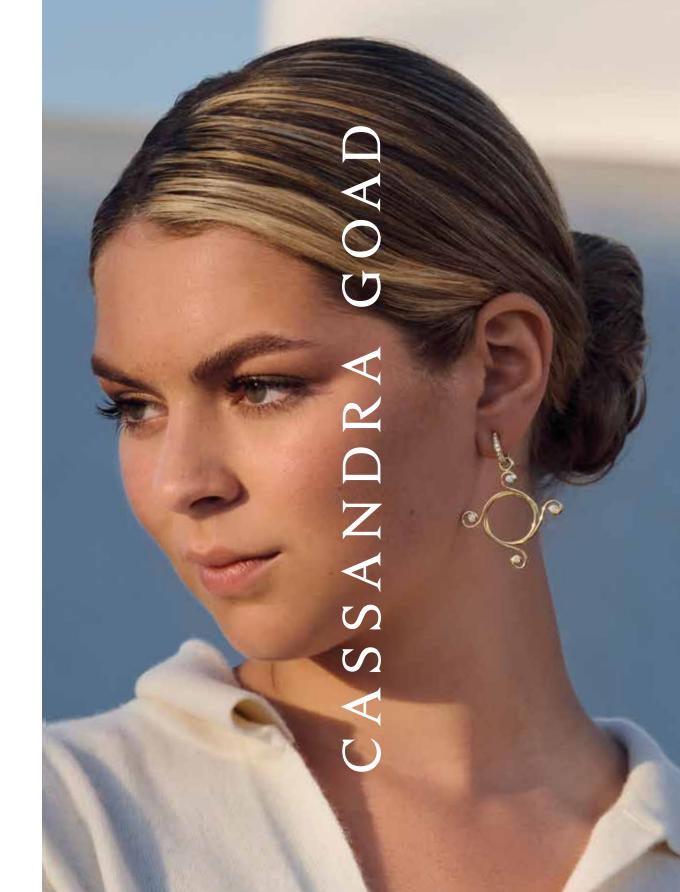




ATHENA













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Additionally, our white glove home makers service goes beyond the move itself, offering bed-making, kitchen setup and wardrobe organisation to make your new house feel like home.

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#### **Contents**

53 TRENDING

Brighten up with sunshine yellow

60 STYLE

Kiki McDonough's brand turns 40



64 SOCIAL Al fresco celebrations

66 SOCIAL Chelsea Flower Show blooms again

68 CHELSEA **AWARDS** 

Nominate your favourites

72 community Rob McGibbon's new local newspaper

75 CHARITY The K&C Foundation

76 BEAUTY NEWS Your summer lookbook

80 HEALTH AND **BEAUTY** 

How to live longer

82 MY CHELSEA

Victoria Steward Todd shares her Chelsea favourites

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#### **Publishing Business** Berkeley Square House

Writers Berkeley Square London W1J 6BD Bibi Cooper, 020 7259 1053 Will Moffitt

#### Subeditor 10 Duke of York Square Kate White

London SW3 4LY Designer cadogan.co.uk Katie Stafford

#### Editor Alice Cairns 020 7259 1058

alice@pubbiz.com

020 7259 1059 bridget@pubbiz.com Richard Taylor 020 7259 1051

#### richard@pubbiz.com Publisher

Adrian Day  $020\,7259\,1053$ adrian@pubbiz.com

#### Advertisements Bridget Rodricks FSC\* C006518

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# CHELSEA ARTS FESTIVAL

IN ASSOCIATION WITH CADOGAN



PLUS... SAMIRA AHMED · MATT HAIG · WILLIAM BOYD · KATE BRYAN · MARIAN KEYES

HANNAH MACINNES · WOMEN'S PRIZE FOR FICTION · IAN MCEWAN · DARREN HENLEY

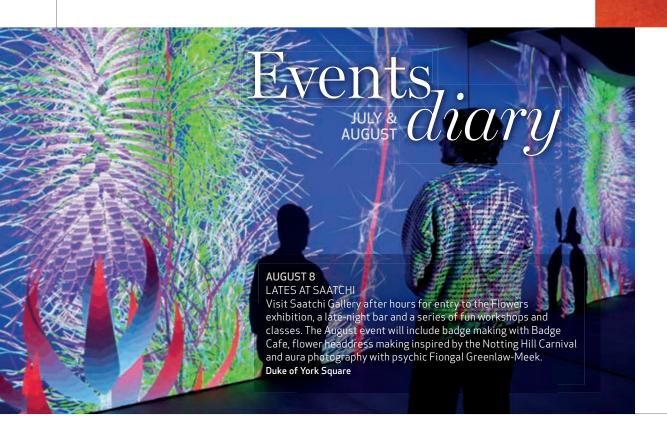
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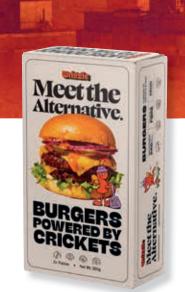


THE ARTFUL MORNING

Back by popular demand, this watercolour workshop at the Royal Hospital is your chance to create a beautiful floral artwork in the inspirational setting of the Soane Stable Yard studio. You'll be provided with unlimited tea, coffee and pastries as well as all the materials and guidance you need. Perfect for beginners and experienced painters.

Royal Hospital Road





#### FROM JULY 24

FUTURE OF FOOD
What will we be eating in the future? This free, interactive exhibition looks back over the history of food production (including a 3,500-year-old loaf of bread) and asks questions about what mealtimes could look like in the future, from cricket burgers to seed-swapping ceremonies.

Science Museum, Exhibition Road

#### JULY 18-24

#### DUTCH GARDEN STILL LIFE WORKSHOP

**AUGUST 29 TO SEPTEMBER 13** 

Royal Court Theatre, Sloane Square

The day after a deaf boy is shot dead for failing to follow orders that he couldn't hear, his entire town wakes up deaf. This modern fable about war, disability and collective resistance has been adapted from the poetry of Ukrainian-American author Ilya Kaminsky, and is told through a mixture of sign language, puppetry, creative captioning and silence.

**DEAF REPUBLIC** 

Explore the lush world of Dutch garden painting, overflowing with ripe fruit, vegetables and flowers. Led by the Bay Area Classical Artist Atelier, this workshop is held in a historic Chelsea artist's studio and includes two days of museum visits and five days of painting.

bacaa.org

#### AUGUST 8-10

LONGINES GLOBAL CHAMPIONS TOUR Experience the thrill of show jumping at the highest level, set against the backdrop of the Royal Hospital. You'll watch the very best British and international equestrians as they compete for coveted prizes across three days of events. VIP packages including a la carte dining, covered lounge areas and champagne are available.

Royal Hospital Road





JULY 26-27 VICTORIAN **EMBROIDERY** Elevate your skills with this crash course in Victorian embroidery at the National Army Museum, led by the experts from Hand & Lock. You'll start by examining pieces from the museum's collection. before creating your own design inspired by Victorian opulence.

Royal Hospital Road

#### ONGOING

**OUR STORY WITH** 

DAVID ATTENBOROUGH This new immersive exhibition at the Natural History Museum features the storytelling of David Attenborough alongside beautiful footage of the natural world. Attenborough said: "My hope is that visitors of all ages will experience our extraordinary journey at the Natural History Museum and come away feeling inspired, informed and most

of all, empowered about their

integral role in our world."

Cromwell Road



# Cripps

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At Cripps, we care about how our advice supports what really matters to you. Taking it personally from the outset, we're one dedicated, integrated team – by your side and backing your cause. We inform better decisions, manage risk and uncover new opportunities.

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Proud sponsors of the Future Forward award at the Chelsea Awards 2025 – recognising those shaping tomorrow, today.



**UNTIL AUGUST 16** 

THE ICE CREAM PROJECT

and can be bought by the scoop or in tubs to take away. This year

Irn-Bru, Ovaltine, Rowse honey,



Adventurous foodies can also sample the blind taste testing afternoon tea, where you'll be served 15 mystery scoops complete with wafers and sprinkles. You'll guess the flavour using your own scorecard, and can order full-size tubs of your favourites.

The Anya Village, Pont Street



CUSTARD

Rowse



#### JULY 4 AND 5

ABSEILING To celebrate the 77th birthday of the NHS, Chelsea and Westminster Hospital is giving you the chance to abseil the 36-metre descent from its roof. It's a great way to raise funds for a good cause, as well as to secure some amazing aerial views of Chelsea and beyond.

To sign up, complete the registration form at cwplus.org.uk

369 Fulham Road





#### **BESPOKE HOME CARE SERVICES** TAILORED TO YOUR NEEDS

For over 27 years, Draycott has been a trusted name across London, providing high-quality care and nursing support.

Our team of skilled and compassionate carers and nurses play a vital role in ensuring individuals maintain their independence and enjoy a high quality of life within familiar surroundings of their own home.



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- Nursing
- Stroke rehabilitation
- Post-operative support
- Live-in care
- Dementia & Alzheimer's
- Cancer home care
- Companionship
- End-of-life and palliative care



#### JULY 11-13

STRAWBERRIES AND SCREEN

Brush off your tennis whites and break out the strawberries and cream: it's finally Wimbledon season! If you didn't manage to nab a ticket, don't despair – the men's semi-finals and the men's and women's finals will be shown on a big screen in Duke of York Square, allowing you to follow every shot and serve in the company of fellow tennis lovers.

The Chelsea Grocer will be providing a pop-up bar, which will serve traditional tennis snacks such as fresh strawberries, champagne and ice-cold Pimm's.

On Saturday, the Fine Food Market will also be on hand to provide tasty lunch options.

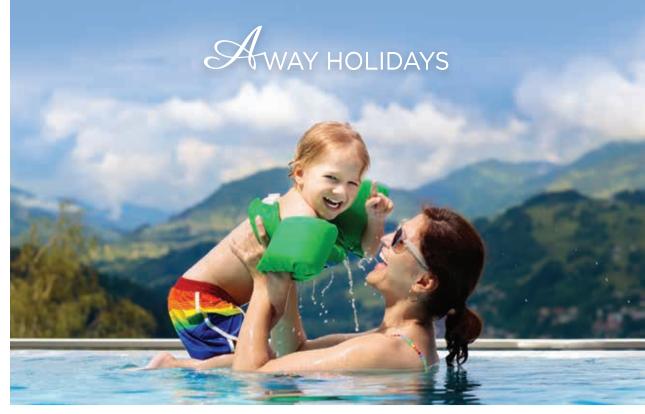
VIP front row deck chairs are available for pre-booking, or you can bring your own blanket and settle anywhere on the green. Children are welcome, with fun mini tennis coaching sessions available from midday to 5pm on Saturday and Sunday

Wimbledon here we come! For more information, visit dukeofyorksquare.com

# Game, set, MATCH

GET READY FOR TENNIS ON THE BIG SCREEN





## Family Time Just Got an Upgrade

#### Flights and 5 nights from £529\*pp

Explore exclusive offers at premier resorts thoughtfully designed for families, featuring expertly supervised kids' and teens' clubs, elegant family-friendly pools and vibrant playgrounds. Imagine your little ones delighting in building sandcastles along pristine, sun-kissed beaches, while teens unwind in private lounges and partake in thrilling activities curated just for them.

Savour exquisite meals together, with carefully crafted menus that cater to every palate and dietary preference. Many of our exceptional packages include complimentary stays and dining for children, making it effortless to indulge in a luxurious family getaway without compromising your budget. Your dream summer retreat is just a booking away—let Away Holidays help you create timeless memories your family will treasure forever.



# JULY 31 - SEPTEMBER 11 HIP HOP - LIVING A DREAM More than just a music genre, hip hop was a cultural movement that reshaped fashion, art and politics. This exhibition traces hip hop from its birth in New York to its expansion across the globe, and captures notable figures including Snoop

Dogg, Public Enemy, 50 Cent and Missy Elliott.



# What's new at Saatchi

TWO EXCITING PHOTOGRAPHY EXHIBITIONS



#### AUGUST 5 - SEPTEMBER 18 HIRPS INTERNATIONAL PHOTOGRAPHY COMPETITION

Discover the winners of the world's longest running photography competition, now celebrating its 166th year. This year's pictures explore themes like the environment, community, family, motherhood, loss and celebration.



CHELSEA HISTORY FESTIVAL

24-28 SEPTEMBER 2025 ROYAL HOSPITAL ROAD



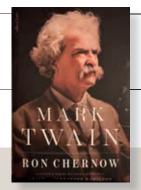






## News / July

SAVE THE DATE: on October 4, Chelsea Dog Day will be returning for another paw-some year. Chelsea is one of London's most dog-friendly neighbourhoods, with a whole host of restaurants, shops and hotels that will be delighted to welcome your four-legged friend. There's no better way to celebrate than at this canine extravaganza, where you can expect a dog-themed market, expert-led training demonstrations, a fun dog show and much, much more.



THERE'S A NEW BIOGRAPHY of Samuel Clemens, also known as Mark Twain. You will need stamina to get through the 1,174 pages, which include details of the months between autumn 1896 and June 1897 that Twain lived in Tedworth Square, Chelsea.

The sad truth, as the book's author, Ron Chernow, explains, is that Twain and his wife, Livy, were in deep mourning after the death of their eldest daughter, Susy, and had in effect hidden from the world trying hard to see no one.

However, one of Twain's most famous quotes dates from this time. When the press mistakenly printed his obituary he answered: "The reports of my death are greatly exaggerated."



designed as a sheltered woodland space where Pensioners, their families and visiting veterans could find a moment of peace. A seating area at the centre of the garden was upholstered in recycled scarlet uniforms, with a bespoke world map table to encourage conversation about the Pensioners' wide-ranging travels. The garden will now be relocated to the Prince of Wales Court in the grounds of the Royal Hospital, where it will act as a permanent place for conversation and rest.





DON'T FORGET THAT Summer in Sloane Square is currently underway, open every day until September 28 (weather permitting). Whether you're looking for an after-dinner drink or an al fresco meal with friends, there's no chicer spot than the sun-dappled, bunting-strung square. The Royal Court Theatre bar is serving up small plates, fresh salads, cocktails and more until 10pm every night.





ANABELA CHAN is a high jewellery brand with a difference: it's totally committed to sustainability, using plastic-free packaging, recycled aluminium and ethically sourced, lab-grown gems to create bold and beautiful pieces.

The brand's latest collection takes things one step further, making gemstones out of recycled food waste. Founder Anabela was horrified to learn that 4.4 billion tonnes of food waste finds its way to landfills every year in the US alone. In response, she and her team spent four years learning how to transform overripe fruit and veg such as

spinach, beetroot, blue spirulina, dragon fruit and purple sweet potato into pigments for gemstones. In doing so, she was inspired by ancient foraging and pigment-making techniques dating back to the Paleolithic period, when humans used natural pigments to create cave paintings. Anabela said: "From waste to wonder, we innovate through harnessing ancient traditional techniques with modern ideas and technology. It is about learning from the past to offer a different perspective in the present, always in mind for a better future." Anabela Chan 35b Sloane Street: anabelachan.com



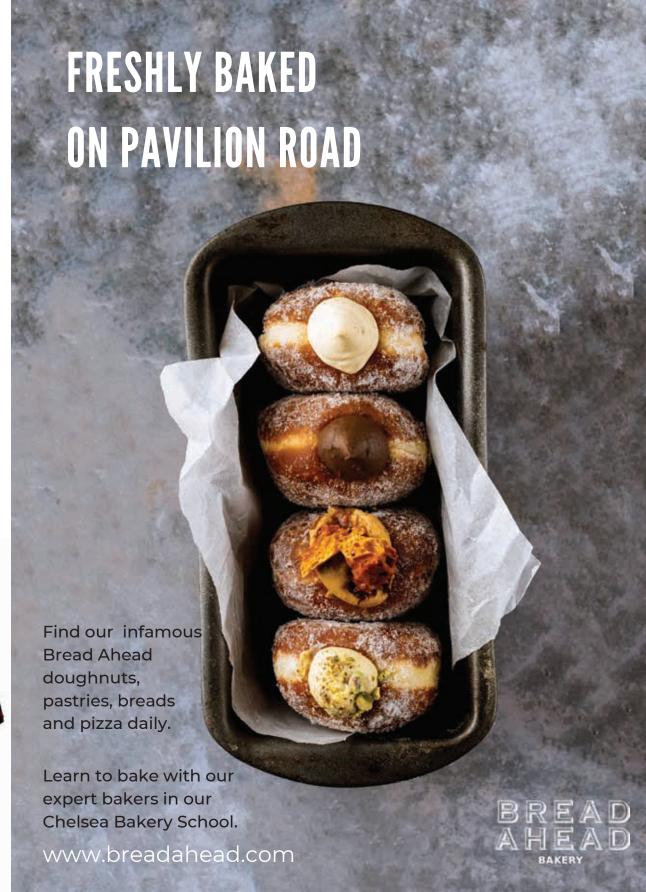
#### News/July



Raj Bhatia, founder of The Chelsea General Store on Pavilion Road, is manager of The Chelsea Grocer. He said: "I select every product personally, whether it is artisan bread, cheese and beer from suppliers around the corner, or rare Japanese whiskies and cookies from New York, with regular tastings to encourage the joy of discovery I would like everyone to feel when they walk in."

FORMER POLITICAL LOBBYIST Lou Gilmond has written a political thriller set in Chelsea. Divinity Games, which is published on July 17, explores government corruption and the increasing power of AI. Follow opposition MP Harry Colbev as he uncovers a sinister plot between government colleagues and big tech, only to find that his phone, credit cards and even his train pass have stopped working...

IT'S TIME TO SAY GOODBYE to Councillor Will Lane after a successful term as Mayor of Kensington & Chelsea. He will be replaced by Councillor Tom Bennett (pictured) who said: "It is an enormous honour to be elected by my colleagues to represent our borough as mayor. We are lucky to have so many amazing organisations and community groups across our borough, and I can't wait to meet as many as possible." Tom's mayoral cause will be London's Air Ambulance Charity, which has responded to 43 serious incidents in the borough in the last year alone.







THE FRONT ENTRANCE of the iconic Nell Gwynn house has been refurbished by renowned designer Tim Gosling. The redesign honours the building's art deco heritage and glamour - former residents include film star Diana Dors, spymaster Vera Atkins and entertainer Sir Bruce Forsyth. Sloane Avenue

ONE FOR THE KIDDIES! Taking place every Sunday morning at 9:45am and 10:45am on the Duke of York Square Running Track, minimarathoners (aged seven to fourteen) are invited to join

the Mini OneTrack

Club. With sessions

led by experienced

coaches featuring

games, skill-building

drills, and running activities, it's the ideal weekend activity to boost the confidence and athletic ability of your little ones. Sign up at:

AFTER AN INCREDIBLE 34 YEARS serving the local community, Jo Dodds has retired as area supervisor for Cadogan. The area supervisors fulfil a unique role to Cadogan, providing a familiar face and first port of call for customers across the Estate 24 hours a day. Jo was responsible for areas of Sloane Square, Sloane Street, Cadogan Gardens and Sloane Gardens during his time with the company.



Hanism Machie

HAMISH MACKIE SCULPTURE LIFE IN BRONZE



www.onetrack.club/mini



# Community / Chelsea in Bloom



CHELSEA IN
BLOOM 2025
PROVES THAT
FLOWERS ARE
ALWAYS IN
STYLE
WORDS: ALICE CAIRNS

CHELSEA IN BLOOM 2025 was a record breaking success, with more visitors than ever flocking to Chelsea to experience London's finest free flower show.

This year's theme was Flowers in Fashion. Chelsea has always been at the centre of the UK's fashion scene: the birthplace of the mini skirt, the home of punk, the namesake of the Chelsea boot and the stomping ground for fashionistas and trend setters from Twiggy to Mick Jagger. Flowers have also had their special part to play in the area's fashion history: just think of Oscar Wilde's daringly coded green carnation, or the way that Mary Quant's daisy designs came to be emblems of the Swinging Sixties.

More than 130 shops and businesses responded to the theme in style, filling the streets and squares of Chelsea with floral couture. Visitors discovered intricately woven flower crowns, oversized sewing machines and models intertwined with greenery, as well as special items and experiences including themed cocktails, afternoon teas, ice cream carts and exclusive discounts available at local shops and boutiques.

There were also plenty of breathtaking public installations to see and photograph throughout Chelsea, including an oversized punk head sporting

# Community / $Chelsea\ in\ Bloom$





a floral mohawk on the King's Road, a giant pair of riding boots on Sloane Square as a nod to the Sloane Ranger, colourful glasses inspired by Elton John and an enormous Ascot hat on Sloane Street. Visitors could take complimentary rickshaw rides or join free walking tours around the area to see the best displays.

After much consideration, the panel of expert lifestyle and RHS judges handed out 15 gold awards, 21 silver-gilts, 37 silvers and 20 bronzes at a chic awards ceremony in the Cadogan HQ. Many of the flowers used for the displays were recycled by the Confetti Club, which turns flowers into biodegradable confetti to raise money for Cancer Research UK.

This year, Chelsea in Bloom also partnered with the British Fashion Council Foundation, supporting the next generation of British creatives.

We can't wait to see what next year has in

Chelsea in Bloom is produced by Cadogan in association with the Royal Horticultural Society







#### BEST FLORAL DISPLAY Jessica McCormack

The coveted top prize went to Jessica McCormack, for an intricate, textured display inspired by the floral patterns of antique lace.

#### HIGHLY COMMENDED Antique Modern Mix and Massimo Dutti

Not one but two winners! Antique Modern Mix created a display inspired by the deep purple wedding dress designed by Vivienne Westwood for Dita Von Teese. Massimo Dutti used flowers to symbolise the creative process behind the design of its bags, from the seed of an idea to the tones and texture of the materials.

WINNERS



by fashionista and culinary icon Jeanne-Antoinette Poisson, otherwise known as Madame de Pompadour. Guests were served a signature cocktail of champagne, cognac, orange blossom and lemon.

#### PEOPLE'S CHOICE

made from yellow blooms, it paid tribute to the joys of tailoring and tweaking.











Trinny London

It was a second win in a row for Trinny London, with a display inspired by needlework. From a giant silver needle to threads





#### A DATE FOR YOUR DIARY

The Wapping Group of Artists will be hosting their annual exhibition at 340 King's Road from October 21 to November 11. The Wapping Group was founded almost 80 years ago in 1946, with members meeting every week, whatever the weather, to paint 'en plein air' at locations across London. Membership of the group is limited to just 25 members, and places are highly sought after. The annual exhibition is your chance to browse and buy original oil paintings by the 'Wappers', who will also be taking their easels out into Chelsea to paint along the King's Road. thewappinggroupofartists.co.uk

#### **RELEASED JULY 14** Dalí. BABY SUMO

A purveyor of the deep and mysterious depths of the unconscious Salvador Dalí is known for his melting watches and lobster telephones. Scratch below the surrealist tropes, however, and you'll find a diligent artist driven by a willingness to engage with the world. Coinciding with the 35th anniversary of his death, a new release from Taschen brings a sweeping, meticulous reexamination of Dalí's life and work across two volumes. A Baby-SUMO-sized book with illustrations of Dalí's key works in a size and detail never before seen in print, is accompanied by a chronology volume of yearby-year texts, written by Dalí experts Montse Aguer and Carme Ruiz. Bringing an unprecedented level of insight these collectors items will be released as 10,000 numbered copies.



#### JULY 28 TO AUGUST 28

#### Summer Exhibition

The Gallery at Green & Stone's Summer Exhibition is a chance for emerging artists to showcase their work, connect with collectors and receive prizes worth more than £20,000, including a fully funded solo show. Since 2018, the annual event has launched the careers of numerous artists, with previous winners such as Nneka Uzoigwe, Michael Slusakowicz and Tushar Sabale garnering significant acclaim. Beginning with a private view, the exhibition is a chance for collectors. curators, patrons and art lovers to discover fresh talent and support nascent artists on the brink of stardom.



#### JULY 18 **Botanical Sketchbook: Painting Pollinators**

A botanical painting workshop at Chelsea Physic Garden offers the chance to observe and paint the delicate relationship between bees, butterflies, moths and plants. Open to beginners and experienced artists, the session will be guided by a botanical artist as the buzzing garden surroundings provide an inspiring setting to develop your skills in botanical watercolour and drawing. Tickets start at £65 but are available to people aged 29 and under for £5 through the Shirley Sherwood Foundation via application. Visit the Chelsea Physic Garden website for details. 66 Royal Hospital Road



#### **UNTIL JULY 30**

#### Signet Contemporary Art Summer Exhibition

Bringing energy, colour and a talented roster of contemporary artists to the heart of Chelsea, Signet Contemporary Art's Summer Exhibition features an inspiring mix of expressive landscapes, refined still lifes and atmospheric city scenes – including a collection of works focusing on Chelsea and other parts of London. Signet is a broad church, welcoming everyone from avid collectors and art aficionados to the art curious. 378 King's Road



#### JULY 11 TO OCTOBER 6

#### More than Human

Prioritising multi-species flourishing as an antidote to a myopic human-centric approach, more-thanhuman design is a growing movement that calls for focused attention on the needs of environments and the species they host. An exhibition at the Design Museum unveils the fruits of this burgeoning trend, presenting 140 works by more than 50 participants as well as four major commissions. From a vast tapestry exploring the perspectives of pollinators to an eight-metre-long mural depicting the growing calls to award legal rights to waterways around the world – as well as a large-scale seaweed installation made specifically for the exhibition – More than Human aims to set a new direction for design based on humanity's collaboration with the natural environment.

224-238 Kensington High Street

#### Art / News



# Battle lines

FEATURING MORE THAN 140 WORKS, SOME NOT SEEN IN TWO DECADES, AN EXHIBITION AT THE NATIONAL ARMY MUSEUM CHARTS THE SHIFTING ATTITUDES TO MILITARY LIFE DURING THE REIGN OF QUEEN VICTORIA

AS THE CRISP LIGHT FALLS on the snowy battlefield, a battalion of Grenadier Guards can just about stand for a roll call. Their bearskin hats sway as they fight through tiredness – the adrenalised rush of battle giving way to pain and exhaustion. One soldier has his arm in a sling; another, sporting a

bushy auburn beard, stares glassily into the unknown, his eyes charged with the horror of war. An unknown soldier lies wounded or dead at his feet, his face resting in the snow.

Given the violent and expressly male subject matter, you'd be forgiven for thinking that *The Roll Call* was painted by a man. But it is in fact the work of Elizabeth Thompson, Lady Butler, Britain's most famous battle artist of the Victorian era.

One of more than 140 paintings,



sketches and miniatures on display at the National Army Museum in an exhibition titled Myth and Reality: Military Art in the Age of Queen Victoria, *The Roll Call* is from a time when Britain's army stopped being depicted through its generals and leaders alone.

Through perceptive sketches and battle scene depictions, military painters such as Thompson – who found national fame after *The Roll Call* was exhibited at the Royal Academy's 1874 Summer

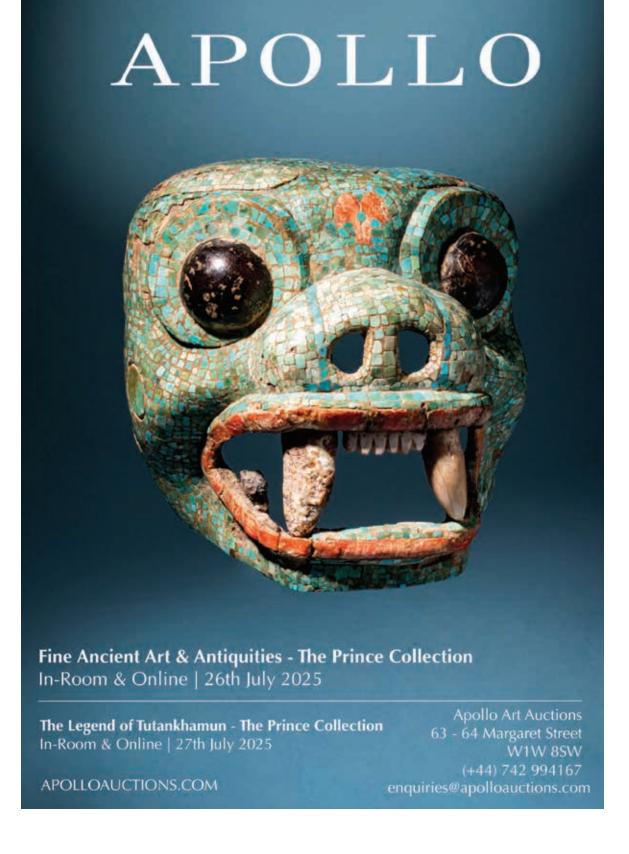
Exhibition – evoked the realities of ordinary soldiers.

Exploring the relationship between Victorian military art and the experiences of real soldiers on the frontline, the showcase features *The Capitulation of Kars* by Thomas Jones Barker, on display for the first time in

20 years, and works by Thompson such as *The Dawn of Waterloo* that are shown alongside her sketchbooks.

Running until November 2026, the exhibition shows how realistic portrayals of the battlefield hit home in the age of Queen Victoria, counteracting jingoistic visions that idealised conflict for national gain, glorifying warfare through the lens of patriotic heroism.

From July 1, Natural Army Museum, Royal Hospital Road



## Art / Chelsea Arts Festival

IT'S NEARLY TIME FOR THE INAUGURAL CHELSEA ARTS FESTIVAL, FEATURING STARS FROM PAGE, STAGE AND SCREEN. GET READY FOR THREE DAYS OF TALKS, DEBATES, WORKSHOPS, LIVE PERFORMANCES AND MORE ACROSS THE NEIGHBOURHOOD, BROUGHT TO YOU BY A STAR-STUDDED LINEUP OF ARTISTS AND STORYTELLERS. WITH SOME VERY SPECIAL GUESTS YET TO BE ANNOUNCED, HERE'S A TASTE OF WHAT YOU CAN EXPECT...

# Culture club

ELIZABETH DAY
The podcaster and bestselling author is known for her How To Fail podcast, which asks celebrities and public figures about their biggest failures and how failure has helped them grow.

#### **ZANDRA RHODES**

Iconic fashion designer
Zandra Rhodes has
dressed the likes of
Princess Diana, Freddie
Mercury and Brian May in
her colourful creations.
Her recently released
autobiography tells the
story of her life in 50

#### JORDAN STEPHENS

One half of chart-topping Rizzle Kicks, Jordan's unflinching memoir tells the story of his struggle with ADHD, drugs and repressed trauma. He'll be in conversation with author Matt Haig and broadcaster Annie Macmanus about art as a lifeline during our darkest moments.

#### **DAVID SHRIGLEY**

The Turner prizewinning artist will spea about pushing gallery boundaries, creating art for the Fourth Plint and his latest project illustrating the new book How to Art by Kate Bryan.

#### WILLIAM BOYD

The local resident and beloved novelist will discuss his eagerly anticipated new book, The Predicament, which explores espionage and betrayal.

#### SAMIRA AHMED

The journalist and host of BBC Radio 4's Front Row will be in conversation with Darren Henley, CEO of Arts Council England, on the importance of cultural funding.

#### Friend's Wedding, Napoleon and An Ideal Husband. His latest book, The American No, is an anthology of stories based on

book, The American No, is an anthology of stories based on ideas he's pitched throughout his career.

RUPERT EVERETT

The actor, director and writer

has starred in films like My Best

#### EKOW ESHUN

The curator, author and broadcaster, Chairman of the commissioning panel for the Fourth Plinth and the first black director of a major cultural institution (London's Institute of Contemporary Arts). He'll be in conversation at Saatchi Gallery.

#### IAN MCEWAN

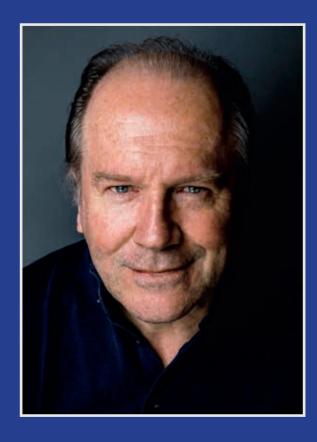
The acclaimed novelist will talk about his latest book, What We Can Know, which follows an academic searching for a lost poem in a Britain that has been partly submerged by rising seas.

Chelsea Arts Festival is presented by Country & Town House's events division in association with Cadogan. Talks will take place at Cadogan Hall, the Royal Court Theatre and Saatchi Gallery, and there will be events and installations in Sloane Street, Duke of York Square, Sloane Square and the King's Road. For the line-up, visit chelseaartsfestival.com





# Literature / Chelsea Arts Festival



# Local Hero

CHELSEA RESIDENT AND AWARD-WINNING NOVELIST WILLIAM BOYD WILL BE APPEARING AT THE CHELSEA ARTS FESTIVAL TO DISCUSS HIS NEW NOVEL, THE PREDICAMENT - THE SECOND INSTALLMENT IN HIS BESTSELLING COLD WAR SPY TRILOGY WORDS: ALICE CAIRNS

LIES, SHIFTING ALLEGIANCES, BETRAYALS AND BACKSTABBINGS - novelist William Boyd has spent the last few years immersed in the world of spy fiction. His conclusion? It's not that different from the regular world.

"I've become very interested in the psychology of being a spy or a double agent, wondering what price is paid for that life of constant duplicity" he explains.

"I have a theory that of all the genres, the spy novel

is actually the one that's closest to the human condition. Everybody in life has betrayed someone or been betrayed. Everybody has told a lie or been duplicitous. Everybody has changed identity depending on the situation they're in. Perhaps your life hasn't been at stake, but you can still understand the emotions involved in telling a lie or being lied to."

With his latest trilogy of historical spy novels, which began with the bestselling *Gabriel's Moon* and continues with *The Predicament* (released in September), William is part of a long tradition of literary novelists who have turned their hand to spy fiction.

"Joseph Conrad, Graham Greene, Muriel Spark, Ian McEwan, Sebastian Faulkes, John Banville... they all wrote their own spy novels, and I think that's because, as a genre, it's a very good route to the human condition, but writ large" he says. "It has a strange universality."

Exploring the human condition is what William is known for - his sprawling and engrossing "whole-life" novels, like *Any Human Heart*, follow one individual from birth to death, painting detailed pictures of lives lived in all their complexity. In writing about human nature, William has been aided by formidable powers of observation which he attributes to his unusual upbringing.

"I was born and raised in West Africa <code>[his</code> father was a doctor specialising in tropical medicine, so I always felt like an outsider in my country, Britain. My childhood and youth were so different, and I only really began to feel at home here when I went to university. I think that's quite a good thing for a novelist, to always feel you're on the outside looking in. I looked at people and I looked at society almost as a stranger, analysing and decoding it, and all these things were very helpful grist to the novelist's mill."

William knew he wanted to be a novelist from a

young age ("I just had this feeling that I wasn't cut out for a proper job!" he confesses).

"I probably saw some movie where a writer taps away at his typewriter, mixes himself a cocktail and wanders around his balcony. I thought, this is the life for me! I didn't know any writers or come from a family of writers, so I had to kind of educate myself on how to become a novelist. It didn't happen overnight, of course, but thank goodness it did! So here I am, all these years

later, still without a proper job, keeping the show on the road."

William is talking from his home in Chelsea, where he has lived for 37 years in a house crammed with some 5,000 books.

"It's a serious problem!" he says.

"I'm trying to cull books but it's not easy, much to my wife's despair. When I'm researching a novel, I buy a sort of library of reference books - so for every book that I write, we acquire 50 to 100 new ones!

"I am very happy in Chelsea, though. You can walk everywhere, it's small-scale and very leafy - full of trees. It's also always been attractive to artists, who find

it a wonderfully inviting and beautiful place to be. I ain't leaving!"

Chelsea of course also has its links to the spy world - James Bond's fictional flat was off the King's Road in Wellington Square, Ian Fleming lived at Carlyle Mansions, and famous double agent and member of the Cambridge Five Kim Philby lived at 18 Carlyle Square. So would William make a good spy?

"No, but I think I'd make a decent spy catcher. My habits of watchfulness and observation could be helpful to me. But I think, all things considered, I'll stick to writing novels!

William Boyd will be discussing his novel The Predicament at Cadogan Hall on September 19 as part of the Chelsea Arts Festival. Book tickets at chelseaartsfestival.com



36

# Art / Interview

THE FORMER COUNTER-TERRORISM-OPERATIVE-TURNED-ARTIST RUSS JONES IS BACK IN CHELSEA AFTER A STINT IN MIAMI, DREAMING UP THOUGHTFUL WORKS THAT ASK PROBING QUESTIONS ABOUT LIFE AND SOCIETY

WORDS: WILL MOFFITT

# Asking questions



RUSS JONES IS TALKING ABOUT LOVE. It is a concept that he thinks about a lot and one he has sought to investigate by speaking to people and asking them what they think it is and how it is best expressed.

"Everyone is entitled to their own view on love," Jones says. "You learn about it through the media, through your parents. Even your physique impacts how you think about love."

From conducting historical research on the topic – Jones is particularly interested in the

ancient Greek notions of love which treat it as something multifaceted rather than monolithic – to talking to countless people about their thoughts and experiences, he is endlessly fascinated by the concept.

Speaking to me at his King's Road studio dotted with freshly splattered canvases, the former counterterrorism operative makes for fascinating company, opining on all manner of concepts and issues that define our society.

"I don't just sit here all day and paint," Jones

tells me. "Some painters do that and they're incredible, but for

me it's more: what experiences have I got? How can I put that back together and reflect on it?"

For Jones art is about getting under people's skin, making them think more deeply about the world they inhabit.

Take *Hot Girls Like Art*, for instance, his gleaming steel-and-mirror installation that takes the structure of a *Vogue* cover and uses that deliberately provocative catch line. It is not just made to stand out but to ask pointed questions about identity, freedom, consumerism and control.

By dropping these eye-catching art installations

in public Jones finds that he can reach ordinary people outside of museums and galleries, as he did with Pompadour, an installation he worked on with the artist Ace Berry and Chelsea's much loved grocer Andreas Georghiou that won the Innovation Award at RHS Chelsea in Bloom 2025.

From confession booths asking COLLAE participants to scribble their deepest secrets on the walls to plastering thousands of blank canvases across London asking civilians how they want the world

to be different, Jones engages with the public at large.

"I think the space to be anonymous is really

powerful. That's something I really appreciate,"

he says. "What's really helpful for people is a well framed question and the freedom to write and not be persecuted for it."

Jones draws on his own experiences in his work. Discussing his time working as a counterterrorist operative he is relatively brief: it saw him operate alongside a group of people that would go to different countries to figure out how to improve their counter terrorism practices. That included "everything"



from relatively conventional stuff in East Africa to more nuanced

things in the Middle East".

After a stint in Miami last year producing art that was commercially successful but became spiritually ungratifying, Jones locked his work in a storage unit and travelled to Kashmir. He was and continues to be fascinated by spirituality, an obsession that led him through India, observing its sacred sites and quizzing and observing people's spiritual beliefs.

"In India, there are a group of [people], some who are spiritual, some who are gallivanting as spirituals, but these people believe that the darker

the thing is that you love, the closer you are to God," Jones explains.

"These guys, who are predominantly male, are living on the river Ganges, in the filth of people burning pyres where they're burning their dead," he adds." [They're] in the soot, in the dirt, living off scraps, eating anything they can find, living around human skulls. I was

like: 'okay, they're probably at the extreme end of things. Let's just go to where they are and see how spiritual I really am."

He seems to have come back home reinvigorated by his experiences; keen to "plant my roots" as he puts it, and to be part of the conversation again and not feel like an outsider.

> Chelsea is once again his creative base; a fresh canvas ripe for local collaborations, public installations and bursts of spontaneous creativity.

"Chelsea will always feel like home," Jones says. "Nowhere else in London do you have so many international people that are so accepting of people starting a business or making something or of crazy ideas that actually make sense."



# Food / News

A SLICE OF DUBAI has landed on Cale Street, where Birley Chocolate has launched a range of Dubai-style artisan chocolate bars. Featuring a combination of rich chocolate, roasted nuts and caramelised kataifi, the six bars are inspired by the opulence and flavour of Dubai chocolate, which famously went viral on social media last year. Each bar is crafted in-house and is available in Birley's signature milk or dark chocolate, with a choice of three roasted nuts: pistachio, hazelnut or peanut. Bars start at £12 in-store and online.

24 Cale Street

of ised

A NEW PUBLIC HOUSE WILL BE OPENING on the King's Road for the first time in over 100 years! The Trafalgar (224-226 King's Road) is a traditional British pub that's due to open its doors in October - visit thetrafalgarchelsea.com for more info.

IXCHEL'S SUMMER TERRACE has reopened by popular demand, sponsored by Casamigos. Pick up cooling treats for the hot summer months, from frozen margaritas and iced coffees to strawberry matchas and tasty mocktails. Ixchel's most popular summer cocktail is the Paloma, a fruity concoction of grapefruit and tequila.

33H King's Road



SAUCE-LOVERS UNITE! Sticks'n'Sushi has finally bottled its signature sauces. With four sauces to choose from – miso dip, spicy miso, chilli dip and goma dressing – we're getting ready to recreate our favourite dishes at home. Psst... we'll let you in on a little local secret: there's also a truffle goma sauce available in limited quantities and exclusively from Sticks'n'Sushi restaurants.

NEIGHBOURHOOD SPOT Volta do Mar has launched a summer menu to coincide with the opening of its newly expanded terrace. Launched by the husband-and-wife team Simon Mullins and Isabel Almeida da Silva, Volta do Mar celebrates Portugal's rich heritage and the global cultures connected by its former trade routes from Brazil, Africa and Asia. Serving dishes from Portuguese custard tarts to Mozambique piri piri chicken, every bite tells a story of migration, adaptation and shared tradition. 100 Draycott Avenue



FANCY SOMETHING NEW for lunch? Then head down to the three-Michelinstarred Restaurant Gordon Ramsay to try its new lunch menu. Designed by chef de cuisine Kim Ratcharoen, the menu is a celebration of her favourite dishes from the last 25 years. Rooted in the philosophy of seasonality, each dish showcases the best produce of the moment, carefully selected and crafted to highlight natural flavours. Dishes include an heirloom tomato tart, Sladesdown Farm chicken and mille-feuille with wild strawberries. The menu offers three courses, featuring two choices per course, at £125 per person. 68 Royal Hospital Road



THERE'S A NEW AFTERNOON TEA IN TOWN. A Tribute to Nature is Jumeirah Carlton Tower's latest afternoon tea experience, which has been created in collaboration with Cadogan Gardens. Inspired by the botanical beauty and heritage of Cadogan Gardens, the menu boasts creations that reflect the rich diversity of the gardens' flora – think vibrant flavours of pineapple, guava and elderberry alongside the more delicate lavender, bay and Japanese quince. Prices for the tea start from £85 per person. For bookings, visit jumeirah.com/en/stay/london/the-carlton-tower-jumeirah



9

#### Food / News



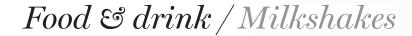


THERE'S A NEW PUB on the block: The Chalk Freehouse. From the team behind The Hand and Flowers in Marlow, Buckinghamshire (the first pub in the world to be awarded two Michelin stars), The Chalk Freehouse is the brainchild of chef Tom De Keyser and The Tom Kerridge Group. Celebrating traditional British gastropub dining, the menu boasts comforting classics with a refined flair.

25-27 Tryon Street







#### KNOOPS

You see a line forming outside for a reason. Rich and creamy,
Knoops milkshakes are made with Knoops' ever-so-popular
ice cream and your choice of chocolate percentage.
We're liking the intensely dark and hedonistic
100 per cent extra dark with no added sugar. It's bold
and intense and not for the faint-hearted.
69 King's Road



#### **VENCHI**

Not your average milkshake, this is a

uffed full of chi gelato, you can customise your shake with whichever flavour of ice-cream you fancy, chocolate and hazelnut spread and whatever toppings you like. This is one for the ice-cream connoisseurs. 71 King's Road



#### MY OLD DUTCH

My Old Dutch does the classic shakes well: banana, chocolate, strawberry... But we're loving their latest shake – the Dubai chocolate milkshake. With a thick, rich chocolate base and stuffed full of pistachio sauce, it's sinfully moreish.



Come in with a big (or we should say jumbo) appetite for one of Big Easy's Jumbo luxury artisan thick shakes. With a whole array of flavours from salted caramel to vanilla, we're loving the cappuccino shake which is smooth and creamy with that extra-caffeine hit.

332-334 King's Road



Searching for a milkshake upgrade? Amorino keep it simple but decadent by blending its Italian gelato with fresh whole milk and finishing it off with whipped cream and gourmet toppings - macaroons being one of many. Vegans will be pleased to hear that there's an option, crafted with sorbet instead of gelato. We love the raspberry vegan milkshake - tangy, sweet and oh-so-refreshing. 67A King's Road





Your dinner table is about to set new standards.

Now open at 120 King's Road





after season. 81 King's Road



SEARCHING FOR some new summer wardrobe pieces? We're loving The Fold's latest collection, featuring bold silhouettes and a tapestry of colours: vibrant for event season and soft neutrals for the everyday fits.

The Fold, 28 Cadogan Place



#### Fashion / News

CEFINN has opened a flagship store on the King's Road, bringing their chic and flow-y dresses right on our doorstep. Made for the multitasking woman, pieces are smart, modern and timeless. Cefinn, 149 King's Road



THERE'S SOMETHING
WHIMSICAL in the air! It must be the
new SISTER JANE pop-up at
Anthropologie. Womenswear label
SISTER JANE is known for their
nostalgic aesthetic, playful silhouettes,
and intricate detailing. The pop-up
showcases some of the brand's most
sought-after pieces, including their
iconic jacquard dresses and chic
co-ords. The pop-up will be available
to shop at the Anthropologie King's
Road Gallery until July 13.

DIOR HAS
INTRODUCED a new
range of stunning and
unique watches in the
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d'Opale collection.
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collection is known for
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craftsmanship and

artistic heritage.
Unique and oh-socolourful, these new
pieces feature
exceptional opal dials
and colourful bezels in
diamonds, sapphires,
emeralds, rubies,
tsavorites and
amethysts.

#### TED BAKER

LONDON

Ted's Grooming Room

#### **CHELSEA FULHAM ROAD**

283 FULHAM ROAD, CHELSEA, LONDON, SW 10 9PZ



#### CHELSEA KING'S ROAD

136 KING'S ROAD, CHELSEA, LONDON, SW3 4XB



020 3397 9966 tedsgroomingroom.com



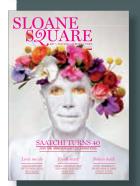
# KEEP IN THE KNOW

















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#### Fashion / Trending

#### FITFLOP

Iqushion ergonomic flip-flops, £32 Office, 58 King's Road

#### JIGSAW

Reversible cotton stripe bucket hat, £50 145 King's Road







butter, £1,850 9 King's Road

#### **CURATED CROWD** Cashmere striped

polo collared top in lemonade, £200 163 Draycott Avenue





Portofino shirt in linen, £175 44 King's Road

#### **HACKETT LONDON**

VUORI

Clarity Dad hat, £30 18-21 Duke of York Square

Linen Delave hopsack blazer, £490 137-138 Sloane Street

#### SLOWEAR Incotex slim-fit

certified stretch gabardine trousers, £265 15 King's Road

#### **BIRKENSTOCK**

Gizeh sandals, £45 68 King's Road

Chevron blazer, £3,560, trousers, £1,100 and knit T-shirt, £870 22 Sloane Street

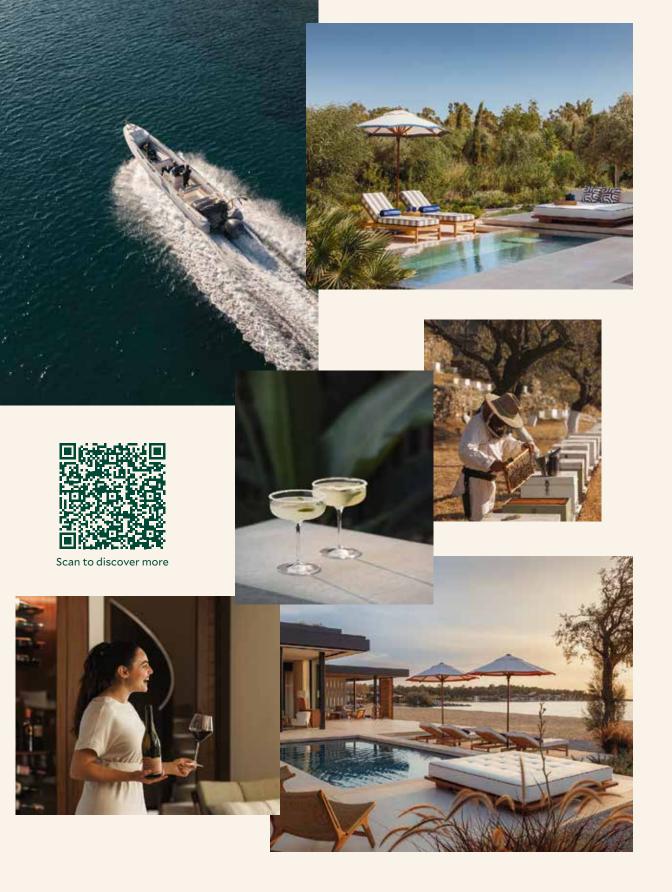
**BRUNELLO CUCINELLI** 

#### **OLIVER BROWN**

Short Pantherella cotton socks, £20 75 Lower Sloane Street









#### TAKING TRAVEL TO EXTRAORDINARY HEIGHTS

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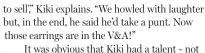
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# Style / Kiki McDonough All that GLITTERS





for selling antique jewellery, as her father and grandfather had done, but for creating her own fresh and covetable pieces. Soon, she'd won herself a dedicated celebrity clientele, including three members of England's most famous family:

Princess Diana, Queen Camilla and Catherine, Princess

"Of course, I feel incredibly lucky to have women in the royal family who wear and love my pieces," Kiki says.

"I've never tried to do 'bling' or follow trends - I've always believed in creating jewellery that's beautiful, wearable and timeless. But while it's fun to see my pieces being worn on the red carpet and at high-profile events, the real joy for me is walking through London, down the King's Road or on my way to the theatre, and spotting someone wearing my jewellery."

Chelsea has had an important role to play in Kiki's journey. Brought up on Woodfall Street, she lived in Chelsea until she was 22 and opened her store at 12 Symons Street in 2008.

> "Chelsea forms the backdrop to my earliest memories," she explains. "It has always had this wonderful, ever-changing energy - it's quirky, full of character and never quite the same from one vear to the next.

"It's always been a fun, slightly bohemian, endlessly interesting place and that makes it a perfect home for the brand."

Now, as she celebrates 40 years, Kiki credits her loval clients - in Chelsea and further afield for her longstanding success.

"My inspiration really comes from them - the women who wear my jewellery and bring it to life. I'm always thinking about how it fits into their lifestyle like it fits into mine, whether it's something to wear at work, out to dinner, or just because it brightens up a casual Tuesday.

"Celebrating this milestone is truly special. It's a tribute to the loyalty of our fantastic clients and a reminder to stay true to our ethos that jewellery should be joyful, wearable and make vou feel wonderful every single day." Visit Kiki McDonough's Chelsea store at 12 Symons Street. Kiki's new book, Kiki McDonough: A Life in Colour is out now and available from Waterstones, 158 King's Road



40TH ANNIVERSARY. WE ASKED KIKI TO SHARE THE SECRETS OF HER SUCCESS WORDS: ALICE CAIRNS

CHELSEA-BASED JEWELLERY BRAND

KIKI MCDONOUGH IS CELEBRATING ITS

"DEEP PURPLE AMETHYST, SUNSHINEY CITRINE, SMOKY TOPAZ, AND MORGANITE THAT'S THE SAME PALE-PINK AS A BALLET SLIPPER"...

Kiki McDonough's jewellery is an ode to colour, with deep saturated gemstones set against glittering diamonds.

But as her brand celebrates 40 years in business, Kiki confesses that she never intended to become a jeweller.

"Both my father and grandfather were antique jewellers, so I have always been completely at home with fine jewellery," she tells me.

"When my father retired he asked if I would be interested in taking over. I wasn't interested at all - I was 21 and the whole world was opening up to me after getting out of school. I had no intention of running a business."

Years later, Kiki's friend asked her to redesign an old-fashioned brooch from his antique shop. Struck

> by inspiration, she transformed it into a pair of earrings, accessorised with a crystal heart and topped with a bow.

> > "We got the jeweller David Deacon down from Birmingham and he said, 'I don't think these are going

#### QUICKFIRE OUESTIONS...

#### Your favourite gemstone?

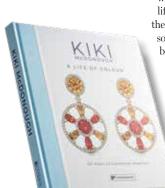
There's always a place for peridot in my heart.

#### Favourite Chelsea haunts?

John Sandoe Books is a total treasure trove, Manicomio restaurant and Peter Jones - or, as I call it, "the Mothership"!

#### Any unexpected hobbies?

I've always loved the ballet - it inspires me both personally and creatively. I'm also a huge fan of Liverpool FC!



"I'VE ALWAYS THAT'S BEAUTIFUL. WEARABLE AND TIMELESS'

# History / 60's Chelsea

# Swinging Chelsea

A NEW BOOK BY LOCAL RESIDENT AMIRREZA TAYEBI CELEBRATES CHELSEA AS THE EPICENTRE OF THE SWINGING SIXTIES

**WORDS: ALICE CAIRNS** 

 $\overline{62}$ 

A VERY BRITISH

REVOLUTION

"I THINK THAT MOST DECADES CAN BE DEFINED BY A SINGLE CITY" explains Amirreza Tayebi, author of A Very British Revolution.

"In the 1920s it was Berlin, with cabaret and Christopher Isherwood. In the '50s it was Rome with La Dolce Vita, and in the '70s it was New York, with Studio 54 and disco. But in the 1960s, it was London. London was key to the sweeping changes taking over the world: changes in fashion, changes in music, changes in culture. And guess where in London that change radiated out from? It was the King's Road. One street where life as we know it changed forever."

Amir first fell in love with the '60s while listening to his dad's stories about living in a flat just off the King's Road, rubbing shoulders with rock stars, actors and artists. After his dad died, Amir was inspired to seek out and interview key figures from 1960s Chelsea, including Michael Caine, Terence Stamp, Julie Christie, Bill Wyman and David Bailev.

"I decided to write my book during the pandemic, when I felt like I needed distraction.

The Swinging Sixties had become a kind of hinterland for me, a place I could escape to during my research, where things were bustling and exciting - very different to lockdown London! And the more I immersed myself, the more people I spoke to, the more fascinated I became."

What Amir discovered was that the 1960s weren't just a time of mini skirts and good music (although there was plenty of that) - it was also an era of unprecedented optimism, when change occurred at a breakneck pace and when anything felt possible to those who wanted it enough.

"The 1960s was a time of change that still impacts us today, at this moment" Amir explains.

"The death penalty was abolished, homosexuality was legalised, rules around

divorce were relaxed. A lot of these changes came from the youth and the working class pushing for change, breaking away from the shackles of the establishment. They simply weren't willing to accept the status quo, and so they created a new world for themselves."

"ITHINK IT'S SO INSPIRING
TO REMEMBER THAT
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I HOPE THAT WILL
CONTINUE TO INSPIRE
NEW GENERATIONS OF
CHELSEA CREATIVES."

Gender politics were also undergoing seismic change, with more opportunities for women than ever before.

"Chelsea women were at the centre of the cultural revolution during the '60s" Amir says. "Society was still extremely sexist and misogynistic, but women like Dame Mary Quant, Twiggy, Marianne Faithfull and Julie Christie carved out a place for themselves. These women became icons in their own right, proving that women could be more than housewives. And they did that right here in Chelsea!"

At the same time, Chelsea fashion designers were dreaming up a bold new aesthetic: boutiques like Bazaar and Granny Takes a Trip sold colourful and eccentric clothes featuring swirling psychedelic prints and soaring hemlines.

"Everything was colourful, and there were no limits on creativity" Amir says. "People weren't afraid to be a little eccentric."

Amir hopes that anyone reading his book will take inspiration from the 1960s to be a little more bold.

"Of course, the '60s weren't perfect, and every decade has its problems. But I think it's so inspiring to remember that the Chelsea streets we walk through today have this wonderful history. I hope that will continue to inspire new generations of Chelsea creatives.

And remember, change didn't come from the establishment – it came from young people, women, artists, and the working class. The message I hope people take from the '60s is that there is power where there is positivity and hope!"

#### IMMERSE YOURSELF IN THE SOUND OF THE KING'S ROAD



Sgt Pepper's Lonely Hearts Club Band The Beatles, 1967

The iconic album cover was photographed at Chelsea Manor Studios on Flood Street. When they'd finished recording the album, the Fab Four rushed the tapes over

to Mama Cass's flat (on Luna Street) and woke up the neighbours by playing it at top volume.

# Let it Bleed The Rolling Stones, 1969 The Rolling Stones lived at a number of addresses across Chelsea including Cheyne Walk and Edith Grove. 'You Can't Always Get What You Want' from Let It Bleed deals with

ROLING STOMS LET IT BLEEF

an end of the decade uneasiness as the swinging sixties fizzled out into addiction and loss - it also namechecks the Chelsea drugstore.



The Piper at the Gates of Dawn Pink Floyd, 1967

Many tracks from Pink Floyd's debut album were recorded in the Sound Techniques studio in Chelsea. Sound Techniques (located at

46a Old Church Street) opened its doors in 1965 and soon became a hub for folk-rock artists like Nick Drake, Fairport Convention and Vashti Bunyan. Pink Floyd's Syd Barrett would later live at Chelsea Cloisters.







## Community / Awards

#### IT'S TIME TO MAKE YOUR NOMINATIONS AND CELEBRATE YOUR COMMUNITY



WHAT IS IT THAT
MAKES CHELSEA SO
SPECIAL? From tiny
independents to worldrenowned luxury brands,
from revered arts venues
to hip nightclubs, it's an
eclectic spot with something
for everyone. There's always more to
discover, too – even for those who
have lived or worked in the area for
decades.

That is why we love receiving your nominations for the annual Chelsea

CHELSEA

**AWARDS** 

Awards. Every year we discover a whole host of deserving individuals, businesses, galleries, museums and more, all of which contribute to the richness of Chelsea life. Every one of your nominations is put forward to

our panel of local judges, who will select a worthy winner in each of our seven categories. So whether it's a tiny local cafe, a hard-working school teacher, an inspirational community leader or a worldrenowned brand, please do

nominate them for a Chelsea Award. This is your chance to celebrate your local area, and to give back to the places and people that make it so unique. We can't wait to read your nominations!

The Jumeirah Carlton Tower is a proud sponsor of the Chelsea Awards. Hotel manager Andrew Booth shares his love of Chelsea...

#### What's so special about the Chelsea community?

Chelsea is a unique blend of heritage, elegance and genuine warmth. What I love most is the sense of community that transcends generations – residents, local businesses and institutions working together with a shared appreciation for culture, creativity and quality. It's a place

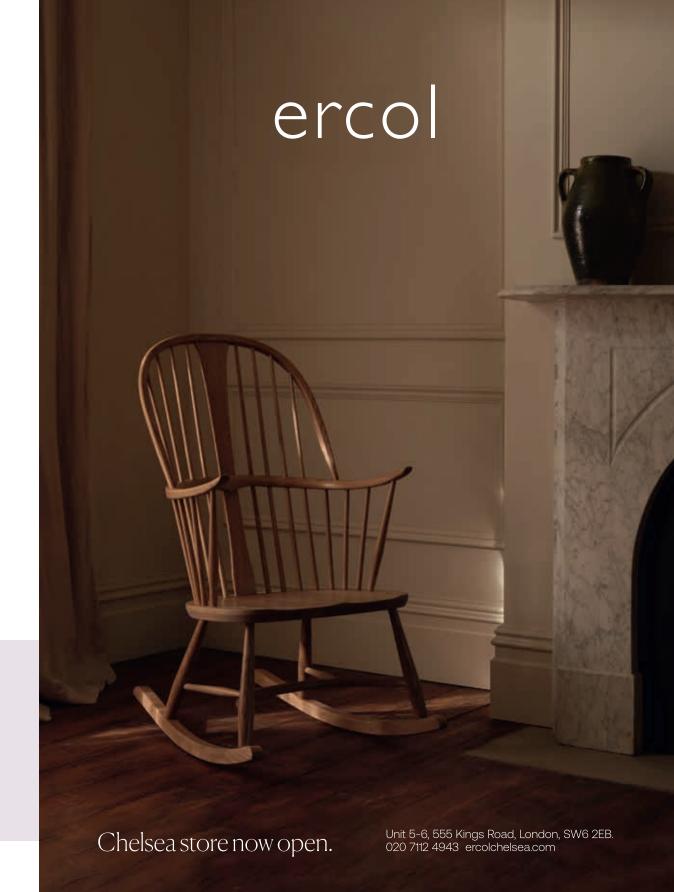
where tradition meets innovation, and you feel that energy every day.

Are there any Chelsea businesses or people you hope to see nominated?

There are so many deserving individuals and businesses in Chelsea. I'd love to see longstanding

independent retailers and local

charities recognised – those
who quietly support the
community day in and day
out. Also, the small cafes
and family-run shops that
bring so much character
to our streets truly
deserve the
spotlight.



#### Community / Awards

ONLY IN CHELSEA
Businesses that bring
something unique to the
area

COMMUNITY HERO
An organisation or person
that has benefited the
community through their

actions

CULTURAL CHAMPION
An organisation that has enriched Chelsea's culture and raised the area's profile

IN GOOD TASTE Someone who has made Chelsea more delicious

COMMUNITY
COLLABORATION
Businesses that have joined forces for the greater good

MASTER OF CRAFT
An artisan who elevates
the everyday to the
extraordinary

FUTURE FORWARD
A company that is
innovating to meet
tomorrow's challenges.
That could be sustainability,
experiential retail or
something quite different

To make your nominations for worthy winners in the categories shown, visit chelseaawards.com or scan the OR code



Cripps is a proud sponsor of the Chelsea Awards. Laura Southgate, partner and head of the Cripps London office, shares what Chelsea means to her...

Why are the community awards so important? The awards shine a spotlight on people and businesses that make a real difference. They celebrate the heart of a neighbourhood, reminding us of the power of creativity, kindness and connection. Recognising local contributions helps build pride, encourages others to get involved and strengthens the bonds that make a community thrive.

Why do you love Chelsea?
In Chelsea, cultural and artistic heritage meets innovation and every street tells a story. I love the way the community blends long-time locals with fresh perspectives, and how businesses, charities and residents support one another. Despite the international prestige of

Chelsea, the community

creates a small town

feeling in a big city.





The Chelsea Awards are created and supported by Cadogan and Sloane Square magazine.

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Climb the Three Peaks



Cycle in Sri Lanka



Dance in the Strictly Dancing Ball



# Community / Media

#### What do you love about local journalism?

My journalism career began 40 years ago, in 1985. My first job was on the Wimbledon News, and that is really where I fell in love with journalism - particularly local journalism - because you see its impact up close. Within 18 months I was working on the national newspapers as a reporter, and although it's on a bigger scale and the stories are far grander and more exciting, I never lost my love for local news and the way it could make a real difference to a community

We're quite disconnected in the world at the moment. Everyone's attention is spread all over the place. I think that's why local news really matters, now more than ever, because what's going on in your community directly impacts your everyday life, whether it's a car crash or a planning application. We need to pay attention.

#### How did the Chelsea Citizen come to be?

I've had the idea to start my own local newspaper for years, but it's an enormous undertaking. Last year I decided the time was right to get started! What really convinced me to go for it was that in the last four years I've led two very important campaigns locally one on road safety after the death of Jack Ryan, and the other to stop a high-rise tower being built on Battersea Bridge. For that campaign, I was able to

#### What can we expect?

It is online only because that is the way things are - although at some point in the future, it'd be an absolute dream to have a print edition. The focus is on local stories, small and large.

My mantra over the years has been to think positively first. If there's something that annoys me locally, something that isn't working as it should, I try to find a solution to it rather than to complain about it. I like to ask "how can we change this?" I want that spirit to be part of the Chelsea Citizen too, thinking positively first: trying to bring something good out of a situation, rather than just to sit around whinging. I want the Chelsea Citizen to be a campaigning paper, both telling residents what's going on in their area and being there as a support.

#### What has the response been like?

It has been just so fabulous. There's a clear appetite and a desire for a hyper-local newspaper in Chelsea, and I've had some really wonderful feedback.

#### What do you love about Chelsea?

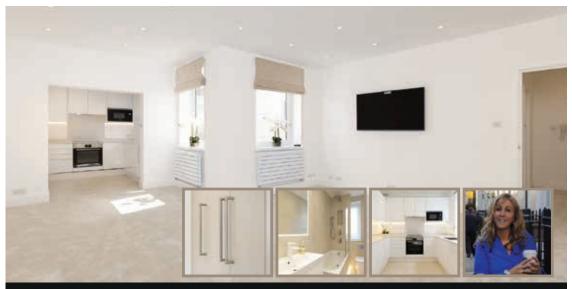
I moved here in 1995, so I've been a Chelsea resident for 30 years. I think it's a very special place to live, and it has a lot of different dynamics to it. A lot of people have a perception that it's just for rich people,

# READ ALL ABOUT IT

bring in some really big celebrities like Mick Jagger, Eric Clapton and Felicity Kendal. Running those two campaigns made me realise how useful my journalism is in terms of uniting the communities. When you see what journalism can do, it's quite inspiring. but I don't see that at all. There is a broad reach to this community, with residents from all backgrounds. I want to help to tell those unexpected stories. I want to get the people of Chelsea talking to each other more!

Rob McGibbon is seeking a local consortium of philanthropists to help fund The Chelsea Citizen. Contact him at editor@thechelseacitizen.com. Thechelseacitizen.com





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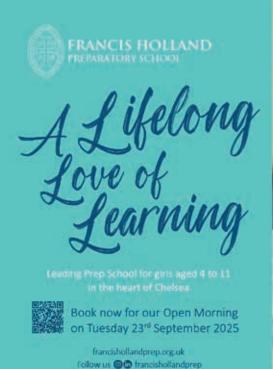
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#### Old Church Street, Chelsea, SW3

A spacious chic and luxurious first floor apartment (with lift), newly modernised to a high standard and turn-key, boasting 2.65M high ceilings in this popular and peacefully situated period Chelsea block. This exclusive address and neighbourhood is just a short walk from King's Road and the River Thames, surrounded by stylish shops, cafes, restaurants, bars, cultural attractions, and convenient access to everyday food stores.

£ 1,088,000 stc Long Lease





# Charity / K+C Foundation

# Give where you live

#### HOW THE K+C PHILANTHROPY CIRCLE IS SUPPORTING LOCAL PEOPLE

Last month, The Kensington + Chelsea Foundation launched its new initiative 'The K+C Philanthropy Circle', inviting supporters to join a network of incredible local philanthropists with a minimum donation of £5,000 per year. The launch event featured Joe Powell, MP for Kensington and Bayswater, interviewed by local resident and broadcaster, Matthew Stadlen. The K+C Philanthropy Circle builds on the K+C

Foundation's passion for the power and impact of local giving. It offers its supporters the chance to help address the significant inequalities in our borough by improving the education, mental health, skills and job opportunities of disadvantaged residents. From providing tutoring and mentoring projects, to

counselling support and warm homes, every donation will make a meaningful difference right on your

Giving to the K+C Foundation is both efficient and effective. Last year, 98p in every £1 was spent on its charitable work, reaching 23,300 residents in need.

By joining The K+C Philanthropy Circle, members will play a vital role in improving the lives and life chances for the most vulnerable residents in our community.

Circle members will receive exclusive invitations to events which offer a deep-dive into issues affecting the borough and the chance to hear real stories from frontline heroes helping to address them. This will

- Visits to impactful local projects to see the work in
- Storytelling events that offer a behind-the-scenes look at some of the borough's most innovative projects
- Hands-on volunteering experiences to make a real impact in the community
- Invitation to the Foundation's Annual Impact Report Launch to hear directly how your support has made a difference over the year
- Access to exclusive, private events featuring distinguished speakers

If you'd like to know more about the K+C Philanthropy Circle and how you can join, please contact cshaikh@ thekandcfoundation.com

"How could you not want to be involved once you understand the difficulties our near neighbours face?"

Founding member of The K+C Philanthropy Circle





To find out more or to make a donation, please visit thekandcfoundation.com



L'OBJET is celebrating its 20th anniversary with the BLINDFO release of a brand new L'OBJE perfume. Blindfold Eau de Parfum is inspired by the scent of clean skin and warm sheets: it's musky, powdery and sensual, with notes of gardenia milk, tobacco and sandalwood. 162A Sloane Street

> searching for. 25 King's Road



Beauty / News

AS THE CHELSEA CALENDAR

fills up with al fresco events,

don't forget to protect your skin!

The Organic Pharmacy offers an

SPF moisturiser (£45) that's enriched with hyaluronic acid, witch hazel and carrot root extract for plump, hydrated skin that's also safe from the sun.

43 Cadogan Gardens



## Health & Wellness / Auriens

# Wellness WARRIORS

AURIENS OFFERS A CUTTING EDGE WELLNESS PROGRAMME FOR ITS OLDER RESIDENTS. WHAT CAN WE LEARN FROM IT?

WORDS: ALICE CAIRNS

WANT TO GET IN THE BEST SHAPE OF YOUR LIFE? There's no better place to look for inspiration than Auriens, the luxury later living destination where residents benefit from a cutting edge health and fitness programme. Director of wellness

Gideon Remfry has been called one of the top 25 trainers in the world by *Men's Fitness*, with clients including Shane McGuigan, Adele, Kylie Minogue and Ethan Hawk. He shares his insights.

HOW DOES WORKING WITH 65+ YEAR OLDS COMPARE TO WORKING WITH ATHLETES?

Working with a 65+ year old and working with an athlete is not fundamentally that different. Performance is performance, whether you just want to get out of a chair or run faster and further. We uniquely model performance for whoever is sitting in front of us, using many of the same basic principles, just adjusted for the individual.

I've worked with athletes and celebrities, but I think my clients at Auriens are actually much more compelling as a cohort, because the work we do with them really radically changes their life outside the gym.

#### TALK US THROUGH THE WELLNESS JOURNEY OF SOMEONE AT AURIENS.

It starts with a wellness assessment, looking at things like lifestyle, sleep, diet, medication, medical history and the goals of the client. We take bloods on site, and the results come through within 10 to 15 minutes. That really gives us a sense of where the client is, and how their lifestyle is affecting them - we call it our cellular stress test. We measure body composition with a medical grade body composition analyser, which tells us how much body fat they're keeping on them, and how much visceral fat they have internally.

Using all that information, we put together a six week program. This includes training sessions, massage, manual lymphatic drainage and reflexology. These are very personalised programmes - they can be adapted to people who are immobile or post-op.

#### WHAT KIND OF RESULTS HAVE YOU SEEN?

We have seen huge improvements across a number of markers. Residents have seen a 40% reduction in cellular stress, an 80% reduction in visceral fat, and a 64% increase in skeletal muscle mass. The people we work with are healthier and happier, and they make friends too as part of our group classes.

# HOW CAN WE IMPROVE OUR FITNESS, EVEN IF WE DON'T HAVE ACCESS TO THE AURIENS FACILITIES?

We're doing some very cool stuff at Auriens, but really, the basics are pretty simple. A lot of people think there's no possibility of change. I think exercise is probably one of the most powerful medications in the world. The outcomes on longevity are profound. What we know is when people stop moving, they decline very rapidly - both physically and mentally. The very basics of exercise, just moving daily, doing the shopping, gardening, are fundamentally important. If you lose a reason to do that, make one! Get a dog, or if you're retired or work from home, try a 'fake commute' - even if that's just getting dressed and walking around the block before sitting down to work.

#### **HOW ABOUT DIET?**

What's lesser known is that the older we get, the more protein we require. I think trying to achieve about 1.2 grams of protein per kilogram of body weight is ideal - and what that means is having a good portion of protein every meal, three meals a day. If that's tricky, you can get high protein yoghurt pots that can help with that, or you can add an egg or nuts to your breakfast or lunch.

#### HAS WORKING AT AURIENS CHANGED YOUR APPROACH TO WELLNESS?

Yes! Now when anyone talks to me who's under 50 and says 'I can't put on muscle', I start laughing. In this job I'm regularly seeing people who are over 80 putting on half a kilo of muscle in six to eight weeks. There's some amazing research out there. Biobank did a study on changing your lifestyle at 60+, and you can put ten years on your life with some fairly simple changes to your exercise and nutrition. Resistance training can not just help you get stronger and build more muscle, but it can also reduce perceived stress, pain, and a lot of other markers associated with ageing. It's never too late to invest in your health! *Auriens*, 2 *Dovehouse Street* 





OPPOSITE: GIDEON REMFRY. FAR LEFT: AURIEN: Images: SAIM CAVELTY-CLARGE
LEFT: AURIENS SWIMMING POOL IMAGE: REISNATION LAVERNE

# My Chelsea / Victoria Steward Todd

#### WHAT MAKES WORKING WITH THE K&C FOUNDATION SO REWARDING?

I've always worked within the charity sector but what attracted me to this job 5.5 years ago, and which still keeps me motivated today, is the idea that all of our money is raised and spent in the same community. That means that our staff and our supporters can feel really connected to the work we're funding and see firsthand the impact that it's having on residents in need.

it's having on residents in need.

WHAT IS YOUR
FAVOURITE
CHELSEA...
...SHOP?
I was so excited when
Trinny

VICTORIA STEWARD

ODD IS THE DIRECTOR

OF THE KENSINGTON -

CHELSEA FOUNDATION

WHICH SUPPORTS

VULNERABLE PEOPLE IN

THE COMMUNITY. SHE

SHARES HER FAVOURITE

LOCAL SPOTS

AS TOLD TO: ALICE CAIRNS

London opened a flagship store on the King's Road. I love her skincare products and the whole ethos of supporting women to feel amazing and enjoy beauty

products at all ages.

...SPOT FOR LUNCH?
One of our supporters introduced me to the Anya Café on Pont Street which I absolutely love.
Like everything Anya does, it's very playful and fun.
The restaurant manager, Darren, is fantastic and has been very supportive of The K+C Foundation, hosting an event for us last Spring serving some

amazing negronis.

...CULTURAL VENUE?
Well I'm going to bend
the rules slightly because
it's not strictly a cultural
venue, but I love the Royal
Hospital and the visibility
of Chelsea Pensioners
in the community. My
Dad is ex-military
and I took him to the
Veteran's Christmas
Carol service at the
Wren Chapel a few
years ago which was
wonderful. I agree

with Christopher Wren's take on stained glass
- am not a fan - so I love the windows in the chapel, it's such a beautiful place to be.

..RESTAURANT? I think you can't beat a relaxing Sunday roast at The Cadogan Arms. As well as amazing food, they have offered really meaningful support for the community too. As well as running our Give Where You Live fundraising campaign, they put on a fantastic lunch for older and isolated residents in January, who were struggling in the bleak period post-Christmas.

#### WHAT'S YOUR HAPPIEST MEMORY IN CHELSEA?

I love watching the Kings Road Christmas Lights switch on and fireworks from the Vardo roof top. It kicks off the festive season for me and raises funds for our work.







Dada Engineered

# Molteni & C

MOLTENI&C FLAGSHIP STORES
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