

# SLOANE SQUARE

ART \ CULTURE \ FASHION \ FOOD

JANUARY 2025

A portrait of Saatchi with white face paint and a large floral crown. The floral crown is composed of various flowers including orange ranunculus, pink and purple hydrangeas, a large white orchid, and several yellow pom-pom flowers. Saatchi has white face paint, with gold eye makeup around his eyes. He is wearing a white suit jacket.

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ON HER NEW SLOANE  
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An aerial photograph of Dubai, United Arab Emirates, showing the city skyline in the distance, the Dubai Marina in the middle ground, and the Palm Jumeirah in the foreground. The water is a deep blue, and the land is covered with buildings and greenery. The sky is a clear, light blue.

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### SLOANE SQUARE

is produced for Cadogan by

#### Publishing Business

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London W1J 6BD  
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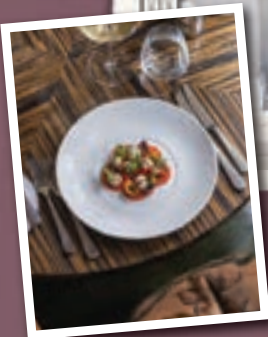
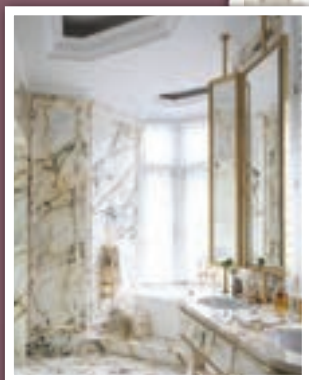


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# Calendar

## JANUARY 17

### DROP-IN PHOTOGRAPHY WORKSHOP

To celebrate Saatchi Gallery's major photography exhibitions, the gallery is holding a drop-in workshop that will allow visitors to work alongside professional photographer Nikol Deehan. Participants should bring a camera with them – a phone camera is sufficient!

**Duke of York Square**



## FEBRUARY 20 AND 26

### THE IMPORTANCE OF BEING EARNEST

Visit the Chelsea Everyman to see the National Theatre's production of *The Importance of Being Earnest* on the big screen. The classic comedy was written by Oscar Wilde when he was living on Tite Street in Chelsea. This production features *Doctor Who* and *Sex Education* star Ncuti Gatwa.

**279 King's Road**



IMAGE: ANASTASIA SAKOULOVA  
ADAPTATION BY SAATCHI GALLERY

## JANUARY 27

### SNOWDROP FOLKLORE TALK

Celebrate snowdrops, the first harbingers of spring, with this talk by floral folklore expert Roy Vickery. He'll discuss the medicinal uses, symbolic meanings and rich history of snowdrops, which are linked to the hope and renewal of spring and also to death and the afterlife, due to their place in funeral traditions. You'll enjoy a cup of tea as part of your ticket price.

**Chelsea Physic Garden, 66 Royal Hospital Road**

# Events

JANUARY & FEBRUARY

# diary





#### UNTIL APRIL 21

#### VERSAILLES: SCIENCE AND SPLENDOUR

The Palace of Versailles is known for its history of opulence and royal intrigue – but did you know it was also a hub of scientific discovery? This exhibition promises to transport you back to France in the 17th and 18th centuries, with intricate watches, detailed moon maps and even the opportunity to come face to face with Louis XV's rhinoceros.

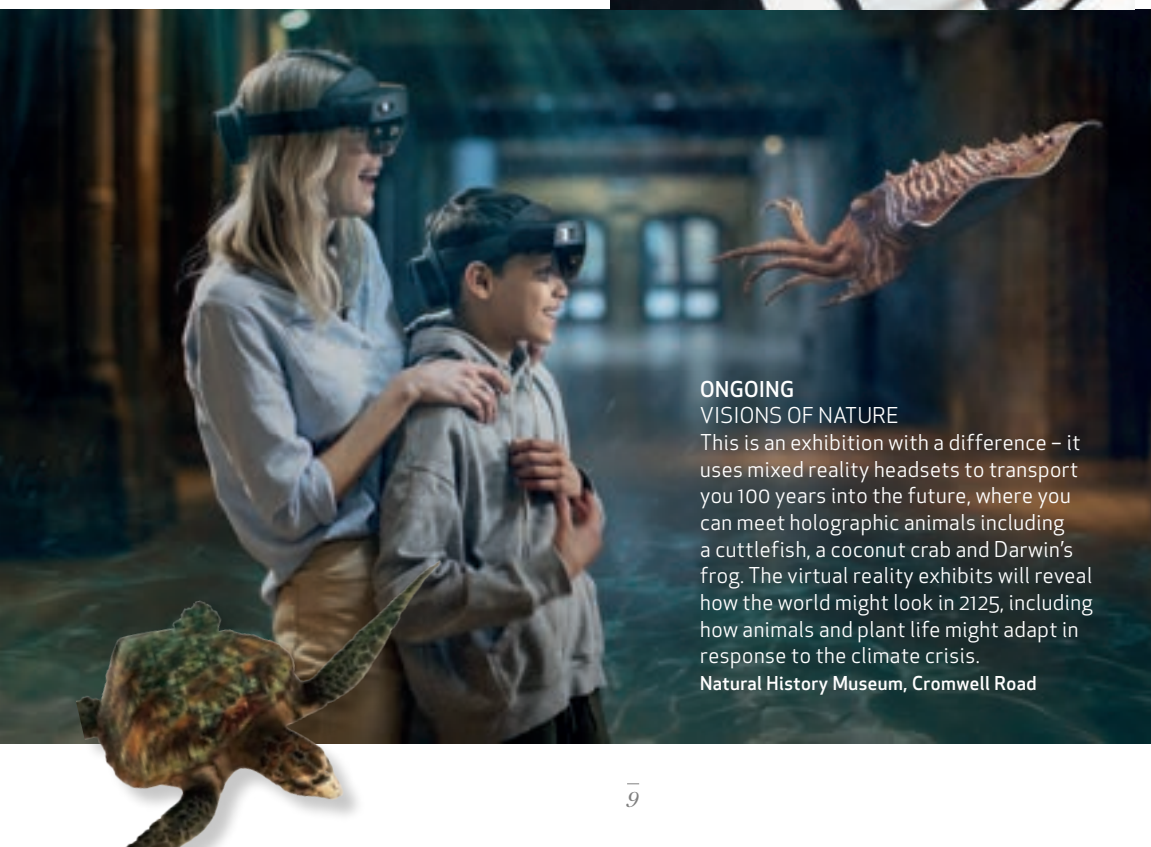
**Science Museum, Exhibition Road**

#### FROM JANUARY 7

#### BEGINNER'S PATTERN-CUTTING COURSE

Looking for a new hobby in 2025? Making your own clothes is a great creative outlet (and a sustainable choice, too!) Where better to learn the fundamentals than from the expert team at The Fashion School? They will teach you how to make clothes to your measurements, and how to understand key concepts like seam placement, proportion and garment structure.

**6 Burnsall Street**



#### ONGOING

#### VISIONS OF NATURE

This is an exhibition with a difference – it uses mixed reality headsets to transport you 100 years into the future, where you can meet holographic animals including a cuttlefish, a coconut crab and Darwin's frog. The virtual reality exhibits will reveal how the world might look in 2125, including how animals and plant life might adapt in response to the climate crisis.

**Natural History Museum, Cromwell Road**

## FROM FEBRUARY 6 MORE LIFE

Enjoy a slice of sci-fi gothic horror at the Royal Court. In 2025, Bridget died in a car crash. Fast forward to 2075, and thanks to a technological breakthrough, her consciousness has been rescued and placed in a synthetic body. Is she still the same woman if the body she's living in is not her own? On February 25, there will be an Age UK captioned performance.

**Sloane Square**



## FEBRUARY 8

### GIN, RUM AND VODKA FESTIVAL

Forget dry January: this is your chance to meet the UK's best craft gin, rum and vodka distillers. Try delicious spirits in the sampling room, enjoy cocktails and live music at the bar, and chat to industry experts about what makes craft spirits so special.

**Chelsea Old Town Hall, King's Road**



## UNTIL JANUARY 31 DOG PHOTO SESSION

Want a beautiful memento of a cherished pet? Love My Human is offering hour-long doggy photography sessions, led by professional photographers.

After the shoot your images will be carefully retouched, and you'll be able to pick your favourite picture to receive as an art print. To book, email [hello@lovemyhuman.co.uk](mailto:hello@lovemyhuman.co.uk).

**330 King's Road**

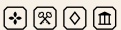




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## ONGOING

### ENTHOVEN UNBOXED

The V&A celebrates 100 years of its performance collections with this special display, organised around an A to Z of themes that relate to the ways in which theatre continues to provoke and inspire. Highlights include the original Rolling Stones tongue and lips artwork, theatrical glasses worn by Elton John, and a prompt script used by Phoebe Waller-Bridge in the West End production of *Fleabag*.

**Cromwell Road**

## FEBRUARY 1

### CHINESE NEW YEAR MARKET

Chinese New Year will be celebrated on January 29, as we enter the Year of the Snake. To mark the occasion, there will be a special Chinese-edition of the fine food market held on Duke of York Square, alongside live entertainment including traditional dragon dancers, face painting and Chinese drummers. [dukeofyorksquare.com](http://dukeofyorksquare.com)

## FROM FEBRUARY 14

### PLATFORM

Explore the work of Bethan Laura Wood, a multi-disciplinary designer who is inspired by the emotional connections we make with the everyday objects around us. The exhibition is free, and is part of a brand new programme at the Design Museum to showcase the work of designers who are shaping the contemporary design discourse.

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## ON YOUR BIKE

### GET READY FOR THE LATEST POP UP AT THE ANYA VILLAGE

Don't miss the latest Anya Hindmarch pop up shop at the Anya village in Pont Street. From January 8 to February 5, the village hall will transform into 'The Village Bike', a celebration of all things bikes and cycling. It's perfect for anyone who's looking to cycle more in the new year - either to boost their fitness or to cut their carbon emissions.

The shop will stock a capsule collection of biking essentials, including backpacks, handlebar bags, socks, cycling caps, repair kits and helmets. There will also be a range of fun accessories: think bold print T-shirts, water bottles, stickers and reflective spokies. Lovers of the cult Loffi cycling glove will be able to purchase a special Anya edit.

Anya has also partnered with three specialist bike brands to create exclusive, co-branded bikes: the Cinelli road bike, the Brompton folding bike and the Bullitt cargo bike. All three will be available in-store.

The Village Hall,  
11 Pont Street



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26 Cadogan Gardens, SW3 2RP

## News / January



CHELSEA-BASED AUTHOR Michelle van Tulder has published a new book set on the King's Road, inspired by lunches at The Ivy Chelsea Garden. *Table 72* follows a group of Chelsea housewives as they experience marital drama, betrayal and lashings of school gate gossip. It's the perfect read for long winter nights. *Waterstones, 158 King's Road*



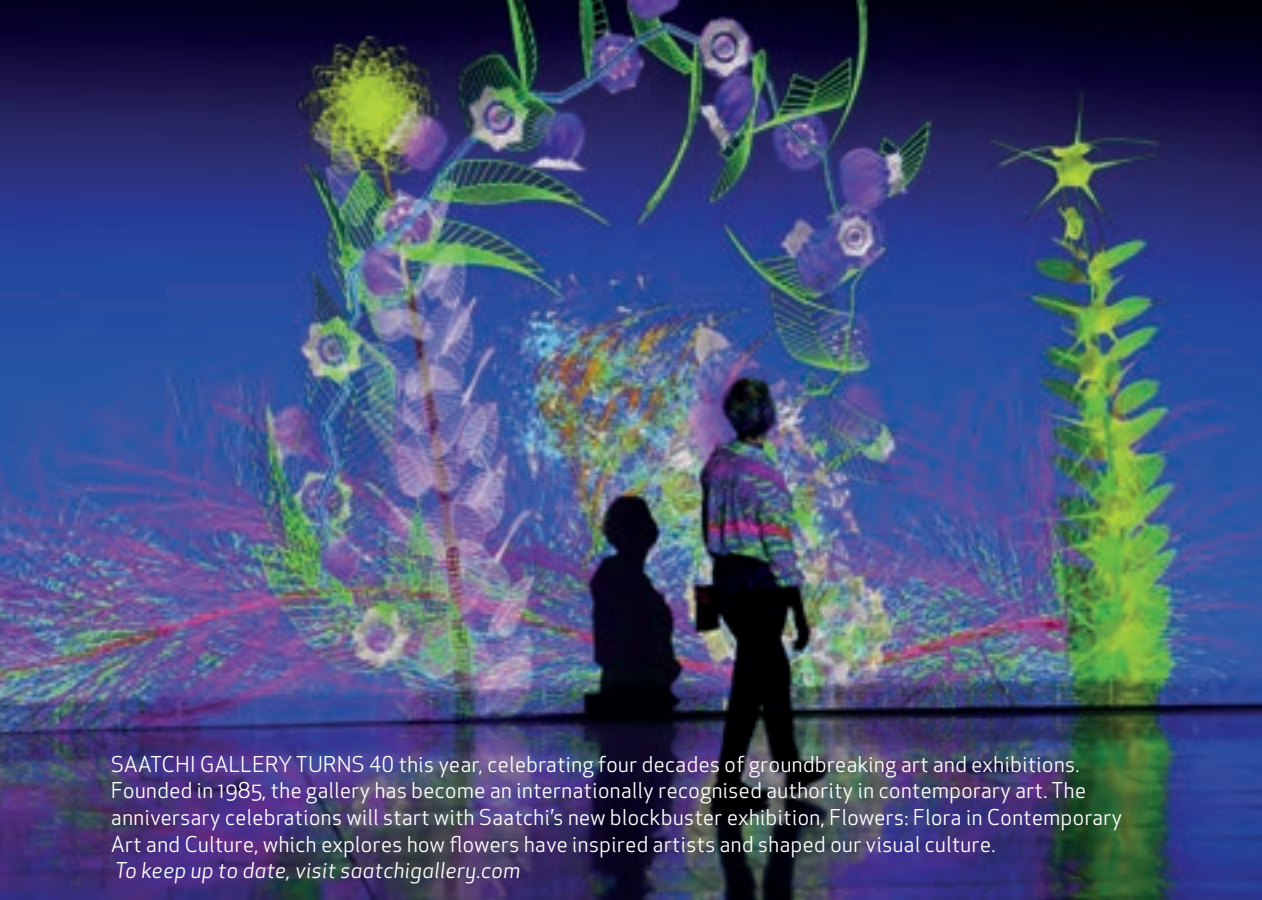
THE TRANSFORMATION OF SLOANE STREET'S public realm is now complete, with traffic open in both directions. Exciting relaunch plans are to be announced soon, celebrating the most significant streetscape improvements since it was first commissioned by the 1st Earl Cadogan in the 18th Century. It is now a stunning green boulevard with widened pavements, enhanced lighting, elegant street furniture and seasonal planting overseen by multiple Chelsea Flower Show winner, Andy Sturgeon. The Street has seen the recent arrival of a new UK flagship for Temperley London (see p.54 to learn more) and welcomed significant new stores for Brunello Cucinelli and Saint Laurent. Luxury interiors brand, L'Objet, will open their first UK store in Spring. [Sloanestreet.co.uk](http://Sloanestreet.co.uk)



A LIBRARIAN AT University College London has rediscovered three books owned by Oscar Wilde while he lived on Tite Street. After Wilde was found guilty of gross indecency, the contents of his Chelsea home – including more than 2,000 books – were auctioned off in an attempt to settle his debts. Only 40 of these books have ever been recovered. However, librarian Sarah Pipkin noticed that three books in the UCL collection contained a handwritten note that indicated they were bought in the Wilde book auction. They have now been confirmed as books that once belonged to Oscar Wilde, bringing us one step closer to restoring his collection.







SAATCHI GALLERY TURNS 40 this year, celebrating four decades of groundbreaking art and exhibitions. Founded in 1985, the gallery has become an internationally recognised authority in contemporary art. The anniversary celebrations will start with Saatchi's new blockbuster exhibition, *Flowers: Flora in Contemporary Art and Culture*, which explores how flowers have inspired artists and shaped our visual culture. To keep up to date, visit [saatchigallery.com](http://saatchigallery.com)

CHELSEA PHYSIC GARDEN has received a £190,000 grant from the Julia Rausing Trust to create newly surfaced pathways for visitors using wheelchairs or buggies. The "pathways to knowledge" project will increase access to the garden, meaning that more people can benefit from this green oasis in the heart of London.



TIFFANY & CO HAS unveiled a new homeware collection. These bone china plates are decorated with Comtesse de Grignan, a pattern that dates back to 1961 and is exclusive to Tiffany. Choose from a dinner plate, a dessert plate or a bread and butter plate.

*145 Sloane Street*



ON NOVEMBER 16, Chelsea transformed into a glittering wonderland, raising money for the Kensington + Chelsea Foundation's winter appeal. The King's Road was pedestrianised from Sloane Square to Walpole Street, creating plenty of space for a festival atmosphere including performers, musicians and Christmas activities (including cookie decorating and face painting). The event saw the launch of a new winter pavilion on Sloane Square, including a traditional bandstand and twinkling lights. Sloane Street also received a brand new lighting scheme created by lighting designer James Glancy, taking inspiration from the recent transformation and local horticultural heritage. At the end of the night, there was an explosion of confetti, music, fireworks and colour as Santa and his little helper switched on the lights. *The Christmas light switch on was organised by Cadogan.*







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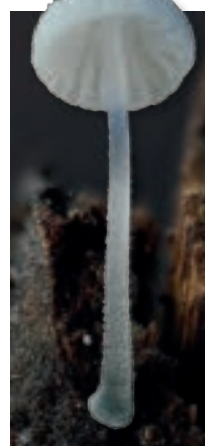
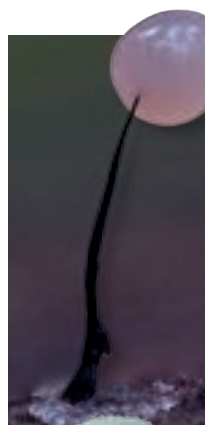


THE CHELSEA PENSIONERS will be designing a garden for this year's Chelsea Flower Show. The garden will be a peaceful space where the pensioners can spend time with their families or enjoy quiet reflection, inspired by the Royal Hospital's 330-year history as "a home for soldiers broken by age and war". Seating will be upholstered in fabric from the pensioners' scarlet uniforms, and the table will feature a world map, reflecting their far-reaching travels. After it has been displayed at the flower show, the garden will be relocated to the Prince of Wales Yard in the grounds of the Royal Hospital. *The RHS Chelsea Flower Show will take place May 20-24.*

THE SELF-SUSTAINING SUGi pocket forest on Pont Street has turned three years old, and to celebrate Sugi and Cadogan have collaborated with photographer Max Mudie to capture the beauty of life in the forest.

The Heritage Forest was planted using a special technique known as 'the Miyawaki method', which promotes biodiversity and allows forests to grow up to ten times faster. Max Mudie's photos showcase the fungi and moulds which have made their home here, thriving in the rich soil. Some of the mushrooms which Max has photographed are typically only seen in forests that are over a century old, further testament to the fast growth of this flourishing forest.

A series of Max's photographs will be on display at the Heritage Forest for you to enjoy, with each image allowing you to get a new perspective on the intricate, sculptural forms of fungi.



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SHOPPING IN CHELSEA, Knightsbridge and South Kensington is quite special, I'm sure you'll agree. For me, it's unrivalled. Of course, Paris and New York have their own unique charm but nothing quite like our beautiful corner of London.

I think it is getting even better too. Over the last two years we have been transforming Sloane Street, with Cadogan majority-funding and council implementation. I know it has felt like a long time and I am so grateful for the patience of all our businesses and residents in the area. When the road reopened both ways on schedule before Christmas, shiny, new and much improved, I was so pleased to see it back in use. It is one of the highlights of our 'amazing spaces'



## *Sloane Street in all its glory*

ELIZABETH  
CAMPBELL,  
LEADER OF THE  
ROYAL BOROUGH  
OF KENSINGTON  
AND CHELSEA,  
SHARES HER LOVE  
OF SLOANE STREET



programme in our borough.

With flagship stores from luxury brands and a bigger food and drink offering arriving even before works began, it felt fitting for new investment to breathe new life into the street. It is now a vibrant shopping boulevard giving residents and visitors a whole new experience. The wider York Stone pavements and removing street clutter gives that little bit more room to stop and admire the beautiful window displays of luxury brands. New trees and planting provide a bit of shade on those hot summer's days we sometimes get treated to. The design has carefully used new lighting to both complement the local architecture and design in security.

As 2025 begins I hope you find time to take in the new-look Sloane Street and enjoy it, especially as spring approaches and the street is in its full glory.





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# *A local landmark*

AFTER AN EXTENSIVE REFURBISHMENT, THE SLOANE CLUB IS REVEALING ITS NEWLY RENOVATED BAR, RESTAURANT AND TERRACE, AS WELL AS THREE FLOORS OF REDESIGNED BEDROOMS. WE CAUGHT UP WITH NEENA JIVRAJ STEVENSON, MANAGING DIRECTOR OF THE CLUB, TO FIND OUT MORE

WORDS: ALICE CAIRNS



IN 1922, PRINCESS HELENA (third daughter of Queen Victoria) set up a very special club in Chelsea. The Service Women's Club was designed for women who had served during the First World War – a place where they could feel at home, exchange ideas and meet friends. The club flourished, becoming a trendy hotspot during the Swinging Sixties and eventually changing its name to The Helena. In 1976, it allowed gentlemen to join for the first time.

The club in question is, of course, The Sloane Club: a Chelsea landmark on Lower Sloane Street that is used and loved by

# Community / Sloane Club

generations of Chelsea locals. The club has recently undergone a significant £20 million renovation, and at the end of January it will be reopening many of its updated spaces, including a reception, cocktail bar, restaurant, library and three floors of bedrooms. Neena Jivraj Stevenson, managing director of the club, has been overseeing the developments.

“What we really wanted was to engage some of the next generation with the process,” she tells me. “We want our membership to be multi-generational.

“Chelsea is probably the most multi-generational village in London. You can go to one of Chelsea’s coolest restaurants and have an 80-year-old on one side of you and an 18-year-old on the other. We want to create that feeling in the Sloane Club, too.”

As part of attracting a multi-generational membership, the Sloane Club has needed to adapt to our rapidly changing world. That meant a new emphasis on wellness, with the creation of a dedicated space featuring a gym, studio, sauna and consultation rooms. It also meant considering the impact of work-from-home culture on the lives of Sloane Club members. The bright and airy study will offer a place to work, with private meeting rooms for collaboration, and the cosy library should be a great place to unwind over a board game or with a book.

“What people want from life now is a good balance between work and rest,” Neena says. “The fact that so many of us work from home is something that we considered when planning the new spaces. Many people are uncertain about how to find that sense of belonging and social interaction in an increasingly digital world. We hope that the Sloane Club can offer a space where connection can flourish, and we see that as a really special role that we can play in people’s lives. We hope that through programming, and also through knowing our

members intimately, we’ll be able to create some lovely friendships – perhaps even romances! – by bringing people together in these beautiful new spaces.”

And how have long standing members felt about this fairly seismic change? “They’ve been wonderful” Neena says. “We are aware that a lot of our members have been loyal for so many years, and this does represent

quite a significant evolution in their experience. We’ve tried very hard to communicate with members every step of the way, and to use their stories and the club’s story to inform the future.

“What’s been really interesting is that some members who had perhaps become

disengaged from the club because it wasn’t giving them everything they needed are now very excited about its transformation.”

One of the aims of the revitalised Sloane Club is to strengthen its ties with the Chelsea community, bringing in new local members.

“We want to really embed ourselves in the area and open our doors to the neighbourhood a bit more,” Neena says. “One of the ways we’ve done that is by creating a terrace attached to Helena’s, our all-day restaurant. It will overlook Lower Sloane Street, and we hope it will mean that more Chelsea locals will be intrigued by the club and look to find out more. For us to fit into the tapestry of Chelsea and play a role in our little way is a huge privilege.”

And just because the club has had a makeover, doesn’t mean that

it is forgetting its history. Many of the new rooms contain nods to its past, from the Demob cocktail bar – a reminder of its military history – to Helena’s restaurant, inspired by the club’s royal connection. And of course, the club retains a “female-first” approach to membership.

“That doesn’t mean we’re women-only,” Neena explains, “but we’re certainly not going to be outnumbered!”





# Community / Cadogan Grant

THE NEW  
COMMUNITY  
GRANT  
PROGRAMME  
OFFERS  
SUPPORT TO  
ORGANISATIONS  
TO IMPROVE THE  
LIVES OF LOCAL  
RESIDENTS

WORDS:  
ALICE CAIRNS



## *Let's stick together*

CADOGAN HAS COLLABORATED with the Kensington + Chelsea Foundation to launch a new community grant programme.

The initiative will offer grants of £5,000 or £10,000 to not-for-profit organisations in the area that will have a positive, measurable impact on the lives of residents. In particular, the programme is looking for organisations that aim to improve the environment, foster a sense of community and belonging, improve health and wellbeing or promote arts and culture in Chelsea.

To be eligible you must demonstrate an understanding of problems facing Chelsea residents today, and have a compelling idea to solve some of those problems. The grant must be spent within the 12 months after it is awarded.

Hugh Seaborn, chief executive of Cadogan, said: "We have been part of the Chelsea community for centuries, and this new initiative further builds on our commitment to creating a thriving neighbourhood for generations to come. The Kensington + Chelsea Foundation has unparalleled knowledge of the issues



affecting local people and grassroots charities. Working together allows us to make a bigger difference and reach those who need it most."

The programme is part of Cadogan's broader strategy, Chelsea 2030, which sets out targets on the path to creating an environmentally and socially responsible Chelsea by 2030. As well as a plan to reach net zero emissions and improve air quality, it will invest in community initiatives and wellbeing.

Applications for the community grant programme will be considered by the expert team at the Kensington + Chelsea Foundation, local authorities as well as by representatives from Cadogan.

Victoria Steward Todd, director of the Kensington + Chelsea Foundation, said: "We are thrilled to be working with Cadogan to provide meaningful support to grassroots organisations making a real difference to the Chelsea community. We look forward to visiting the successful applicants to see their work in action and sharing their impact with Cadogan's partners."  
[cadogan.co.uk](http://cadogan.co.uk)



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BY ALICE CAIRNS



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# Valentine's / Gift guide



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£215, Peter Jones, Sloane Square



## SMYTHSON

Perfect for seeing the world together, this travel case contains a pack of gilt-edged playing cards.

£92,  
141-142  
Sloane Street

## UNUSUAL OR WHIMSICAL GIFTS

# SOMETHING DIFFERENT

## V&A

This ombre lip ring was designed by Solange: the colourway is exclusive to the V&A.

£295, Cromwell Road



## DI MINNO

Who needs a bouquet: these heels feature a silk rose appliqué.

£695, 148 Sloane Street



## THEO FENNELL

Raise a glass to love with this citrine champagne brooch.

£14,950,  
2 Garrison Square,  
Chelsea Barracks



## TASCHEN

Andy Warhol: Love Sex & Desire is full of sketches and drawings celebrating male beauty.

£80, 12 Duke of York Square



## ANYA HINDMARCH

Give your sweetie this Love Hearts bag charm.

£175,  
Anya Village,  
Pont Street



## Valentine's / Gift guide



### ROCOCO

Wafer-thin discs of melting milk chocolate infused with rose oil, extracted from thousands of roses using steam distillation.

£19, 321 King's Road



### PAPERSMITHS

Don't forget a handwritten card! This vibrant pink rose will do the trick.

£5.95,

170 Pavilion Road



### TOAST

Cosy men's knitted socks in a textured rib.

£23,

205 King's Road



## LITTLE LUXURIES

### BEAUTIFUL GIFTS FOR UNDER £30

### LULU GUINNESS

Carry a reminder of your loved one with this tote, complete with a romantic lips motif.

£12, Peter Jones, Sloane Square



### SLOANE STREET GIFT CARD

Give the gift of a luxury shopping trip with London's hottest gift card.

From £25,

[sloanestreetgiftcard.co.uk](http://sloanestreetgiftcard.co.uk).



### WATERSTONES

Edited by local resident Jane McMorland Hunter, this illustrated poetry anthology is bursting with wise words about love.

£25, 158 King's Road





#### BEAVERBROOK TOWN HOUSE

The dinner, bed and breakfast package includes a lavishly appointed room for two guests, as well as dinner and breakfast in the Fuji Grill.

*From £745, 115 Sloane Street*



#### CADOGAN HALL

A gift voucher can be used for any concert within the next year.

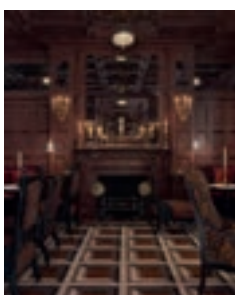
*Any amount from £1,  
5 Sloane Terrace*



#### THE IVY CHelsea GARDEN

Enjoy a three-course lunch for two, including a glass of Ivy champagne each.

*£120, 195-197 King's Road*



#### AT SLOANE

Spend a romantic evening in the bar of At Sloane, with its cosy terrace, intimate snugs, and photos of kissing couples on the walls.

*1 Sloane Gardens*



#### THE CADOGAN ARMS

A Sunday sharer roast for two, complete with dessert. Sticky toffee pudding, anyone?

*£90, 298 King's Road*

ISN'T QUALITY TIME THE BEST GIFT?

## DATE NIGHT



#### THE BOTANIST

The Moët & Chandon gift voucher will entitle you to a bottle of champagne on your next visit to The Botanist.

*£65,  
7-12 Sloane Square*

#### EVERYMAN

Enjoy a romcom on the big screen, complete with cosy velvet armchairs, cocktails and nibbles delivered to your seat.

*Any amount from  
£20 to £500,  
279 King's Road*







**OPENS FEBRUARY 12**

## **FLOWERS: Flora in contemporary art and culture**

Spring will come early to London's world-renowned Saatchi Gallery with this sprawling exhibition of natural beauty. The show will populate two floors and more than nine major gallery spaces, bringing a diverse array of media that encompasses large-scale installations, original art, photography, fashion, archival objects and graphic design exploring the ongoing influence of flowers on creativity and human expression. The exhibition sees Saatchi once again champion nature in a part of London well known for its spectacular floral displays.

*Duke of York Square*

**JANUARY 26**

## **Snowdrop kokedama-making workshop**

Promising a fun and creative day out for little ones and adults, Chelsea Physic Garden is inviting visitors to get out in the fresh air and engage in the ancient Japanese art of kokedama-making. Kokedama, which means "moss ball" in Japanese, is a moss-covered ball of soil encasing the roots of a small plant, which can be suspended in the air or sat on decorative trays. The hour-long session will teach you how to create a springtime kokedama using seasonal snowdrops.

*66 Royal Hospital Road*



**CLOSES MARCH 16**

## **Jameel Prize: Moving Images**

Platforming work by seven artists selected as finalists for the Jameel Prize, an exhibition at the V&A showcases a diverse range of imagery that spans film, photography, animation, sound, sculpture and virtual reality. Awarded to artists whose work engages with Islamic culture, history, society and ideas, this year's winner is Khandakar Ohida, who hails from West Bengal. She crafted a homage to her uncle's personal treasure trove of 12,000 objects amassed over the past 50 years. Other artists explore the fraught and complex relationships between landscape, spiritual traditions and industrialisation in their compelling and captivating efforts to make sense of an ever-changing world.

*Cromwell Road*



IMAGE: SHUTTERSTOCK / WILDLIFE PHOTOGRAPHER OF THE YEAR

## FEBRUARY 20

### State of Clay

Enjoy a two-hour pottery workshop at Dora House, home to the Royal Society of Sculptors. The session will be led by the experts at State of Clay, who will teach you how to throw your own miniature clay creations on a specialist small wheel. You'll be able to decorate your tiny masterpiece with coloured slips before it's fired in an electric kiln and posted to your address. There are only 10 spaces available, so sign up fast!

108 Old  
Brompton  
Road



## VOTING OPEN UNTIL JANUARY 29

### Wildlife Photographer of the Year: People's Choice Award

Known for its mindblowing images taken by professional and amateur photographers, the Natural History Museum's Wildlife Photographer of the Year competition asks budding journalists, artists and everyday folks to send in snaps that capture the story of a planet under pressure. Twenty-five images are in the running for the Wildlife Photographer of the Year People's Choice Award 2024, and are currently on display via digital screens at the Wildlife Photographer of the Year exhibition at the Natural History Museum. The winner will be announced on February 5.

Cromwell Road

## FEBRUARY 2 - JULY 7

### Soldier: The Magazine of the British Army

The official magazine of the British army for more than 80 years, *Soldier* provides a historic touchstone of army life. To mark this milestone, the National Army Museum will host an exhibition charting the development, graphic design and storytelling of this unique publication. From war zones to welfare, *Soldier* has reflected the experiences of servicemen and women across the world. There will also be a talk in April where a speaker will deliver further insights on its development and influence on military affairs.

Royal Hospital Road

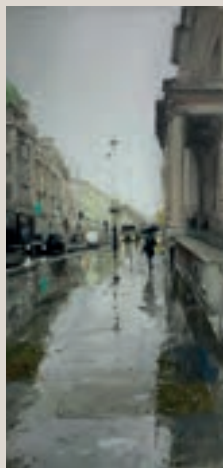




## KNOWN FOR HIS EVOCATIVE PLEIN AIR PAINTINGS, CADOGAN AWARD-WINNING ARTIST TUSHAR SABALE SEES CHELSEA AS HIS STUDIO

"I've got an elephant's memory," Tushar Sabale tells me when I ask him if he can remember the first time he performed a creative act. It happened aged five, sitting on the floor of his family home in Nashik, near Mumbai, where he drew a mythological figure on a gridded notebook. "I used a pen, not a pencil," Sabale recalls, startled by his youthful self-confidence.

To call Sabale, now a prominent painter of London life, prodigious is an understatement. At 12 years old he won first prize and a national award in a drawing competition in which a million students participated across India.



A recipient of numerous awards since then – most recently he won the Rosemary Brushes Award at the Royal Institute of Oil Painters' 2024 annual show and in 2023 claimed the prestigious Cadogan Award – Sabale has spent much of his life honing his immense talent. He is best known for his plein air paintings of people and places across London, which bear all the hallmarks of those pithy impressionists



who captured a sense of place in swift but precise brushstrokes.

With each scene taking him around two hours to paint, there is a realism to his documentations, perhaps best exemplified by his rendering of London in its depressingly familiar shades of wet grey.

"There is a delicate balance between certainty and mystery," he says. "As an artist you try to leave a little door of perception ajar. I am more and more inclined towards getting more impressionist and more abstract. Letting people find things in a painting."

Despite being born in Indian suburbs surrounded by lush green farms and vineyards, Sabale's love of London – and Chelsea in particular – is palpable. He talks fondly of his membership of the Chelsea Art Society – this year he will exhibit at the society's annual summer show and the members' autumn show – and as a former architect, the area's bridges are a continual source of fascination and inspiration.

He references John Singer Sargent, the great American expatriate who also worked en plein air and had a studio at 31 Tite Street. "I don't think anybody ranks above him in terms of technical ability," he says.

Sabale will spend a great of 2025 wandering Chelsea's streets, working in all weather, day and night. "Chelsea has become my big studio," he says. "It's my place now."



# Hamish Mackie

HAMISH MACKIE SCULPTURE

LIFE IN BRONZE



## Food / News

A RECENT LAUNCH at Läderach is dark chocolate popcorn, after customers called for it to join the line-up of milk chocolate, caramel, creamy cashew and seasonal gingerbread popcorn flavours already available. Crispy, caramelised popcorn is meticulously covered with a fine layer of intense dark chocolate – it's dairy-free and decadent.  
*27 King's Road*



OPENING EARLY THIS YEAR at One Twenty King's Road, Whole Foods Market is on a mission to nourish both people and planet. The store will offer fresh produce, hot and salad bars, wines, cheeses, wellness, beauty and grab and go food. The pizza selection is sure to up our lunch game and we're also particularly excited for the fresh grind peanut butter.



AFTER 53 YEARS IN CHELSEA, local institution Partridges has sadly decided to close its doors. Its last day of trading will be Sunday 2 February 2025. A high-quality independent specialist grocer will remain in the same location and the Saturday Market will continue.

Hugh Seaborn, CEO of Cadogan, said: "Partridges has been a cherished Chelsea institution since first opening on Sloane Street in 1972, and it is long-term partners like Partridges that we particularly value and support as they help make Chelsea special.

I am deeply sorry to see them go. However, we will continue the store in a similar format but under a new name, as well as the hugely popular weekly market in Duke of York Square. We aim to build on the Partridges legacy which has contributed so much to Chelsea and wish them all the best for the future."

*For the latest updates, follow @dukeofyorksquare on Instagram.*



FANTÔMAS IS YOUR NEW destination neighbourhood restaurant. The beautiful candlelit space with an open kitchen showcases a modern European menu alongside a top-drawer wine list. Service is excellent and the dashi broth, chutoro tuna belly and raw bream are particularly delicious. There's also a private dining room with adjoining courtyard for dinners for up to 18 people.  
300 King's Road



SLOANE PLACE HAS launched new menu items. Expect a mix of moreish small plates and heartier dishes, with highlights including a seafood ravioli with lobster bisque and gremolata, and a spiced spatchcock poussin from the grill. It's winter comfort food at its best.

*60 Lower Sloane Street*

IF YOU'RE DOING Veganuary but don't want to compromise on flavour, head to Kutir for the excellent vegan menu. There's a tasting menu and a la carte available, with tempting dishes such as textures of cauliflower, aloo tikki and sorbet. It's a charming space to dine in and worthy of a special occasion.  
10 Lincoln Street





MEET YOUR NEW LOCAL, The Pig's Ear. Owner Gladwin Brothers has prioritised sustainability – the menu changes regularly and heralds the diversity of British seasonal cooking. Ingredients are wild and foraged, including sustainable livestock from the Gladwin family farm in West Sussex. The mushroom marmite eclairs are not to be missed, while the beautiful pub itself dates from 1870 and has been diligently restored.

*35 Old Church Street*



THE MAYFAIR CHIPPY has opened in Knightsbridge. Expect a selection of traditional dishes featuring the freshest seafood from the Cornish shore: the fried cod or haddock with fluffy chips, mushy peas, tartar and chip-shop curry sauce is a classic for a reason. It's open for all-day dining, too.

*138 Brompton Road*



SAY HELLO TO NEW Greek restaurant Bottarga, sister restaurant to popular Zephyr in Notting Hill and the latest launch from the iconic Pachamama group. Inspired by the Aegean islands, the menu is produce-led: a not-so-simple signature Greek Salad uses olive oil produced exclusively for the restaurant exported directly from Greece, rusk from

Karavas Bakery in Kythira on the Ionian Islands and handmade pita from the locally-renowned Aspropirgos. Expect hot and cold mezze favourites to start, as well as whole grilled day-boat fish finished with chilli butter and UK ex-dairy ribeyes on-the-bone from Txuleta, grilled over charcoal and served with a bone marrow stifado jus. The restaurant's namesake dish is the golden Bottarga orzo and do leave room for dessert: the burnt original beans piura porcelana chocolate cheesecake arrives under a cascade of salted caramel chocolate sauce.

*383 King's Road*



# FRESHLY BAKED ON PAVILION ROAD



Find our infamous  
Bread Ahead  
doughnuts,  
pastries, breads  
and pizza daily.

Learn to bake with our  
expert bakers in our  
Chelsea Bakery School.

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

BREAD  
AHEAD  
BAKERY





#### MARCH 4

##### SHROVE TUESDAY

Anyone looking for delicious pancakes on Shrove Tuesday should look no further than **My Old Dutch** (221 King's Road), where you can choose from savoury and sweet toppings as well as vegan options. **Granger & Co** (237 Pavilion Road) is known for its signature twist on the pancake: the ricotta hotcakes are slathered in honeycomb butter and topped with banana. Finally, don't forget **Colbert** (50-52 Sloane Square), where you can enjoy pancakes served with fruit compote and cream while you watch Chelsea's comings and goings.



LOOKING TO DO MORE home cooking in the New Year? Peter Jones has launched new kitchen showrooms on its basement floor, with experts on hand to share their design tips. From cosy cottage kitchens to sleek, contemporary designs, you can explore a wide variety of styles in your quest for the perfect kitchen.

DID YOU KNOW that the newly opened Pizza Pilgrims at 219 King's Road has its own private cinema room? Concealed in the basement lemon grove (yep, you read that right!) is a cinema screen, known as the Cinema Paradiso, which will host a regular programme of ticketed screenings. Sign up to the Pizza Pilgrims newsletter to be the first to know, and enjoy some movie magic alongside a pizza made with a 72-hour, double fermented base.



## JANUARY 16

### SCOTTISH CEILIDH

Are your ceilidh skills rusty? Looking to cram in some all-important practice before Burns Night? Look no further than this after-hours event at the National Army Museum, accompanied by a Scottish band, an experienced ceilidh caller and instructor Simon Wales. The session is open to anyone with any level of experience, and



there will be food and drink on hand as well as archival items drawn from the Scottish regiments of the British army.

**Royal Hospital Road**

## JANUARY 25

### BURNS NIGHT

Celebrate the life and work of Robert Burns this year with a Burns Night supper in Chelsea. Plenty of local restaurants are joining the festivities, including **The Cadogan Arms** (298 King's Road), which will offer a menu of classic Scottish dishes as well as a live bagpiper and the traditional address to the haggis.

**Rabbit** (172 King's Road) is known for its annual Burns Night celebrations. Its themed

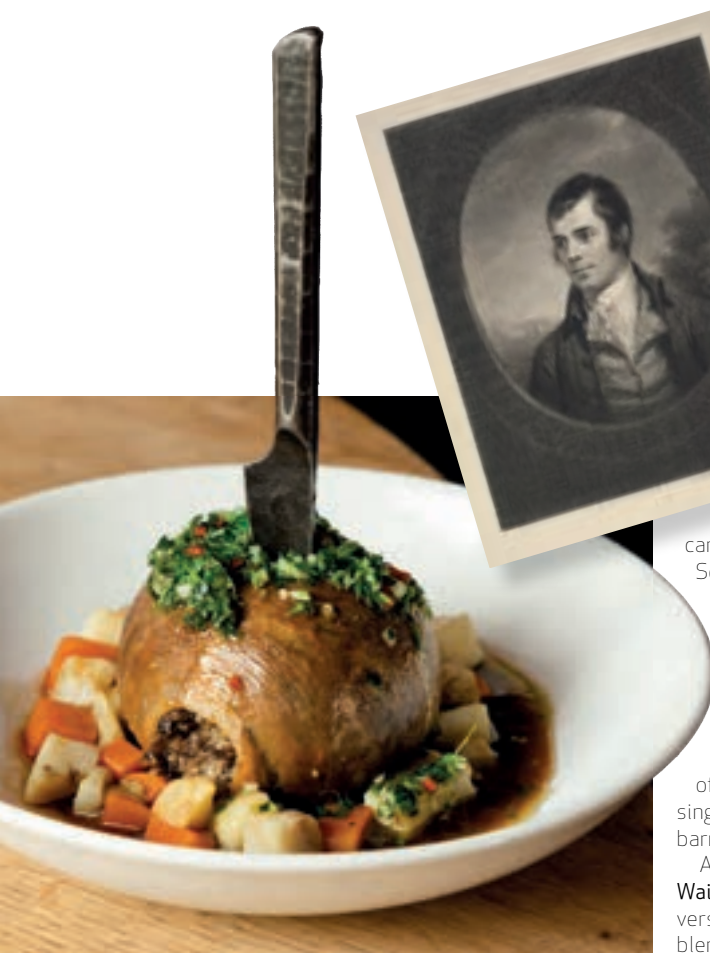
menu will feature haggis, swede and carrots in a whisky jus, as well as traditional Scottish cranachan with cream, honey and an oat crumble.

**The Pig's Ear** (35 Old Church Street) will also be celebrating with a Scottish feast, including a lamb and sweetbread wellington and salt-baked truffled pecorino potatoes.

If you'd prefer to celebrate at home, Chelsea has you covered. **Partridges** (2-5 Duke of York Square) sells its own delicious Highland single malt whisky, which has been matured in oak barrels and has notes of barley, vanilla and fudge.

And what about the all-important haggis?

**Waitrose** (196 King's Road) stocks a traditional version as well as a veggie alternative made with blended pulses, seeds, vegetables, oats and spices.



## LIVIA GIUGGIOLO FIRTH AND HER TWO BROTHERS HAVE TRANSFORMED AN ABANDONED FARM IN UMBRIA USING ENVIRONMENTALLY FRIENDLY FARMING TECHNIQUES. NOW THEY'RE BRINGING THEIR QUINTOSAPORE PRODUCTS TO NATOORA IN CHELSEA

WORDS: ALICE CAIRNS

### TELL US ABOUT YOUR FARM

One day, an abandoned farm next to my parents' home in Umbria came up for sale. My brothers have always dreamed of owning a farm, and as children they collected seeds. We decided to go for it! Now we're working together as a family business to discover a new way to farm, producing high quality food and also hoping to create a community and share our knowledge.

### WHAT'S IT LIKE WORKING WITH YOUR SIBLINGS?

It's a very Italian family affair! Sometimes things can get very heated, but I wouldn't want to work with anyone else. My family drive me. Sometimes, it can be scary to do something new that no one else is doing, but if you do it with family, it becomes less scary.

### WHAT MAKES YOUR FARM DIFFERENT...

We produce what we call soil to fork products, because every part of our process happens inside the farm. We do everything from planting the seed to harvesting the vegetables, and then transforming them into products in our state-of-the-art lab. Nothing leaves the farm until it's a final product - which is amazing from an environmental point of view, because there's no carbon footprint.

### HOW DID YOU ARRIVE AT THIS METHOD?

It was a huge learning curve. None of us come from a farming background, so we didn't approach this with the attitude of 'this is how you do it, this is how it has always been done.' We researched different types of farming and took what felt right to us: some elements from biodynamic

# GOOD FOOD





farming, some from agroforestry. We have developed what we call “biomimic farming”, which is the science of copying nature in farming and agriculture. Basically, instead of man dictating to the land what to do, we started thinking about what nature wanted us to do.

#### HOW DOES THAT WORK IN PRACTICE?

One example is that we had another very hot summer this year. So we started by studying how the soil behaved, how the crops behaved, and we noticed how in the woodland, the temperature is much cooler. So we decided to plant trees on top of the crops, which keeps the soil moist and prevents the sun from withering the plants. We’ve also started supercharging the soil with mushrooms and microorganisms so that we don’t need to use a fertiliser.

#### WHAT’S THE RESPONSE BEEN LIKE?

It’s been great - and even better, we’ve been able to collaborate and partner with other farmers doing similar work. We can share our knowledge, our experiments and our mistakes, and it becomes a beautiful network of people working together to protect the planet. Most of the people

“WE  
PRODUCE  
WHAT WE  
CALL SOIL  
TO FORK  
PRODUCTS,  
BECAUSE  
EVERY  
PART  
OF OUR  
PROCESS  
HAPPENS  
INSIDE THE  
FARM.”

working in this field are small-scale farmers for now, but the network is growing bigger and bigger, and there’s so much knowledge about what damage industrial farming has done - not only to the environment but also to our bodies. I see this as a new chapter in the organic food revolution of the ‘80s and ‘90s.

#### WHAT PRODUCTS ARE YOU BRINGING TO CHELSEA?

One is a ready made pasta sauce, which is made with heritage tomatoes and a special garlic variety which you can only find in one region of Italy and which only has 200 producers in the world (of which we are one!) It’s a very gentle garlic, much sweeter and kinder on the stomach. Then we’re also producing heritage variety, hand sliced courgettes in our extra virgin olive oil, which won the Great Taste Award!

We’re so excited to partner with Natoora - I can’t imagine working with anyone else, they completely understand our ethos. We can’t wait for the people of Chelsea to try our food!

*Quintosapora products are available from Natoora, 245 Pavilion Road*



# Food / *La Maison Ani*

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LA MAISON ANI IS THE NEW – AND DELICIOUS – FRENCH RESTAURANT AT THE JUMEIRAH CARLTON TOWER. WE SPEAK TO ITS ACCLAIMED CHEF, IZU ANI, ABOUT POPULAR DISHES, SOURCING TOP-QUALITY INGREDIENTS AND MORE

WORDS: CHARLOTTE PASHA

## *Izu's inspirations*



### WHAT IS YOUR FAVOURITE DISH AT MAISON ANI?

The cheesecake. We serve it with various toppings including caramel, coffee, pistachio, berries and passionfruit, for guests to enjoy exactly to their preference. My personal favourite is passionfruit, as the sharp, sweet flavours are enhanced by the beautiful creamy texture.

### WHERE DO YOU SOURCE YOUR INGREDIENTS?

One thing that fascinates me is the environmental impact of our ingredients and how this affects the flavours. A dish made with the same ingredients and quantities can taste completely different based on the produce, air quality and so many intricate factors. In each country, we work with independent suppliers

to ensure we source the best possible produce as the base of each dish. It is such an art to perfect. The better the ingredients, the more memorable each dish will become.

### WHAT ARE THE MOST POPULAR MENU ITEMS?

The menu changes seasonally and there is something for everyone – there are indulgent dishes as I do have a sweet tooth, but also lots of healthy options. Most popular are the tuna tartare, the wagyu burger and the salads.

### WHO ARE YOUR CLIENTELE?

A mix of hotel guests and local residents – just food-lovers in general.



### HOW WOULD YOU DESCRIBE THE RESTAURANT DECOR?

The interiors evoke the ambience of Parisian eateries, with soft candlelight, bespoke wooden tables, fresh flowers and a curated music selection including soft jazz. There is beautiful wall panelling, trellis work and vibrant flashes of colour that create a chic yet welcoming atmosphere. There will also be a dedicated terrace for alfresco dining and bites.

### WHAT INSPIRES YOUR COOKING?

For me, cooking is a way of expressing your happiness and sharing it with others. It is a philosophy, a principle, the way you see life and how you eat. Those who underestimate their food underestimate the essence of life. My mother is also a huge inspiration to me. I remember her being so proud of everything I made and nothing makes me happier than seeing a smile on her face after tasting my food. One of the greatest lessons she ever taught me is to show up every day, to keep going and keep striving towards my dreams.

### WHAT ARE THE HARDEST AND BEST PARTS ABOUT BEING A CHEF?

I try to look at challenges as something designed to help us grow. If we look at our circumstances as opportunities instead of obstacles, we can positively impact our mindsets.

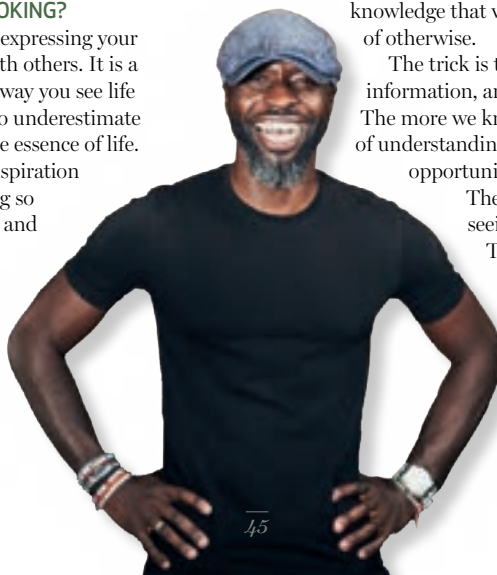
Experience cannot just be about “what went right” – success is what we celebrate, mistakes are what we learn from, in all aspects of life. There is a lesson in every situation, and challenges give us valuable knowledge that we may not have been aware of otherwise.

The trick is to pay attention. It is all information, and information is everything. The more we know, the greater our spectrum of understanding, which leads us to better opportunities and experiences.

The best part of being a chef is seeing people enjoy my food.

There is nothing like cooking for someone and then seeing a smile on their face when they eat it. Seeing a restaurant full of happy people, laughing and enjoying themselves, fills me with joy and pride.”

*1 Cadogan Place*



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CHEF JASON ATHERTON AND  
EXECUTIVE CHEF JAKE OSWIN  
SHARE THEIR FAVOURITE THREE  
DARLINGS DISHES.

WORDS: BIBI COOPER

# *On a plate*



JASON ATHERTON



JAKE OSWIN

NESTLED WITHIN  
THE SUNKEN  
COURTYARD OF  
PAVILION ROAD SITS  
JASON ATHERTON'S  
LATEST FOODIE  
OFFERING—THREE  
DARLINGS. INSPIRED  
BY ATHERTON'S  
THREE DAUGHTERS,  
THREE DARLINGS IS  
A RELAXED, ELEGANT  
BISTRO SERVING UP  
COMFORTING BUT  
ELEVATED DISHES  
AND IS SET TO  
BECOME CHELSEA'S  
LATEST FOODIE HOT-  
SPOT.



## STARTER

### **WOOD-FIRED ORKNEY SCALLOP 'ROCKEFELLER' & FERMENTED MISO**

"We elevated the Orkney scallops, with the smoky charcoal essence of wood-firing, complemented by the fermented miso. Fresh marine produce combined with primal cooking techniques."



## MAIN

### **SKATE WING SCHNITZEL, KATSU CURRY & LIME**

"This skate wing schnitzel takes a classic dish and gives it a playful twist, combining katsu comfort with a lime kick that elevates the whole flavour profile."

## DESSERT

### **SOFT SERVE, UMAI CAVIAR & HAZELNUT**

"Actually, this was a happy accident where the caviar's luxe touch paired with our soft serve became a winning combination, marrying unexpected saltiness with hazelnut's rich sweetness."





ERMANNNO SCERVINO



London 199 Sloane Street  
Harrods, International Designer, First Floor

[ermannoscervino.com](http://ermannoscervino.com)



## Fashion / News



REFORMATION HAS LAUNCHED a lifestyle sneaker in collaboration with sportswear brand Hoka. The Hoka x Ref sneakers (£150) are best described as “somewhat sporty”, with just the right amount of athletics and aesthetics. Perfect for everyday life, they feature organic cotton, smooth suede and recycled polyester laces. The collection showcases Hoka’s classic Mach 6 sneaker in three new exclusive colourways, which take their cue from Reformation’s vintage-inspired aesthetic.

*11 King’s Road*



STRATHBERRY’S NEWEST STYLES for autumn/winter are here. See the new Melody tote, £495, an exaggerated and softer interpretation of the vintage music folio (we like it in sumptuous chocolate suede) and the embossed croc collection, from £295, in rich, earthy tones.

*96 King’s Road*



THE NEW UNIQLO x ANYA HINDMARCH collection blends Anya Hindmarch’s craftsmanship and playfulness with Uniqlo functionality. Outerwear made with Puffertech padding is warm and light, while merino wool sweaters are available for kids. A thumbhole on the sleeve and the eyes motif on the chest create a face of joy when brought together. Kids from £5.90.

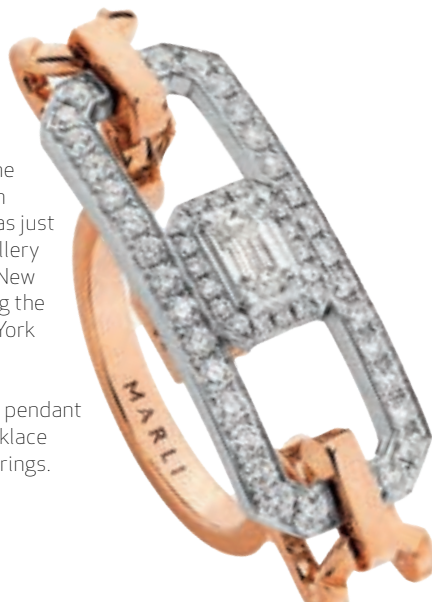
*15-17 Pont Street*


FOR FUN, dopamine-infused jewellery, look no further than fine jeweller Roxanne First, newly opened at 97 Walton Street. The Bubblegum collection induces joy into the greyest of January days: brightly coloured letters and gold or bejewelled charms, arranged on a necklace as you wish. From £115.



FOOD MEETING FASHION is always good news. This January, Cassandra Goad has partnered with Poilâne bakery on Elizabeth Street on its galette des rois, a French puff pastry with an almond filling enjoyed in celebration of Epiphany. Cassandra is offering four people the chance to win a gold crown necklace pendant from her collection of French fêtes. Pick up a card at Poilâne when you buy a galette des rois to receive a code and email [poilane@cassandragsoad.co.uk](mailto:poilane@cassandragsoad.co.uk) with your name and code. There are four fêtes to be won. Hazelnut galette from £5.50. 147 Sloane Street


MARLI NEW YORK has made its London debut at Harrods. Founder Maral Artinian was born in Syria to a family of fine jewellers and raised in Armenia. The brand has just unveiled its high jewellery collection, themed A New York Affair, embodying the vibrant spirit of New York City. It's wearable and versatile: look out for detachable earring or pendant drops, adjustable necklace styles, and multi-way rings. From £1,900.





ROBINSON PELHAM, KNOWN FOR its ultra-versatile, ready-to-wear fine jewellery, has some new pieces. See the Ouche necklace, a clean, gold sculptural curved piece with a clever hinged link enabling you to add diamond-set or coloured-stone-set beads from the Ouche collection, or any of your existing treasures. Buy a gold necklace from £3,040 and add diamonds.

*39 Elystan Street*



IF YOU'RE FEELING THE COLD this winter, look no further than cult Swedish outdoor brand Klättermusen.

Its winter coats are made for Alpine expeditions but will still look stylish on the King's Road, with practical details such as warm padding, taped seams and adjustable hoods.

*36 King's Road*



OMNES HAS OPENED a brand new pop up shop on the King's Road. This sustainable brand uses recycled and deadstock materials as well as carbon offsetting to create bold, colourful fashion that is positive for the planet. Catch it at *96 King's Road*.



“ **My medical studies  
are going really well.** ”

**Kai, aged 19,  
medical student**

“ **I live in fear of my  
own scan results.** ”

**Kai, aged 19,  
cancer survivor**



**The impacts of cancer are not always visible.  
Depression. Anxiety. Scanxiety. PTSD. Panic Attacks. Loneliness.**

75% of teenagers and young adults will experience a serious mental health problem following a cancer diagnosis.

With Teens Unite Fighting Cancer, young people aged 13-24 can live life to the full, without cancer taking control.



**We can't make a difference without your support.  
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BELOVED BOHO BRAND  
TEMPERLEY HAS OPENED  
A FLAGSHIP ON SLOANE  
STREET. WE CAUGHT UP  
WITH ALICE TEMPERLEY  
TO FIND OUT MORE

WORDS: ALICE CAIRNS

# *Boho is BACK*

FLOWY FABRICS, EMBROIDERED DETAILS and soft, floaty layers: boho is back – or perhaps it never left. What better time for Alice Temperley, the British designer known for her chic boho style, to open her London flagship store on Sloane Street?

Alice founded Temperley London in 2000, and it became an “it” brand beloved by celebrities from the Princess of Wales to Kylie Minogue, Elizabeth Hurley and more recently, Charli XCX. How does Alice account for her enduring success?

“We’re not trend-based,” she explains.

“We’re all about appreciating craftsmanship and skill and things that last, so that people can wear our clothes for decades to come. Plus, I get jokes that Temperley is lucky to have a founder who’s still alive and kicking!”

Temperley’s newest store is 134 Sloane Street, a beautifully designed space offering tailoring, bridal appointments and a heritage collection, as well as ready-to-wear.

“Ever since we had our temporary store opposite Daphne’s, I’ve found that Chelsea just has a lovely buzz,” Alice says. “It has a

# Fashion / Temperley

"WHEN I GET THE TIME TO SIT DOWN AND DESIGN, THAT'S AN EXTREMELY MEDITATIVE STATE FOR ME. I LOVE FINDING AND SOURCING REFERENCES AND IDEAS"

really nice selection of shops, restaurants and bars, and it's residential as well as having visitors from all over the world. I've really fallen for it – and I'm not just saying that because this is *Sloane Square* magazine!"

Alice wanted the Sloane Street store to be a destination – a place where her customers could relax and immerse themselves in her romantic aesthetic.

"When you enter a store, you've got to feel that you're in the environment of the brand," she explains. "So we put in big leopard-print sofas, and wallpapers and fabrics from our collections, and I sourced beautiful rugs like the ones I have in my own home. Downstairs we have this lovely little mirrored bar serving all my family's drinks."

The Sloane Street store will also showcase Temperley's commitment to sustainability, with "digital passports" on its clothes that contain information about their origins and materials.

"It gives our garments authentication so that people can understand them, validate them, re-trade them, look after them and fix them," Alice says. "It will give you the story about how an item is made and all the work and research that's gone into it – how long that embroidery took, what materials were used. Digital passports will become mandatory for all textile brands soon, but we're one of the first using them."

"We've also changed our packaging to cellulose, a sustainable alternative to plastic, and we help customers with repair, alteration and resale so that we can extend the life of each garment. It's so important to make these changes – otherwise, frankly, you feel embarrassed saying you're in the fashion industry."

Alice is clear that working in fashion isn't always easy – it's a demanding, fast-paced industry that requires a steely core of self belief as well as creative talent.

"You can't please everybody," she says. "There are so many people with so many opinions. The hardest part is staying zen, keeping your focus. You have to



protect yourself from the noise.

"It's also a tough industry for women," she adds. "For anyone with children it can be difficult, because fashion is relentless. And then there are all those ideas about beauty and ageing that you have to confront – there are so many questionable things going on in fashion with body image. As a woman you have to keep your wits about you."

But what keeps Alice going is the sense of peace she derives from her creative process. "If I couldn't be creative, I think I'd go absolutely mad," she says. "When I get the time to sit down and design, that's an extremely meditative state for me. I love finding and sourcing references and ideas, whether it's from music or film or travel. My nickname is magpie!"

"I love designing for the Temperley woman. She's strong-minded, eclectic, well travelled and worldly. She loves storytelling and history, and she appreciates the work that goes into a well-made garment. I like to think that she thinks for herself, doesn't conform to trends, and she won't mind wearing something over and over again if she loves it. I can't wait to meet some Temperley women in our Sloane Street store!"

134 Sloane Street







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## Fashion / Trending

### JESSICA MCCORMACK

Signature ruby heart button  
back necklace, £POA  
140 Sloane Street



### FREYA ROSE

Rose in Bloom rouge  
heels, £895  
10 Yeoman's Row



### HAYLEY MENZIES

Dalton cotton jacquard  
duster in red, £400  
40 Duke of York Square



### PENELOPE CHILVERS

Puffball velvet clutch, £149  
328 King's Road



### INTIMISSIMI

Winter of Love  
balconette bra, £49  
56-58 King's Road



### ASPIGA

Love Hope fingerless gloves, £35  
320 King's Road



### ANINE BING

Alec sport hoodie, £215  
8 Symons Street







**AMERICAN VINTAGE**

Hoktown jacket, £180  
105 King's Road



**BLOOBLOOM**

Rockstar Ruby, £99  
33g King's Road

**WOLF**

Palermo leather watch  
and jewellery roll, £295  
Harrods, 87-135  
Brompton Road



**DEREK ROSE**

Batiste cotton red rope-print  
men's pyjamas, £235  
119 Walton Street



**COS**

Ribbed wool and  
cashmere beanie, £55  
19 Duke of York Square



**SLOWEAR**

Classic Dan patent leather  
moccasins, £230  
15 King's Road



**SIRPLUS**

Blue and red stripe  
boxer shorts, £30  
178a King's Road

## Fashion / Trending

### TROTTERS

Lily Rose red velvet big bow alice band, £20  
34 King's Road

### BONPOINT

Junon pants in light red corduroy, £160  
6f Sloane Street

### JACADI

Baby boy short velvet overalls, £55  
156 King's Road

### BRORA

Needlecord dress, £69  
6 Symons Street

### IL PORTICCILO

Genova coat in red, £280  
253 King's Road

### STYCH

Kids' velvet gem skirt in red, £32  
Peter Jones, Sloane Square

### BEEBOON

Classic red leather T-Bar shoes, £45.95  
178 King's Road

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## LOCAL RESIDENT ADAM GREEN BRINGS THE POWER OF MUSIC TO PRISONS

BY ALICE CAIRNS

# People of note

### How did the Prison Choir Project start?

Back in 2016, I spoke to the governor of Dartmoor Prison about the possibility of running some music programmes within the prison. By the end of that 20-minute conversation, we'd agreed to stage *Carmen* the opera in its entirety – which was maybe not quite what I was anticipating! But that's exactly what we did. I went away and raised the money, and then I took in a small skeleton group of professional musicians to play a reduced orchestral part. Then the men in the prison formed the backbone of the chorus – they sang, danced, designed costumes and painted the set.

### What does your work involve?

We stage big productions in prisons – things like *West Side Story* and *Guys and Dolls*. We also run regular workshops in Wormwood Scrubs, where I take an artist in each week – these can vary from guitarists to pianists to drummers to beatboxers. We try to provide the prisoners with a really varied programme.

### What are the benefits?

Music can be quite extraordinarily transformative. No one would deny that prison, especially now, is a very difficult place to be. You're often kept in a tiny cell for 23 hours of the day, and there is very little opportunity to learn. Music is an opportunity for the men to break free from that bubble of prisoner existence and feel like they're acting among men and women who have nothing to do with the prison system, and who aren't judging them. I think a lot of them feel that

for those few hours when they're involved in rehearsal, they're no longer in jail, and they have the freedom to express themselves. Also, in terms of people's mental health, singing is really good for you, as is having the challenge of learning all that music from memory.

### What is the response like?


The vast majority of people have always been incredibly positive. Of course, there are always going to be people who say that the money could be better spent on something else. But it depends on how you see and value human life, really. The people I work with are always really grateful. I find most of the time, if you ask the men to go away and think of a back story for their character, they'll come back having written three or four pages, sometimes illustrated, having really thought about it.

### Has this changed your view on prisons?

Yes. I don't think anyone comes out of prison better prepared to deal with the issues that put them there in the first place. That is something that society needs to take a long, hard look at – and I'm not suggesting I know the answers. But we do need to look at the fact that we're locking up more and more people – more than anywhere else in the whole of western Europe.

### What are your proudest achievements?

I've had some great moments. We've welcomed King Charles to Dartmoor, as well as Rory Stewart, who was then minister of prisons. The big productions are also incredibly rewarding. Our *West Side Story* was



just an amazing show – we welcomed 300 members of the general public to watch it, including the family and friends of the men involved. I found it very moving watching the men at half time walking into the quad outside the chapel, in the sunshine, with people coming up to them to tell them what an amazing job they'd done.

**What are your biggest challenges?**

Prisons are becoming harder and harder places to work in, because they're chronically understaffed and underfunded. We're at a point where I think prisons find it hard to allocate resources to projects like ours. Also, if there's a problem on the wing, even if you have a performance that day, the wing will be shut down. Whatever's happening in the prison of course takes priority.

**What does music mean to you?**

I was a choral scholar at Cambridge, and I sang opera for 20 years full time with the likes of the English National Opera. This charity has caused me to look at music not just as entertainment, but as a method of social reform, a cultural tool. I've always been aware that music makes you feel good – as a young chorister, singing in a cathedral, I was aware of how amazing you feel after evensong. But it's wonderful to see how that works in a more complex and difficult environment like a prison. I've had people tell me: "Your work stopped me killing myself." When you hear something like that, of course you feel you've found your purpose in life.

**"WE DO NEED TO LOOK AT THE FACT THAT WE'RE LOCKING UP MORE AND MORE PEOPLE – MORE THAN ANYWHERE ELSE IN THE WHOLE OF WESTERN EUROPE"**

*To support the Prison Choir Project, visit [prisonchoirproject.co.uk](http://prisonchoirproject.co.uk)*

# Culture / Women's Club

## DISCOVER KENSINGTON AND CHELSEA WOMEN'S CLUB, THE NON-PROFIT MEMBERS' CLUB THAT'S CREATING A COMMUNITY OF WOMEN IN THE HEART OF CHELSEA

BY ALICE CAIRNS

IT'S A GREY DAY IN DECEMBER and I'm joining a group of six women to walk one (very excited) cockapoo through Battersea Park. The dog-to-walker ratio is a little skewed, but no one minds; we're in it for the conversation, the company, and of course, the warming post-walk coffee.

This is 'Bark in the Park', one of the many events run by the Kensington and Chelsea Women's Club (KCWC), a non-profit social club for women in London. KCWC was established in 1983, and it has thrived for over thirty years by offering an enriching programme of events and a strong sense of community to women in the area.

Many members of the KCWC have an international background, with members hailing from some 52 different countries. The club is a valuable resource for expats and those who have recently moved to London – women who would like to make new friends and learn more about what the city has to offer.

"London is a huge city with so much happening," says Alice Macaire, president of the KCWC. "That can be overwhelming but also exciting if you have a group of likeminded people to experience it with!"

Other members I spoke to are UK citizens who have lived in London all their lives, but who joined the KCWC to create strong female friendships and to combat the loneliness of an increasingly digital landscape.

"It can be so helpful to find a community and a place to talk to other women" says KCWC member Karen Kaldezar. "Particularly after retirement or with so much working from home, you can really miss those face to face connections."

In the last few weeks I've joined KCWC members for a range of activities. I've volunteered at Refettorio

Felix with a task-force of regulars, dishing out a free three-course lunch to over 100 vulnerable people and rough sleepers at St Cuthbert's Church. I've attended a walking tour of London's Christmas lights, enjoying traditional French Christmas candy and learning the history of the streets we pass through.

As I chat to the women of Bark in the Park, though, I'm aware that I've barely scratched the surface of the club's bustling activity calendar. They discuss Latin dance classes, book clubs, Mahjong mornings, overnight trips and even overseas travel.

General meetings take place every month and include talks from expert speakers – in January, the address will be given by historian and biographer Dr Helen Fry.

"The great thing is that if you don't see something you want, you can set it up yourself" explains KCWC member Jenni Kravitz.

"The club is very flexible in that way. Some people love to learn new things, others just want to meet for coffee and a chat, but there really is something for everyone."

Activities take place at various times of day so that every member should be able to find something to join, whatever their time commitments. Other than gender there are no restrictions on membership, so women of all ages can come together to learn new skills, try new things, or simply to perform everyday tasks – like walking the dog on a drizzly day – in the company of others.

"This is such a welcoming community" says Alice Macaire. "We love to see members of every age group, and we have so many members with different life experiences. It makes things very exciting, bringing together so many wonderful women."

*To join the Kensington and Chelsea Women's Club, visit [kcwc.org.uk](http://kcwc.org.uk)*





A photograph of three young women standing on a rooftop or balcony, laughing and holding coffee cups. The woman on the left has dark curly hair and is wearing a black coat. The woman in the middle has blonde hair, wears a black beret, a grey scarf, and a white coat. The woman on the right has long dark hair and is wearing a dark puffer jacket. They are all smiling and looking towards the right. In the background, a city skyline is visible under a hazy sky, with a red crane arm prominent in the upper center. A dark metal railing is in the foreground.

JOIN THE  
*CLUB*



## A DOG'S LIFE

### CHELSEA DOG DAY

Dogs of Chelsea gathered together on October 5 2024, for Chelsea Dog Day, an annual celebration of all things canine, organised by Cadogan. Duke of York Square hosted a pup-friendly market featuring 21 doggy brands, and Chelsea Canines behaviourist Dr Nicky Shaw was on hand to answer questions and dispense top tips. Up to 75 local businesses joined the fun, offering dog-themed treats including pup-friendly ice cream, pawtrait artists and limited-edition floral collars. All proceeds went to support Pets As Therapy.







Philip Colbert,  
Zandra Rhodes,  
Meihui Liu



Billkin



Tatum Mazzilli

## LOBSTER ON THE LOOSE

### PRIVATE VIEW OF BATTLE FOR LOBSTEROPOLIS

Saatchi Gallery hosted a private view for its recent exhibition The Battle of Lobsteropolis by international pop artist Philip Colbert. The exhibition imagines Colbert's lobster travelling through time, confronting artificial intelligence in a series of epic face-offs – a commentary on the tension between technological development, art and history.



Martin Creed,  
Charlotte Colbert



Tracy Rose



IMAGES: DAVE BENNETT / GETTY IMAGES.



# Charity / K+C Foundation



As Kensington and Chelsea's youngest ever Mayor, Councillor Will Lane has challenged himself to do something a little bit different to raise funds for his Mayoral Charity, The Kensington + Chelsea Foundation. Despite never having boxed before, The Mayor will take part in a gala white collar boxing event at Kensington Town Hall on Saturday 10th May, to help support crucial mental health projects benefiting residents across the borough.

The Mayor is passionate about raising awareness of mental health issues in our community, where 1 in 12 residents have a GP diagnosis of depression, 1 in 4 report experiencing anxiety, and 1 in 6 young people have a mental health condition.

"I worry that when people hear about mental health these days they may switch off. It's too easy to become jaded to hearing about a problem that we often can't see and that takes so many forms. Unless you or someone close to you has been directly affected, it's

difficult to understand how serious poor mental health can be.

So let's remember, at its most serious, suffering from poor mental health can lead a person to take their own life. Someone close to me once told me that they had considered killing themselves. There was no worse feeling than hearing them say that.

That's why I'm supporting the K+C Foundation's work to provide support to our residents and a lifeline to those in crisis - nothing is more important."

The K+C Foundation is looking for more boxers to fight at the gala event on 10th May. If you'd like to join the Mayor in a 12 week training camp starting in February 2025, and culminating in an electrifying night in the ring, contact [team@thekandcfoundation.com](mailto:team@thekandcfoundation.com) or scan the QR code. It's a fantastic way to get fit for 2025, build camaraderie with your fellow trainee fights, and raise funds for an important cause. And don't forget to keep an eye out for tickets to the event which will go on sale in the new year - VIP tables available!

If you'd like to support the Mayor's mental health campaign without stepping into the ring, you can make a donation at [www.thekandcfoundation.com/](http://www.thekandcfoundation.com/)

*Kensington  
+Chelsea  
Foundation*

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## Culture / Chelsea facts



The Chelsea Flower Show wasn't actually held in Chelsea until 1913 when the grounds of the Royal Hospital were secured by horticulturalist Sir Harry Veitch. During the Second World War the popular show was paused as the land was used by the War Office as an anti-aircraft site.

The first important porcelain manufacture in England was in fact Chelsea porcelain manufactory, with its factory site close to Ranelagh Gardens - the land to the east of the Royal Hospital. They were best known for the "goat and bee" cream jugs, which featured seated goats at the base.



Most sweet treat lovers will have heard of the Chelsea bun, but did you know where the name came from? The currant bun drizzled with icing is known to have been made at The Chelsea Bun House, which was located on the approach road to Raleigh Gardens. The story goes that it was Richard Hands, known as "Captain Bun" who created the bun and when he died his wife kept the bun's legacy going. This included selling 240,000 buns on Good Friday in 1839 when she had to pull down her shutters and call the police for protection during the rampant bun-slinger time of Easter.

It is one of the most popular flowers to be found on windowsills across the country from June to October, but did you know the first red geranium seen in England is said to have been raised by a Mr. Davis in Chelsea, around about the year 1822.

# DID YOU KNOW?



BRUSH UP ON YOUR CHELSEA TRIVIA WITH THESE FUN FACTS

WORDS: SOPHIA CHARALAMBOUS





**The Flying Dragon Tea House, which would have been at 436 Kings Road, was a meeting place for local aristocrats, bohemians and hippies who sat on floor cushions, played backgammon and sipped exotic teas.**

1960s Chelsea was a happening place, and Rolling Stones Keith Richards and Mick Jagger lived on Cheyne Walk in 1968. It must have felt like a dream fulfilled because before finding fame, they, along with Brian Jones lived nearby at 102 Edith Grove in a dingy, dirty flat that they rented.

During the construction of the first Chelsea Bridge, excavators found an impressive number of Roman and Celtic artefacts and skeletons on the riverbed. Historians believe workers had found the site where Julius Caesar's crossed the Thames during the 54BC invasion of Britain.



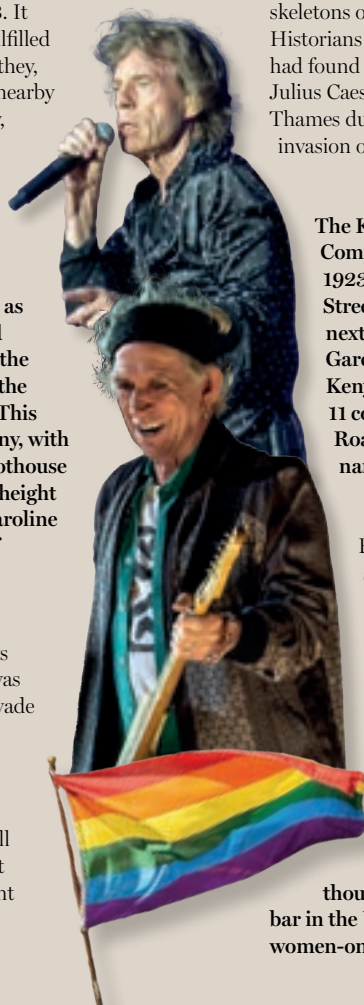
**An ambitious project in 1718 saw the establishment of a 2,000 mulberry tree plantation in an area known as Chelsea Park - Fulham Road to the north, King's Road to the south, Old Church Street to the east, Park Walk to the west. This was for the Raw Silk Company, with both mulberry trees and a hothouse for raising silkworms. At its height in 1723, it supplied silk to Caroline of Ansbach, then Princess of Wales.**

**The Kenya Coffee Company Limited, founded in 1923, moved from Vere Street to 30 Sloane Street as demand increased. An employee of next door neighbour food merchants John Gardiner persuaded the company to buy Kenya Coffee Company and they opened 11 coffee shops including one on the King's Road. In 1962 the company changed its name to Kenco.**

Boutique for the stars of stage and screen Dandie Fashions moved to 161 King's Road at the beginning of 1967, the store that supplied David Bowie's infamous "Ziggy Stardust" outfit. The establishment also had a psychedelic multicolored Bentley to transport VIP customers to various clubs and party venues around London.

The Jerwood Theatre Upstairs at The Royal Court Theatre was created in the attic space to evade censorship. Theatre manager Rachel Dudley says: "There used to be censorship laws which meant that the Lord Chamberlain's office would tell us what we could or could not perform. That completely went against our ethos as a writers' theatre."

**The now-closed Gateways Club in the basement of 239 King's Road is thought to be the first recognised lesbian bar in the UK, opening in 1931 and becoming women-only in 1967.**





# PASSION, PERSEVERANCE AND EXCELLENCE

In a world where balancing family and career can often seem like an insurmountable challenge, Fiona stands as a shining example of what is possible with passion, determination, and a love for what you do.

“Her future plans include launching a line of home décor products, opening design studios in major cities around the world, and continuing to inspire others through her work and her story.”

A mother turned successful businesswoman, Fiona has redefined what it means to balance family life with a thriving global career. Her story is one of passion, perseverance, and an unyielding commitment to excellence.

Fiona's journey into the world of interior design was not a straightforward path. Initially, her life revolved around her family, dedicating her time and energy to raising her children and creating a loving home. It was during this period that she discovered her innate talent for design. Transforming her own home into a haven of style and comfort, she began to realise that her passion for aesthetics could translate into a rewarding career. Her clientele includes high-profile individuals and renowned businesses, all drawn to her ability to create spaces that are not only beautiful but also deeply personal. Each project is a collaborative journey, with Fiona taking the time to understand her clients' needs, preferences, and dreams, and then translating them into stunning realities.

While interior design is her primary focus, Fiona's passions extend beyond it. She has an innate love for fashion, often drawing inspiration from the latest trends and incorporating them into her designs. Her keen eye for style ensures that her projects are always on the cutting edge, blending fashion and function seamlessly. Another passion that fuels her creativity is travel; the ability to explore different cultures, architecture, and art forms from around the world, she brings a global perspective to her work. These experiences enrich her designs, infusing them with a diversity that sets her apart in the industry. Food, too, plays a significant role in her life. Whether it's discovering exotic cuisines during her travels or experimenting with new recipes at home, Fiona believes that food, like design, is an art form that brings people together. This love for culinary arts often finds its way into her projects, with kitchen spaces designed to be the heart of the home, where families can gather and create memories.

As Fiona continues to expand her business, she remains focused on pushing the boundaries of interior design. Her future plans include launching a line of home décor products, opening design studios in major cities around the world, and continuing to inspire others through her work and her story. In a world where balancing family and career can often seem like an insurmountable challenge, Fiona stands as a shining

example of what is possible with passion, determination, and a love for what you do. Her journey from devoted mother to global businesswoman is an inspiration to all, proving that with the right blend of creativity and hard work, dreams can indeed become reality.

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**Instagram: fionareidinteriors**





## Beauty / News

THE NEW SILK ROAD collection from Cosmetics à la Carte celebrates timeless glamour, drawing inspiration from the landscapes and treasures of the ancient Silk Road with warm tones of spice and sepia. The Silk Road eyeshadow palette, £69, contains a blend of six flattering shades of nudes, plum and gold, with matte and shimmer finishes. There are also four new sheeny lipstick shades, each £35. We love Plush, a glossy mulled berry. 192 Pavilion Road



DO VISIT THE HVN MEDISPA, a wellness hub that combines the best of functional, clinical and holistic health under one roof, rooted in Ayurvedic principles. It's a beautiful, soothing space and the treatment list is excellent. The Albiva facial, £180, involves gentle exfoliation, hands-on facial massage and a relaxing and hydrating face mask – it also takes place on a wonderful waterbed. Other facial treatments include acupuncture, peels and microneedling. 57-63 Knightsbridge



THE NEWEST LAUNCH from MZ SKIN by Dr Maryam Zamani is Microtox Tightening Eye Serum, £140, which is designed to fight signs of ageing and fatigue and to minimise the appearance of dark circles and puffiness. The cooling roll-on applicator supports gentle lymphatic massage, and the advanced bio-active derived from Sichuan pepper delivers powerful tightening and lifting effects. 110-112 King's Road

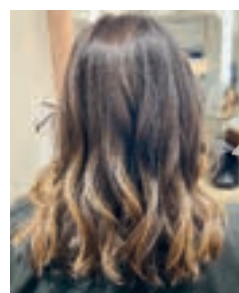


KARVE PILATES STUDIO has opened at 370 King's Road. Founded by Yulia Pashevkina, the Transformer Pilates method is a machine-based workout that blends efficiency with results. The high-energy 50-minute classes are designed to sculpt, strengthen and boost endurance. With slow, intentional movements set to invigorating music, passionate instructors and a "yes I can" mindset, you'll want to make a workout here part of your weekly routine.



POLISH SKINCARE BRAND Tolpa has arrived in the UK. Tolpa products target three key skin concerns: dryness, rosacea and acne. Each range features Tolpa's signature active ingredient, peat, which is known for its skin-soothing properties.

From £8.09.



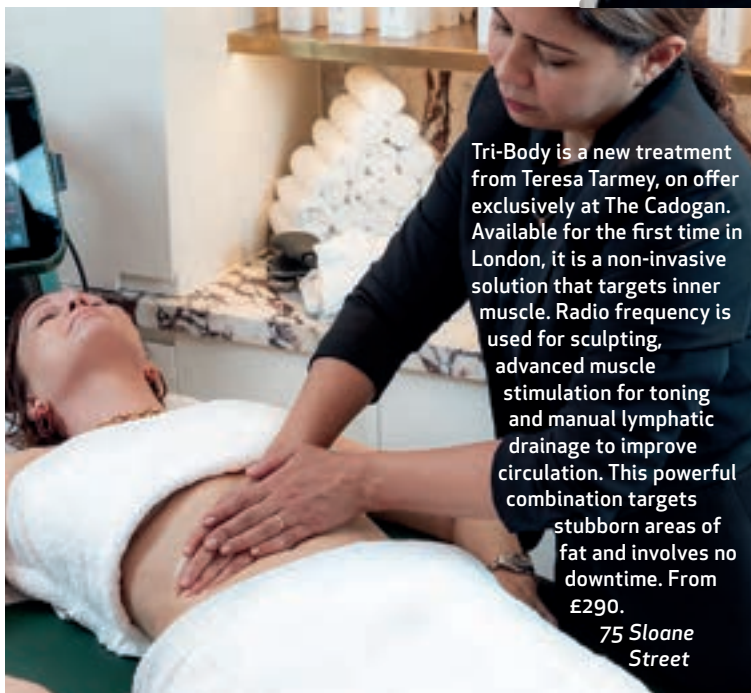
THE NEW LEONOR GREYL customised hair spa treatment at Michaeljohn (£140 for 60 minutes) is the perfect January pick-me-up. A hair and scalp diagnosis using a micro camera that magnifies 200-fold assesses your scalp condition, before a specialist mixes a bespoke blend of natural ingredients to be massaged on to the scalp to restore capillary vitality. Hair is oiled before a relaxing and restorative steam and leave-in treatment. It ends with beautiful hair, of course.

4 Ellis Street



DEBBIE THOMAS'S CLINIC is offering the new LaseMD treatment, which works wonders on sun damage and pigmentation. Also available is the Again hair removal system, which integrates Move technology and can be used when a tan is still present. The pain-free mode helps with the more uncomfortable initial treatments, while the non-pain-free mode is the gold standard of hair removal. It's the world's most powerful hair removal laser and D Thomas is the only UK clinic to offer it.

25 Walton Street

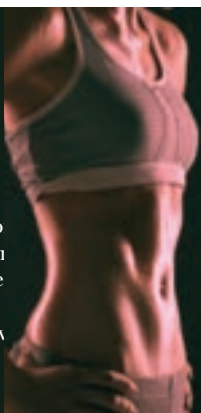


Tri-Body is a new treatment from Teresa Tarmey, on offer exclusively at The Cadogan. Available for the first time in London, it is a non-invasive solution that targets inner muscle. Radio frequency is used for sculpting, advanced muscle stimulation for toning and manual lymphatic drainage to improve circulation. This powerful combination targets stubborn areas of fat and involves no downtime. From £290.

75 Sloane Street

VITA BOUTIQUE FITNESS has launched a new concept: infrared classes, including mat pilates, barre and stretch, set at 35C. With some of the benefits of infrared including skin rejuvenation stress reduction and better sleep – combined with the benefits of the workout itself – you will want to give it a go.

*31 Sloane Square*



RENOWNED COSMETIC EXPERT Dr Rasha Rakhshani launches her first ever skincare product in January: the Youth Renewal Serum, £160. This potent serum includes key ingredients designed for fast results, such as argireline amplified, an anti-ageing peptide; acetyl glycyl beta-alanine for pigmentation; and Glycotensyl for skin firming.  
*161 Brompton Road*

WITH 15 YEARS as the largest beauty chain in Kyiv, Ukraine, Backstage has opened on the King's Road. Its parallel service approach is great for time-strapped people in need of multiple treatments, offering everything from mani-pedis to hair treatments and blow-outs, hair styling with brows and hair styling with makeup. Backstage also offers male grooming services, all with a welcome glass of bubbles from the in-house bar.  
*335-337 King's Road*





# KEEP IN THE KNOW



We know that these days you might not be in the area every day – or you may just visit us occasionally – but you still want to keep up-to-date with what's happening locally

So why not sign up to receive the digital edition of Sloane Square and we'll send you the latest edition as it is published

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# Wellbeing / Hypnosis

## WHAT DOES THE NEW YEAR MEAN TO YOU?

It's definitely my busiest time of the year. Change is possible any day of the year, of course, but this is the time when people really start to reflect on the differences they'd like to see in their lives.

## HOW DID YOU ENTER THIS FIELD?

I used to own a marketing agency, but then over 10 years ago I had a spinal leak. I was really sick and needed four operations. Then my mum bought me some books on the power of the mind and the placebo effect, and the techniques they recommended really helped me. I ended up studying the mind, and eventually I retrained.

## WHAT DO YOU OFFER?

I specialise in a very specific type of therapy called RTT: rapid transformational therapy. In a world where everyone wants everything now, RTT is great – it's basically hypnotherapy on speed! My sessions are two hours long and they're very juicy – I use different techniques, including hypnosis, to get right to the root of your problems.

## HOW DOES IT WORK?

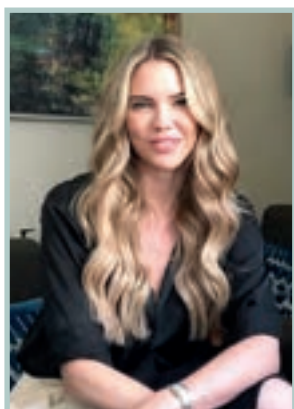
Every day, 95% of our behaviour is driven by our subconscious mind. But the techniques we tend to gravitate towards when we're trying to make change – for example, talking therapy – deal with our conscious mind. Using hypnosis allows you to deal with the subconscious – to get to the root of why you're feeling the way that you do, and to interrupt that pattern and try to change it. I can fix an issue within one to three sessions.

## WHAT MORE CAN YOU TELL US ABOUT THE SUBCONSCIOUS MIND?

It's predominantly created between the ages of nought and seven, when you're at a lower brainwave state – literally subconscious. At that time you're like this little sponge, taking everything in, creating your beliefs about the world, yourself, money, health and family based on the environment around you at that time. Those beliefs you create are not necessarily always useful, or your own. When we're older we then may try to do what we want to do and what we believe in, but if our

**DREAMING OF A "NEW YEAR, NEW YOU", BUT WORRIED YOU DON'T HAVE THE STAYING POWER? LUCKILY FOR YOU, CHELSEA-BASED ANNA LANCASTER HAS BEEN NAMED TATLER'S BEST HYPNOTHERAPIST. SHE TELLS US HOW SHE HELPS PEOPLE MAKE LASTING CHANGE**

WORDS: ALICE CAIRNS



# New year, new you?



subconscious programming doesn't align with it, that's when we start to have self-sabotaging behaviours.

#### WHAT KIND OF PROBLEMS DO PEOPLE BRING TO YOU?

Literally anything. I help people with everything from anxiety to addictions to eating disorders. We can work together to address any habit that isn't working out for you. I do a lot of work with female entrepreneurs, because they experience a lot of issues – for example, balancing family and work. The number one fear I encounter, though, is public speaking.

#### CAN YOU GIVE US AN EXAMPLE?

I had one client who was afraid of public speaking. We regressed him back, quite specifically, to a memory when he was six years old. He was reading in front of the class, and he said a word wrong, and everyone laughed at him – including the teacher. It was painful and embarrassing for him. Every time he tried to speak in front of people after that, his mind very clearly said: “Why are you doing this again? Why are you putting yourself in this scary position?” and his body tried to take him out of that situation, giving him sweaty palms and a racing heartbeat. That in turn reinforced the idea that he wasn't capable of public speaking. With hypnotherapy we were able to go in there

and rewire things. We installed a new way of thinking – that he loved public speaking. After that one session, he was able to enjoy speaking in front of people – now you can't get him off the stage. Another client I had had a debilitating fear of needles – after a session with me, she went out and got a tattoo.

#### WHAT DO YOU SAY TO SCEPTICS?

Hypnosis has a bit of a bad name, because it used to be seen as very holistic, or associated with the idea that someone would make you jump up on a chair or act like a chicken. It's not that! What I do is simply take you into a suggestible state where you can access your subconscious. It's science – you're taking yourself down the brainwave levels, which is what you do every night when you go to sleep. Every night we go from beta, which is our conscious mind, to alpha, which is a kind of meditation, to theta, which is hypnosis, and then to delta, which is sleep.

#### ANY TIPS?

Don't look at your phone before going to sleep. When you're in bed you're entering those suggestible states, so it's a bad idea to absorb negativity from your phone.

Anna offers home visits in Chelsea:  
[annalancastertherapy.com](http://annalancastertherapy.com)



## BOOTS

Work smart, not harder with Laneige's ultra-nourishing berry lip sleeping mask. Simply apply to your lips, sleep, and wake up with plump, replenished and moisturised lips.

£23, 60 King's Road



# Health & wellness

Commit to the "new year, new me" mantra with these feel-good Chelsea picks

WORDS: BIBI COOPER

## D THOMAS CLINIC

Kick off 2025 right by restoring and rejuvenating your skin with a round of "the queen of laser" Debbie Thomas's hero treatment: the DNA Laser Complete Grade 2. Using Debbie's bespoke DNA method and a variety of lasers, every treatment is tailored to your skin's needs.

Starting from £1,050 for a package of six sessions, 25 Walton Street



## HVN

A diffuser that actually does something. Composed of a blend of flowers, herbs and spices and integrated with AeroBiome (a fragrance diffusion technology grounded in science), this diffuser from HVN releases active compounds emitted from plants, which are known to help build body resilience, reset and de-stress.

£70, 57-63 Knightsbridge

## SPACE NK

The party season and cold weather do a number on our skin. Founded by Dr Yannis Alexandrides in response to the needs of his patients at 111 Harley St, 111Skin's Celestial Black Diamond lifting and firming mask rejuvenates even the most tired of complexions by instantly brightening the skin and reducing fine lines.

£100 for a pack of five masks, 27 Duke of York Square



## Top 10 / Health & wellness



### MZ SKIN

Supercharge your eye-care routine with this LED eye mask dreamt up by Chelsea-based Dr Maryam Zamani of MZ Skin.  
£300, 110-112 King's Road



### VITA BOUTIQUE FITNESS

The reformer pilates machines at Vita tighten and tone your body for a strong, lean physique.  
Two trial classes for £44, 31 Sloane Square

### HOLLAND & BARRETT

Filled with hyaluronic acid, retinol and vitamin C to promote healthier hair, skin and joints,

Sixways Marine Collagen powder is skincare you can drink.

£42, 73 King's Road



### FACEGYM

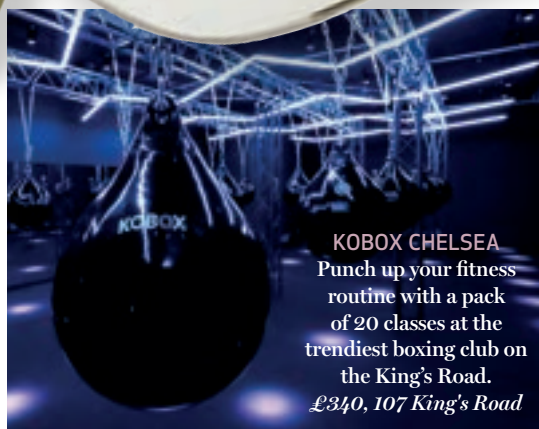
Get on the gua sha hype-train. FaceGym's multi-sculpt gua sha boasts six different edges designed to sculpt, lift, tone and reduce puffiness in the face.

£53, 352 King's Road



### NOHRD

With its sleek and elegant design, you won't want to banish this NOHRD indoor cycling bike to the corner of the room.  
£2,749, Peter Jones, Sloane Square



### KOBOX CHELSEA

Punch up your fitness routine with a pack of 20 classes at the trendiest boxing club on the King's Road.  
£340, 107 King's Road

# My Chelsea / Sue Medway

## WHAT MAKES THE PHYSIC GARDEN SO SPECIAL?

Chelsea Physic Garden has existed in this same place for more than 350 years, and we have been doing broadly the same thing – growing medicinal plants – for centuries. That continuity of purpose and use is rare, and the rich biodiversity makes it a site of nature conservation importance.

## WHAT DO YOU LOVE ABOUT CHELSEA?

I have always thought of Chelsea as a very grown-up, sophisticated village. It has that lovely sense of community, of people knowing each other, of looking out and caring fiercely about each other and what happens in the community and around them.

## WHAT IS YOUR FAVOURITE...

### ...place to eat?

Am I allowed to have two favourites? The first would be Kutir on Lincoln Street. It is one of the most surprising Indian restaurants I have ever visited. The food is simply amazing, the restaurant is a small townhouse with a few rooms on each floor.

My second has to be Caraffini on Lower Sloane Street, always buzzing



SUE MEDWAY IS THE DIRECTOR OF THE CHELSEA PHYSIC GARDEN AND WAS RECENTLY GIVEN AN MBE IN THE KING'S NEW YEAR HONOURS LIST. SHE SHARES HER FAVOURITE CHELSEA SPOTS

AS TOLD TO: ALICE CAIRNS

with guests. The food is consistently top quality.

### ...local shop?

A go-to for me is The Fold on Cadogan Place. I have invested far too much in their designs.

I learned something new every time. Likewise the exhibitions put together by The King's Foundation team at the Garrison Chapel always give me so much to discover.



### ...cultural venue?

The exhibition programme at the National Army Museum always surprises me – I come away having

## WHY IS IT SO IMPORTANT FOR PEOPLE TO CONNECT WITH NATURE?

If we think back over the last few years – the

global pandemic and what is going on around the world with the changes in climate and the impact it is having on people's lives, to say nothing of countries and cultures at war – it is having a devastating effect on people's wellbeing.

Connecting with nature, with the very essence of why we all exist, is the one thing that can and should unite us all. We use our collection to inspire wonder, wellbeing and discovery, hoping that people can unite with plants. Without plants, nothing else would exist!



LEFT: THE FOLD, CADOGAN PLACE  
MIDDLE: NATIONAL ARMY MUSEUM, CHELSEA



— EXCLUSIVELY FOR THOSE OVER 65 —

# RIVERSIDE CALM, FULHAM CHARM

JUST A LIMITED NUMBER OF  
RIVER VIEW COLLECTION APARTMENTS  
REMAIN AT RIVERSTONE FULHAM

The lights, the sights and the sounds of the majestic River Thames are the backdrop to life at Riverstone Fulham. Just a few 2 and 3 bedroom river view apartments are still available within this collection of fabulous homes exclusively for the over-65s. All feature private, river-facing terraces and breathtaking views from floor-to-ceiling windows.

Community is at the heart of life at Riverstone, a place where residents, their friends and family can enjoy a wide range of exclusive spaces including a cinema, spa, and 24/7 Concierge.



Prices from £2,500,000\* for River View Collection apartments. Other apartments start from £810,000\* (other fees apply).

020 3839 8548

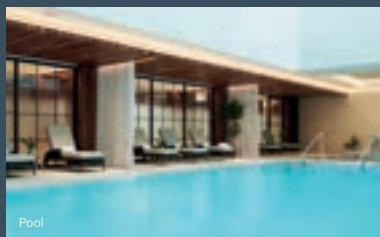
[RiverstoneLiving.com/sloane](https://RiverstoneLiving.com/sloane)



\*Prices correct at time of going to print.



Apartment



Pool



Bar

# HAN'S'

BAR & GRILL

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164 Pavilion Road, Chelsea