

Explore PADDINGTON

AUTUMN 2020

YOURS
TO
KEEP

Alfresco art

From folk art to Pop Art, the Grand Union Canal is home to paintings, installations and murals

EVERYTHING
EVERYTHING
EVERYTHING
EVERYTHING
CHANGES
CHANGES

SUDDENLY
SUDDENLY
SUDDENLY
SUDDENLY
THEN
THEN

CHANGES
CHANGES
CHANGES
CHANGES
EVERYTHING
EVERYTHING

WHAT'S ON | OUTDOOR YOGA | LOW ALCOHOL DRINKS | LOCAL HISTORY

in a **turbulent** climate,
something **refreshingly** new
has **taken off** in paddington...

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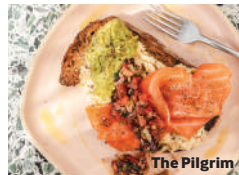
Browse art along the Grand Union Canal on a socially-distanced stroll. You'll see everything from narrowboat folk paintings to a mural made from rubbish and, um, a giant plug

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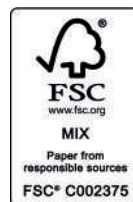
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Editor Sarah Riches **Sub editor** Anna Frame **Art Director** Tim Benton **Designer** Jon Ashford **Production** Justin Masters, Paul Lincoln, Joe Fordham
Sales Charlotte Johnson-Last. 020 7611 7892. charlotte.johnson@thinkpublishing.co.uk; Rob Way. 07789 642255. rob.way@thinkpublishing.co.uk

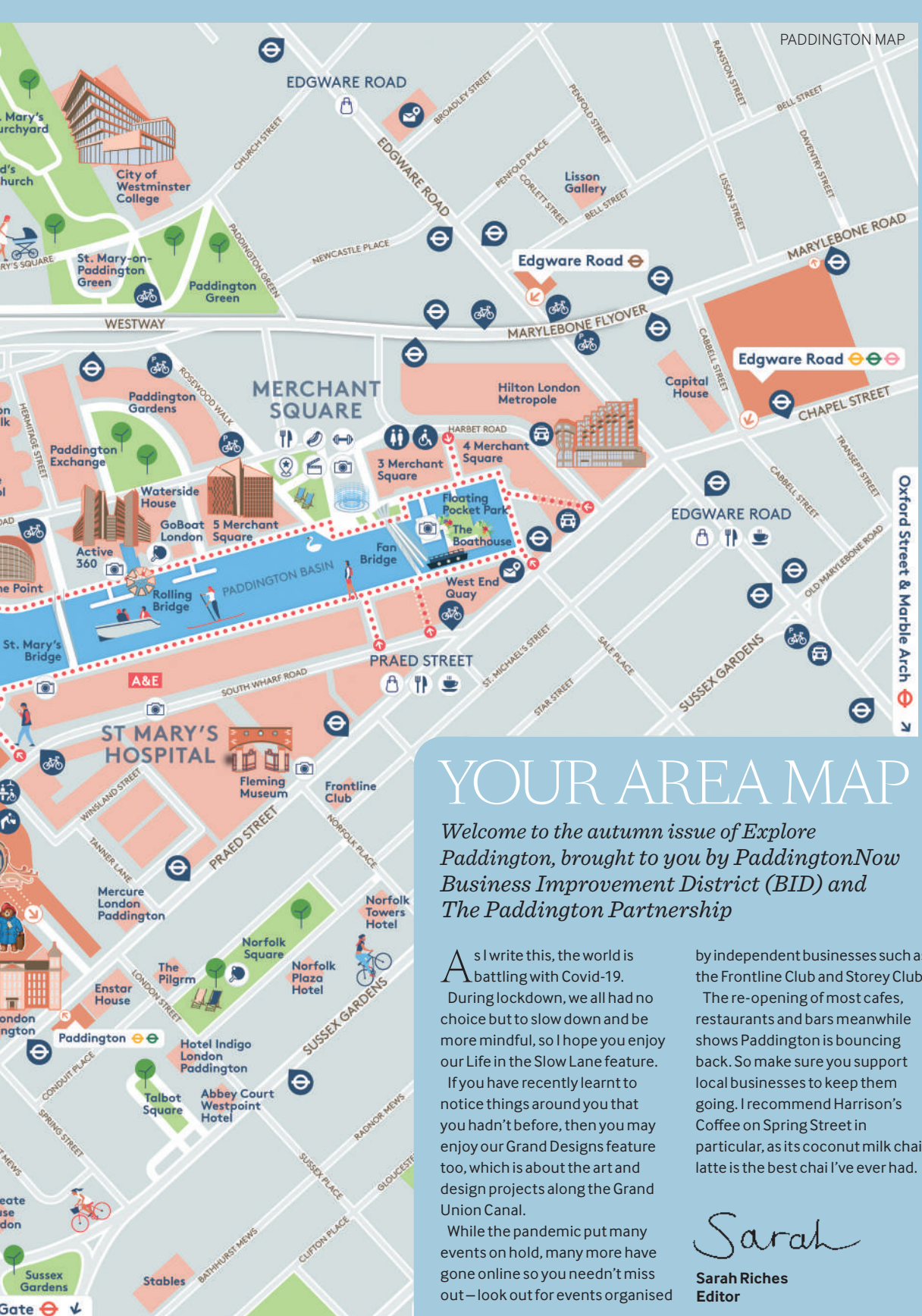
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Hyde Park & Lancaster



YOUR AREA MAP

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

As I write this, the world is battling with Covid-19.

During lockdown, we all had no choice but to slow down and be more mindful, so I hope you enjoy our Life in the Slow Lane feature.

If you have recently learnt to notice things around you that you hadn't before, then you may enjoy our Grand Designs feature too, which is about the art and design projects along the Grand Union Canal.

While the pandemic put many events on hold, many more have gone online so you needn't miss out—look out for events organised

by independent businesses such as the Frontline Club and Storey Club.

The re-opening of most cafes, restaurants and bars meanwhile shows Paddington is bouncing back. So make sure you support local businesses to keep them going. I recommend Harrison's Coffee on Spring Street in particular, as its coconut milk chai latte is the best chai I've ever had.

Sarah

Sarah Riches
Editor

Locals: plan your day

After a feast of Malaysian noodles and a banoffee ice cream for dessert, do your bit to help a local charity then reward yourself with a cheeky pint outside



9.30AM



10.30AM



1PM

Ideal for a budget lunch



2PM

Relax by the canal



9PM



5PM

9.30AM Start your day with a pastry and a coconut and turmeric latte at **Noxy Brothers** in Paddington Central (formerly Mokka Brothers). It's scheduled to re-open in September. 1 Kingdom St, W2 6BD. 07769 969800. www.mokkabrothers.com.

10.30AM For a break from the bustle, sit on the grass in Norfolk Square Gardens. W2 1RU. www.thisispaddington.com.

1PM **Warisan Café** is a Malaysian spot that's popular with Asian diners – always a good sign. How does seafood fried rice, spicy prawn sambal or yellow mee (curried coconut noodles) sound? 190 Sussex Gardens, W2 1TU. 07502 064623. www.warisan.cafe.

2PM Enjoy cherry sorbet, banoffee or bourbon ice cream beneath a canopy at **Bar Torelli** nearby. Station Bridge, Merchant Square, W2. www.merchantsquare.co.uk.

3.30PM If you haven't had a pandemic clear-out yet, now's the time to do it. Donate unwanted items or update your wardrobe at your local charity shop **All Aboard**. 12 Spring St, W2 3RA. 020 7262 5955. www.allaboardshops.com.

5PM Have a cheeky pint and a bite to eat on the tables outside **Fountains Abbey**. 109 Praed St, W2 1RL. 020 7723 2364. www.greeneking-pubs.co.uk.

7.30PM Support war reporters and photographers by attending **Frontline Club's** online webinars. Recent ones have discussed ISIS fighters in Syria and Iraq and the future of news. 13 Norfolk Place, W2 1QJ. 020 7479 8950. www.frontlineclub.com.

9PM Go for post-dinner nibbles at **The Cheese Barge**, a double-decker boat which specialises in cheese from small British producers. It's by the same team as The Cheese Bar in Camden, and it's due to open in October. W2 6HY. www.thecheesebar.

Visitors: plan your day

Hunt for Paddington bear, enjoy lunch aboard a boat with your bubble pals, then while away the evening over cocktails in an underground bar

9.30AM Maintain your fitness while you are away online or in a private class with the windows and doors open at **Peacock Pilates**. Pre-book. 51 Conduit Mews, W2 3RE. 020 7262 2210. www.peacock-pilates.com.

11AM Go for a post-workout smoothie at **The Pilgrim** hotel. 25 London St, W2 1HH. 020 7667 6000. www.thepilgrim.com.

NOON Collect a Pawprint Trail leaflet from **Paddington at Paddington Station** and choose a route – along the way you might find a bronze statue of the famous bear or an illustrated bench. W2 1RH. 020 7402 5209. www.thisispaddington.com.

1PM Use the free Wi-Fi under **Floating Pocket Park**'s pergola in Paddington Basin. www.merchantsquare.co.uk.

2PM Tuck into a vegan beetroot burger at **Darcie & May Green**. Sheldon Square, W2 6DS. 020 3137 9639. www.daisygreenfood.com.

4PM Captain a **GoBoat** with your household or a pal in your support bubble to explore the canal at 4mph. 07980 615563. www.goboat.co.uk.

7PM Enjoy Persian cuisine such as Iranian cod and pomegranate stew at **Kateh**. 5 Warwick Place, W9 2PX. 020 7289 3393. www.katehrestaurant.co.uk.

9PM Have a botanical cocktail at **Ayllu**, a new Peruvian-Japanese bar beneath Smith's Bar & Grill. It plans to host live music and cabaret nights. 25 Sheldon Square, W2 6EY. 020 7286 9458. www.ayllu.co.uk.

Have you visited one of these places?
Then share your photos with us!

#ExplorePaddington

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Explore
the canal



Family
fun



WHAT'S ON

All details correct at time of going to print, but please check online in case they change

Autumn may be on its way but you can still make the most of 2020. How does outdoor yoga or paddleboarding sound?

ONGOING

Mon-Fri: Order street food from Grate Gourmet Rosti, the Rice Guys, Simply Falafel, Hola Guacamole and Urban Yak. NHS staff discount available. 11.30am-2.30pm. *Merchant Square, W2 1AJ. 020 7298 2455. www.merchantsquare.co.uk.*

Wed, Fri & Sat: Watch the Rolling Bridge curl and the Fan Bridge raise on weekdays at noon and weekends at 2pm. *Merchant Square, details above.*

NIGHTOUT Thu: Enjoy live jazz music at Pizza Express. Free. 3 *Merchant Square, W2 1BF. 020 7706 8000. www.pizzaexpress.com.*

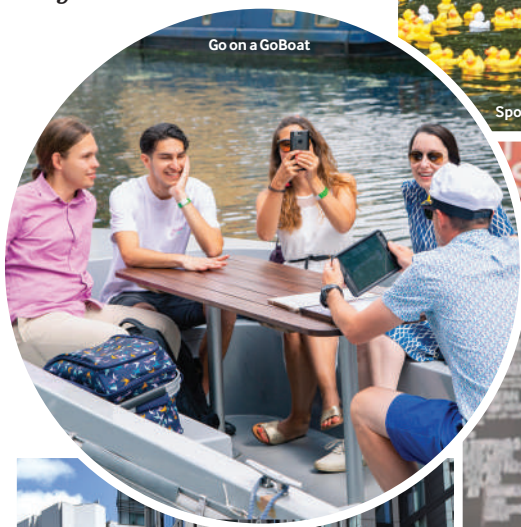
Thu: Listen to unsigned buskers sing live outside. 27 Aug-3 Sep. Noon-2pm. Free. *Merchant Square, details above.*

Sun: Order roast beef with roast vegetables and a Yorkshire pudding at Cork & Bottle. Noon-10pm. From £17.50. 27 *Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.*

Get into the spirit of summer by playing volleyball or badminton on the beach at Merchant Square. 10am-6pm. Free. Book. *Merchant Square, details above.*

Spin on the indoor rink at Queens in time for the outdoor ones at Christmas. Ice karting is not expected to return until 2021. 17 *Queensway, W2 4QP. 020 7229 0172. www.queens.london.*

Enjoy brunch and shuffleboarding at Lockhouse. 3 *Merchant Square, W2 1AZ. 020 7706 4253. www.lockhouselondon.com.*



Sponsor a duck to help St Mary's Hospital





Yoga in Norfolk Square Gardens



FAMILY FUN Why not book a two-hour group paddleboarding session with Active360 in Paddington Basin? From £59, discounts for return participants. You can also try canoeing. Merchant Square, W2 1JZ. 020 3393 5360. www.active360.co.uk.

Pergola Paddington has four changeable food stalls. 5 Kingdom St, W2 6PY. 07951 890 484. www.pergolapaddington.com.

To Oct: Up to four people from different households (sitting a metre apart) or

up to eight people from two households or support bubbles can now charter an electric GoBoat next to Rolling Bridge. Book ahead, contactless payment. 07980 615563. www.goboat.co.uk.

SEPTEMBER

1 Sep: Try paddleboarding for free. 6pm-7pm. Book through the Merchant Square app. *Merchant Square, details left.*

1-8 Sep: Get fit at an outdoor bootcamp. 6pm-7pm. Free. Book through the Merchant Square app. *Merchant Square, details left.*

10 Sep: Cheer on a rubber duck race that starts by St Mary's Bridge. Sponsor a duck from 5 Merchant Square's reception to help raise funds for Cosmic, which supports babies and children in intensive care in St Mary's Hospital. 12.45pm-1.15pm. *Merchant Square, details left.*

1-29 Sep: Do yoga outdoors. Tue 10am-11am. *Norfolk Square Gardens, W2 1RU. www.thisispaddington.com.*

OCTOBER

26-31 Oct: Take photos of Merchant Square decorated with cobwebs and pumpkins. For the chance to win restaurant vouchers, tag @merchantsquareldn on Instagram. Free. *Merchant Square, details left.*



Paddleboard with Active360

GRAND DESIGNS

A stroll along the Grand Union Canal reveals a series of attractive art works and architecture, says Sarah Riches



London boasts the world's best galleries, but if you'd prefer to be outside, why not browse art in the great outdoors instead? Paddington has a range of local works spanning from narrowboat folk art to a rolling bridge.

Something old...

The traditional paintwork on narrowboats in Little Venice is known as **Roses and Castles**, and it's the oldest art you will see along the canal.

The London Canal Museum's chair Martin Sach says: 'It's bold, bright and depicts rivers, flowers and castles that usually have a continental appearance rather than an English fort. It's seen on boats and utensils such as watering cans. While there are similar traditions among travelling communities in the UK and Holland, there is no connection. The tradition is thought to have started in the 1840s when crews began living on board with their families to compete with the railways. Leisure-boat owners have since enthusiastically maintained it.'

Fast-forward to 2004, when the **Rolling Bridge**



Roses and Castles
paintwork

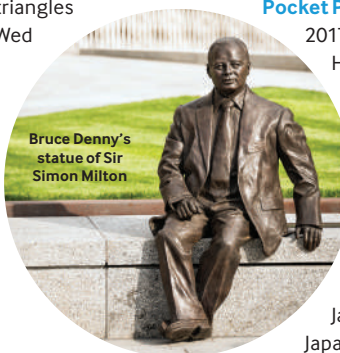
was installed in Paddington Basin. Fans of architecture won't want to miss the 12-metre-long steel footbridge, which was designed by Thomas Heatherwick Studio – the team behind Google King's Cross and Stratford's Olympic Velodrome. Its eight triangles curl into an octagon (Wed & Fri noon; Sat 2pm).

Fan Bridge, designed by Knight Architects, arrived in the basin a decade later. The 20-metre-long footbridge features five beams which unfold like a Japanese fan (Wed & Fri noon; Sat 2pm).

Bruce Denny's statue of **Sir Simon Milton** was also unveiled in 2014, in Merchant Square. The late Milton was the leader of Westminster City Council and he helped to regenerate the area. Denny says: 'Simon lived in Maida Vale and worked for the council for many years. He had the foresight to regenerate the basin and

the drive to push it through. His vision for Paddington became the reality you see today. He would have been proud to see what he achieved.'

If you appreciate modern architecture, you will also want to see the **Floating Pocket Park**, which opened in 2017. Tony Woods, a Royal Horticultural Society gold winner, designed the 730sqm park, which he describes as 'a one-of-a-kind garden for London'. It has a canopy over a deck which leads to a lawn bordered by Japanese forest grass and Japanese anemones. With free Wi-Fi, an event space and occasional yoga classes, it's designed to attract all types of visitors.



Bruce Denny's
statue of Sir
Simon Milton

Something new...

Paddington's art scene is by no means stuck in the past, as **Julian Opie's** 2012 works demonstrate in the Lindo Wing, the private unit at St Mary's Hospital that is closed to the public. Forty glass panels are displayed over five floors. Each panel depicts images of the patients, staff and visitors the artist met in the building.



Danny Lane with
Lock, Level, Line



Julian Opie's
glass panels



Fan Bridge

The 17-storey Brunel Building meanwhile displays a new piece by sculptor James Capper, who works with industrial machines and mechanical power.

Tread Pads – which resembles studded football boots – was designed for boats, allowing the vessels to ‘walk’ into the sea. The pads now hang from the office building’s triple-height atrium. Capper explains: ‘They’re orange so they’re visible, while cream is associated with harbour tugs and work boats. There’s a gracefulness to the way that something that heavy can levitate.’

Whether you work in the Brunel Building or are just passing, look out for Gavin Turk’s **Axis Mundi**, which will be displayed late summer outside the building. Turk likes to trick the eye, as with his 12-metre bronze nail outside St Paul’s Cathedral. His latest piece, made from bronze and stainless steel, resembles a giant sink plug.

Meanwhile, you’ll see **Message from the Unseen World** by United Visual Artists and the poet Nick Drake beneath Bishop’s Bridge Road. It’s an ode to the late Alan Turing, but its meaning takes on new significance in times of Covid-19.

Something borrowed...

While not exactly ‘borrowed’, Kevin Herlihy reused waste collected from the canal

by Stowe Youth Club to create a striking canalside **mural** of a frog, fish and swans. Herlihy says: ‘I aim to help our environment through art by involving a range of people in community art projects, reusing thrown-away objects in sustainable ways.’

Something blue

...That’s Paddington bear, of course! Look out for a velvety blue statue under Bishop’s Bridge Road. **Bearing Up** was unveiled in 2014.

Two Figures (2003) by Sean Henry is further up the canal. The bronze and concrete sculptures depict two metre-high men in blue shirts and grey trousers, so they blend in with office workers from Sheldon Square.

The rainbow-hued installation **Colour Transfer** by Liz West is next to the sculptures, brightening up the walkway beneath Westway Bridge. The 2018 piece is made from aluminium, steel and PVC. West says: ‘An injection of colour was needed... to energise those passing by. Added to that are reflective mirrored surfaces and beautiful natural light; it’s a very playful and uplifting piece which

activates and enlivens the space in a striking and engaging manner.’

Like *Colour Transfer*, the floating restaurant **Darcie & May Green** further down the canal is painted with colourful stars, crosses and stripes by Sir Peter Blake – the Pop artist behind *The Beatles’ Sgt Pepper’s Lonely Hearts Club Band* album cover.

Paddington Basin, meanwhile, is home to **Lock, Level, Line**, a 2003 series of four cast-iron and glass sculptures. Artist Danny Lane, who exhibits in the Victoria and Albert Museum, says: ‘They were designed to reflect the changing levels of water in the lock, and

the presence of iron creates the azure aquamarine colour in the glass.’

Another sign for us, then, that Paddington is a living, open-air gallery.



Paddington
statue on the
Pawprint Trail

LIFE IN THE SLOW LANE

*If the 2010s were about life in the fast lane – fast food, fast-track studies and *The Fast and the Furious* – then the 2020s are set to be about taking it slow with meditation, yoga and embracing nature, says Sarah Riches*



Yoga at Inhabit

First came FOMO, or the fear of missing out, then came JOMO – the joy of missing out.

The Covid-19 pandemic has forced us all to notice and appreciate the little things, such as the leaves turning red or your child's smile when they do up their shoe laces for the first time. And it turns out, slowing down is beneficial to our health and wellbeing.

Veronika Pongracz is a sound therapist and yoga, meditation and mindfulness teacher. She is also head of wellbeing at **Inhabit**, a boutique hotel in Sussex Gardens. She says: 'Living mindfully reconnects us with the present moment, allowing us to be consciously aware of what is happening in the here and now. When we move from autopilot to conscious action or "just being", we can

ease feelings of being overwhelmed and can achieve our goals with more ease. There are many ways we can tidy up our mind. At Inhabit you can find techniques that work for you. With practice you can experience reduced levels of stress and muscle tension, sleep better and build resilience and concentration.'

MEDITATION

The 89-room hotel is dedicated to guests' wellbeing. If you have trouble switching off, turn off your phone and browse the library instead, or loosen up in the sauna.

Invest in an eye mask from the hotel shop and sink into a Casper memory foam mattress, which is designed to regulate temperature to help you sleep.

After a restful night, start the day in the gym – live classes are streamed from New

York. Alternatively, join a guided nature walk in Hyde Park, vinyasa or yin yoga, Pilates or mindfulness. Yoga classes are limited to four people, the walks and meditation to 15. They're open to non-guests, too, so if you're local you can drop in or buy a 10-class pass, or join cooking and aromatherapy workshops.

Guests can also relax in a single egg-shaped meditation pod that swings from the ceiling while you listen to guided meditation sessions created by the positive psychology coach Mercedes Sieff. www.inhabithotels.com.

If you've tried meditating and struggle to focus, consider a gong class instead. **Crystal Sound Lounge** near St Mary's Hospital offers online classes for 50 people, private and group classes for four people, or more for same-household



Crystal singing bowls



Anti-gravity yoga

Meditation pod at Inhabit



Meditation Station



Hyde Park

groups. Clients include Deliciously Ella, presenter Trinny Woodall, actress Gillian Anderson and the cast of *Line of Duty*.

All you have to do is lie on a mat under a blanket, then listen to vibrations created by a sound specialist tapping bowls and gongs. The singing sounds evoke emotions, reduce stress and encourage mindfulness and sleep.

Laura Franses, who set up the centre in 2018, says: 'No effort is required by the participants, as the sound does all the work. Clients participate by lying down and letting go, while I play gongs, pure quartz crystal bowls and alchemy crystal bowls. You'll be surrounded by sounds and vibrations which affect brain-wave activity, resulting in a sense of wellbeing and calm.' www.crystalsoundlounge.com.

BACK TO NATURE

If a formal class isn't for you, you can still benefit from getting away from it all at a local park. **Norfolk Square** is only five minutes' walk from Paddington Station but once you're lying on the lawn in the sunshine or sitting on a bench you'll soon leave the world behind.

You can also switch off in **Talbot Square** around the corner, or embrace nature by watching swans and ducks float by **Rembrandt Gardens** in Little Venice.

YOGA

Try a yoga class outdoors in **Norfolk Square Gardens** (Tue 10am-11am 1-29 Sep)—it's free, and you can just turn up. www.thisispaddington.com.

You can also try a one-off class called

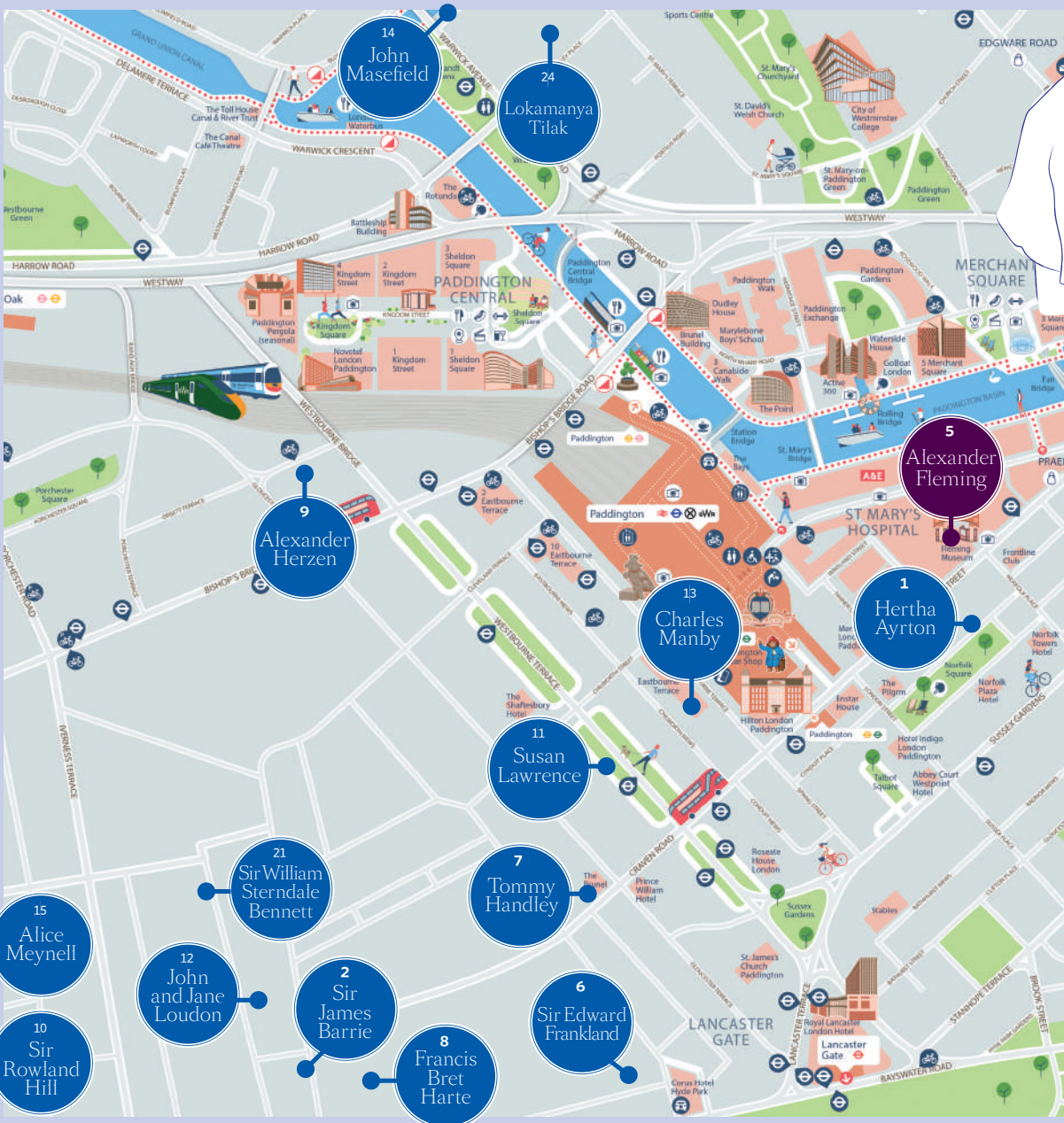
Voga – vogue-inspired dance meets yoga – on Floating Pocket Park (8 Sep; 6pm-7pm; free). You must book at www.merchantsquare.co.uk.

Alternatively, sign up to **Virgin Active** near Merchant Square. The gym hopes to reintroduce its anti-gravity yoga classes. At the end you are swung in a hammock like a baby in a sling – and if that doesn't relax you, then you might be a lost cause! www.virginactive.co.uk.

Nuffield Health Paddington Fitness & Wellbeing Gym in Sheldon Square meanwhile has re-opened with shorter, socially-distanced classes. You can blend strength, movement, breathwork and concentration in a vinyasa flow class; focus on your breathing in hatha yoga or work up a sweat in a dynamic power yoga class.

Alternatively, how does a candlelit yoga class sound? Your quest for a slow burn is over. www.nuffieldhealth.com.

HERITAGE HUNT



Lady Violet Bonham Carter

Alexander Fleming

William Henry Smith

*Who knew the inventor of the red telephone box lived in Paddington? Sir Giles Gilbert Scott is just one of 25 local legends whose former homes are marked by a plaque, says **Sarah Riches**. How many can you find?*

History buffs have English Heritage to thank for the commemorative plaques that mark the homes of notable people from the past.

The Society of Arts set up the scheme in 1866 and London County Council took it over in the early 1900s, formalising the style in 1921 – the oldest plaques have patterned borders and are sometimes brown or purple, while today they're blue ceramic circles.

The Greater London Council took responsibility for the plaques in the 1960s, later creating a plate to mark the former hayloft where the Cato Street Conspiracy to assassinate the Prime Minister and his cabinet was foiled in 1820. Look out for it behind Grosvenor Casino The Victoria, London off Edgware Road.

English Heritage took over the scheme in 1986. Senior blue plaques historian, Howard Spencer, says:

'London's blue plaques scheme has been recognising the achievements of notable men and women of history for more than 150 years. More than 950 plaques look out from addresses across the capital, a testament to the vast numbers of remarkable individuals who have called London home for a time. The scheme celebrates the important links between people and place; when the public wander the capital's streets and look up at these plaques, they are walking in the footsteps of the extraordinary figures who lived and worked in these very spaces.'

W2's 25 plaques each tell tales of Paddington's past – but they cut a long story a little too short.



Turn over to find out more about them

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SIR
ALEXANDER
FLEMING
1881-1955
DISCOVERED PENICILLIN
IN THE SECOND STOREY
ROOM ABOVE THIS
PLAQUE



WANT TO SEE MORE PLAQUES FOR WOMEN? Then nominate names on www.english-heritage.org.uk

1 Hertha Ayrton (1854-1923)

The physicist discovered that electric arc lights flickered because oxygen was mixing with carbon. Her work helped create the Ayrton fan, which was used to dispel poison in World War I trenches. *41 Norfolk Square Gardens, W2 1RX.*

2 Sir James Barrie (1860-1937)

The novelist behind *Peter Pan*, which was first performed in 1904. Look out for a Peter Pan statue in Kensington Gardens nearby, where the story is set. *100 Bayswater Rd, W2 3HJ.*

3 Lady Violet Bonham Carter (1887-1969)

The grandmother of actress Helena Bonham Carter and the daughter of a Prime Minister (HH Asquith), Bonham Carter was the first female president of the Liberal Party and was later active in the House of Lords. *43 Gloucester Square, W2 2TQ.*

4 Lord Randolph Churchill (1849-1895)

Winston Churchill's father was a progressive Conservative politician who attracted working-class votes. He later became Secretary of State for India. *2 Connaught Place, W2 2ET.*

5 Alexander Fleming (1881-1955)

If you've ever needed penicillin then you have this bacteriologist to thank. While Fleming's blue plaque is in Chelsea, a purple plaque is dedicated to where it was discovered in St Mary's Hospital. *Praed St, W2 1NY.*

6 Sir Edward Frankland (1825-1899)

A student of Robert Bunsen – the chemist who invented the Bunsen burner – Frankland lectured in chemistry at St Bartholomew's Hospital. In later life he studied river pollution and water purification, and was one of three chemists to discover helium. *14 Lancaster Gate, W2 3LH.*

7 Tommy Handley (1892-1949)

A scriptwriter and comedian for the 1940s BBC radio programme *It's That Man Again*. *34 Craven Rd, W2 3QA.*

8 Francis Bret Harte (1836-1902)

A journalist, playwright and poet, American Harte is best known for writing about the Californian gold rush. *74 Lancaster Gate, W2 3NH.*

9 Alexander Herzen (1812-1870)

As a Russian exile, Herzen established the Free Russian Press. Its liberal publications criticised the Russian government in an attempt to improve the rights of its serfs (slave-like farmers). *1 Orsett Terrace, W2 6AH.*

10 Sir Rowland Hill (1812-1870)

Hill introduced affordable pre-paid adhesive stamps, making the postal service quicker and accessible to the masses. His reforms also meant senders paid for post, rather than recipients. *1 Orme Square, W2 4RS.*

11 Susan Lawrence (1871-1947)

Once a Conservative, Lawrence was influenced by trade unionists and later became one of the first three female Labour MPs. She also helped to improve the lives of female factory workers. *44 Westbourne Terrace, W2 3UH.*

12 John (1783-1843) and Jane Loudon (1807-1858)

Jane wrote gardening books in an accessible style, which she illustrated herself. Through her work she met her husband John, a well-known botanist and horticultural publisher. *3 Porchester Terrace, W2 3TH.*

13 Charles Manby (1804-1884)

As a civil engineer, Manby engineered the first iron steamer to cross the English Channel and

advised on the construction of the Suez Canal in Egypt. *60 Westbourne Terrace, W2 3UJ.*

14 John Masefield (1873-1967)

While Masefield wrote children's novels such as *The Midnight Folk* and *The Box of Delights*, he is most remembered for being Poet Laureate from 1930 until his death. *30 Maida Avenue, W2 5BB.*

15 Alice Meynell (1847-1922)

Meynell was a poet. She also wrote for *The Spectator* about topics such as feminism, Catholicism and European imperialism. *47 Palace Court, W2 4LS.*

16 Dame Lucie Rie (1902-1995)

The potter made ceramic buttons, jewellery, bowls and bottles which are displayed in a reconstruction of her former Albion Mews studio in the Victoria and Albert Museum. *18 Albion Mews, W2 2BA.*

17 Olive Schreiner (1855-1920)

A South African author who made a name for herself with *The Story of an African Farm* and *From Man to Man or Perhaps Only*. *16 Portsea Place, W2 2BL.*

18 Sir Giles Gilbert Scott (1880-1960)

The architect behind Battersea Power Station, the House of Commons, Cambridge University Library, Liverpool Cathedral and the UK's beloved red telephone boxes. He also designed his home in Paddington. *Chester House, Clarendon Place, W2 2NP.*

19 William Henry Smith (1825-1891)

William who? The name WH Smith might be more familiar to you

– Smith expanded his family-run newsagents by selling newspapers at railway stations, before becoming an MP. *12 Hyde Park St, W2 2JN.*

20 Robert Stephenson (1803-1859)

Engineer Stephenson helped construct a third of the UK's railway system, and later became an MP. *35 Gloucester Square, W2 2DT.*

21 Sir William Sterndale Bennett (1816-1875)

A teacher at the Royal Academy of Music, Bennett was a pianist and composer. He directed the Philharmonic Society for a decade then became a respected music professor at the University of Cambridge. *38 Queensborough Terrace, W2 3SH.*

22 Marie Taglioni (1809-1884)

The Swedish ballet dancer performed at the Paris Opera and with the Imperial Ballet in St Petersburg. *14 Connaught Square, W2 2HG.*

23 Richard Tauber (1891-1948)

An Austrian tenor who performed in operas such as Mozart's *The Magic Flute* and Puccini's tragedy, *La Bohème*. *Park West, Edgware Rd, W2 1QN.*

24 Lokamanya Tilak (1856-1920)

A contemporary of Gandhi, Tilak was an Indian philosopher who campaigned for Indian independence. *10 Howley Place, W2 1XA.*

25 Sir Charles Vyner Brooke (1874-1963)

Vyner Brooke was the last rajah, or monarch, of Sarawak in Borneo, (now Malaysia). *13 Albion St, W2 2AS.*

EAT

Autumn Leaves

Salad can be a mixed bag, so if you're bored of your usual tomato/cucumber/lettuce combo, then this year's trends will shake up your plate

We know about fashion trends, but salads? Turns out they go through crazes, too. So wave goodbye to leaves drenched in mayo and hello to colourful plates, au revoir to supermarket greens and bonjour to homegrown ones, and adios to quinoa and hola to freekeh, millet and kaniwa. Fermented products such as miso and tempeh (soybeans), kimchi (cabbage), sauerkraut, kefir (milk) and kombucha (tea) are also rocketing in popularity – just as rocket did years ago.

COLOURFUL CUISINE

Once, salad meant carrots and peppers; now you might find turmeric-laced cauliflower or beetroot in your bowl.

Les Filles' Sumptuously Red salad is made with beetroot and red onions.

Eat it outside, which blooms with flowers as bright as your bowl. Co-owner

Hayet Zaame says:

'In the past year, we've had more demand for 'colour' – you eat with your eyes. People love an Instagrammable plate such as our spicy orange hummus. Before opening the café, I worked

in an office and found that if

I layered salad ingredients in jars, the visual appeal would mean I'd be more inclined to eat it. My salads became a hit with my colleagues and when we launched

we kept this method of presentation.

It means people can see each ingredient and assess their likes and dislikes.'

If you want your plate to taste as zingy as it looks, then opt for **The Heron's** rainbow-hued Thai salads made with lime, chilli and lemongrass and mango, such as the Yum Pla Duk Fu.

Lena's Cafe serves tabouleh, a Middle Eastern salad made from bulgar wheat, parsley, mint, tomatoes and lemon juice. 83 Praed St, W2 1NT. 020 7402 7776. www.lenascafe.com.

HOMEGROWN HERBS

If you don't have time to grow your own food, let **Square Mile Farms** do the work for you. The rooftop farm grows herbs and leaves and supplies local businesses such as London Shell Co near Sheldon Square.

London Shell Co's Prince Regent and Grand Duchess boats change menus often,

but one of their most popular salads is grilled mackerel, clams, sesame seeds, seaweed and coriander grown by Square Mile Farms. Chef Stuart Kilpatrick says: 'We use Square Mile Farms as it supports

local businesses and because greens deteriorate

the moment they're cut from the plant. If we ordered them from elsewhere they might be shipped over three days, which also involves a bigger carbon footprint.



Square Mile Farms

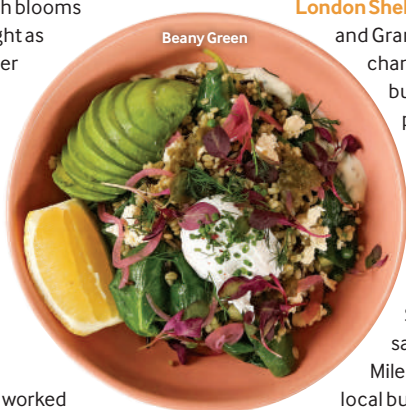


Kupp

GRUB WITH GRAINS

If you don't like wheat, then look out for alternative grains. **It's All Greek to Me's** Cretan Dakos salad is made with Cretan rusk: toast-like bread made from barley, softened with Greek extra-virgin olive oil and topped with tomato, feta and olives.

Meanwhile Mercedes Sieff, owner of **Yeotown Kitchen** in Inhabit hotel, says: 'Our menu is free from refined sugar, meat, dairy, preservatives and additives, and most dishes are free from gluten. Our dishes have names such as Integrity, Trust, Happiness, Joy and Patience. We use ingredients such as blue and green spirulina, kefir and kombucha and we serve a plant-based superfood salad with kaniwa, a South American nutrient powerhouse also known as canihua. It's like quinoa but even more nutrient-rich. It comes with mango, cashews, seeds, pomegranate and some massaged kale – which is literally massaged by hand to soften and moisten it.'



Beany Green



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VEG
 OUT!



It's All Greek to Me



Seek out freekeh, too, which is durum wheat that's harvested early – making it high in protein and fibre. Once roasted, the shells are removed, revealing nutritious green grains which have a smoky flavour and chewy texture. Popular in the Middle East, you can try it with pomegranate, almonds, avocado and cucumber at **Mihbaj**, and buy packets to take away.

FERMENTED FARE

When it comes to fermented food, **Kupp** knows best. Co-owner Lesa Cox says: 'We celebrate all things Nordic such as curing, smoking and pickles. Lacto-fermentation is one of the simplest methods of preserving and processing vegetables. It brings out flavours, retains essential nutrients and is energy efficient. Our favourite pickled recipe uses fennel, red pepper, red onion, carrot and radish. The sharp, sweet pickles complement smoked, aired and oily fish, venison, pork and rabbit and Västerbotten cheese.'

The pickled vegetable salad comes with potted rabbit and pulled pork, toasted sourdough and nutmeg butter.

Prefer a takeaway? Then opt for the new Asian Super Salad at **Tossed** in Sheldon Square. The salad mixes pickled veggies with chicken, broccoli, edamame and seeds, dressed in sweet chilli and lime.

If you're vegetarian, order the sorrel rice bowl from **Beany Green** nearby. It comes with eggs, feta and pickles drizzled in lacto-fermented jalapeño hot sauce.

Vegan? Then try **Les Filles'** The Golden One instead, made with sweet potato and cauliflower marinated in turmeric. Hayet explains: 'Turmeric has amazing anti-inflammatory benefits.' So turn over a new leaf this spring and spruce up your salads. **Les Filles** 27 Craven Terrace, W2 3EL. 020 7262 0306. www.lesfilles.co.uk; **The Heron Norfolk Crescent**, W2 2DN. 020 7724 8463. www.theheronpaddington.com; **Square Mile Farms** 2 Kingdom St, W2 6BD. 07909 513918. www.squaremilefarms.com;

London Shell Co Sheldon Square, W2 6PY. 07553 033636. www.londonshellco.com;
It's All Greek to Me 101 Praed St, W2 1NT. 020 7402 5505. www.itsallgreetome.london;
Yeotown Kitchen, Inhabit 78 Sussex Gardens, W2 1UH. 020 7298 8799. www.yeotown.com;
Mihbaj 153 Praed St, W2 1RL. 020 7706 3063. www.mihbaj.business.site;
Kupp 5 Merchant Square, W2 1AS. 020 7262 8618. www.kupp.co;
Tossed 10 Sheldon Square, W2 6EZ. 020 7289 8849. www.tosseduk.com;
Beany Green Sheldon Square, W2 6EZ. 020 3475 3715. www.daisygreenfood.com.

DRINK



Smith's Bar & Grill



Dry bars may sound like the place to go for a blow dry but the latest drinks trend is for beer, spirits and cocktails with a low-alcohol content – or none at all. Whether you're teetotal for health or religious reasons, you're driving or you just don't like the taste, you're now spoiled for choice. But what exactly counts as alcohol-free?

UK law says drinks labelled 'alcohol-free' may contain a small amount of alcohol – less than 0.05%. So a 0.05% ABV (alcohol by volume) pint for example has 0.05% pure alcohol in it, which is made during the brewing process. De-alcoholised beer, meanwhile, must not contain more than 0.5%, and low-alcohol beer must not have more than 1.2%. Alcoholic beer has more than 1.2% of alcohol in it.

Assistant manager Gianfranco Convertini from **The Mitre** near Lancaster Gate says: 'We try to be the best by offering products that are trendy and up-to-date, so we are the go-to place around Paddington for low- or non-alcoholic drinks. We've seen an increase in sales in terms of low- or non-alcoholic products over the past few months, so it is essential for us to supply a large selection.'

So whether you're craving a pint, a G&T or a cocktail, here's the lowdown on your low-alcohol options.

BEER, LAGER & ALE

Cork & Bottle may be known for its wine, but if you want to stay clear of booze

The LOWdown

How low can you go? Dry bars are popping up across the city – and now Paddington is jumping on the wagon with a selection of low- and zero-alcohol drinks



Cork & Bottle



BrewDog



Cork & Bottle

then manager Vash Sedlak suggests Lucky Saint 0.5% or Heineken 00. The latter is made with malted barley and hop extract like the original 5% beer, then brewed twice and fermented before the alcohol is removed. The result? Unlike the alcoholic version, it has a fruity, malty flavour. 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.

If you want a selection of drinks, head to **The Mad Bishop & Bear**. Manager Nicci Dodd says: 'We have worked with our suppliers to create an enviable list of low- and no-alcohol beers, ciders and spirits – each brewed and distilled with as much care and attention as their alcoholic equivalents.' The bar serves BrewDog's Nanny State 0.5% hoppy ale, Big Drop Brewing Co's 0.5% pale ale, Erdinger's alcohol-free isotonic drink, Heineken's 0% lager and The Original Small Beer 2.1% lager. Nicci adds: 'Each one tastes and smells different. Big Drop Brewing Co's pale ale is our best-seller as it's packed full of flavour from citrus-heavy hops and has a nose of pine and honey. It's crisp, zesty and deliciously refreshing served cold from the fridge with a twist of lime. Enjoy it on its own or with a spicy Thai curry.' 1st Floor, Paddington Station, W2 1HB. 020 7402 2441. www.madbishopandbear.co.uk.

Lockhouse also serves Heineken's 0% lager, as well as Free Dam 0% lager, which tastes like toast! 3 Merchant

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Square, W2 1AZ. 020 7706 4253. www.lockhouselondon.com.

Sawyer's Arms also serves Heineken's 0% lager, as well as Peroni's 0% Libera lager and a mocktail inspired by a Porn Star Martini. 8-9 London St, W2 1HL. 020 7723 0685. www.greeneking-pubs.co.uk.

BrewDog, meanwhile, serves the new 0.5% BrewDog Wake Up Call which gives a caffeine boost as it's made with hops, oats and coffee. It has a subtle latte with sugar flavour, but you might want to stick to espresso before work... Not a latte fan? Try the 0.5% BrewDog Hazy AF, which has a tropical flavour. Order it with the new Temple of Seitan's seitan wings. Harbet Rd, W2 1AJ (entrance in Paddington Basin). 020 7723 9286. www.brewdog.com.

SPIRITS & MOCKTAILS

Order booze-free mocktails from **Heist Bank**. While you're there, you can play pool, table football or Nintendo games. 5 North Wharf Rd, W2 1LA. 020 7723 8080. www.heistbank.com.

Smith's Bar & Grill on the canal, meanwhile, serves mocktails ranging from virgin mojitos made with mint, apple and lime juice, served with passion fruit or strawberry; a Passion Fruit Swizzle, made with orange juice, lemonade and passion-fruit purée; virgin piña colada – a blend of coconut cream, pineapple juice and milk; and a virgin Mary – tomato juice spiked with Worcestershire sauce, Tabasco, salt, pepper and fresh lemon juice. This popular venue also serves non-alcoholic San Miguel beer. 25 Sheldon Square, W2 6EY. 020 7286 9458. www.smithsbarandgrill.co.uk.

The Sussex Arms can also rustle up a mocktail – ask nicely and the bartender will make you a virgin Madras with orange and cranberry juice, lemonade and lime. The bar was renovated this summer, and is now aviation-themed, with a business class lounge at the back and parts of an Airbus A320 fuselage and engine on the walls. Cue barfly jokes. 21 London St, W2 1HL. 020 7723 1026. www.sussexarms.com.

FUN FACT:
Low-alcohol drinks often have a blue label



Sawyer's Arms

GIVE

Give thanks

It's time to say thank you to all the staff at St Mary's Hospital, as well as to the people of Paddington who rallied round to help during the Covid-19 lockdown. Thank you, St Mary's

Estelle White speaks for us all in her chorus for the popular school assembly song, *Autumn Days: So I mustn't forget/No, I mustn't forget/To say a great big thank you/I mustn't forget...*

So, to all the staff at St Mary's Hospital who were working flat-out during lockdown – and who continue to work long hours – here's a great big thank you.

From doctors and nurses to cleaners and administrative staff, how can we ever thank you enough?

The Paddington community has endeavoured to show its gratitude.

Many local hotels housed NHS staff, frontline workers and homeless people during lockdown, while The Pilgrim made daily deliveries to hospital staff.

Restaurants, cafes and supermarkets provided meals for hospital staff, too. Pret a Manger on Praed Street gave NHS staff a 50 per cent discount, while Tesco Express Paddington donated 150 Easter eggs to the paediatrics ward in April. The branch also gave flowers to NHS workers shopping in-store on Mothering Sunday, and daily donations of tea, coffee, cereal and biscuits to the staff working in A&E.

Meanwhile, Paddington Central; Think Publishing – which publishes



Explore Paddington – and the developer European Land in Merchant Square donated free parking spaces for hospital staff and key workers. European Land asked pupils at Marylebone Boys' School to create a mural thanking the NHS, too.

Paddington developers also teamed up with Marks & Spencer (M&S) to launch The 1928 Project. So far £640,000 has been raised in M&S gift cards for hospital staff. You can donate through www.1928project.org.uk.

Network Rail meanwhile displayed a banner on the roof of Paddington Station that faces St Mary's Hospital, thanking the NHS. It also encouraged the public to draw rainbows to brighten up the station.

Residents of West End Quay got in on the act too, raising £9,200 for Imperial Health Charity, which supports hospitals such as St Mary's.

Ian Lush from Imperial Health Charity says: 'The last few months have been an incredibly challenging time for us all but at this moment of national crisis we have seen the most remarkable generosity from local business,



Network Rail shows its gratitude on the roof of Paddington Station

restaurants, suppliers and other members of the community. With your invaluable support, we have been able to provide emergency support to help our hospitals get through the peak of the crisis and plan for the future. On behalf of everyone at Imperial Health Charity, I would like to say a huge thank you to all those who have so generously offered their support during this time.'

If you want to help local businesses in return, remember to use their services to support them.

A HELPING HAND

A special shout out goes to individuals and small businesses that also helped during lockdown. The Malaysian restaurant Satay House delivered eggs and surplus vegetables to elderly residents at Crawford Place Alms House, while Apek Pharmacy delivered to people who were too vulnerable to leave home.

For all rainbows © Jack Divo / Imperial Health Charity; NHS sign, blue with white rainbows, circular image and three rainbows image courtesy of The Paddington Partnership; Satay House delivery © Alishah Sanders / Satay House; The Pilgrim courtesy of The Pilgrim; Big issue courtesy of Paddington Now BID



Outside the Queen Elizabeth Queen Mother wing at St Mary's Hospital



A wall of thanks inside Paddington Station



Satay House helping out



The Pilgrim cooked up a feast



THE PERFECT PARTNER

The Paddington Partnership launched a virtual volunteering scheme in April, which attracted 100 local employees keen to help local charities and schools.

Among those who signed up was an employee from the property investment firm Derwent London, who hosted one-hour training sessions introducing staff at Queen Elizabeth II Jubilee School to Microsoft Teams. This helped the staff work remotely during the Covid-19 crisis.

Visa, Equinor and Paddington Central colleagues meanwhile have been helping pupils in year five and six at King Solomon Academy to read each week, recording themselves sharing their favourite children's stories. You can watch the videos on the school's YouTube channel.

In April, The Paddington Partnership also teamed up with Vodafone and the charity Neighbourcare to launch a phone call service for isolated elderly people. Volunteers from British Land, Derwent London, Citrix, Paddington Central, The Premier League, Tishman Speyer, Vertex, Visa and Vodafone spent 10 hours a week calling elderly people and hosting discussions and online quizzes to help prevent loneliness.

BANK ON IT

The North Paddington Foodbank experienced a surge in demand during the Covid-19 crisis and Paddington companies rallied with support.

Special thanks go to Addison Lee, Equinor, Paddington Central and Visa for making financial contributions and donating personal protective equipment and a van for home deliveries. The developer British Land meanwhile bought a mobile phone with a six-month contract, enabling the service to communicate more efficiently with its users.

HOME TIME

The government's message during lockdown was to stay home to save lives. But what about those people who don't have a home? Fortunately, local hotels and businesses stepped up to provide shelter and necessities for local people who are homeless.

Hotels on Norfolk Square, including St David's Hotel, housed homeless people during lockdown.

The supermarket Waitrose Edgware Road provided homeless people essential toiletries while M&S donated 400 packs of much-needed jogging bottoms, tops and underwear.

A community safety team supervisor for PaddingtonNow Business Improvement District (BID) also put *The Big Issue* social enterprise in touch with a local homeless man in his 50s.

Within weeks the man was buying *The Big Issue* for £1.25 then selling it for £2.50 outside Paddington Station, making a profit instead of begging.



Buy *The Big Issue* opposite Paddington Station

Do you have someone to thank? Then tell us on social media!
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Harrison's Coffee

Support your local caffeine dealer

The name of our family-run café comes from a Paddington-born man who moved to Chile.

No wonder, then, that we specialise in roasted coffee.

We also serve organic matcha and speciality tea such as fresh chai made with coconut milk – which goes perfectly with a pastry made each morning from one of the best bakeries in London.

Visit us at lunch and you can also tuck into salads, homemade soup, sourdough sandwiches and Chilean hot dogs or empanadas.

On a sunny day, sit on our pavement terrace or linger inside with your laptop.

3 Spring Street,
Paddington, W2 3RA

Open from 7am till 5pm daily

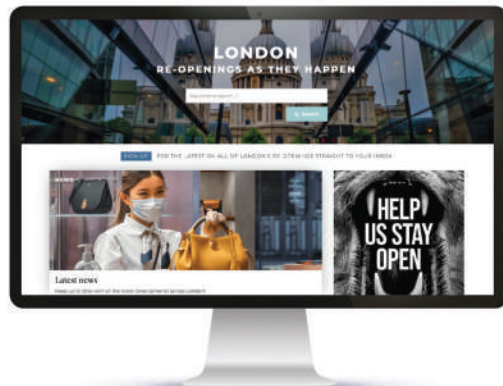


London re-openings as they happen

Connecting your business with London's original tourism influencers, The Society of The Golden Keys and London's concierge community.

Where & When is a multimedia platform designed to keep hotel concierges and guest services' personnel informed of the latest openings and social distancing measures.

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SLEEP

Staying power

Here to stay? Whether you're visiting Paddington on a short trip or longer, you can relax in a safe, clean environment



Native Hyde Park



BEST FOR: BUDGET TRIPS

Travelling on a budget and just need a bed and a shower? Then **easyHotel Paddington** opposite the Alexander Fleming Museum is for you.

The no-frills hotel has 47 rooms spread over three storeys and a basement. Many are compact, but all are spotless, with blackout blinds, sash windows and window boxes on the first floor. Extras such as a TV and Wi-Fi are available for a fee. Safety measures include hand gel and personal protective equipment for staff. **10 Norfolk Place, W2 1QL. 020 7706 9911. www.easyhotel.com.**

BEST FOR: BUSINESS TRAVELLERS

The **Hilton** brand has introduced a CleanStay programme to reassure travellers its hotels are spotless.

Rooms are disinfected then sealed before each guest arrives, with special attention given to switches, buttons, handles and remote controls.

Contactless check-in is encouraged. Restaurants and bars meanwhile have extra spacing between tables and biodegradable, disposable dishware is available. Note that **Hilton London Paddington's** restaurants and bars are currently closed. **146 Praed St, W2 1EE. 020 7850 0500. www3.hilton.com.**

BEST FOR: LONG STAYS

If you're visiting for several weeks, check in to the serviced apartment **Native Hyde Park**, as there's no maximum stay.

The Grade II-listed building has 63 studios, one and two bedrooms and duplexes spread over six floors. All apartments are left empty for 72 hours between stays to ensure traces of Covid-19 are eliminated.

Other new safety measures include: pre-paying online, protective screens at reception, no mid-stay cleaning and fresh linen and towels each day. Bramley toiletries, fresh blooms and kitchens with everything from corkscrews and frying pans to washing machines with dryers provide comforting touches.

It's stylish, too, with herringbone flooring, mid-century furniture and velvet armchairs in the lobby lounge. **206-214 Sussex Gardens, W2 3UA. 020 7313 3886. www.nativeplaces.com.**



Native Hyde Park

LIVE

LIVING THE DREAM

A new affordable housing development is living up to residents' expectations – and it's not too late to move in



This page: Dudley House



Think you can't afford a flat in Paddington Basin? Then think again, as a new affordable residential development has launched – and it still has flats up for grabs.

Dudley House launched behind 3 Canalside Walk in 2019.

The £104 million mixed-use development is designed by architects Child Graddon Lewis and is home to Marylebone Boys' School, a church and shop. It is also the site of 197 affordable studios and one- and two-bedroom flats.

Thanks to Westminster City Council, rent is £240-£550 a week – 30 per cent cheaper than the local market – so even people earning £31,000 a year can afford to live here. As an added bonus, only one week's rent is required for a deposit and you can rent furniture from £89 a month.

The scheme aims to encourage a more diverse community in central London by tackling the critical shortage of affordable housing in the City of Westminster. So the apartments are available to people who have been living or working in Westminster for at least a year, who don't own a home and earn less than £90,000 per household.

Leader of Westminster Council, Rachael Robathan, says: 'Just two per cent of homes in London are for those on average or "intermediate" incomes. We need to ensure that those who work here have a chance of living here – that means people like the families, doctors and nurses who keep Westminster moving. Dudley House is an example of how a local authority, working with partners, can build affordable and attractive properties in the middle of a capital city.'

Resident Ehis Lyere is a student at London College of Fashion near Oxford Circus. She says: 'I grew up in south-west London, so Dudley House is close to my family home. I have lived here since autumn 2019. My apartment is on the sixth floor; I chose it because

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BRITAIN IN BLOOM TOP TIPS

- Keep it real** – no fake plants
- Keep it tidy** – remove weeds and litter
- Keep it smart** – all well-maintained
- Keep it wow** – bright, fun and fabulous

it faces the outside of the building so it has the most amount of light. It's spacious, too; I have a really big bedroom.'

Resident Sharon Wilson is a department manager at London Business School near Regent's Park. She says: 'My apartment is beautiful. It's a studio flat but it has a separate bedroom which is amazing as you have private space, a separate bathroom and a very spacious living area with a kitchen. My last studio wasn't as big as this.'

North Wharf Rd, W2 1BZ. 020 7017 2000. www.dudleyhouse.london.

GOING FOR GOLD

Paddington is blooming lovely! Thanks to Paddington Now Business Improvement District (BID), W2 is again competing in the Royal Horticultural Society (RHS)'s 2020 London in Bloom contest. Despite the impact of Covid-19, PaddingtonNow BID is keeping the area's streets and green spaces safe and attractive. It has high hopes of retaining the Gold Award and Best in Category in this year's competition – the judging of which has been modified to allow for social distancing requirements. www.paddingtonnow.co.uk.

SHAPE YOUR NEIGHBOURHOOD

If you live or work in W2, you can help shape your area by getting involved in the neighbourhood forum. Established in 2017, the Hyde Park Paddington Neighbourhood Forum involves local residents and businesses who have come together to draw up a neighbourhood plan. Neighbourhood forums grew from the 2011 Localism Act. There are now 10 forums across Westminster. Some, such as Mayfair and Knightsbridge, have already adopted neighbourhood plans. The Hyde Park Paddington Neighbourhood Forum prioritises Praed Street, Edgware Road and Connaught Village near Marble Arch and the connections between them. By bidding for community infrastructure funding, the forum is championing local improvements.

If you live or work in the area shown on the map, join up – local meetings take place every three or four months. To find out more, visit www.hydeparkpaddington.org.

PICTURE PERFECT

All of **3 Canalside Walk's** 83 flats have now been sold and residents are in the process of moving in. If you're one of the lucky ones, show off photos of your new rooftop lounge, terrace and outdoor gym on social media and make the rest of us jealous! W2 1AJ. 020 7298 0804. www.canalsidewalk.com.



WORK

Tell us why you like working in W2

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Work to Live

Two new offices promise to inspire workers with online workshops and an upcoming canalside restaurant

A CLASS ACT

Who knew meditating with chocolate can count as work?

Paddington Central launched monthly events – some free, some not, but all open to the public – in spring 2020.

Estate director Rob Stickland says: **'The Sessions at Storey Club** offer time to learn a new skill or simply take time out. As Paddington Central aims to be a destination that energises and inspires, the sessions are an important factor in our ethos of creating a balanced life and work space. The wellbeing of the people

who work and live here was highly considered in the development of the campus and in the enhancement of our green spaces, as well as in the events which we hold. We want Paddington Central to be an oasis in the heart of the city, a meaningful environment where people thrive and feel they belong.'

The Covid-19 pandemic meant the workshops – now called **The Sessions at Home** – have moved online, with a view to restarting at Storey Club in October.

Rob adds: 'Partners such as Square Mile Farms, which has a rooftop farm at

Paddington Central, share their expertise through the workshops.'

The farm has taught locals to create indoor herb gardens, ferment at home and create an edible centrepiece from flowers and herbs. Participants have also learnt painting techniques and meditated with chocolate. Please check the website for upcoming events. *4 Kingdom St, W2 6BD. 020 8012 7880. www.paddingtoncentral.com.*

WORKING ON WATER

Coach and Premier League were among the first to move into the **Brunei Building** when the 17-storey office opened by the canal in 2019.

The data firm Splunk, foreign exchange company Alpha FX and Sony Pictures Entertainment have all moved in now, too.

No doubt employees appreciate the building's column-free interiors and large windows, which overlook the water below.

The building entrance leads on to a new towpath, which will have a new canalside restaurant soon.

The development replaces Bridge House, which dates back to the 1960s. *2 Canalside Walk, W2 1DG. 020 3626 9001. www.brunelbuilding.com.*



CHANGE



An artist's impression of Paddington Square



An artist's impression of Paddington Square's roof terrace

Shaping up

One of W2's most significant developments, Paddington Square, is taking shape

Work is under way on Paddington Square, a mixed-use building that is set to transform the area outside Paddington Station.

Designed by Renzo Piano Building Workshop – the architecture firm behind The Shard – the building will create 1.35 acres of public space behind Hotel Mercure London, on the site of the former sorting office.

London Street will be pedestrianised, and a new square will be created, linking the building with Paddington Station, which will have new Bakerloo line entrances.

There will be four floors of shops in total. The ground floor of the building will be lined with cafés, restaurants and shops, and 14 storeys above ground will be reserved for offices.

West London's highest restaurant and bar will be the cherry on top. The rooftop venue will have a south-facing terrace with glass walls to make the

most of the views of The Shard, London Eye and BT Tower. This will be open to the public, so you can order a meal or relax with drinks on sofas surrounded by candlelit lanterns as the sun sets.

Sellar is developing the project. Sellar's CEO, James Sellar, says: 'Paddington Square is the centrepiece of the transformation of Paddington. It creates a truly open space for the public, providing

superior retail and dining, and offering workspace of real scale and quality within an outstanding design by Renzo Piano Building Workshop.'

The building is expected to create 4,500 new jobs and boost the number of shoppers by 30 per cent, benefiting the local economy by £350m a year. It's set to be completed in May 2022. W2. Offices 020 7399 5274; shops 020 7494 6945; www.paddingtonsquare.co.uk.



JUST THE TICKET

As part of the Paddington Square scheme, Paddington Station's Bakerloo line ticket hall is being expanded.

The expansion will add more ticket gates and increase step-free access between the street and the Bakerloo line platforms, once work is completed in mid-2022.

While the work takes place, part of the existing ticket hall is closed and access to the Bakerloo line may be restricted, so please follow signs and staff directions. You should also avoid the busiest times and allow extra time for journeys, if possible. Note that you can't buy a ticket or top up at the Bakerloo line entrance. Instead, you can switch to paying with a contactless card, or top up your Oyster card online, using the TfL app or at alternative ticket machines. For more information, visit www.tfl.gov.uk/paddington-improvements.



All change!

Stay connected on the Heathrow Express

The Heathrow Express – the train service that runs between Paddington Station and Heathrow Airport in 15 minutes – is launching a fleet of electric trains in autumn 2020.

The six Class 387 trains will have 374 seats in total, each with plug and USB power sockets. High definition TVs have also been added to each end of the carriages.

Travellers will also benefit from faster Wi-Fi with a single sign-in system, so you can stay connected from train to plane – handy if you're streaming or on an important call.

Forty four of the seats will be Business First ones, with additional space, work tables, reclining seats and a selection of free magazines.

The newly-converted trains will replace the current Class 332 fleet.

www.heathrowexpress.com.



Is the Covid-19 related financial crisis affecting you?

Worried about paying your utility bills, rent, mortgage, losing your job or the threat of eviction? Are you struggling with unmanageable and persistent credit card debt or a spiralling overdraft? Don't know where to turn for advice and guidance on how to apply for benefits or universal credit or to find out what are your employment rights?

At this unprecedented time of the Covid-19 pandemic, we know that many people are facing this kind of financial crisis for the first time. **Help is closer than you think!**

Citizens Advice Westminster is here for everyone and we are available on the phone or via our website where you can check if you are eligible for benefits, universal credit or other financial support.

 **0300 330 1191**

 **www.westminstercab.org.uk**

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