can take supplements, too many over a long period of time can lead to excess calcium, which can weaken bones and damage the kidneys and heart. During winter, the Department of Health recommends adults take 10 micrograms a day.

You can also boost your levels by eating food that is rich in the vitamin such as egg yolks, liver, red meat and oysters. Oily fish including tuna, salmon, sardines, herring and mackerel is also high in the vitamin. If you're veggie or vegan, you can eat mushrooms – the only plant source of vitamin D. On holiday, or can't be bothered to cook? Then eat out locally for your daily dose of D.

EGGS

You can load up on vitamin D at **Pure** in Paddington Central. Its Super Eggs dish comes with three free-range scrambled eggs, wilted spinach and petit pois, with optional toppings including sautéed mushrooms and bacon – bingo!

The rainbow-hued boat **Darcie & May** on the Grand Union Canal is also known for its love of eggs. Have them poached in a bacon roll or baked in shakshouka,



The Cleveland Arms

Darcie & May



Inside The Grand Duchess

a Middle Eastern dish made with spicy tomatoes and peppers served in the pan in which it's cooked.

Further along the canal is **Kupp**, a Scandi restaurant with outdoor seating that overlooks the canal. Opt for sautéed mushrooms, spinach and poached egg or spicy poached eggs with natural yoghurt and chives on sourdough.

MUSHROOMS

Mushroom fans can take their pick from **The Grand Duchess'** mushroom salad with confit egg yolk, **The Cleveland Arms'** girolle tagliatelle and **Pure's** No 61 breakfast: a mash-up of cream cheese, avocado, sautéed mushrooms, Italian hard cheese and spinach.

Gone vegan? Then order **Darcie & May's** 'bolognese' – a hearty plate piled high with mushrooms, cauliflower, walnuts, Puy lentils and shaved courgettes, topped with vegan Parmesan.

LIVER

The Cleveland Arms, a gastropub near Westbourne Terrace, has a new Parisian head chef, Elisabeth Passédât, who made her name as a contestant on TV's *MasterChef: The Professionals* and previously worked at The Berkeley hotel in Knightsbridge. Passédât serves up traditional French dishes such as fried chicken livers with a poached egg on top and crispy pancetta in a red wine sauce.

RED MEAT

While pork, beef and duck are the most common sources of vitamin D-enriched red meat, look out too for venison and mutton on the menu.

Grab a takeaway New Yorker – a bagel stuffed with pastrami, cream cheese, pickles and mustard – at **Pure**, or swing by **Darcie & May** for a sourdough



Surf 'n' Turf aboard
The Grand Duchess



Seafood at Kupp

sandwich with steak, spinach, caramelised onion and mustard. You could also have a steak melt or beef burger from **Lockhouse**.

The Cleveland Arms' menu changes regularly, but pork belly is often on its Sunday menu. You may also get lucky and find Barbary duck breast with hispi cabbage and cardamom jus, bavette steak with courgettes and anchovy butter or cornichons with pork pâté on toast.

Kupp's menu is also heavy on pork, including a chorizo and potato hash with fried eggs, and smoked pork meatballs, creamy mustard mash and lingonberry jam. You can also order venison meatballs with pickled pumpkin, buttered kale and

horseradish mash in a redcurrant gravy or a 36-hour marinated flat iron steak with fries, mushrooms, wilted spinach, coffee mustard and dill sauce.

Alternatively, order Surf 'n' Turf aboard the floating dinner boat, **The Grand Duchess**, which is made with a Dexter wing rib from Swaledale, Yorkshire.

Co-founder Harry Lobek says: 'It's a small-breed cow and the meat is aged for six weeks. The flavour is concentrated but delicate, developing autumnal mushroom notes. The lobsters are from Cornwall and insanely delicious. They are grilled on a plancha [a high-heat grill] on the boat and the claws are poached to ensure that nothing is overcooked.'

OILY FISH

Kupp knows how to do seafood, so prepare for winter with Nordic prawns served with sour cream, lemon and herbs on pan-fried sourdough, or smoked mackerel croquettes with horseradish mayo.

The Cleveland Arms also serves mackerel – whole and grilled with apple, radishes and horseradish.

You could order grilled sardines with roast tomatoes and breadcrumbs, too.

Darcie & May, meanwhile, serves tuna tataki, a starter of yellowfin sashimi in tiger's milk and soy, served



Pure

Share your foodie photos
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InPaddington
magazine@paddingtonnow.co.uk

with avocado, radish and sesame seeds, and spicy tuna tostadas with avocado, candied chilli and wasabi cream.

OYSTERS

The seafood dinner cruise boat, **London Shell Co** – from the team behind The Grand Duchess

– changes its menu daily depending on the catch of the day. But chances are it will have oysters on the menu, served with a wedge of lemon and spaghetti-thin 'angel hair' fries.



London
Shell Co

SALMON

Prefer salmon? Then hot foot it to **Pure** for Celebrity Skin – hot-smoked salmon, avocado and vinaigrette salad; Salmon Fishing in the Lemon – hot-smoked salmon with lemon, avocado, cream cheese and cucumber on flatbread; or Loch Stock & Hot Smoked Salmon – a wholegrain bagel with cream cheese, lemon and pepper. **Darcie & May**, meanwhile, serves tandoori salmon with sweet and spicy rice.

Darcie & May, Sheldon Square, W2 6DS. 020 3137 9639. www.daisygreenfood.com.

Kupp, Merchant Square, W2 1AS. 020 7262 8618. www.kupp.co.

Lockhouse, 3 Merchant Square, W2 1AZ. 020 7706 4253.

www.lockhouselondon.com.

Pure, 2 Kingdom St, W2 6BD.

020 7240 1555. www.pure.co.uk.

The Cleveland Arms, 28 Chilworth St, W2 6DT. 020 7706 1759.

www.theclevelandarms.com.

The Grand Duchess & London Shell Co, Sheldon Square, W2 6PY. 07553 033636. www.londonshellco.com.

DRINK



Skylark Roof Garden

Spice up your life

If you're feeling the chill, then why not warm up with a fiery drink? Whether that's a chai, mulled wine or a gingerbread punch is up to you...



Heist Bank

Cork & Bottle

COCKTAILS WITH A KICK

Skylark Roof Garden opened in July 2019 on the 10th floor of 4 Kingdom Street – so you can see as far as the Royal Albert Hall and The Shard. Owner Adam Marshall says: 'Try our boozy hot chocolate, made with spiced rum, salted hot chocolate, smoked orange bitters, nutmeg and cinnamon. It's the perfect winter cocktail to keep you warm over the festive period. Enjoy it overlooking London in our idyllic garden to help keep those pesky winter blues at bay.' You could also order a Mezcal Mule, made with smoky Mexican mezcal and ginger beer. Mon-Fri building employees only; Sat-Sun open to public. 4 Kingdom St, W2 6BD. 020 7846 1985. www.skylarkrooftogarden.co.uk.

PEPPERY BEER

Heist Bank is the place to go to for beer as it has 11 keg beers and ciders, including three guest brews. Wildman's Wolfpack, which tastes of malt, honey and pepper, is always on the menu. The bar also serves mulled wine, while its events menu (pre-order only) features a Christmas punch made with vodka and gingerbread syrup, and a Winter Collins made with gin and ginger ale. 5 North Wharf Rd, W2 1LA. 020 7723 8080. www.heistbank.com.

BrewDog Paddington's assistant manager Ellie Breeds says: 'We will have beer specials for Christmas which will include spices. We launch the 12 beers of Christmas on the first of December, which showcases a new beer each day.' You can also try Schneider Weisse's Meine Hopfenweisse, with notes of banana and clove. Harbet Rd, W2 1AJ (access from Merchant Square). 020 7723 9286. www.brewdog.com.

Gluten-free? Then try Crabbie's six per cent ginger beer instead at **Dickens Tavern**. 25 London St, W2 1HH. 020 7262 2365. www.greeneking-pubs.co.uk.



Vagabond Wines



BrewDog



Kioskafé

WARMING WINE

Wine fans, sip a glass of red at **Lockhouse** overlooking the Floating Pocket Park. Côtes du Rhône Château d'Aigueville, a blend of grenache, syrah and carignan grapes from France, tastes of black pepper. Deakin Estate Artisan's Blend, a shiraz cabernet from Australia, also has notes of pepper. Prefer something zingier? Featherdrop Bay, a sauvignon blanc from New Zealand, tastes of green pepper and gooseberry, while Quercus, a pinot bianco from Slovenia, leaves ginger lingering on the tongue. Meanwhile, Bodega Norton Porteño, an Argentinian malbec, has a bold pepper and damson taste, so it's made for autumn. *3 Merchant Square, W2 1AZ. 020 7706 4253. www.lockhouselondon.com.*

Cork & Bottle opposite Paddington Station also serves fiery wine. General manager Vash Sedlak says: 'We have lots of wine with spicy notes that pair well with food.' Vash suggests Vacqueyras, a 2015 wine from Domaine du Grand Montmirail in Rhône, France, a blend of grenache, syrah and mourvèdre with a ripe fruit and pepper flavour. Alternatively, the Truant Old Vine Zinfandel, a 2017 zinfandel from California, USA, tastes of cherries, tobacco and exotic spices. Vegan? Then opt for The Scribbler, a 2014 blend of shiraz, cabernet and sauvignon from the Barossa Valley, Australia. Its herbal flavour is underpinned by dark, spicy chocolate. The Terre de Montelusa, meanwhile, a 2018 primitivo

from Puglia, Italy, has notes of prunes, black pepper and blackberries. Vegans can also opt for Chakana Nuna Estate, an organic 2018 malbec from Finca Cobos in Mendoza, Argentina, which tastes of oak, spices, fig and game. *27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.*

Alternatively, Isaac Bartels, **Vagabond Wines'** wine adviser, recommends a few reds that will put fire in your belly. He says: 'I suggest a 2017 shiraz from Hawke's Bay, New Zealand, which has notes of oak and spice, or a 2018 mourvèdre from the Barossa Valley, Australia, which is a mix of thyme and cloves, giving it a peppery taste. *6a Sheldon Square, W2 6EZ. 020 7121 8844. www.vagabondwines.co.uk.*

HOT DRINKS

If you want to linger over a hot drink, stop by **Kioskafé** opposite St Mary's Hospital, which stocks 150 magazines and 2,500 newspapers from around the world – even North Korea. Manager Fabio Forin says: 'We serve Postcard Teas' New Assam Chai, which is made with dried ginger, cardamom, cinnamon and cloves from Kerala in south India. It's a wonderful wintry drink.' *31 Norfolk Place, W2 1QH. 020 3111 4242. www.kioskafé.com.*

If you'd prefer a creamier warm drink, **Java U** serves chai latte made with cinnamon, ginger and and cloves. *195 Edgware Rd, W2 1EY. 020 7706 8118. www.java-u.co.uk.*



Dickens Tavern

LIVE



Have you tried the farm's greens?
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✉ magazine@paddingtonnow.co.uk



This image and right: Square Mile Farms



BREATHING SPACE

A new rooftop farm and an expanded station ticket hall are giving residents in Paddington room to breathe

URBAN JUNGLE

Square Mile Farms expanded its horizons in June 2019 when it established a farm on the roof of 2 Kingdom Street.

The farm grows rocket, chard, pak choi, coriander, parsley, basil and chives.

While co-founder Johnno Ransom's background is in real estate, his family has a farm in Lincolnshire. 'I was interested in bringing agriculture into the built environment,' he explains.

Produce is grown vertically, indoors. 'You can grow more with vertical farming,' says Johnno. 'We grow indoors because it's drastically more productive to grow in a controlled environment – you can be more scientific, and you grow plants in their ideal environment.'

'One of the biggest costs is electricity for lights and temperature, but LED lights are becoming more efficient. Besides, while traditional farms grow produce in natural light, they still need electric lights in barns and use energy to transport food.'

The farm avoids food miles by delivering

produce to local restaurants on foot – in compostable packaging, naturally.

The team uses the hydroponic method to grow greens in nutritious water rather than soil. 'It's hard to grow vertically with soil,' Johnno explains. 'Soil is also less sterile than water, as bacteria in soil can contaminate our food. Water is less likely to attract pests, too, so there's less need for pesticides. Instead of pesticides, we add natural enzymes to the water to break down bacteria. We also introduce ladybirds and release parasitic wasps – which look like gnats – on to the plants to kill greenfly.'

The farm shares leftover nutrient-rich water with local gardeners. You can also attend tours, lunchtime talks and supper clubs in its kitchen, so, over a cup of fresh mint tea, you can learn about growing greens before buying some.

'In future, we'd like to sell sustainable pesto, too,' adds Johnno. Could #PaddingtonPesto catch on?
2 Kingdom St, W2 6BD. 07909 513918.
www.squaremilefarms.com.



TOP OF THE LINE

From the end of February 2020 the Bakerloo line ticket hall at Paddington Station will be refurbished and enlarged to accommodate growing passenger numbers and to relieve congestion. A new entrance and ticket hall will also be added, as part of the Paddington Square scheme. To prevent overcrowding, the Bakerloo line at Paddington may become exit only at peak times, and passengers may be asked to use nearby Edgware Road Station to access the Bakerloo line or use another Underground line at Paddington. Keep an eye on @BakerlooLine and @TfLTravelAlerts for confirmed dates and details.
www.tfl.gov.uk.



WHY LIVE IN PADDINGTON?

A friendly neighbourhood with green spaces in central London is a rare thing indeed – so it's no wonder these locals feel like they've hit the jackpot



Josephina Becci is a carer for two family members and a neighbour. She says:

'In 1976, just before my second child was

born, the council rehoused us from Fitzrovia to our current flat by Hyde Park.

'Paddington was a good area for bringing up children and it has improved so much in recent years. You can get everything you need and Church Street Market off Edgware Road buzzes on Saturdays.

'I go to Little Venice Sports Centre a few times a week. The staff are friendly and I see familiar faces each time I go. A trainer helps me plan a routine.

'I also love walking by the canal and my grandchildren enjoy cycling. I have three children and seven grandchildren aged two to 19 who keep me busy. The canal feels so healthy, away from traffic.

'My husband was a restaurateur. When we moved to Paddington I saw an advert for a waitressing job that would fit around raising my children. I said to the owner: "I'd like the job and I'd like to buy your restaurant." My family have owned Casa Becci on Paddington Street ever since. My son runs it now. When we're not eating Italian food, I love the mezze at local Moroccan and Lebanese places.'



Valmie Vita moved from the Congo as a teenager and now lives on Fernhead Road near Paddington Recreation Ground,

with her mother and sister. She is a member of The Westminster Society, a charity for people with learning disabilities. She says:

'My family and I settled in Paddington and have been here for about 15 years.

'I love living here; when I walk down Harrow Road I know so many people to say hello to. The Westminster Society's Learning Disability Network Drop-In on Harrow Road is such a hub of activity – there is always something going on and it's a great place to meet my friends.

'I studied cookery, art and music at City of Westminster College in Paddington. I still enjoy cooking and now work for The Westminster Society's social enterprise, Yhums Yhums. We cater for corporate events. I enjoy making canapés and cakes and serving customers.

'I love going to Paddington Recreation Ground with my friends and support worker. There was a fantastic African music and dance course there in summer 2019. African music is my favourite – especially the drumming.'



Martyn Dawes launched Coffee Nation – selling it for £23 million in 2008 – and now gives talks about being an

entrepreneur. He says:

'I moved to Paddington in 2010. I live by Marble Arch, just off Connaught Square.

'The location must be one of the best in London – the West End is on my doorstep, Hyde Park is nearby and great for running and long walks and the local villages, Connaught Village and Portman Village, have fun parties in summer and a festive atmosphere at Christmas.

'I have a few favourite local spots. I'm slightly addicted to Barry's Bootcamp at Queensway, which is apparently the toughest workout in London. Casa Malevo on Connaught Street serves amazing Argentinian steaks and although I'm not particularly religious, the midnight mass on Christmas Eve at St John's Hyde Park is wonderful.

'I've seen Paddington change over the years. Since I have lived here it has become a destination in its own right – just look at the Paddington Basin developments. The area really feels like a vibrant community now.'

WORK

Tell us why you like working in Paddington
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InPaddington InPaddington
magazine@paddingtonnow.co.uk



WeWork Merchant Square

Working together

Whether you already work in Paddington or are about to move to the area, find out more about your neighbours

Do you need a new office? Then you can take your pick from shared office space in Paddington.

A co-working space with craft beer and table tennis sounds like the dream, but not all new business can afford such perks. That's why Ben Davies founded **Ministry of Startups**, a no-frills shared office with basic furniture, fast internet, meeting rooms and 24/7 access, with monthly contracts and no deposit.

In 2014, Ben restored a vacant building near Liverpool Street that was awaiting redevelopment. Startup firms shared the costs in exchange for their own space.

The company now has 12 buildings, from a Georgian terrace to a pub, and it has worked with developers such as British Land and Derwent London, as well as councils including the City of London and Islington.

'People trust us now, so we just keep growing,' says Ben. 'We take on short leases in zone 1 that most people won't take on, so I can negotiate prices. Most of our leases are for more than a year though, and Paddington's is for three years. We move in and out quickly and efficiently. We finished fitting out our Paddington space in August 2019. We picked up the

keys on a Wednesday afternoon and our first members moved in the following Monday. It was our fastest turnaround, so it was manic. But we take infrastructure seriously, so our Wi-Fi is as amazing as ever – I prioritise it over running water! People actually compliment us on our internet.'

The Paddington building was built as offices in the 1990s, then used by medics and as a school before lying empty.

Hot desking at the Paddington branch starts from £50+ VAT per month. 33-35 Praed St, W2 1NR. 020 7846 0101.

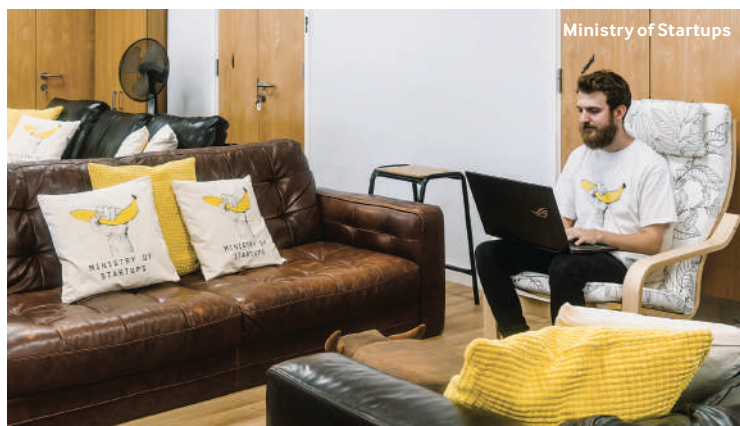
www.ministryofstartups.com.

WeWork, meanwhile, opened a second Paddington branch in July 2019. Spread across seven floors, Merchant Square is designed for 3,000 people, making it one of the capital's largest.

Members can apply to WeWork Labs, which grants them access to a lab manager who creates bespoke programmes for them for free.

Labs manager Anaïs Chetrit says: 'We set up early-stage startups with the space, resources and network to help them grow. I support our labs' members every step of the way, creating a personal programme that shapes their business. This could include connecting them with investors and like-minded businesses, facilitating pitch practice or testing their products on other members.'

5 Merchant Square, W2 1AY.
020 3966 9488. www.wework.com.



WHY WORK IN PADDINGTON?

Praed Street's vibrancy, the area's mix of old and new architecture and karaoke spots for work dos mean job satisfaction is soaring in W2



Sorwar Ahmed is the Canal & River Trust's waterway boating manager, so he improves the experience

of canal-boat skippers. He says:

'I've worked for the Canal & River Trust for six years. I deliver programmes to improve the canal experience. Customers said they wanted more places to moor, shorter stay times and guaranteed moorings, so we introduced two bookable spaces in Little Venice in 2015 and bookable moorings by Active360 in Paddington Basin in June 2019.

'I'm lucky to have an office on the canal. I like how the canal's tranquillity contrasts with Praed Street's bustle and that the area has a mix of NHS staff, professionals in new offices and long-established residents.

'Sometimes I have breakfast in Kupp, watching paddleboarders go by. At lunch I stroll down Praed Street; I often go for mezze in Zahra, a buzzy café where everyone sits close to one another. For after-work drinks, we go to The Warwick Castle, which has a real fire.'



Paddington Station's assistant duty manager Maksood Chaiwalla, or 'Mak', says:

'I started working in security at Paddington Station in 2003. Now I deal with weekly fire alarm tests, evacuations and health and safety checks, looking for potential hazards.

'I also deal with people falling off escalators or falling between a train and the platform. I provide first aid, dress wounds, use a defibrillator and call an ambulance, then fill in accident reports and investigate what happened on CCTV.

'I usually eat lunch by the canal watching tourists emerging from the station looking lost! If I do a 12-hour shift, I might get a kebab on Spring Street. For after-work drinks I'll go to The Monkey Puzzle, which has a large outdoor seating area.

'I like Paddington's mix of traditional and modern architecture. I especially like the Brunel Building, which is amazing. There is a lot to see in Paddington and most people don't spend enough time here.'



Tara Hanna works for the home improvement company Kingfisher Plc in Paddington Central. She says:

'I started at Kingfisher in 2015. We recently set up the GoodHome Foundation, which is committed to making home improvement accessible to everyone, because good homes change lives. We provide funds to local charities and donate products, or our employees volunteer to help.

'A home is not just a shelter or a place to sleep. A good home is essential to dignity, health and happiness, to strengthening communities and building relationships. That's why at Kingfisher we want to help people know what it's like to fall asleep feeling safe, warm and dry; to wake up surrounded by things they love and colours they've chosen; to welcome guests to a home they feel proud of.

'I love working at Paddington Central; it has achieved the perfect balance between being a corporate environment and a place to relax.

'I start the day with a coffee from our office. We have a great in-house canteen, so we often go for a salad as a team. On special occasions we visit Beany Green for a bacon roll or Massis for kibbeh.

'For drinks after work, we go for wine at The Union or to Huckster, which has amazing karaoke. For team dinners, we go for seafood at The Summerhouse.'



BRONZE AGE

Artist Gavin Turk, who's best known for the 12m bronze nail by St Paul's Cathedral, has created *Axis Mundi*, a large bronze plug outside the Brunel Building. Look out for it from 2020. 2 *Canalside Walk*, W2 1DG. www.brunelbuilding.com.



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SLEEP



Have you stayed at one of these hotels?
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Bed, bath and beyond

Paddington's hotels aren't just for sleeping in – now you can meditate, sip cocktails on a roof terrace and browse artwork

Sleep tight

A new boutique hotel opened in September 2019 in a leafy cobbled mews off Sussex Gardens.

Inhabit has 89 bedrooms across six Grade II-listed townhouses, each decorated in a palette of grey and cream, with hand-blocked linen curtains, palms, magazines and seascape artwork.

Room sizes range from a single bed in the Sleep category to a family room with a double bed and two singles. Whichever you stay in you can bet on a good night's sleep, thanks to the hotel's wellness ethos.

You can buy eyemasks and Self Care Co scented wax candles made with essential oils, then wind down over yoga in a two-storey atrium, a library on the ground floor or in a meditation pod – an egg-shaped chair surrounded by plants. Mercedes Sieff, a positive psychology coach, soothes jetlag and insomnia in five-minute meditation sessions. Headphones are supplied.

Use the sauna or book reflexology or an aromatherapy massage in your room then sink into a Casper mattress made with wool and cotton to regulate your temperature. Lockable boxes encourage you not to check your phone at night.

Come morning, if you can drag yourself out of bed then hop on an indoor bike before porridge, organic juice or a cup of Fairtrade coffee in Yeotown, a café which is also open to non-guests. It's run by Mercedes and her husband Simon – the duo behind Yeotown Kitchen in Marylebone. As well as a communal table, there are armchairs with blankets.

Fill up your water bottle from filtered taps and grab vegetable crisps, fruit or Doughlicious matcha cookies from the pantry in the lounge on the ground floor and you're ready to face the day. Why not hire one of the hotel's two bikes and cycle to Hyde Park?
25-27 Southwick St, W2 1JQ. 020 7723 7723. www.inhabithotels.com.



Room with a view

The Pilgrim opened a roof terrace in June 2019, outside its cocktail lounge on the first floor. Open to the public all year round, it's a great spot to people-watch.

The wooden deck seats 20 and features restored marble tables and upcycled chairs. The potted herbs are used by head chef Sara Lewis in the kitchen.

Stop by for its new brunch menu, which includes a tomato and chorizo stew, berry granola or caramelised banana on rye toast. Come later for smoked aubergine with burrata or cod-stuffed peppers, Hop King and Small Beer Brew Co craft beer, organic wine sourced by Les Caves de Pyrene or a Fig Leaf Collins cocktail. Reserve ahead. 25 London St, W2 1HH. 020 7667 6000. www.thepilgrim.com.



PICTURE PERFECT

Oyo Townhouse is decorated with 15 Perspex collages designed by Sabrina Mehta. The works are backlit, so they glow at night until you switch them off. 30 Sussex Gardens, W2 1UL. 020 3972 4000. www.oyotownhousesussex.com.

CHANGE



An aerial view of the Grand Union Canal



Poets Sophie and Jo (right)



A proposed panel

Connecting the dots

Improved wayfinding and art will make W2 even more attractive

Congratulations are in order for two consultancies specialising in transport and infrastructure which have won a competition to improve pedestrian routes in and around Paddington.

In March 2019, the Paddington Partnership set up Paddington Connections, inviting artists, designers and architects to propose interactive, sustainable and durable works to enhance walls, street furniture, lighting, bridges and buildings around the canal and Paddington Station.

Two companies – Steer and Jedco – teamed up to propose See Paddington, which The Paddington Partnership selected as the winner.

The Partnership's chief executive, Kay Buxton, says: 'We were delighted with the responses. From independent artists to master-planning practices, the judges were blown away by the insight and innovation shown by the 23 submissions. Steer and Jedco are a perfect fit for what we are trying to achieve at Paddington.'

See Paddington includes a series of graphics and light perforated steel panels around the entrances to canal-side routes which will help people find their way around the area. The panels play with light and shadow and respond to passing movement, enticing and engaging visitors.

The panels will be themed on nature, heritage and personal connections, celebrating the area's wildlife, canal and ecosystems; industrial past and scientific pioneers, and daily local life.

Poets Jo Bell and Sophie Herxheimer in partnership with Poet in the City will help with the project. Previously an industrial archaeologist specialising in canals, Jo lives on a narrowboat and is the UK's former Canal Laureate. Sophie meanwhile has exhibited work at the Tate Modern and National Portrait Gallery.

The duo will talk to locals and translate their stories into poems and art that will be applied to the panels.

Kay adds: 'With the arrival of Crossrail from 2020/21 we have an opportunity to press reset – to reveal our hidden assets, showcase our waterspace and present a new Paddington. We've received tremendous support from Westminster City Council and local stakeholders to get this far. Now we're taking the next steps on the detailed design.'

The £250,000 project is funded by the developers and landowners that make up The Paddington Partnership. The project is expected to launch in summer 2020.

www.thispaddington.com.

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GIVE Grant a wish

Donate coats and books to locals in need and perhaps Father Christmas will make an appearance to reward your acts of kindness...

While some people wish for a new phone at Christmas, others just want coats, food or toiletries – so why not grant their wish?

Donate clean coats in the reception of 2 & 4 Kingdom St, W2 6BD and 3 Sheldon Square, W2 6PR (to 30 Nov). Then, Calling London will distribute them to those in need. www.paddingtoncentral.com.

Merchant Square meanwhile, is collecting toiletries for The Marylebone Project to distribute to the homeless. Donate items (18 Nov-2 Dec) in the reception at 5 Merchant Square, W2 1AY. www.merchantsquare.co.uk.

Paddington Central is also collecting Christmas presents for men, women and children and long-life food such as soup, tinned fruit, biscuits, Christmas pudding and mince pies in the reception at 2 & 4 Kingdom St, W2 6BD and 3 Sheldon Square in Paddington Central (25 Nov-6 Dec). www.paddingtoncentral.com.

North Paddington Food Bank will distribute the presents, food and financial donations from WECH Community Centre, a new building with a communal rooftop garden, improved play facilities and a larger space for Elgin Pre-School. The Food Bank is open for distributions Wed 9.30am-12.30pm. It welcomes volunteers, so if you're interested, email volunteer@thisispaddington.com. www.npfoodbank.org.uk.



Cute kids on St Mary Magdalene Primary School's new library bus



Local schoolchildren singing Christmas carols

DREAMBOATS

Santa is back by popular demand, and it seems he got the memo about being eco-friendly as he'll arrive at Paddington Central on a sleigh that looks suspiciously like a GoBoat to meet school children (Dec). www.paddingtoncentral.com.

READ ALL ABOUT IT

October saw the opening of St Mary Magdalene Primary School's library bus. Thanks in part to a community fund set up by developer Derwent London, a double-decker bus was converted into a heated library with bookshelves and seats reupholstered in London Transport fabric. *Rowington Close, W2 5TF. 020 7504 0555. www.st-mary-magdalene.westminster.sch.uk*.

Marylebone Boys' School, meanwhile, has launched a collection to stock its library. All books are welcome, but the school also has an Amazon wish list of classic and modern titles, such as *Brave New World, 1984* and *The Hunger*

Games on tinyurl.com/MBSBookDrive. Donate in reception. *North Wharf Rd, W2 1QZ. 020 3143 7100. www.maryleboneschool.org*.

SWEET SMELL OF VICTORY

Congratulations to The Paddington Partnership Community Programme, which won an award at the Renaissance London Heathrow Hotel in June 2019.

The programme won Partner of the Year at an annual community awards ceremony which was hosted by the residential developer A2Dominion. It won because of its work with the Beethoven Community Centre near Queen's Park, which is supported by volunteers from Visa, Nissan, Collier Capital and Marks & Spencer. As well as serving older people tea and cake on GoBoats in October, the volunteers redecorated the centre's hall and foyer and hosted a children's Halloween party.

The Paddington Partnership will give the vouchers it won to charity. 020 3145 1207. www.thisispaddington.com.

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EXETER

...Because where else can you tour a cathedral roof, brewery and tunnel? Explore Exeter Cathedral's roof, sip your way around The Exeter Brewery or tour the 14th-century Underground Passages in a hard hat on your hands and knees. You can also browse fine art in *A Sense of Place* (to 15 Mar 2020) at the Royal Albert Memorial Museum & Art Gallery or shop in Guildhall. For lunch, order seitan hot dogs at Rabbit Vegan Café, a dog-friendly space with murals, or pop into The Glorious Art House, a fairy lit café. At night, attend a candlelit dance at Exeter Corn Exchange, listen to poetry at Exeter Phoenix or play board games at Board. After dinner at @Angela's, enjoy cocktails at Doctor Ink's Curiosities.

Get there: Direct trains from Paddington to Exeter St David's take about 2 hrs 15 mins.

THE COTSWOLDS

Buy a Cotswolds Discoverer one-day travel ticket and village-hop in the Cotswolds, an Area of Outstanding Natural Beauty, by train and bus. Highlights include Bourton-on-the-Water, Stow-on-the-Wold, Bourton-on-the-Hill and Moreton-in-Marsh, as well as Chipping Campden. You'll find a historical pub, tearoom and thatched cottage at each spot. Along the way you can explore Bourton-on-the-Water's model village and motor museum, antiques in Stow-on-the-Wold and have tea and cake in The Cotswold Tearoom in Moreton-in-Marsh. For countryside views, visit Broadway Tower en route to Chipping Campden, then warm up over fish and chips and a pint by the fire under beams in the Eight Bells. **Get there:** Direct trains from Paddington to Cheltenham take about 2 hrs 15 mins, via Swindon.

SWANSEA

Swansea Castle is en route to the marina, where you can see boats at Swansea Museum. Maritime fans can also visit National Waterfront Museum next door – the former warehouse explores Wales' coal mining and maritime heritage. For a bracing walk, follow the 9km bayside path past Oystermouth Castle to Mumbles Pier, lighthouse and Mumbles Hill nature reserve – which is the same size as St James's Park in London. Can't feel your fingers any more? Then get cosy in Mumbles Coffee, or have a gingerbread latte from The Cwtch back near the marina. Later on, catch a film, exhibition or live music at Cinema & Co, which has sofas made from crates, then have dinner in The Griffin, which has a tall, domed ceiling. **Get there:** Direct trains from Paddington to Swansea take about 3 hrs.



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