

# Explore PADDINGTON

Free

WINTER 2016

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Global cuisine

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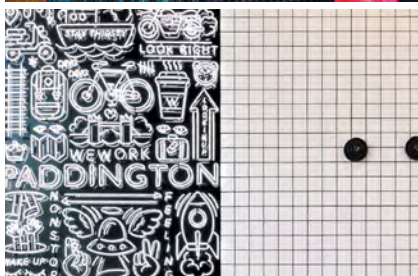
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**Publisher/Sales development** Andrew Turner **Editor & writer** Sarah Riches **Sub editors** Mark Elliott, Anna Frame, Emma Levine, Kohinoor Sahota  
**Production** Melanie Needham, Jennifer Bourne, David Weeks **Art editor** Shelley Varley

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# YOUR AREA MAP

Welcome to the winter edition of *Explore Paddington*, brought to you by *PaddingtonNow Business Improvement District*

Whether you're living or working in Paddington or just passing through, it's our job to help you make the most of it, even if it is 5° outside.

So this issue is all about how to stay cosy – and where to party. Find out where you can warm up over a mint mocha or a toffee apple whisky, fill up on a hearty Sunday roast or get your blood pumping in a boxing class.

Meanwhile, we've partied in Paddington's bars, restaurants and hotels to pick the best place for your celebration, whether you want to be entertained by a belly dancer or let your hair down over karaoke.

Since our first issue, we've listened to what you've got to say and you'll find your voice in *Over to You* (p. 34). Our contact details are throughout the magazine, so if we've missed something, or you've got a story to share, then shout it out.

Enjoy the issue,

Sarah

Sarah Riches





RESTAURANTS		UNDERGROUND	
COFFEE SHOPS		BUS STOP	
BARNS/PUBS		TAXI RANK	
PING PONG		CYCLE HIRE	
TOILETS		CYCLE PARKING	
CASH POINTS		PARKING	
TOWPATH			

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# WHAT'S ON



This page: ARTea afternoon tea, Paddleboarding  
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## ARTEA AFTERNOON TEA

**Daily:** Lancaster London Hotel has teamed up with local curator Barbara Stanley to create an 'art-tea'. A painter's box is filled with finger sandwiches and sweets, one of which features an edible painting that's on display. Scones are served with jam in 30ml paint tubes. 2pm-5.30pm. £35. *Lancaster London Hotel, Lancaster Terrace, W2 2TY. 020 7551 6000. [www.lancasterlondon.com](http://www.lancasterlondon.com).*

## CRAVE FOOD MARKET

**Every Tues & Thur:** Enjoy burgers, paella, noodles and pizza at this street food market. 11am-3pm. *Merchant Square, Paddington Basin, W2 1JS. 020 7298 0800. [www.merchantsquare.co.uk](http://www.merchantsquare.co.uk).*

## ROLLING BRIDGE

**Every Wed, Fri & Sat:** This 12m bridge is made up of eight triangles that curl into an octagon, allowing boats to pass under it. See it move at noon on Wednesdays and Fridays and 2pm on Saturdays. *Merchant Square, details above.*

## FAN BRIDGE

**Every Wed, Fri & Sat:** Spanning 20m, this landmark's five beams open to resemble a Japanese fan at noon on Wednesdays and Fridays and 2pm on Saturdays. *Merchant Square, details left.*

## LIGHT THE NIGHT SUP

**Every Wed:** Try stand-up paddleboarding (SUP) in Little Venice wearing LED lights. 6.30pm-8.30pm. Prices vary. *Active360 SUP barge, Merchant Square, W2 1AS. 020 3393 5360. [www.active360.co.uk](http://www.active360.co.uk).*

## KERB

**Every third Wed:** Korean ox cheek tacos? Hell yeah! Try them at this outdoor market. Check the website for 2017 dates. Noon-2pm. *1a Sheldon Square, W2 6PY. 020 3204 4975. [www.kerbfood.com](http://www.kerbfood.com).*

## SUP AND SAUNA

**Every Sat:** Paddleboard then warm up in the Jacuzzi, sauna and steam room in nearby Virgin Active (p. 8). 3pm-5pm. £60. *Active360 SUP barge, details above.*

## POP-UP SHOPS

**Nov, dates vary:** Shop at Stella & Dot, the Book People and more pop-ups. Free. *By Sheldon Square, W2 6PY. 020 3204 4970. [www.paddingtoncentral.com](http://www.paddingtoncentral.com).*

## FILM SCREENING

**7 Nov:** Watch *National Bird* at The Frontline Club (p. 8) about whistleblowers in the secret US drone war, then listen to a talk with director Sonia Kennenbeck. £10. 7pm. *13 Norfolk Place, W2 1QJ. 020 7479 8940. [www.frontlineclub.com](http://www.frontlineclub.com).*

## SKATE-DINE-BOWL

**16 Nov:** Skate, rattle and bowl! The 1930s Queens reopens today as Queens: Skate-Dine-Bowl in nearby Queensway. The 4,186sqm space includes an ice rink, a dozen 10-pin bowling lanes, two bars and Jimmy's Diner from Jimmy Garcia – a food writer and the chef on TV's *This Morning*. Adult skating from £10; child from £11.50; bowling from £7.50. *17 Queensway, W2 4PQ. 020 7229 0172. [www.queensiceandbowl.co.uk](http://www.queensiceandbowl.co.uk).*

*What do you mean you've never tried ox cheek tacos? If you haven't eaten a landscape painting, paddleboarded at night or run a race dressed as Santa, you haven't lived...*



### AI WEIWEI EXHIBITION

**18 Nov-7 Jan:** See *Ai Weiwei: Fondation*, a collection of work by the controversial conceptual artist from China. *Lisson Gallery, 52 Bell St, NW1 5BU. 020 7724 2739. www.lissongallery.com.*

### ADVENT CAROL SERVICE

**27 Nov:** A choir and orchestra perform everything from *Take That* to *Beethoven*. 6pm. Free. *St John's Hyde Park, Hyde Park Crescent, W2 2QD. 020 7262 1732. www.stjohns-hydepark.com.*

### SNOW DAYS

**2-4 Dec:** We can't promise a white Christmas, but we can guarantee 'snow' at this family-friendly outdoor event. Free. *Merchant Square, details left.*

### ST NICK'S WORKSHOP & SERVICE

**4 Dec:** Under 10s can decorate biscuits and make festive decorations. Crafts

are followed by a service led by a child bishop and a visit from Santa. 4pm. £5. *St John's Hyde Park, details left.*

### SANTA IN THE CITY

**4 Dec:** Raise funds for *St Mary's Hospital* (p. 26) by joining 2,000 runners in Santa suits for a 5k run. Register before 18 November; the £20 fee includes a suit. 10am. *Start and finish at Paternoster Square, EC4M 7DX. 020 3312 5694. www.imperialcharity.org.uk.*

### CHRISTMAS TREE LIGHTING CEREMONY

**6 Dec:** Munch mince pies and listen to carols as you watch a Christmas tree light up (p. 27). 4pm. Free. *St Mary's Hospital, South Wharf Rd. 020 3312 5694. www.imperialcharity.org.uk.*

### CAROL-OKE

**8 Dec:** Festive karaoke with a choir. 1pm-3pm. Free. *Sheldon Square, details left.*

### CHRISTMAS WREATH & GARLAND WORKSHOPS

**10 & 17 Dec:** Sip mulled wine as you make a festive wreath or garland (p. 8). 12.30pm-3pm. £47. *Ladybird Flowers in Heist Bank, 5 North Wharf Rd, W2 1LA. 020 7723 8080. www.heistbank.com.*

### CHRISTMAS AT PADDINGTON CENTRAL

**14 Dec:** Enjoy free mince pies and hot chocolate as Father Christmas arrives via the canal, with real reindeer! 11am-3pm. Free. *Sheldon Square, details left.*



### CHILDREN'S CRIB SERVICE

**24 Dec:** A festive service with carols and storytelling. 4pm. Free. *St John's Hyde Park, details left.*

### COMEDY SKETCH

**To 1 Jan, dates vary:** *NewsRevue*

is a topical satire made up of sketch and song. *Canal Café Theatre, Delamere Terrace, W2 6ND. 020 7289 6054. www.canalcafetheatre.com.*

### CHINESE NEW YEAR

**From 28 Jan:** Toast the Year of the Rooster with red lanterns and a special set menu (p. 15). *Pearl Liang, 8 Sheldon Square, W2 6EZ. 020 7289 7000. www.pearliang.co.uk.*

### ART IN FOCUS: TIM HEAD

**To March:** Browse colourful prints by Tim Head. Free. *St Mary's Hospital, Praed St, W2 1NY. 020 3312 6666. www.imperialcharity.org.uk.*

Don't forget to share your photos with us if you attend a local event. [@inpaddington](https://twitter.com/inpaddington) [#paddington](https://twitter.com/#paddington)

[paddingtonnow](https://www.instagram.com/paddingtonnow) [PaddingtonNow](https://www.facebook.com/PaddingtonNow) [magazine@paddingtonnow.co.uk](mailto:magazine@paddingtonnow.co.uk)

# Locals: plan your day

Whether you've got a day off work or you just want to start doing more with your weekends, we've planned a fun day out from morning till night



**9AM** Start your day with a full English at **Mimo's Café**, a cheap and cheerful joint opposite Paddington Station. You'll leave feeling full and with a smile on your face. 19 London St, W2 1HL. 020 7706 7175.

**11AM** Once breakfast has settled, hit the gym at **Virgin Active**. Try a Punch boxing class, swim laps in its 20m indoor pool or just relax in the sauna and steam room. 33 North Wharf Rd, W2 1LA. 020 3126 5500. [www.virginactive.co.uk](http://www.virginactive.co.uk).

**1.30PM** Catch up with friends over a lunch of sandwiches, salads and smoothies at **Java U Café**, then visit its basement art gallery. 153 Praed St, W2 1RL. 020 7706 3063. [www.java-u.com](http://www.java-u.com).

**3PM** Order a wreath, table centrepiece or floral party decorations from **Ladybird Flowers** – Heist Bank's new in-house florist – or better still, make one yourself (p. 7). 5 North Wharf Rd, W2 1LA. 07856 109677. [www.heistbank.com](http://www.heistbank.com).

**4PM** Inspired by TV's *Strictly Come Dancing*? Then take a class at **Dance Art Studios**. Choose from Argentine tango, jazz, ballroom and more. Meanwhile, children of all ages can take classes in hip hop. 1 Chilworth Mews, W2 3RG. (No number). [www.danceartstudios.com](http://www.danceartstudios.com).

**6PM** Treat a friend to a box of pastries or biscuits flavoured with pistachios, rose and cardamom from the Persian patisserie **Assal**. It has a couple of seats so you can sit in – but be careful not to spoil your dinner... 14 Connaught St, W2 2AF. 020 7706 2405.

**8PM** Eat dinner at **The Frontline Club**, a bar, restaurant and event space that reopened with a new mezzanine and extra seating in October. You can also attend screenings (p. 6). 13 Norfolk Place, W2 1QJ. 020 7479 8940. [www.frontlineclub.com](http://www.frontlineclub.com).

**10PM** Wind down at **Queen of Sheba**, an authentic Yemeni restaurant decorated with wooden wheels a few streets from The Frontline Club. Expect mint tea, freshly-squeezed juices and a selection of shisha. 3-4 Bouverie Place, W2 1RE. 020 7402 6667.



Family fun

Great for a date



Have you visited one of these venues? Then show us your pics!

@inpaddington #paddington paddingtonnow  
PaddingtonNow magazine@paddingtonnow.co.uk



# Visitors: plan your day

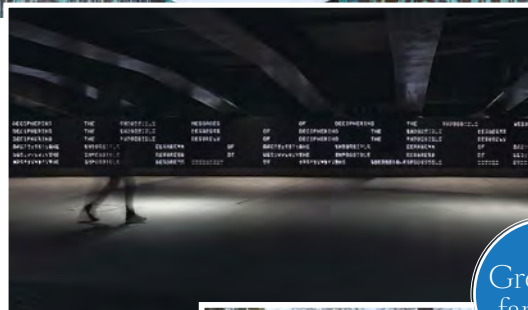
Whether you're in Paddington for business or pleasure, this morning-to-night itinerary will make sure you don't miss the area's best bits

**9AM** Have a lazy breakfast of crumpets, eggs royale or shakshuka – poached eggs and spicy tomato – at **The Quince Tree**, a charming garden centre café at Clifton Nurseries (p. 13). While there, browse for chutney, jam, oil and pasta in its shop. *5a Clifton Villas, W9 2PH. 020 7432 1867. [www.thequincetree.com](http://www.thequincetree.com).*

Ideal for couples



**10.30AM** See **Message from the Unseen World**, digital art inspired by the mathematician Alan Turing – the man credited for breaking the German's Enigma code in World War II. You'll know Turing's story if you've seen Benedict Cumberbatch in *The Imitation Game*, but did you know the codebreaker was born in nearby Warrington Crescent, in what is now The Colonnade Hotel? The artwork is made up of LED lights that shine through holes, illuminating a poem by Nick Drake that depicts Turing speaking posthumously about his life. The lights shine on the path under Bishops Bridge Road. You can see a metal sculpture of Turing in St Mary's Square, too. *Follow the Paddington public art trail from Merchant Square to Paddington Station. Search for Public Art Trail on [www.thisispaddington.com](http://www.thisispaddington.com).*



Great for families

**11.30AM** Shop for souvenirs in **Paddington Station**. Pop into the **Paddington Bear Shop** for cuddly toys or buy Earl Grey chocolate, chocolate tea bags, portly penguins and reindeer selfies from **Hotel Chocolat**. *Paddington Bear Shop, W2 1RH. 020 7402 5209. Search for Paddington Bear Shop on [www.thisispaddington.com](http://www.thisispaddington.com). Hotel Chocolat, W2 1EE. 020 7262 3178. [www.hotelchocolat.com](http://www.hotelchocolat.com).*



**1PM** If you want a cheap hot meal, try **Pappiland Café** near easyHotel. It has free wifi so it is popular with tourists who visit for its soup, omelettes and jacket potatoes. *12 Norfolk Place, W2 1QL. 020 3638 7271.*

**4PM** Trot around Hyde Park in a horseriding lesson with **Hyde Park Stables**. £89 group lesson; £125 private lesson, per hour. *63 Bathurst Mews, W2 2SB. 020 7723 2813. [www.hydeparkstables.com](http://www.hydeparkstables.com).*

**8PM** If beef tartare paired with French wine appeals, try **Angelus'** five-course tasting menu. Find the bistro near Lancaster Gate. *4 Bathurst St, W2 2SD. 020 7402 0083. [www.angelusrestaurant.co.uk](http://www.angelusrestaurant.co.uk).*





# PARTY TIME

*Planning a birthday, wedding reception or festive jamboree? Then you need to know where to celebrate, says Sarah Riches*

## GRAND UNION

**Best feature: Its cocktails**

At 550sqm, this canalside venue fits 270 standing and over 90 seated. Planning a special birthday? If you want an area for 20-40 people, then you'll need a £25-£50 deposit, while food, drink and DJ packages start at £4,000 for the whole venue. **Live entertainment** and **photobooths** are available, and there's space to dance. For pre-Christmas office parties, there's a three-course meal (£35), buffet (£25) or canapés (from £12 per person). Dishes include salmon and Brie parcels and **pigs in blankets**. It's open till 11pm weekdays, midnight on Fridays and Saturdays and 10.30pm on Sundays. The bar hosts a ticketed party on Christmas Eve and New Year's Eve, including food, drink and a DJ. Note it's **closed Christmas Day and Boxing Day**. 1 West End Quay, Paddington Basin, W2 1JX. 020 7723 5106. [www.grandunionbars.com](http://www.grandunionbars.com).

## HEIST BANK

**Best feature: Its karaoke room**

For birthdays, the pizza joint **Heist Bank** (p. 15) ticks lots of boxes as it has style, games and room to dance. With space for 300 in total, its basement seats 30 and fits 60 standing, plus an extra 25 in an area with **table football**. The basement also has **karaoke**—book it and there's a minimum spend of £500 to £2,000. Just want to eat? Opt for a two-course set menu (£22), three courses (£26) or order a platter for four (£15). Hire the whole bar if you think you'll spend £3,000 to £15,000 on canapés or a meal. Play your own music for free or hire a DJ for £50-£100 an hour. 5 North Wharf Rd, W2 1LA. 020 7723 8080. [www.heistbank.com](http://www.heistbank.com).



## SKY 23

**Best feature: Its view**

Like its chef, this new restaurant on **Hilton London Metropole's 23rd floor** has an international flair. When **Spanish chef Eduardo Chavez Dulce**—born to Filipino and Japanese parents—**opened it in August**, he created a new menu with dishes from Madrid, Catalonia, Ibiza and Asturias in north west Spain, as well as Asian-inspired plates. At 400sqm, it seats 80 and fits 125 standing. Hire the whole venue and a DJ or live music can be arranged (prices vary). It's **open on Christmas Day, Boxing Day and New Year's Day**. Book early for New Year's Eve—you'll see all of the capital's **fireworks at midnight**. 225 Edgware Rd, W2 1JU. 020 7412 8949. [www.sky23.co.uk](http://www.sky23.co.uk).

This page, clockwise from main: Grand Union; Sky 23; Heist Bank; a belly dancer; Hilton Paddington's ballroom  
Next page: Clifton Nurseries



## HILTON PADDINGTON

### Best feature: Its ballroom

If you're organising a company-wide party or a wedding reception for hundreds, then **Hilton Paddington's ballroom** is your best bet. Opt for its large ballroom (282sqm), which seats 350 or 300 standing; its small ballroom (135sqm), which seats 140 or 120 standing, or combine the two. A meal in December includes room hire, festive decorations and a DJ. Choose from a three-course dinner with a glass of house wine (£49), four courses with half a bottle (£59), a buffet with a glass of wine (£42) or a buffet with half a bottle (£52). Note that there is a £10 surcharge per person Thursday to Saturday. Last year's menu included

smoked duck with cranberries and chestnuts, stuffed turkey and Yule log. A DJ is included in Christmas packages, but for other parties there's a £450 fee, which includes a sound system. A wooden **dance floor** is included in the price and the music licence runs till midnight – but you can choose to stay to party till 1am. *146 Praed St, W2 1EE. 020 7850 0502 (for festive bookings). [www.hilton.com](http://www.hilton.com).*

## MAROUSH

### Best feature: Its bellydancer

**Maroush's** 372sqm space includes a ground floor that seats 30 (40 standing) and a basement for 240. The **Lebanese restaurant** has been entertaining guests **since 1981** with a **belly dancer** and

traditional musicians on stage every night. You can also hire your own DJ and hit the dance floor till 2am as it has a late licence. If you're organising an office party, choose a three-course set lunch (£13.95) or dinner (£25) Monday to Friday. If you want to ditch tradition on Christmas Day, book a three-course lunch (£20) or dinner (£25) and feast over grilled meat, seabass, baklava and rice pudding. Vegan and veggie dishes such as okra stew, houmous and the smoky aubergine dip *babaganoush* are also available. The venue is **open on Boxing Day**, too. Planning New Year's Eve? A four-course dinner will set you back £150, which includes live singers and dancers, a glass of wine and a glass of Champagne to salute the new year. Kill your hangover the next day with a three-course lunch (£20) or dinner (£25). *21 Edgware Rd, W2 2JE. 020 7723 0773. [www.maroush.com](http://www.maroush.com).*



# Desejo do Brazil

## LOOKING FOR SOME HEAT THIS WINTER?

Our Brazilian Steakhouse offers a wide variety of fine quality meat prepared with our signature recipes in a traditional Charrusco style and is served at your table by our Passadores. Each meal comes with a choice of freshly prepared vegetarian and salad dishes.

Corporate and private parties catered for from groups of 8 to 100. We can create your own package to suit your needs. Festive menus with prices from £23.75 per person

### BOOKING A CHRISTMAS PARTY?

Book with us before November 20th and have a drink on us!

Terms and conditions apply, see website for more details.



London Street  
168 Sussex Gardens  
Paddington  
London W2 1TP

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[www.desejodobrazilrestaurant.com](http://www.desejodobrazilrestaurant.com)  
[hello@desejodobrazilrestaurant.com](mailto:hello@desejodobrazilrestaurant.com)

Paddington Mainline and Lancaster Gate Underground stations are 2 minutes away. Open 7 days a week.

Variety of Meats | Buffet Salad Island | Wide selection of Wines | Desserts | Soft Drinks | Cocktails



### CLIFTON NURSERIES

**Best feature: Its décor**

A **canopy of fairylights** sets the scene at this picturesque, plant-filled nursery, which is tucked between two Georgian townhouses. Its two pretty glasshouses are popular for wedding receptions in summer – handy if you think you’ve left it too late for a winter booking. Both can be hired privately. Café by day, party venue by night, the larger glasshouse **The Quince Tree** (p. 9) seats 85 and fits 100 standing, while its smaller one seats 40 and fits 70 standing. There’s space to dance, but no DJ or music system because it is in a residential area. That said, an entertainment licence can be arranged until 11pm, which is included in venue hire – your party will need to wrap up shortly after that. Prices are bespoke but start at £3,600 for either glasshouse, plus £50 a head for three courses and wine and £15 for eight to 12 canapés per person. There is a corkage fee if you want to BYOB. *5a Clifton Nurseries, W9 2PH. 020 7289 6851. [www.clifton.co.uk](http://www.clifton.co.uk).*

### LONDON SHELL CO

**Best feature: It’s a boat**

Following an extensive renovation, the **21m-long Prince Regent canal boat** opened in November to coincide with the 200th anniversary of Regent’s Canal. Serving British seafood and game, you can opt for a three-course set lunch (£25) or four-course dinner and drink (£45). At lunch, this floating restaurant remains static; dinner includes the bonus of a **two-hour cruise**. Both are available Wednesday to Friday. You can also hire the whole boat for £2,500 – that includes a four-course meal for 40 (seated) or canapés for 100 (standing). Entertainment isn’t included but live music can be arranged, as it has a music licence till 11pm and a makeshift dancefloor. If you can’t dance, don’t panic! You can hang out in the **covered outdoor area** or take your pick from the bar’s extensive wine list. Note the boat is closed on Christmas Day, Boxing Day and at New Year. *Sheldon Square, W2 6EP. 07985 116181. [www.londonshellco.com](http://www.londonshellco.com).*

### LONDON STREET BRASSERIE

**Best feature: Its heated terrace**

Just opposite Paddington Station, this smart brasserie (p. 25) in Hotel Indigo can’t be beaten for its location. The hotel itself also echoes some of the décor of the station. In the restaurant there’s no music or dance floor, so if you want to have a relaxed chat to your friends and family, this venue is a good bet. At 150sqm, it fits 20 standing on its upper terrace at the back of the hotel, 20 on its **heated covered terrace** outside the restaurant and 85 inside. Bear in mind the space isn’t available for private hire. If you’re planning a Christmas party, its three-course festive menu (£24.99) includes chicken liver and cranberry pâté, turkey and Christmas plum pudding. Can’t be bothered to cook? The festive menu is also available on Christmas Day and New Year’s Day. The venue closes at 11pm on Fridays and 11.30pm on Saturdays, although it’s open 24 hours for guests. *16 London St, W2 1HL. 020 7706 4444. [www.indigopaddington.com](http://www.indigopaddington.com).*

# EAT YOUR WAY AROUND

Whether you fancy Mexican or Malaysian, Indian

## KEY

£ Mains under £10

££ Mains £10-£15

£££ Mains over £15



## MEXICO



**Poncho 8** serves salads, tacos, hot wraps and burritos you can design yourself. Try its Mexican coffee made with whipped cream, dulce de leche and cinnamon. Sit indoors or get it to go. **£**. 12 Sheldon Square, W2 6EZ. 020 7121 0325. [www.poncho8.com](http://www.poncho8.com).



## GREECE



As the olive-toned décor, landscape pictures and deli produce suggest, **It's All Greek To Me** opposite St Mary's Hospital serves regional dishes from mainland Greece and its islands. Since opening in August it's been serving imported wines, grills and seasonal tapas such as Cretan dakos – a kind of bruschetta – and rooster with macaroni, a speciality of Corfu. There's live music on Fridays and Saturdays from 8pm. Bonus: Paddington residents receive a 10 per cent discount! **£-££**. 101 Praed St, W2 1NT. 020 7402 5505. [www.itsallgreekto.me](http://www.itsallgreekto.me).



## ARGENTINA



Vegetarians, take a rain check – **Casa Malevo** is all about the sirloin, rib eye or beef fillet. The menu is seasonal and changeable, but the wine is guaranteed to be Argentinian. Most are available in a 375ml carafe, so you can try a few. **£££**. 23 Connaught St, W2 2AY. 020 7402 1988. [www.casamalevo.com](http://www.casamalevo.com).



## BRAZIL



At **Desejo do Brazil**, 12 meats are served charruscaria-style, marinated in spices, grilled then served on skewers at your table. Wash it all down with caipirinhas made with Brazilian cachaca. **££-£££**. 168 Sussex Gardens, W2 1TP. 07741 875969; 020 7402 3456. [www.desejodobrazilrestaurant.com](http://www.desejodobrazilrestaurant.com).

# OUND THE WORLD

or Iraqi, Paddington offers the world on your plate



## ITALY



**Heist Bank** (p. 10), by the Rolling Bridge, has got people talking since its June opening. It serves wood-fired pizza and craft beer in a large area spread over two floors, with blooms from its in-house florist, Ladybird Flowers (p. 7-8). Sofas, a pool table and graffiti create a relaxed vibe. You can also borrow its bikes. **£-££**. 5 North Wharf Rd, W2 1LA. 020 7723 8080. [www.heistbank.com](http://www.heistbank.com).

## CHINA



Tuck into dim sum or Peking duck at **Pearl Liang** (p. 7), decorated with bamboo and an enormous cherry blossom painting. **££**. 8 Sheldon Square, W2 6EZ. 020 7289 7000. [www.pearliang.co.uk](http://www.pearliang.co.uk).



## IRAQ



**Khuttar's** friendly staff serve generous portions of grilled meat, flatbread and mezze. Arabic waiters and paintings of life in Iraq make it feel authentic. **£**. 17 Bouverie Place, W2 1RD. 020 7402 1313.



## THAILAND



If you're craving tom yum soup then you need **The Heron**, a restaurant with a patio south of Sussex Gardens. Most staff and diners are Thai—always a good sign. **£**. 1 Norfolk Crescent, W2 2DN. 020 7706 9567.

## MALAYSIA



**Satay House** has been serving traditional Malaysian dishes since 1973, such as satay and nasi lemak. Despite its bare walls, its maroon décor makes it feel cosy. **£**. 13 Sale Place, W2 1PX. 020 7723 6763. [www.satay-house.co.uk](http://www.satay-house.co.uk).

## INDIA



**The Mughals** won't win awards for its décor, but you'll forgive it once you've tasted its seafood dishes, lamb biryani and tandoori grills. **£**. 11 London St, W2 1HL. 020 7262 3030. [www.mughalsrestaurant.co.uk](http://www.mughalsrestaurant.co.uk).

# EAT



## Sunday roasts

*When it's frosty outside, there's no better way to warm up than with a traditional Sunday lunch. Here's our top three*

### THE VICTORIA

Built in the 1830s, this traditional pub in Connaught Village has been visited by everyone from Keira Knightley and Damien Hirst to Liam Gallagher and Charles Dickens. Even **Queen Victoria popped in** once, according to legend. Follow in their footsteps and stay for a roast. Take your pick from free-range pork loin, slow-roasted shoulder of lamb or beef, all of which are served with gravy, **duck fat-roasted** potatoes, Yorkshire pudding and seasonal vegetables. Child portions are available; gluten-free and vegetarian options are not. 10a Strathearn Place, W2 2NH. 020 7724 1191. [www.victoriapaddington.co.uk](http://www.victoriapaddington.co.uk).

### THE ROYAL EXCHANGE

Popular with locals, this pub near the Post Office is run by a friendly Irish landlady. The interior makes you feel like you have gone back in time, with its **church pews** and chandelier. Its roasts are as traditional as its décor; choose from generous portions of lamb, beef, ham or pork, all of which are served with Yorkshire pudding, carrots and cabbage, roasted potato, mash and **lashings of gravy**. 26 Sale Place, W2 1PU. 020 7402 4368.

### THE PRIDE OF PADDINGTON

Carpet, blackboards, **wooden panelling** and Union Jack flags – yes, this pub opposite Paddington Station has all the right ingredients for a traditional drinking hole. You might pop in for its relaxed atmosphere and **keg beers**, but its roasts will be what make you stay; on offer are pork or beef, both served with Yorkshire pudding, mashed potato, carrots and greens. The **gravy is served in a jug**. 1-3 Craven Rd, W2 3BP. 020 7402 2156. [www.theprideofpaddington.co.uk](http://www.theprideofpaddington.co.uk).





# Hot desserts

*What could be more comforting than a hot dessert in winter? These sweet dishes will warm your belly*

## FRENCH TOAST

Hands up who fancies **sticky French toast**? Probably all of us, once you discover it's served with griddled mango, coconut flakes, crumbled bee pollen and a generous smudge of mango and raspberry purée – not to mention **hot maple sauce**. The dish is on **Beany Green's** brunch menu, and available until 3pm Monday to Friday and 4pm Saturday to Sunday. *4 Sheldon Square, W2 6EZ. 020 7289 3344. [www.daisygreenfood.com](http://www.daisygreenfood.com).*

## APPLE CRUMBLE

Warm and filling, apple crumble is always a crowd-pleaser. **Bonne Bouche**, opposite St Mary's Hospital, serves it warm along with apple pie,

chocolate fudge cake and croissants. Over the festive period you can also opt for **stollen** – a German-style cake with dried fruit, nuts and spices which is then dusted with icing sugar. *129-131 Praed St, W2 1RL. 020 7724 5784.*



## MINCE PIES

**Patisserie Valerie** has a range of gluten-free cakes and brownies, muffins and fruit-topped pastries. Its **warm mince pies**, packed with dried fruit, are a treat.

*First floor, Paddington Station, W2 1HB. 020 7262 9437.*

[www.patisserie-valerie.co.uk](http://www.patisserie-valerie.co.uk).

## CROISSANTS

If you're after a cosy spot, then **Cocomaya**, a quaint café on Connaught Street, fits the bill. Its sweets change

regularly, but on any given day you can expect towers of treats including **warm croissants**, honey cake, lemon meringue, coconut macaroons or flourless chocolate cake served on **mismatched bone china**. Bag one of the tables in the back room if you can. *12 Connaught St, W2 2AF. 020 7706 4214. [www.cocomaya.co.uk](http://www.cocomaya.co.uk).*

## CHRISTMAS CAKE

Eton mess? Pah! Who needs summer desserts when you can have Christmas cake? It might not be hot but you can wash it down with a cappuccino or hot chocolate at **Colicci** (p. 18) inside Paddington Station. This **street van** also serves sticky toffee slices, apple crumble muffins, mince pies and cranberry and orange muffins. *Paddington Station, Praed St, W2. 020 8640 1700. [www.colicci.co.uk](http://www.colicci.co.uk).*

Have you tried one of these sweets?

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# DRINK

## Festive tipples

Craving cocoa?  
Got a taste for  
toffee apple?  
Sarah Riches  
seeks the tastiest  
tipples around



### TOFFEEAPPLEWHISKY

With its armchairs and cabinets, **Whisky Lounge** in Hilton London Metropole feels like a private member's club, but anyone can sip a wee dram under its whisky decanter light fittings.

Most of its 70 whiskies are on display.

Try the Whisky Seduction, made with Jim Beam, red wine and blackcurrant liqueur, or the **18-year-old** Glenlivet Founders Reserve Scotch, which has a hint of toffee apples. Can't decide? Then opt for a whisky flight – three 15mls – or book a private tasting class (£85 per person for 10-25).

225 Edgware Rd, W2 1JU. 020 7402 4141. [www.hiltonlondonmet.com](http://www.hiltonlondonmet.com).

### PUMPKIN SPICE LATTE

You can't miss **Colicci**, a hip street van in Paddington Station (p. 17). As well as

single origin, locally-roasted coffee, it has pumpkin spice and **gingerbread** latte and deluxe hot chocolate. *Paddington Station, Praed St, W2. 020 8640 1700.*

[www.colicci.co.uk](http://www.colicci.co.uk).

### MINT MOCHA

The **Waterside Café**, a boat in Little Venice, only fits 40 – so it's guaranteed to be cosy whatever the weather. Warm up over **mint or cardamom hot chocolate**, cinnamon coffee and mint mocha. *Warwick Crescent, Little Venice, W2 6NE. 020 7266 1066.*

### MULLED WINE

Sunlight floods into **The Union Bar & Grill** on the canal. While it's known for its real ale, cider and international beer, over the festive period don't miss its mulled wine, which is flavoured with

cloves, cinnamon and sliced orange. *Sheldon Square, W2 6EZ. 020 7289 3063. [www.theunionbar.co.uk](http://www.theunionbar.co.uk).*

### HOTTODDIES

The floor-to-ceiling windows of **Kupp** make the most of its canal-side location. Warm up with a hot toddy – spiced apple cider and whisky with honey, lemon juice and cinnamon; or why not try **glögg**, Scandinavian mulled wine made with red berry wine, star anise, cinnamon sticks, sultanas and ginger? *5 Merchant Square, Paddington Basin, W2 1AS. 020 7262 8618. [www.kupp.co](http://www.kupp.co).*

### HOTBAILEYS

**London Town Brasserie** in Hotel Indigo (p. 25) opposite Paddington Station serves a range of seasonal drinks. Try its **mint hot chocolate**, or for something stronger, its **hot Baileys**, mulled wine or **Thorntons chocolate liqueur coffees**. *16 London St, W2 1HL. 020 7706 4444. [www.indigopaddington.com](http://www.indigopaddington.com).*





## HOP TO IT

*Following a recent renovation, old favourite The Sawyers Arms has reopened with a new look and a new menu*

New Year is usually the time for out with the old, in with the new – but **The Sawyers Arms** reopened following a refurbishment in August.

Gone is the carpet, curtains, banisters and traditional green décor, and in their place you'll find wooden floors, glass, more lights and a monochrome theme.

As well as six lagers and six cask ales, the pub offers four **craft beers** – one of which is rotated to keep things fresh for locals.

Visit before 12 November and you'll catch the end of its **Oktoberfest** celebrations: its six guest ales include IPA, Abbot, London Glory, Old Speckled Hen, Ruddles County and Sawyers Arms Bitter. Try five and you'll get the sixth for free. We'll drink to that! 8-9 London St, W2 1HL. 020 7723 0685.

[www.sawyerarms-paddington.co.uk](http://www.sawyerarms-paddington.co.uk)



## LOCK, STOCK AND BARRELL

*Local beer connoisseurs will feel like Christmas has come early when a brasserie featuring a wall of beer opens in Paddington*

A wall of beer will be the highlight of **Lock House**, a new all-day diner **opening in December** by Merchant Square.

The first of many Lock Houses by Redcomb Pubs Ltd, it will offer changeable **draught** and **bottle beers, lagers** and **ales**. Part of the back wall will be dedicated to popular brands and **craft beers**.


The venue will have 70 seats outside and space for 180 in its bar, restaurant and mezzanine, which will feature earthy colours – think exposed bricks, a copper-top bar and cracked leather armchairs.

With its communal tables and bar stool dining, Lock House will feel casual and be ideal for a quick lunch – while its nooks and crannies and **corner booths** will be perfect for an evening date.

The food menu will feature healthy breakfasts and takeaways for workers on the run, salads in jam jars, burgers made with long-aged meat and slow-cooked rotisserie chicken. Let's hope it does lock ins... 3 Merchant Square, W2.

[www.redcombpubs.co.uk](http://www.redcombpubs.co.uk)



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# WORK

## Hot desks

*Christmas parties on your lonesome will be a thing of the past once you sign up to one of these local co-working offices*

### WEWORK

#### Best feature: Its social scene

Five minutes from **Paddington Station**, this seven-storey communal office is open 24 hours. Its **common areas** brim with natural light and include kitchens, a **parents' room**, **meditation room** and terraces. It also has bike storage and showers. If you feel like mingling, there's a **games room** with table football, **air hockey**, a shuffleboard and ping pong tables. You can also network at weekly parties or lunch-and-learn sessions with experts. Services include printing, private phone booths, wifi, high-speed internet and conference rooms. Members can access other branches. Hot desk from £480; fixed desk from £550; shared office from £650; private office from £850, all per month. 2 Eastbourne Terrace, W2 6LG. 020 3695 4926. [www.wework.com](http://www.wework.com).



### CENTRAL WORKING

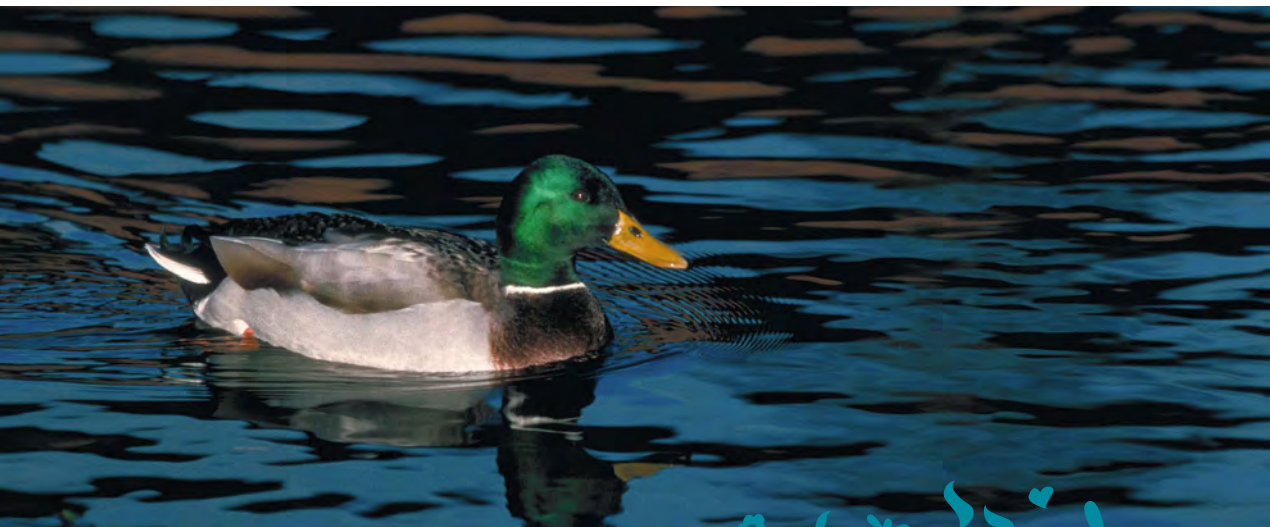
#### Best feature: Dogs are welcome

This open-plan office in **Paddington Central** is made up of shared working spaces and private offices, all of which benefit from natural light, 24-hour access and air conditioning. Amenities include meeting rooms, private phone booths, wifi and printing, as well as a **50-person auditorium**. It also has showers. If you want to mingle, hang out in **communal areas** such as the café or kitchen, which has free coffee. You can also meet entrepreneurs at monthly networking and training events. The fee includes access to its other London branches. Note that it is a **dog-friendly office**. Hot desk from £99; fixed desk from £349; private office from £3,894 (minimum six people), all per month. 2 Kingdom St, W2 6BD. 020 3095 6449. [www.centralworking.com](http://www.centralworking.com).

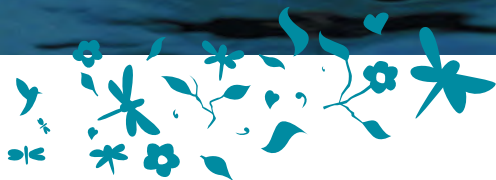
### THE OFFICE GROUP

#### Best feature: Its rooftop garden

Spread over eight floors of an 18-storey tower by Paddington Station, The Office Group has offices, meeting rooms and **private telephone booths**, all of which are open 24 hours. Its communal areas include a lounge, café and kitchen, plus dining areas with free tea and coffee. There's even a private **186sqm roof garden** – now why don't more offices have one of those? If you cycle, then you'll be pleased to know there are **showers** and secure bicycle storage inside the building, as well as external lockers for fold-up bikes within a gated area. If you feel like being sociable, join the group's 11,000-strong community through its TOG&Co app or attend an event such as a **fitness class**. Lounge membership is £50 a month for 32 hours' access to drop-in workspaces. Enquire for other prices. 20 Eastbourne Terrace, W2 6LG. 020 3773 1880. [www.theofficegroup.co.uk](http://www.theofficegroup.co.uk).



## Winter wildlife



*Discover how to make the most of Paddington's green spaces and get expert tips on how to bring the outside in*

As the leaves fall and the days get shorter, you might find yourself scurrying along the canal to keep warm. But stop for a second and you may spot a swan's nest, Canadian geese, coots or even a parakeet – and you'll have the **Canal & River Trust** charity to thank, as it cares for 3,220km of canals and rivers.

Ecologist Chantal Dove says, 'During the Victorian era, smog made bark dirty, so Asian plane trees, which shed their bark, were introduced. See them all year round in **Little Venice** – their leaves resemble a maple's. You may also spot green **ring-necked parakeets**. Rumour has it Jimi Hendrix once let one go nearby! 'As tempting as it may be to feed ducks bread in Paddington Basin, the sugar and the bacteria it accumulates when floating can be harmful,' adds Chantal. 'Giving white bread to birds is like giving them McDonald's, so use vegetable pellets.'

The canal isn't your only chance to get close to nature, as Paddington is peppered with pocket parks. Stephen Mills from **Continental Landscapes** maintains **Norfolk Square Gardens, Talbot Square** and **Sussex Gardens**. 'We prune, weed and clear snow and leaves,' he says.

'All three parks have winter flowers such as mahonia, a sweet-smelling yellow flower; sarcococca, a delicate white flower with a vanilla scent and nandina domestica, a shrub with purplish leaves and red berries,' he adds. 'In spring, Talbot Square bursts with cherry blossom.'

Got a garden? Then **Clifton Nurseries** can help you make the most of it. Gardener Jan Melkenbeek says, 'During autumn, plant spring bulbs – there is nothing

nicer than daffodils on a dull day. In winter, grasses bring elegant movement and look good when planted in threes. To perk up a window box, choose winter pansies, heather, sage or rosemary.'

So which plants bloom in winter? 'Pansies, viola and heather are vibrant, but only for a season,' says Jan. 'Christmas rose, an elegant white flower, blooms

in winter, as does Daphne, an evergreen with small, fragrant pink flowers and colourful berries.'

With all these flowers, look out for blackbirds, thrushes and robins. 'Care for them by providing water, seeds and bug hotels,' adds Jan.



*Clifton Nurseries (p. 13).*

*Continental Landscapes. 01869 344000. [www.continental-landscapes.co.uk](http://www.continental-landscapes.co.uk). Canal & River Trust. 0303 040 4040. [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk).*

# Local life



*These up-and-coming developments are giving Paddington a new lease of life*

Share your views on these changes on

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## THE LIZZY LINE

A new station is scheduled to open at Paddington in December 2018 as part of Crossrail, a high-speed rail line that will run east to west through London.

The three-storey station will have two entrances and a 90m glass canopy, flooding it with natural light. Note that the clouds printed onto the canopy, by the **light installation artist** Spencer Finch, will change according to the light at different times of the day.

Upon opening, the new route will be known as the Elizabeth Line. It will cut journey times from Paddington to Tottenham Court Road from 20 minutes to four and Liverpool Street from 23 minutes to just 10. **0345 602 3813. www.crossrail.co.uk.**



## IT'S HIPTO BESQUARE

A new landmark has been proposed that is set to transform the area behind Hotel Mercure London Paddington.

Great Western Developments and Sellar Paddington Limited have submitted proposals to redevelop the

one-acre site behind Mercure Hotel by Paddington Station. If granted consent, construction of a building known as **Paddington Cube** (below) will begin in spring 2018. Designed by

Renzo Piano Building Workshop, its 14-storeys will be raised 12m to allow for ground-floor shops, outdoor seating and restaurants. Above these will be offices and a rooftop restaurant with views of Hyde Park. The Cube will also have a new Bakerloo line underground

station, ticket hall (inset) and direct access to St Mary's Hospital, and it will face a new public square on Praed Street.

The project is expected to be completed in August 2020. **0800 170 7270. www.paddingtonquarter.co.uk.**

## BREAKING NEW GROUND

Plans for a **new eight-storey building for outpatient services** at St Mary's Hospital have been unveiled.

If the proposals are granted, building will begin late 2018. The new centre, designed by Feilden Clegg Bradley Studios, will replace the 'triangle' buildings near Praed Street and South Wharf Road.

Construction is expected to finish in 2020 and, once complete, the building will house most outpatient services which are currently in 40 locations. It will serve half a million patients a year. **020 3312 6666. www.imperial.nhs.uk.**



Illustration © iStock Proposed ticket hall courtesy of Crossrail. Paddington Cube images courtesy of Great Western Developments

# RELAX

## Take it easy

*Feeling frazzled? If work, family and Christmas shopping are stressing you out, then it's time to unwind with a massage, manicure or haircut*

**D**on't worry about a thing, croons Bob Marley in his 1977 reggae hit – so why not take a leaf out of his book and relax?

Start your day of indulgence at **CoLaz** off Sussex Gardens. Its two rooms offer a range of skincare, weightloss, beauty and hair removal treatments. Try its Swedish massages (£35 an hour) and hot stone massages (£50 an hour).

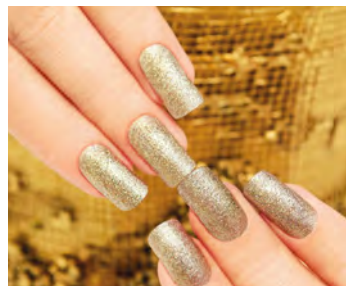
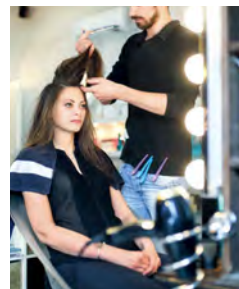
Fancy a facial? Then book one at **Gold Hair** (from £35 for 45 minutes) opposite St Mary's Hospital, which also offers hair, tattoo and piercing services. If you want a few hours to yourself, then consider a Girlie Beauty Party; a manicure, pedicure and nail art package for up to 12 children aged six to 12 – although an adult will need to stay with them.

Ladies, if you'd like your nails done too then try **Katy's Nails** on Spring Street – when it comes to nail art (£5), manicures (£10), acrylics (£25) and gels (£30), they've nailed it.

Once you're relaxed, why not book a blow dry or colour at **Headmasters** by Paddington Basin? Its blow-dry options (from £31) are updated annually to keep you on trend, while new colours are released biannually – a half head of highlights costs from £70, which also requires a blow dry.

If you're preparing for a party, then keep in mind **Hair London** opposite Paddington Station, as it offers a special occasion hair service (£75). Ladies can also have a restyle cut and blow dry (£50), while for men it's £40.

Gents can also get a cut at the unisex **Unique Salon** opposite St Mary's Hospital (£10). While you're there, why not have a wet shave (£15) or your



monobrow threaded (£5)? You can even have your ear hair removed for free – now that's service for you...

Ladies, if you want Rapunzel-style locks on New Year's Eve then your wish will be granted at **Contrasti London** near Paddington Basin, which specialises in extensions (call for prices).

Feel calmer? Good – because as Marley sings, *every little thing gonna be alright*.

### YOUR LITTLE BLACKBOOK

**CoLaz**, 31 Southwick St, W2 1JQ  
020 7402 2772. [www.colaz.co.uk](http://www.colaz.co.uk).

**Gold Hair**, 103 Praed St, W2 1NT  
020 7723 5648. [www.goldhair.co.uk](http://www.goldhair.co.uk).

**Katy's Nails**, 33 Spring St, W2 1JA. 020 7402 6120.

**Headmasters**, 2 Praed St, W2 1JX  
0345 459 7700. [www.headmasters.com](http://www.headmasters.com).

**Hair London**, 5 Craven Rd, W2 3BP  
020 7262 6786. [www.hairlondon.co.uk](http://www.hairlondon.co.uk).

**Unique Salon**, 59 Praed St, W2 1NS. 020 7262 2221.

**Contrasti London**, 10 Praed St, W2 1JU  
020 7616 7394. [www.contrasti.co.uk](http://www.contrasti.co.uk).



## SLEEP

And so to bed 

*If you're looking for a romantic hotel, family-friendly retreat or accommodation with lightening-fast wifi, we've got you covered*

## OPEN FOR BUSINESS

Mercure London Hyde Park  
Hotel opened in Talbot Square in November with 72 bedrooms, a restaurant, bar and gym. 8-14 Talbot Square, W2 1TS. 020 7835 2000. [www.mercure.com](http://www.mercure.com).



This image and right:  
The Pavilion Fashion  
Rock 'n' Roll Hotel



## COUPLES

THE PAVILION FASHION  
ROCK 'N' ROLL HOTEL

Call it kitsch, call it **wacky** – but don't call this 30-room townhouse boring. Leonardo DiCaprio, David Blaine and Naomi Campbell have all visited. Rooms include Highland Fling, which resembles a shortbread tin. There's free wifi, but no restaurant, bar or gym. 34-36 Sussex Gardens, W2 1UL. 020 7262 0905. [www.pavilionhoteluk.com](http://www.pavilionhoteluk.com).

HOTEL INDIGO  
LONDON PADDINGTON

This four-star hotel has 64 rooms inspired by nature – think wooden floors, wool rugs and landscape art. It also has **free wifi**, a lounge, a 24-hour gym and a brasserie (p. 13 & 18). 16 London St, W2 1HL. 020 7706 4444. [www.indigopaddington.com](http://www.indigopaddington.com).

## FAMILIES &amp; GROUPS

## SHAKESPEARE HOTEL

This four-storey townhouse has 65 rooms, many of which overlook Norfolk Square. Its **games room** has a pool table and table football, while its reception has an original fireplace, Chesterfield sofa and a tall ceiling. It benefits from big windows, free wifi and a large dining area. 22-28 Norfolk Square, W2 1RS. 020 7402 4646. [www.shakespearehotel.co.uk](http://www.shakespearehotel.co.uk).

## NORFOLK PLAZA HOTEL

Also overlooking Norfolk Square Gardens, this Grade II-listed **Edwardian building** has 87 rooms. Communal spaces include a buffet room and lounge bar with screen. Note, wifi is only free in the lobby. 29-33 Norfolk Square, W2 1RX. 020 7723 0792. [www.norfolkplazahotel.co.uk](http://www.norfolkplazahotel.co.uk).

## BUSINESS TRAVELLERS

## THE DELMERE HOTEL

Flowers greet you at this 37-room hotel on Sussex Gardens, which was renovated in 2015. Bedrooms have **desks** and TVs and wifi is free (parking extra). It also has a lounge area offering tea, coffee and papers. 130 Sussex Gardens, W2 1UB. 0844 387 6156. [www.bestwestern.co.uk](http://www.bestwestern.co.uk).

## MERCURE LONDON PADDINGTON

This four-star hotel opposite Paddington Station has free wifi, a gym, valet parking and a **meeting room for 40** with a TV and break-out area. There's also a bar. Its 86 rooms have desks, phones and trouser presses. Enjoy breakfast in the hotel or in Hotel Indigo London Paddington nearby. 144 Praed St, W2 1HU. 020 7706 8888. [www.mercurepaddington.com](http://www.mercurepaddington.com).

# GIVE



## A time for giving

*Since when did fundraising and volunteering get so fun?  
Sarah Riches meets locals raising money for St Mary's*

### GOING THE EXTRA MILE

Forget bake sales – why not fundraise by **skydiving** or doing the **Three Peaks Challenge**? Local residents have done these and more in recent months to raise funds for St Mary's Hospital.

The hospital's **More Smiles Appeal** aims to raise £2 million to expand its Children's Intensive Care Unit, one of just five in London. The funds will help top up the £8 million invested by the hospital.

The redeveloped unit will have new equipment, a dedicated parents' room, a private room for doctors to provide emotional support to families and 15 beds – nearly double the current number.

In 2016, fundraisers have **run marathons**, taken part in a Tough Mudder obstacle course and gone **mountain trekking in Morocco** – and on 9 June, James Beckett (above) and his father David **abseiled 10 storeys** down the hospital, **raising £630**.



But consultant Dr Parviz Habibi, who set up the unit in 1992 with one bed and one nurse, went one step further and **swam from Dover to France** in August – raising £22,000 for the appeal.

The **64-year-old** says, 'Swimming 43.5 miles across the English Channel was one of the hardest things I've ever done. There were times when I thought I wouldn't make it. My shoulders were hurting so much I could hardly lift my arms. But I focused on why I was doing it, the promise I'd made to my supporters and the commitment I'd made to myself – and I reached France after 19 hours and 12 minutes of swimming.'

'I'd like to thank everyone for all their support and generous donations, which will help build a care unit with more beds to treat sick children. They are our future.'

The appeal met its half-way target that same month. **Can you help smash it?**

020 3312 2037.

[www.imperialcharity.org.uk](http://www.imperialcharity.org.uk).

## LIGHT RELIEF

Accident and Emergency (A&E) departments aren't the most cheerful of places, but an art scheme helps to brighten up St Mary's Hospital.

Ian Lush, chief executive of **Imperial College Healthcare Charity**, says, 'Our charity is investing heavily in improving A&E at St Mary's, with over £3 million being spent on a major **refurbishment** and **expansion**. As part of that we are commissioning **British artists**.'

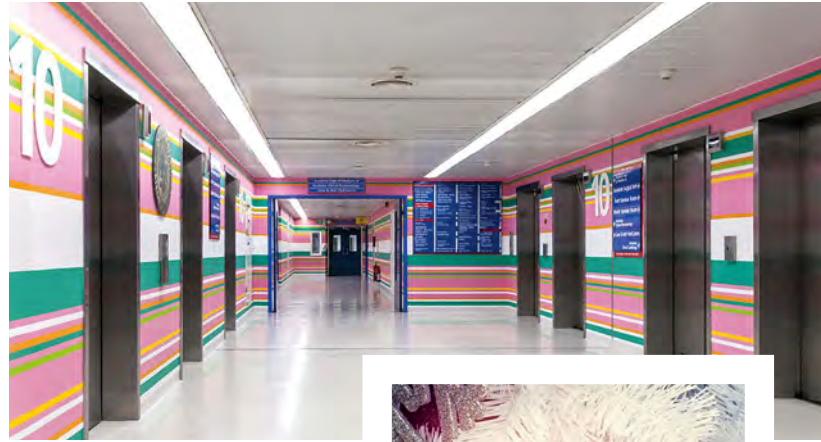
Volunteer Stephen Morris adds, 'I began volunteering on the hospital radio in 2003. When that stopped around 2010, I volunteered with patient satisfaction surveys till I heard about the arts team – then I helped catalogue the artwork database and ran **art tours**.'

Of St Mary's 800 artworks, the public can see **Bridget Riley's murals** on the 8th, 9th and 10th floors of the Queen Elizabeth Queen Mother (QEQM) building. While there, don't miss **Vivien Mallock's Queen Elizabeth Queen Mother bronze bust** in reception. You can also glimpse external window panels by **Julian Opie** in the Lindo Wing from South Wharf Road, even though the building is closed to the public. All three are on the **Paddington Public Art Trail**, a walk of 22 artworks that tell the story of Paddington's past and regeneration.

Elsewhere, staff and patients can see major artworks including 17 black and white **photographs** by Lord Snowdon **donated by Elton John** in 1998.

The hospital has created an educational programme to raise awareness of the art collection, through occasional artist-in-residences, workshops and talks aimed at patients, staff and visitors.

Email [art.collection@imperial.nhs.uk](mailto:art.collection@imperial.nhs.uk).  
[www.thisispaddington.com](http://www.thisispaddington.com).



## FASHION FOR A CAUSE

A Paddington resident is helping the capital's homeless through fashion.

Japanese-born fashion designer **Masato Jones**, founder of **Masato London**, is known for his bold prints and natural fabrics and has designed dresses for the English National Ballet and soul singer Beverley Knight.

In the winter of 2014, for every beanie Masato London sold, it donated one to homeless charities and handed them out on the streets – and this winter it's doing the same for **duffle bags** (below).

The label supports charities including **One Big Family – Help the Homeless** by selling a 2017 calendar, tote bags, scarves and *The Little Book of Street*

*Tweets* – an inspiring collection of 38 tweets on life and emotions by homeless people

alongside art, poems and pictures. At least 20 per cent of profits are donated to charity.

They say charity begins at home, but for Masato London, it begins with homelessness.

020 7706 2319.  
[www.masato.co.uk](http://www.masato.co.uk).



## WISH UPON A STAR

A tree lighting ceremony, which will be held on 6 December (p. 7), will mark the launch of an appeal that aims to raise £10,000 for the children's services department at St Mary's Hospital.

Now in its third year, money raised from the **Christmas Wishing Tree Appeal** will go towards a party for sick children spending Christmas in hospital.

Local businesses and the public are encouraged to donate and send messages, which will appear on the hospital's Christmas tree.

*St Mary's Hospital, Praed St, W2 1NY.*  
*Christmas Wishing Tree Appeal*  
020 3312 2205; *tree lighting ceremony* 020 3312 5694.  
[www.imperialcharity.org.uk](http://www.imperialcharity.org.uk).



# INSIDE SCOOP

## Will Clayton

Private investigator (PI)  
Will Clayton has lived in  
Paddington for eight years.  
As well as owning Bluemoon  
Investigations, he opened the  
Bluemoon Spy Shop in July.  
Will enjoys drinking  
in The Pride of Paddington  
(p. 16) and when he's not in  
the pub, he likes strolling the  
canal to Little Venice.



If a **camera disguised in a coffee cup, hat or tie-clip** is on your shopping list, then you need Bluemoon Spy Shop—and why not pick up a **GPS tracker** while you're there?

The shop's clients range from solicitors, local authorities and the police to care homes, factories and mystery shoppers—even Formula 1 racing teams.

'We might have a client who suspects their partner is using prostitutes, a council investigating fly-tipping or a family keen to install a nanny-cam or CCTV,' says Will.

Bluemoon Investigations, meanwhile, offers **surveillance, tracing** and can also **de-bug cars** and **businesses**.

'It's very rewarding. One case that sticks out is of a Canadian woman who was adopted as a child in the 1930s. She was keen to trace her birth mother as she

needed to find her medical records. We traced her mother, who had died, but it put our client in touch with her wider family.'

So how does it feel being a real-life **James Bond**? 'Each day is full of intrigue but there are mundane moments too,' says Will. 'There's lots of sitting around. We've conducted 10,000 hours of surveillance.'

**Investigating people** for a living has to make your family paranoid, surely? 'My job wasn't the first thing I told people about when I was dating,' says Will. 'My girlfriend didn't believe me at first—then she made me promise not to investigate her!

'Being a PI doesn't make me paranoid—it makes me careful. My training helps me predict what will happen and I'm aware of suspicious behaviour. I notice vehicles that haven't moved and know how to lose people when they're following me.

I recognise faces and remember where I've seen them before.'

Will shares all of this experience at **Bluemoon College**, where he trains professional PIs. Interested? Then sign up for its **£125 PI Experience Day course** (10 Nov, 10 Dec and 14 Jan). You'll learn research methods and how to use a covert radio before practising foot surveillance. Watch out, 007—you've got competition!

*Bluemoon Spy Shop, 14 Spring St, W2 3RA. 020 8088 2403.*

**[www.bluemoonspysshop.co.uk](http://www.bluemoonspysshop.co.uk)**

*Bluemoon Investigations, 1-3 Craven Rd, W2 3BP. 0843 289 6395.*

**[www.bluemooninvestigations.co.uk](http://www.bluemooninvestigations.co.uk)**

*Bluemoon College, 1-3 Craven Rd, W2 3BP. 0207 993 4080.*

**[www.bluemooncollege.co.uk](http://www.bluemooncollege.co.uk)**

*Paddington may be famous for being home to a particular bear, but did you know it's also the home of a film producer and a spy? Sarah Riches lifts the lid on the area's most fascinating residents...*

# CATHERINE LAINE

**Local resident Catherine Laine has lived in Paddington for the past eight years and can often be found eating cake in Patisserie Valerie (p. 17) or in Hilton London Metropole's Whisky Lounge (p. 18).**

**A**s a film producer, Catherine has worked alongside Guy Ritchie on his 2015 action comedy *The Man from U.N.C.L.E.*; the 2016 fantasy *Alice through the Looking Glass*, starring Johnny Depp and Helena Bonham Carter, and the 2016 action thriller *The Foreigner*, starring Jackie Chan and Pierce Brosnan.

So what is it like rubbing shoulders with stars of the silver screen? 'Helena was so kind and genuine,' says Catherine. 'She knew everyone's name and was always asking how you were. But Jackie was my favourite; I admired his work ethic and his get-up-and-go attitude.'

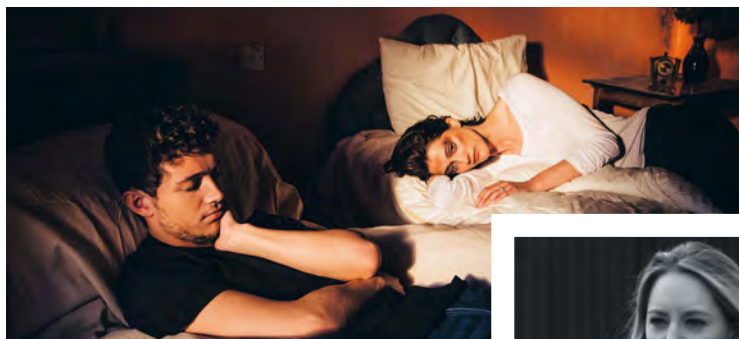
Once a keen actress, Catherine abandoned this career when she realised her strength lay behind the camera and, after producing a short film, she has recently produced her first feature *Brackenmore* (72 mins).

'My short film is based on a ghost story that my dad told me as a child,' says Catherine. 'I then used it again as the inspiration for *Brackenmore*.'

In October, *Brackenmore* premiered at **Kerry Film Festival** in County Kerry, Ireland, which is close to where much of the thriller was filmed. It screened in London and at the Bram Stoker International Film Festival in Yorkshire that same month, while its US premiere is expected to be in 2017.

'My dad is from Ireland, so we have a family home there,' says Catherine. 'It's a scary place—it's dark, remote and there's plenty of woodland—so it was an obvious choice to set the film there.'

What with its suspicious deaths, occult rituals and sacrifices, *Brackenmore* is not for the faint-hearted. Rated 15, it follows Kate (Sophie Hopkins) as she returns

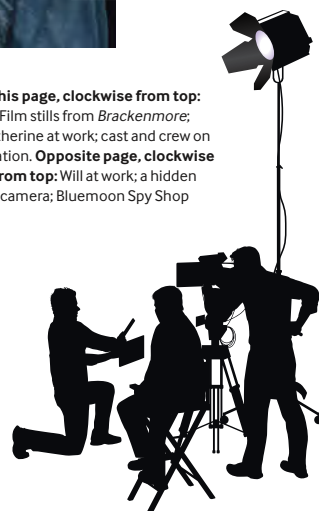


home to rural Ireland following the death of an uncle she never knew she had. She meets Tom (DJ McGrath), who helps her forget about London; but the longer Kate stays there, the more she uncovers sinister secrets that reveal her neighbours are more ominous than they first appear...

So with Matt Damon filming *Jason Bourne* on the Grand Union Canal in 2015, *Bridget Jones's Baby* being shot in Paddington just as Catherine makes headlines and *Paddington 2* out in 2017, could Paddington be the new Hollywood?

[www.upstreamfilms.co.uk](http://www.upstreamfilms.co.uk)

**This page, clockwise from top:** Film stills from *Brackenmore*; Catherine at work; cast and crew on location. **Opposite page, clockwise from top:** Will at work; a hidden camera; Bluemoon Spy Shop



# Winter wonderland

*Get into the festive spirit at a Christmas market near Paddington*

When the scent of mulled wine wafts through the air and your nose turns so cold you can't feel it any more, you know Christmas has arrived. And what better way to celebrate than by visiting a **festive market**?

Now in its 10th year, **Hyde Park Winter Wonderland** (18 Nov-2 Jan) is one of the UK's biggest winter festivals – and it's within **walking distance of Paddington**.

It costs nothing to enter the open-air festival or to browse its Bavarian market, which is made up of **200 chalets** selling everything from mulled wine and hot chocolate to Mexican churros and

German sausages. It's a great opportunity to do all your Christmas shopping in one go as its stalls sell a range of wooden toys, jewellery and decorations.

Little ones will enjoy walking through the **Magical Ice Kingdom** in search of the Palace of Polar Bears. More than 20 sculptors have spent four months creating the kingdom from **200 tons of ice and snow**, making it the biggest ice and snow sculpture experience of its kind in the UK. New for 2016, a 15-minute **arctic adventure** will take adults and children on a voyage to a frozen island, past icebergs, a shipwreck

and ice sculptures, giving them a chance to fish with Inuits and stay cosy in an igloo. Visitors can even have their photo taken with a giant polar bear.

Young children can also have their photograph taken with **Father Christmas** and his elves in **Santa Land** until 6pm every day until Christmas Eve. Last year, Santa handed out more than 50,000 gifts so, if your children have been good, they will receive a small present.

Meanwhile, kids can watch TV's **Richard Cadell** on stage every day at 11am in *The Sooty Christmas Show*. The magician will be joined by Sooty, Sweep



and Soo from the popular kids' TV programme for the 45-minute show.

Teenagers won't be forgotten as the festival also has a traditional fairground – you just have to buy tokens on the day. As well as a carousel, helter-skelter and funhouse, there are ghost rides, rollercoasters and try-your-luck games.

All ages, meanwhile, can enjoy a ride on the **60m big wheel**, which has views of the London Eye. Alternatively, why not whizz around an **outdoor ice rink**? At 1,600sqm, it's the UK's largest. Skate hire is included in the 50-minute sessions and a live band play under a canopy of **100,000**

**lights** on the Victorian bandstand in the centre of the ice rink.

If you're the type that can't let go of the side, then leave it to the pros and watch The Imperial Ice Stars perform *The Nutcracker on Ice* in the **Winter Palace Theatre**. With a score by **Tchaikovsky**, it will feature projected scenery, spectacular flying sequences, acrobatics, fire and illusions.

Meanwhile, in the big top catch a 45-minute family-friendly show. Choose from *Zippos Christmas Circus*, with its aerial acrobats, jugglers and clowns, or *Cirque Berserk*, during which motorcyclists will wow you with **terrifying stunts**. You'll

smell the burning diesel as they rev upside down in a cage, narrowly missing one another.

Later, adults can sip cocktails in **Bar Ice**, which has tables, walls and sculptures all made from ice – even your glass is frozen. As the temperature plummets to -8°, you'll be grateful for the gloves and fake fur-trimmed cloaks that are provided.

While many attractions must be pre-booked, it's **free to stroll** the covered bars and listen to **live bands**, which create a party atmosphere. Time for another **mulled wine**?

Hyde Park, W2 2UH. 0300 061 2000.

[www.hydeparkwinterwonderland.com](http://www.hydeparkwinterwonderland.com).



Got something to say? Then get in touch! [@inpaddington](https://twitter.com/inpaddington) [#paddington](https://twitter.com/paddington)  
[paddingtonnow](https://www.instagram.com/paddingtonnow) [PaddingtonNow](https://www.facebook.com/PaddingtonNow) [magazine@paddingtonnow.co.uk](mailto:magazine@paddingtonnow.co.uk)



# Christmas shopping

*Once you've stocked up on stocking fillers at Hyde Park Winter Wonderland, hit the streets around Paddington and tick off your list!*

## SHOP TILL YOU DROP

Europe's busiest shopping area is literally right up your street, so make the most of Paddington's proximity to Oxford Street – and don't miss its Christmas lights. Big names on Oxford Street include Primark, John Lewis, Selfridges and House of Fraser. Bond Street, meanwhile, will be illuminated from 10 November, while on 17 November Regent Street will be traffic-free from early evening as its lights are turned on and it stages live entertainment. 020 7462 0680. [www.oxfordstreet.co.uk](http://www.oxfordstreet.co.uk).

## TAX-FREE SHOPPING

Tax-free shopping needn't be taxing! Visitors who live outside the EU can benefit from tax refunds on most goods by following these steps:

- 1 Request a VAT 407 'tax-free' form when paying for items.
- 2 Before leaving the EU, take your tax-free form, receipt, goods and passport to the customs desk at the airport, where an official will stamp your form.
- 3 Take the stamped form, your passport and credit card to a refund booth at the airport for a cash or credit-card refund. [www.gov.uk](http://www.gov.uk).

## STRIKE GOLD

Paddington's zone-one location means you can see all of London's top sights on a Golden Tours' Grand Tour. The blue open-top buses depart from Praed Street at 7.42am and run every 15-20 minutes till 4pm. The route passes Madame Tussauds, St Paul's Cathedral, the Tower of London and Big Ben in just over two hours, or you can hop on and off as often as you like and make a day of it. Buy tickets from Golden Tours Visitor Centre. Adult from £25; child from £11. 145 Praed St, W2 1RL. 020 7233 7030. [www.goldentours.com](http://www.goldentours.com).

WANT  
A REAL  
CHRISTMAS  
TREE?

Pines and Needles delivers to Paddington. 020 3384 9420. [www.pinesandneedles.com](http://www.pinesandneedles.com).



# A grand tour of Europe

*Hop on the Heathrow Express and you'll be at the airport in 15 minutes. Fly direct to one of these festive markets and you'll be in a Christmas postcard scene before you know it*

## VIENNA, AUSTRIA (11 NOV-26 DEC)

Vienna Christmas World at the Christmas Market in City Hall's square is Vienna's grandest festive market, and this year its Ringstrasse entrance will be crowned by a **20m archway illuminated with 24 candles**—a new candle will be lit each day from 1 December. Its **150 stalls** sell miniature wooden houses, puppets and woolly hats, as well as gingerbread, candied fruit and roasted chestnuts. Children will love making candles or writing letters to Santa in City Hall, while the whole family will enjoy carols or **ice skating or curling on a 4,500sqm rink** on Rathausplatz. You can also ride in a pony and trap in nearby Rathauspark, which also has a **carousel** under trees, illuminated with fairy lights.

[www.wienerweihnachtstraum.at](http://www.wienerweihnachtstraum.at).

## HAMBURG, GERMANY (21 NOV-23 DEC)

Hamburg has 15 markets, but the most traditional one is in the square outside Hamburg Town Hall. Stalls sell leather, pottery and silver, handmade decorations and Aachener printen, or spiced biscuits. Hosted by Roncalli's Circus, you might find **clowns serving drinks**. An **annual Christmas parade** is held along



Mönckebergstraße on Saturdays. Foodies, don't miss the nearby Jungfernstieg market (21 Nov-6 Jan).

[www.germany-christmas-market.org.uk](http://www.germany-christmas-market.org.uk).

## STOCKHOLM, SWEDEN (19 NOV-23 DEC)

Dating back to 1837, Stortorget Square now has **40 chalets**, each of which sell Swedish products such as handmade knitted hats and glass and wooden decorations. Sample **traditional Swedish cuisine** such as pepparkakor (thin ginger biscuits), saffransbullar (saffron buns), elk meat and buy vacuum-packed **smoked reindeer sausages**. [www.stortorgetsjulmarknad.com](http://www.stortorgetsjulmarknad.com).

## BUDAPEST, HUNGARY (11 NOV-1 JAN)

Follow the scent of cinnamon to Budapest Christmas Fair and Winter Festival, a collection of **100 chalets** in Vörösmarty Square. The smell comes

from kurtoskalacs (chimney cakes)—fried dough coiled on skewers. You can also try honey cakes, iced gingerbread, **hot toddies** and toki pompos—bacon, onion and cream pizza. Browse for crocheted items, ceramics and fur hats under fairy lights and catch a **concert and laser show** on outdoor stages. [www.budapestchristmas.com](http://www.budapestchristmas.com).


## PRAGUE, CZECH REPUBLIC (26 NOV-1 JAN)

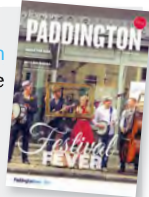
Staroměstské Náměstí, or The Old Town Square, is the largest of Prague's markets. Dominated by an **enormous Christmas tree**, its stalls sell handcrafted wooden toys, crystal and traditional straw decorations. Feeling peckish? Then snack on roasted nuts, bratwurst, kielbasa smoked sausages and trdelník—Prague's version of a chimney cake—then wash it all down with a mug of hot mead. Children will enjoy the **nativity scene on stage** while **folk bands** and a choir provide entertainment. [www.czechtourism.com](http://www.czechtourism.com).




# Over to you

*Whether you're a tourist, resident or you work in the area, you help make Paddington what it is. So here's your chance to have your say...*

 Miss Martha M-M @martha\_mckm @inpaddington Our house enjoyed the first edition of Explore #Paddington. Particularly the What's On diary of local events. Congrats!




 Chuggsy @GrahamMarston @visitlondon @SuperLNDN View over Paddington Station! #nofilter #mothernature #beautiful




 Ian Messum @IanMessum Festival vibes #PaddingtonCovers #London #PopUp #Festival #Music #Summer #Sun



 Laurence Scales @LWalksLondon Fan Bridge Paddington at the opening of my Regent's Canal 200 Tour yesterday




 emmasoulsby Heist Bank

FOLLOW



51 likes

**emmasoulsby** If you're interested in the pumpkin workshop... here's one I made earlier @heistbank #ladybirdflowers #halloween #heistbank #pumpkin #autumn #workshop

 blakeacres Sheldon Square

FOLLOW



122 likes

**blakeacres** This was our last week in London and we've been busy checking a few things off our list including finding Paddington Bear statues #4 and #5, obviously! And yes he is velvet. #paddingtonbear #vivieandash

Want your five minutes of fame? Get in touch and you might make it into the next issue...  @inpaddington  #paddington  paddingtonnow  PaddingtonNow  magazine@paddingtonnow.co.uk

For information, news, events and offers, visit [www.thisispaddington.com](http://www.thisispaddington.com).

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# YOUR LOCAL HOSPITAL NEEDS YOU

## ST MARY'S HOSPITAL MORE SMILES APPEAL

We need to raise at least £2 million to help fund the expansion of the Children's Intensive Care Unit at St Mary's Hospital, Paddington. Your support for the More Smiles Appeal will help:

- Almost double the current number of beds
- Allow us to treat up to 200 more critically ill children each year
- Increase the space around each bed
- Create a new parents room and a bereavement room



Text **MORE16 £10** to **70070** to donate £10



Donate online at [www.moresmiles.org.uk](http://www.moresmiles.org.uk)



Donate over the phone by calling **020 3312 2205**



St Mary's Hospital

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SMILES  
APPEAL**


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