

SEBRA NEWS W2

QUEENSWAY-TAKING SHAPE



EXPLORE THE REGENERATION OF BAYSWATER'S MOST IMPORTANT STREET IN OUR FOUR-PAGE SPECIAL

PLUS... DOCKLESS E-BIKES, THE CASE FOR CASH, LORD HILL'S BRIDGE, THE DIRTY DOZEN, NEWS, ARTICLES, FEATURES, INTERVIEWS AND MUCH MORE IN ANOTHER GREAT ISSUE.

In this Issue

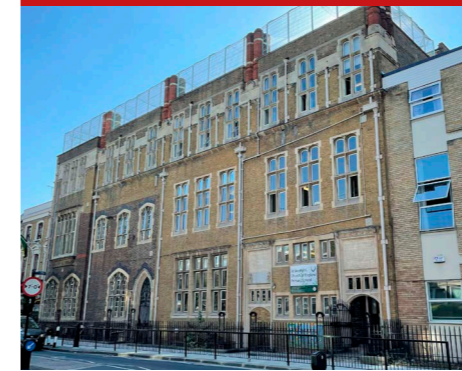
6 DONATIONS DROP AT 'NO CASH' PROMS



16 COUNCIL LEADER ADAM HUG



44 MEMORIES OF ST STEPHEN'S SCHOOL



77 "THE BEST COFFEE IN SEBRALAND"



7 THE TERRIBLE STATE OF LORD HILL'S BRIDGE



18 OPPOSITION LEADER RACHAEL ROBATHAN



58 GREEN PLAQUE WITH A SEBRA CONNECTION



108 TICKET OFFICES MUST BE SAVED



INTRODUCTION	
FROM THE CHAIRMAN	2
FROM THE EDITOR	4

SAFETY VALVE	
MOSCOW ROAD NOISE WOES	10
E-BIKES CAUSING PROBLEMS	11
MAKING A CASE FOR CASH	12

AROUND BAYSWATER	
A FLOWER MYSTERY	19
SIX MONTHS AS LORD MAYOR	20
"QUEENSGATE" Q&A	22
REGENERATION OF QUEENSWAY	26
COMING TO TERMS WITH ENTROPY	32
JOHN ZAMIT'S "DIRTY DOZEN"	34
HYDE PARK ASSOCIATION NEWS	40
JACK GORDON - REBEL ROUSER	48
FRIENDS OF ST MARY'S DONATION	52
Hyper NEWS	54
STORIES FROM THE WEB	56
POLICING THE COMMUNITY	66
THE SEBRA SUMMER PARTY	68
GREEN LIVING IN SEBRALAND	72
HEATHROW UPDATE	74
CLEAN AIR BAYSWATER NEWS	75
LANCASTER HALL HOTEL AT 50	76
RAYS OF LIGHT AT ST STEPHEN'S	84
NEWS FROM ST JAMES'S CHURCH	85
PADDINGTON LIBRARIES	86
OFSTED AT HALLFIELD SCHOOL	88

HEALTH AND WELLBEING	
PELVIC FLOOR INFORMATION	90
EAT WISELY AT CHRISTMAS	92

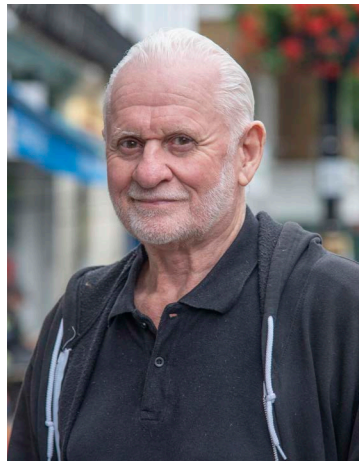
THE ROYAL PARKS	
NEWS FROM THE FRIENDS	98
SERPENTINE EXHIBITIONS	100

POLITICAL COMMENTARY	
KAREN BUCK MP	102
NICKIE AIKEN MP	104

GLA & WCC CITY HALL NEWS	
KEEPING TO THE RIGHT	106
KEEPING TO THE LEFT	108
WARD BUDGETS	110
NEWS FROM YOUR COUNCILLORS	111

PROPERTY AND LICENSING	
CHESTERTON'S MARKET REPORT	115
TIPS FROM LUROT BRAND	116
KNIGHT FRANK UPDATE	117
LICENSING SEBRALAND	118

LETTERS AND ABOUT SEBRA	
YOUR LETTERS	120
ABOUT SEBRA	123



From the Chairman

Chairman: John Zamit

Email: chairman@sebra.org.uk

Phone: 020 7727 6104

Mobile: 074 59954 245

Address: 2 Claremont Court, Queensway, London W2 5HX

Welcome to the latest issue of SEBRA NEWS W2. I think this is another great read, so huge thanks go to everyone who contributed, and to our advertisers. Space is short so we shall move straight to my first topic.

GRAFFITI & CASH MACHINES



The above photo was taken recently on a trip to Brick Lane, which is famous for Indian restaurants, shops and street food. The photo shows a vacant shop and a cash machine covered in graffiti and fly posting.

Both are very relevant to SEBRALAND. In our area we have little graffiti and fly posting because as soon as we see it, we remove it or report it and Veolia do a great job of clearing it quickly.

The same cannot be said for much of Westminster, particularly the Harrow Road area and the West End, as it seems nobody reports it as much as we do.

The second comment is that whilst Brick Lane has a cash machine, we are losing them fast, particularly in Queensway where we once had seven. That number is now down to two with one to go shortly when the Queensway Parade development starts next year.

DISAPPOINTING NEWS ON CITY INSPECTORS

Regular readers of this magazine will know that for as many years as I can remember, SEBRA has been asking for dedicated evening and weekend cover by City Inspectors, in addition to the usual standard working hours from Monday to Friday.

Well our hopes were raised when the new Labour administration agreed to review the present highly unsatisfactory arrangements for City Inspectors coverage in Westminster.

The new arrangements have just been announced and whilst they are not what we asked, these are early days and we will wait and see what happens. In the Bayswater and Lancaster Gate Wards, our four City Inspectors will now cover until 7pm Monday to Friday, but we have lost the Saturday cover we had before.

Extended weekday hours are welcome, but weekends and evenings are when the problems occur on our streets.

In addition to our weekday cover, there will be a large pool of City Inspectors on duty seven days a week, 24 hours a day, meeting demand wherever it is in the city. There is also a new dedicated Noise Team which we have not had for quite some time.



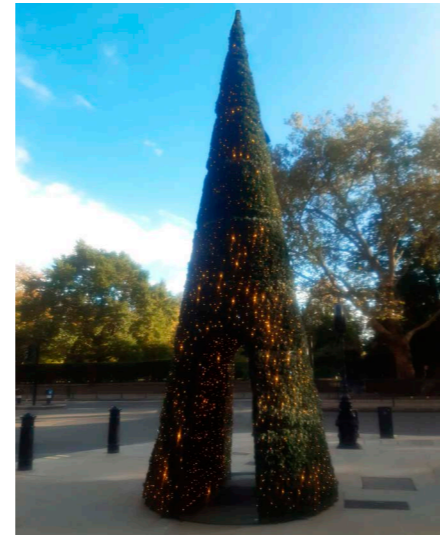
I am very sceptical, with years of experience dealing with numerous reviews, that the new system will work to the benefit of residents and businesses.

Whilst writing this article over a weekend I decided it would be worth heading out to look over Queensway.

I found an array of problems on both days. These ranged from a rough sleeper outside Bayswater Station (above) who has been there for three days, to dumped wooden cabinets and graffiti. There were A-boards and abandoned dockless e-Bikes blocking pavements, and numerous black bags dumped all along the street.

I reported many of these items, moved the A-boards and e-Bikes, but it is not for the public to continually have to report these issues. The Council have a responsibility to look after our area and shopping streets seven days a week.

We hope that the reorganisation delivers everything we have been promised and deals with the issues, such as those above.



CHRISTMAS COMES EARLY TO QUEENSWAY

At the end of October, Queensway was adorned with beautiful Christmas decorations. Also, the return of the very modern and stylish-looking Christmas Tree by Bayswater Road (shown above) is drawing great interest.

At 6:30pm on Tuesday 28 November, at the junction of Queensway with Westbourne Grove, the Lord Mayor of Westminster will switch on the lights on the traditional Christmas tree. Bayswater and Lancaster Ward Councillors invite everyone to the event, where mulled wine and mince pies will be served.

THE SEBRA AGM RETURNS

This year's AGM is the first since 2019, and it is also the first to have a Labour Leader on the top table as the party took control of Westminster Council following the 2022 local elections.

I hope that many of you can come along on Monday 20 November to the beautiful Porchester Hall at 7pm (Doors open 6.15pm). It should be a lively evening with many challenging questions asked. There will be a reception afterwards, where members can mingle with guests.

Lastly but not least, may I wish everyone, a Happy Christmas and all the very best for the New Year.

London. Property. We get it.

We put service at the heart of everything we do and stop at nothing until we deliver the result you need.

Book a sales and lettings valuation today.
kfh.co.uk/bayswater



Paul Hyman
Sales Branch Director

020 4586 2561
bayswater.sales@kfh.co.uk



Ricco Leslie
Lettings Branch Director

020 4586 3524
bayswater.lettings@kfh.co.uk

Kinleigh Folkard & Hayward

SR Bulleid Pacific 4-6-2 No 35018 'British India Line' makes a fine sight as it pulls away from York with 1Z25, the 11.48 York-Scarborough 'Scarborough Spa Express'.

Photograph courtesy of Alan Burkwood

Safety Valve

Safety Valve remains a very important part of SEBRA NEWS W2 as the letters we receive highlight the issues that SEBRA members feel most strongly about.

It is therefore no surprise that the state of Lord Hill's Bridge features again, and we know that Nicky Hessenberg's article reflects the thoughts of many out there in SEBRALAND.

Problems with dockless e-Bikes continue, as highlighted by Mary Moore Mason, and our letters page contains more on the subject of our last issue's cover. We are "on the case" as they say.

We begin by returning to the subject of electronic payments and an example of "the law of unintended consequences".

ELECTRONIC PAYMENTS - HITTING MUSICAL CHARITIES

Joe Ogden

SEBRA MEMBER, W2

One of the traditions at the BBC Proms is a bucket collection for musical charities after each concert.

Since the rise of electronic payments, donations have fallen by around thirty per cent.

Before the rise of electronic payments the total collected was around a hundred and fifteen thousand pounds across the eight-week concert season. Since electronic payments became the norm, and in spite of record audiences and the introduction of online payments, the amount collected has fallen to around eighty thousand pounds. Concert-goers can donate by contactless payment, but they obviously don't.

Whereas before it was a simple matter to throw some cash into a bucket on your way out, now the palaver of electronic payment is obviously too much.

There is a useful list showing musical charity donations from the Proms concerts at bit.ly/SEB-Proms-Charity. The list includes 2022 and I can report that when I attended a Proms concert, a week before last night, the total was struggling to get into the seventies.



The Royal Albert Hall. Record audiences for the Proms but there has been a significant drop in charity donations.

Chairman's Comment

My thanks go to Joe for once again raising the subject of electronic payments in *Safety Valve*, and the figures he has given here certainly make "the case for cash".

With ever-rising costs, a reduction in income for charities really does represent the classic "double whammy".

SEBRA's case is very much worth a mention here too, because not only do many of our members like to pay their subscriptions in cash, we also receive a lot of donations in that way.

Yes, electronic payments are here to stay, but there is little doubt in my mind that in a cashless society, charities will struggle like never before.

THE DISGRACEFUL STATE OF TWO OF OUR LOCAL RAILWAY BRIDGES

Nicky Hessenberg

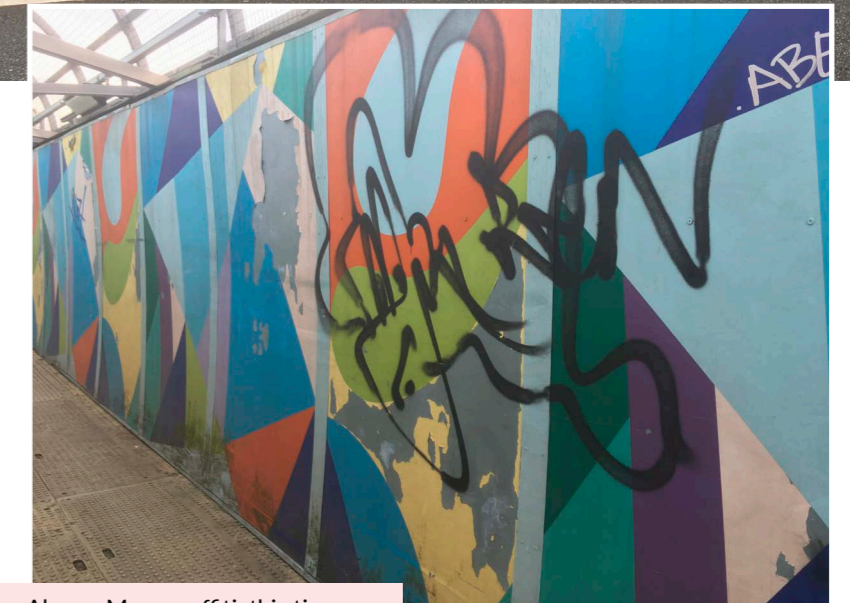
Westbourne Park Villas, W2

Lord Hill's Bridge, in a terrible state and awash with graffiti.



I know that I have written to SEBRA NEWS W2 several times before about the state of our local pedestrian bridge and the traffic bridge outside Royal Oak station. Currently nothing could be further from "Royal" than a walk either to or from our miserable bridge leading to the station. Lord Hill should be somewhere grinding his teeth with rage that his bridge should have been allowed to get to this state.

Yesterday we walked on our way home from Ladbroke Grove via Golborne Road and crossed the bridge over the same railway as we have further down the line, which was in perfect condition – freshly painted and gleaming in the sun – it must have been quite recently painted, as yet no graffiti.



Above: More graffiti, this time on the Hampden Street footbridge.

Below: The RBK&C Goldborne Road Overbridge is freshly painted.



We then walked down to Great Western Road, which crosses the mainline going into Paddington Station and a little further on, the Grand Union Canal. That bridge too is painted and looking good with no graffiti that I could see, even though the Carnival happened not so long ago.

But then going on to Lord Hill's Bridge, the next one along, and oh dear – not only a mess but a worse mess than ever before. One side has been shut off in preparation for repair work – but when will that take place? Apparently not until 2024, if we are lucky, and with no guarantee of it happening then or if ever. At least that's what it feels like.

CASH PAYMENTS - MAKING THE CASE FOR MANDATED ACCEPTANCE

Andy Beverley

Bathurst Mews, W2

It was good to see a local business's point of view regarding card payments in the last edition of SEBRA NEWS W2. This shows why the only fair way ahead is for all businesses to be mandated to accept cash payments.

As I have shown in my last few articles, the case for retaining cash payments is overwhelming. The reasons are many: from privacy and freedom through to equality and inclusivity. Given the huge benefit to wider society, it is unfair that some businesses can avoid the costs associated with handling cash, whilst others bear them. There is no difference between this unfairness and many other aspects of business which are legislated for in order to ensure a level playing field, such as workplace health & safety, environmental controls and employee rights.

LET THE MARKET DECIDE

Unfortunately the Government's view is that this should be an issue for the market to decide. The Treasury's policy is that businesses should be "encouraged" to accept cash, by having easy access to cash facilities. Legislation so far in this regard has been too weak though. And even with the best access to cash facilities – such as those London enjoyed before the recent wave of bank closures – businesses were still happy to avoid accepting this social and democratic form of payment.

MICRO BUSINESSES

Nonetheless, for the smallest of businesses, cash has the lowest cost overheads and the lowest barrier of entry. For a single person starting a new business, no equipment or technology is required and no commission needs to be paid. This system worked well for many years and encouraged entrepreneurship. Now, those tiny businesses are effectively forced to either purchase and pay fees for card machines, or they need to pay fees at the bank to deposit their earnings.

TRUE COST OF FEES

Up until recently card providers have cleverly hidden the true cost of their transaction fees, with promotions



Stallholders at Notting Hill Farmers' Market. Cash ensures that small traders do not lose money to Visa and Mastercard.

such as low starting fees and cashback payments. Recent rules from the Payment Systems Regulator have made these fees clearer, and many businesses are starting to realise the true costs. My wife has come to realise that she pays thousands of pounds in fees each year for her physiotherapy business, with no commensurate increase in income as sometimes claimed by card providers. At the Notting Hill Farmers' Market, signs encourage shoppers to pay by cash so that takings are not lost to commission (of course, cash payments are still recorded in the books; all reputable businesses do this, in spite of the efforts of the card industry to suggest otherwise in an attempt to discredit honest business owners).

CASH AND DIGITAL MONEY

This leads onto another often misunderstood point, which is the difference between cash and digital money. Contrary to popular belief, cash is the only true legally-backed form of money (hence the term "legal tender"). Call it a "layer 1" form of money if you like, issued directly from the Bank of England. Digital money is a kind of "virtual" money (let's call it "layer 2") that is given in exchange for a cash deposit. It's a bit like going into a casino, depositing your cash and being issued with casino chips (or digital chips in this case). Businesses that do not accept cash are forcing us into this private world of pseudo money.

THE TOURISTS' EXPERIENCE

Forcing people into this virtual world of digital money has a particular impact on foreign tourists. Whilst in the UK (today at least) we can be reasonably confident that our government will not abuse knowledge of what we buy, those from other countries don't have this luxury. Foreign tourists from some countries probably don't want their government knowing what they are spending their money on or how many pints of beer they are drinking.



Babu at MONEX, offering lower exchange fees and support to local businesses.

Also, not all tourists have Visa or Mastercard (both American companies), as other countries promote their own digital payments providers.

Given this, I am surprised that so many businesses in Central London refuse to accept cash from tourists, and I wouldn't be surprised if it makes London a less attractive place to visit. Travelling to other nearby European cities such as Paris, Barcelona or Berlin, tourists can be confident their cash will be accepted.

Costs are also higher using a card for foreign transactions, based on an experiment I did recently prior to going to Europe. I made a purchase in Euros using my bank's Visa card on the same day as exchanging money at my favourite local exchange bureau (MONEX on Spring Street). The cost of using the exchange bureau was less than half that of using my bank's debit card. The exchange bureau had 0% commission with a slightly worse rate, whereas my bank's better exchange rate was more than offset with its foreign currency transaction fee. Some banks offer zero transaction fees for foreign currency payments, but these are effectively a loss-leader to garner market share. They have an upper limit and I doubt they will be available indefinitely, as they are essentially just a promotion.



The author at this year's party political conferences.

PARTY POLITICAL CONFERENCES

Finally just to note that I was at this year's Conservative and Labour conferences representing the Payment Choice Alliance. We were there to educate attendees at the same time as lobbying for a law to mandate businesses to accept cash. I am pleased to say that virtually everyone we spoke to, from senior leaders down and from

both ends of the political spectrum, was fully supportive.

What was interesting is that even those who were slightly sceptical were easily persuaded. One particular memory was of a young attendee who thought that cash payments were only for old people. The sight of her jaw dropping when she realised how her entire life was recorded with the potential of being profiled was quite something!

Editor's Comment

"It's a bit of a nightmare sometimes..." Not my words, but those spoken to me just two minutes ago by the Bar Manager in a local pub. Sometimes things just write themselves, and I kid you not, in the very pub where I had gone to write this response to Andy Beverley's excellent article, the tills and card machines had just frozen. Luckily I had some cash on me and my pint was suitably paid for. No cash, no beer. I shudder to think about it.

In truth I often don't have cash on me, but today I did, because there's a bloke nearby who sells me logs for my fire. He quite reasonably likes to be paid in cash and I like paying him that way too. I like the fact that a corporate global giant

didn't track my purchase and make money from a man who has logs, selling them to a man who wants to light a fire. Just like Andy, I get the convenience argument for electronic payments. They're not going away and under many circumstances they are a perfect way to pay. But, and it's a big but, I genuinely believe that people who advocate a cashless society have not thought things through. No more chucking a few coins into a charity box, no more sending the grandchildren a crisp note in a birthday card, no more 50p tombolas at the village fête or street fair. And no more of whatever you are trying to buy when the computer systems stop working, which seems to happen all too frequently.

Advertise in
SEBRA NEWS W2

Promote your business in the
official publication of the South East
Bayswater Residents' Association



From the Leader

Councillor Adam Hug
Leader, Westminster City Council

GETTING ON WITH THE JOB

Despite these global headwinds, Westminster City Council is getting on with the day job, so let me pick up on some points I know will be of interest to SEBRA NEWS W2 readers.

• CITY INSPECTORS

The reorganisation of the Council's neighbourhood teams is now complete. In line with the rest of Westminster there will be two City Inspectors in both Wards as part of a wider group of officers working during the week. Any issues identified in the evening or at weekends – or through the Queensway Strategic Group – can and will be handed to our new 24/7 neighbourhood response service.

The Queensway group will continue, and I believe it is making progress on local issues. However, we're not complacent; we know the new system will take time to bed in – and we will keep identifying emerging issues, and very much appreciate the presence of SEBRA Chairman John Zamit in supporting the work of Council officers.

We will continue to identify priorities through the Queensway Strategic Group, as well as issues identified by our communities, and collectively ensure we deliver resources to be in the right place at the right time.

• LEAF CLEARING

With Autumn now truly here, we are starting our leaf-clearing activity across the City where we expect to remove 1,000 tonnes of leaves - about 200,000 sacks - over the next six to eight weeks in addition to the usual litter.

In Bayswater, Lancaster Gate and surrounding areas we will be providing extra sweepers, coordinating with weather reports so the cleaning crews are doing their work at peak leaf-drop.



Street cleaning teams will be hard at work in autumn clearing leaves.

• DOCKLESS BIKES

As you may have seen, the Council is making progress in tackling the scourge of abandoned dockless bikes with agreements with the main operators; one of the most substantial arrangements in the country.



Dedicated parking bays will make dockless bikes safer.

This isn't an ordinary opening to a column for SEBRA NEWS W2 as we live in extraordinary times. The unfolding tragedy in the Middle East is an incredibly challenging situation, and as home to many diverse communities, Westminster is feeling the impact.

SUPPORTING WESTMINSTER'S RESIDENTS

Our role at the Council is to provide what reassurance and support we can to our residents in these difficult and uncertain times. Since the start of the crisis I have visited community organisations, synagogues and mosques along with fellow Councillors and senior officers. The messages we have heard have included pain and sadness in response to events (with particular challenges for those with friends and family in the region) and a desire to help how they can, both in response to the crisis and to help each other and our communities here. The Council's communities team and bodies such as the Westminster Faith Exchange have an important role to play, and they are doing what they can to help.

We have also heard understandable concerns about people's safety and wellbeing. Nobody should be anxious about where they walk or where they worship. Antisemitism and Islamophobia have no place in Westminster, although the bleak reality is that reports of both have spiked in recent days. We are regularly talking to police commanders about providing additional support around buildings where there is concern. It is clear this conflict will continue for weeks or even months, evolving in ways we can't predict. But however long it lasts, we will be reaching out to those communities affected.

We are rolling out more than 300 dockless bays in the run-up to Christmas – 30 of them in Bayswater and Lancaster Gate, and an additional seven bays in the Hyde Park area covered by SEBRA are being planned.

The aim of the scheme is to get bikes off the pavement and into designated bays, as we all know that bikes on the pavement have proven a safety hazard for people with disabilities and visual impairments. Users will have to end their journeys by parking in a bay or they will be fined - or even banned - from using the platform.

The Council has lobbied hard for the Government to introduce proper legislation to regulate the e-Bike and scooter industry as well as the pedicabs which continue to be a rip-off menace for unwary tourists.

• NOISE ISSUES

We have gone back to having a dedicated Noise Team in Westminster, with a particular focus on tackling repeat offenders and complex cases.

THE COUNCIL'S PRIORITIES

On a broader front, the Council is working hard on its continuing priorities – helping residents through the cost of living crisis (including rolling out free school meals for 14,000 Westminster schoolchildren) and creating a fairer economy to ensure local people can benefit from job and training opportunities.

OXFORD STREET

There is good news on the local economy of Oxford Street, where persistent Council action is driving down the number of candy stores from a pandemic peak of 29 to a current figure of 21. We expect that to go still lower as leaseholders opt for higher quality tenants (including through our 'Meanwhile on Oxford Street' scheme) and Council action on business rates arrears and sales of illegal goods makes life difficult for unscrupulous traders.

As unwelcome tenants move out, more familiar names are back. As you read this article, HMV will be about to return to occupy its old location on Oxford Street - ousting a candy store in a nice piece of irony. Work continues refurbishing the old Top Shop location in preparation for the return of furniture giant IKEA;



Foot Asylum is drawing big crowds; Kurt Geiger is showcasing its fashion flair; Dr Marten is opening a second store: the list goes on.

One thing the Council is keen to see is a more varied mix on Oxford Street – with "experiential shopping", restaurants and arts venues forming part of a mix that used to be exclusively retail. I am particularly pleased that the Moco art museum – housing a mix of modern and contemporary art – is going to open next year over a three-floor site at One Marble Arch. This venue has proven a great success in Barcelona and, sitting at one end of Marble Arch, I hope it is the kind of "gateway" venue that will encourage people to explore further down Oxford Street.

Meanwhile we remain on course to start work in Autumn 2024 on our £90m overhaul of Oxford Street. Working together with our private sector partners at the New West End Company (NVEC) and in consultation with residents, we have got the financial package in place

CGI of the Oxford Street overhaul.

Top: John Lewis at the junction with Old Cavendish Street.

Bottom: Selfridges at the Dukes Street Junction.

to bring new life to 1.8km of this main thoroughfare – making it safer and more attractive for visitors and local people. After years of abortive starts and false dawns, we have a programme for Oxford Street which is practical but also deliverable. And we are going to see it through until completion in 2026.

AND FINALLY

As I know this is the last issue before Christmas, can I take this early opportunity to wish everyone a Merry Christmas and hope you get a break. Next year will bring a London Mayoral election and almost certainly a General Election – but whatever change is on the horizon, with the help of SEBRA residents we will keep delivering a fairer Westminster.



From the Opposition Leader

Councillor Rachael Robathan
Leader, Westminster Conservative Group

LOCAL PEOPLE KNOW BEST AND THEIR VOICES SHOULD BE HEARD

One of the things most of us can agree on in Westminster and across the political divide, is that we must do everything possible to make it safe and easy for people to walk or cycle around our great city. However, any schemes introduced to achieve this must be designed taking into account the views of local people and if they don't enjoy the support of the majority of Westminster residents they should be rethought. This is only fair - the greatest impact, cost and inconvenience will fall on local people and they are the ones who know best the challenges on the roads in their neighbourhoods. Only by taking on board the views of those who actually live here and are affected day in, day out, can we deliver schemes which work for our City and are supported by local people.

In June 2020, the Mayor of London introduced the Park Lane Cycle Lane with no engagement in advance with either people living in Westminster or the City Council and it is the single issue, as Leader of the Council, on which I received more correspondence than anything else. Individual residents and amenity societies alike raised concerns that it was poorly designed, in the wrong position (running parallel to an existing cycle route in the Park) and that it was causing congestion, rat-running and raised emissions in surrounding residential streets.

We had long called for there to be a consultation so that Westminster people could finally have their say on this scheme in the midst of our city and this finally occurred this year. Almost half the responses came from Westminster residents and businesses and the rest from wider London and beyond, but following a Freedom of Information request we now know what local people think.



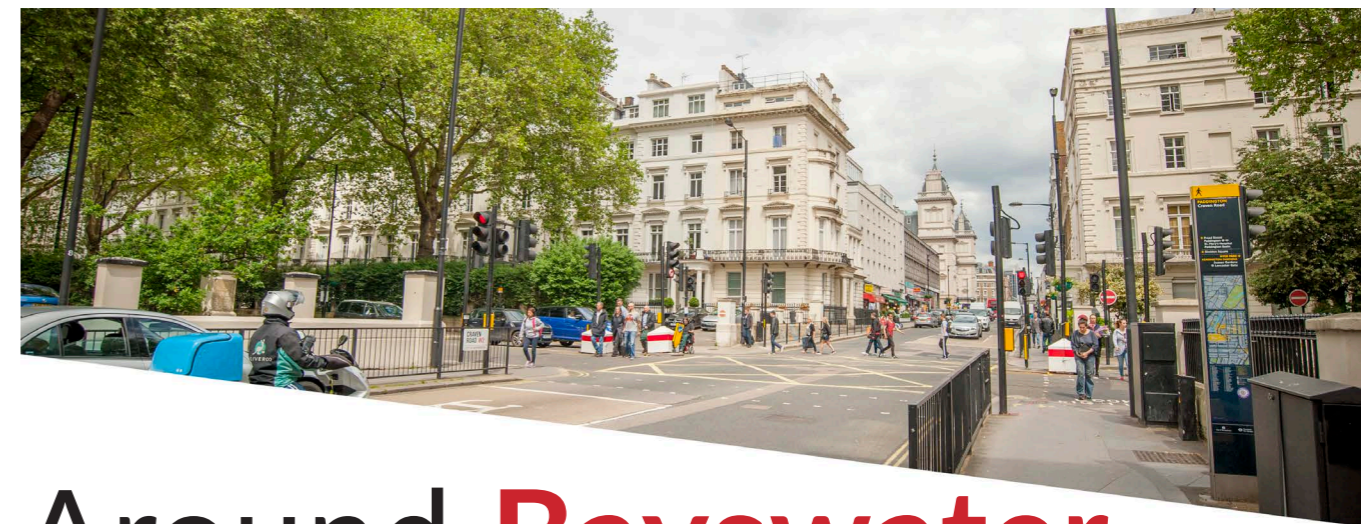
Of the 919 responses from people living in Westminster, 58% said that the scheme would do nothing to encourage people to cycle or actually do the reverse and the figure for walking was even more stark with only 28% thinking it would actually encourage people to walk. For Westminster businesses the views were even more negative towards the cycle lane. On top of this a whopping 947 people expressed concern about congestion and rat running into surrounding streets. What is the point of a scheme which those people who live closest to it and see it every day, believe does nothing to improve cycling or walking and makes our streets more congested and polluted?

As a Westminster Councillor I believe strongly that we must represent the views of our residents and it was disappointing that Westminster Council's new Labour administration, in their response, chose to call for the scheme to be made permanent rather than reflecting the views of Westminster people and calling on Sadiq Khan to rethink the whole thing. With further cycle schemes - the C43 through Marylebone and Hyde Park, and the C51 through St John's Wood and Marylebone - now being planned, it is vital that the voices of local people are heard and that they help shape these.

The Park Lane Cycle Lane. Residents and amenity societies have described it as poorly designed, along with being a cause of rat-running and congestion.

When I was the Leader of the Council and we were designing al fresco dining schemes, I made a clear commitment that unless the majority of local people supported the schemes they wouldn't go ahead. I know the new Labour administration agrees with this as although most of London seemed to want the al fresco schemes in Soho to continue, they won't go ahead because they're not supported by local people. So, why is it different for these cycle schemes and why can the people of Hyde Park, Marylebone, Bayswater and Lancaster Gate not have the final say in what happens right outside their front door?

I am calling on the new Labour administration to stand up to the Mayor, work with local residents, prioritise their views and - as I did when Leader - commit that these won't go ahead until they are supported by the majority of local people. It's too easy for the voices of local people to be drowned out in consultations by those living elsewhere. Why should someone living in Hackney or Croydon decide what happens in our neighbourhoods? That's hardly a Fairer Westminster.



Around Bayswater

The main section of our magazine is once again packed with exclusive content on a very wide range of topics. There really is something for everyone, and we thank all those who contributed content for us.

Thanks must also go to our advertisers, they are the people who make SEBRA NEWS W2 possible.

We begin *Around Bayswater* with what is quite a sad story, the loss of the much-loved flower stall on Craven Terrace.

A Flower Mystery

Tina Pease
SEBRA Member

Now you see them...now you don't. The flower stall on the corner of Craven Terrace, much loved by the local community, had been closed for its long summer holiday. It did this every year, so we weren't concerned - we were just waiting for them to open again. The notice on the stall said 5th September. That day came and went. So did the next. And the next.

I asked around. Knight Frank seemed to know nothing about it and neither did anyone else. But we were all sad to lose Kerri, Mikaela and Peter. Who didn't stop by and talk to them from time to time? Kerri told me they were made redundant the day before they were due to come back to work. *"For me, more than anything, we felt part of the community - and accepted. And everyone has been so lovely."*

The stall itself is a real loss - their glorious abundance of flowers brightened up the whole street. Local shop owner Odgerel of Buyant Beauty Salon said *"It gave an ambience, colour and life to the area;"* Moore's chemists commented *"It gave us a village-atmosphere."*



Kerri and Mikaela at the Flower Stall.

When I asked the Lancaster Hall Hotel if they missed the flower stall, they pointed sadly to their reception desk and said *"We now use plastic flowers"*.

Wouldn't it be wonderful if some local entrepreneur decided to bring the Craven Village flower stall back to life again?



THE FLOWER STALL WILL REOPEN
ON TUESDAY THE 5TH OF SEPT.

THANK YOU

Left: A notice on the stall stated that it would reopen, but it never did. Above: The now-empty flower stall, which the author hopes might be brought back to life.



“QUEENSGATE” - MORE QUESTIONS AND ANSWERS

The area at the southern end of Queensway, where the new Park Modern development is almost complete, has been on SEBRA’s radar for some time. To keep members updated on the situation, SEBRA Chairman John Zamit posed a number of questions to Councillor Paul Dimoldenberg, Cabinet Member for City Management and Air Quality.



The land behind/above the toilets on Bayswater Road is very overgrown.

JOHN ZAMIT:

We noted in your last response, the Council has decided not to use the proceeds from the Section 106 monies from the Park Modern development to fund the two new attractive gates as an entrance into Kensington Gardens, from Queensway.

Whilst we disagree with the decision, our main observation is that there was no consultation at all with the two local recognised Amenity Societies.

So my first question is: **What is the latest position on returning the land in Kensington Gardens to the Royal Parks without the toilet block?** It is looking very overgrown and a sad sight.

PAUL DIMOLDENBERG: WCC and TRP are in discussion regarding the timing and specification for the demolition of the toilet block and reinstatement of the parkland.

JZ: What is the position with the other redundant Westminster toilet block in Kensington Gardens? It is at the southern end of the Broadwalk and has been closed for a number of years.

PD: TRP are reviewing alternative use options for these toilets.

JZ: What is the latest position on timing for the Public Realm highways improvement works on the pavement and carriageway along the Bayswater Road and Inverness Terrace elevations of the now-completed Park Modern development?

From your last update, we understood that these works could be starting in October, but we have heard that they are unlikely to start until next year, which is very disappointing.

Temporary unattractive mastic surfacing has been laid, enabling the pavements around the development to reopen.

PD: Works will begin in the new year to deliver the works around the Park Modern development. The Christmas moratorium starts at the end of November and as such means that it would be impractical for works to start this year.

JZ: The bus stop on Bayswater Road was temporarily relocated during the demolition and construction works of Park Modern, further west to outside Caroline House, and was promised at the time to be returned when the works for the Park Modern development were completed. What is the latest position?

PD: WCC are aware of the commitment made by TfL to the residents of Caroline House to return the bus stop to its

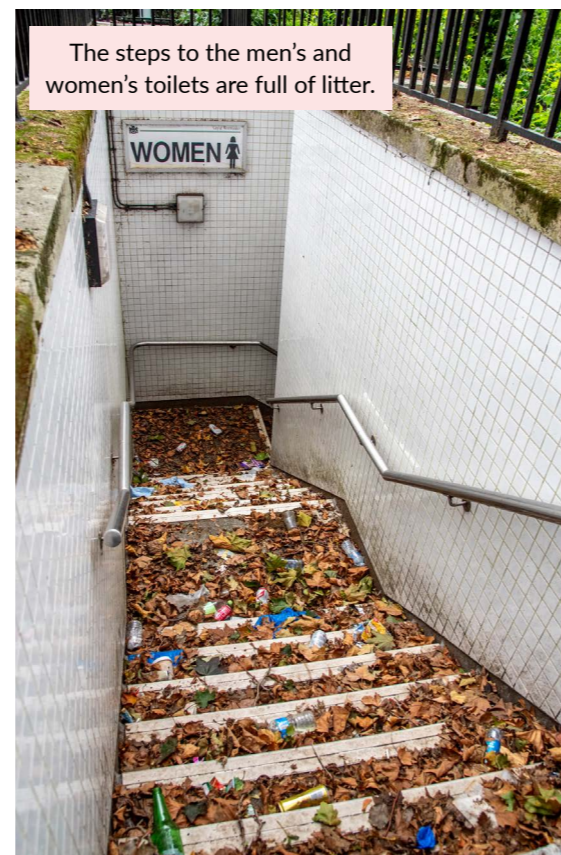
original location. However having reviewed the location, the current temporary location has a number of benefits for the locality. WCC will consult with the residents of Caroline House on this proposal.

JZ: The upgrading of the Queensway elevation pavement, along with a new Magnolia tree and heritage lamp column, at the Park Modern development is the responsibility of Westminster. When are these Public Realm works going to be carried out?

The present temporary mastic surfacing is not very attractive. The dental practice, previously there, has recently reopened at No. 6 Queensway and a large Brasserie is hoping to open early next year with some outside tables and chairs.

Therefore the sooner these Public Realm works are started and completed the better for Queensway.

PD: WCC are aware of this and will deliver this section of the Queensway Public Realm project at the same time as the works to Caroline House are undertaken.



The steps to the men’s and women’s toilets are full of litter.



The very unattractive (albeit temporary) surface outside the Park Modern development. Our inset image shows a closer view.

JZ: When is the long awaited major improvement scheme to Bayswater Road, between Inverness Terrace and Queensway, going to start and what is the duration of the works?

These works include the installation of four signalled crossing points along with attractive heritage lamp columns and a wider pavement on the Park side.

Once completed, this scheme will greatly improve the current very unsatisfactory position of pedestrians accessing Kensington Gardens at this location.

PD: The stage 1 design has been completed, but the progression of this scheme is linked with the relocation of the bus stop. If the bus stop returns to the original location, it will impact the

timings and the junction capacity of the signalled junctions of Bayswater Road and Queensway and Bayswater Road and Inverness Terrace. Once a position is agreed, WCC will work with TfL to model the junction and progress the scheme.



“QUEENSGATE”
LABOUR REFUSE FUNDING FOR NEW GATEWAY TO QUEENSWAY
PLUS A GREAT DEAL MORE INSIDE ANOTHER FEATURE-PACKED ISSUE

Our Spring 2023 cover brought “Queensgate” sharply into focus.

Chairman’s Follow-Up to Councillor Paul Dimoldenberg’s Replies

Thank you for this update Paul, and I hope the Public Realm works around Park Modern will start immediately in the new year.

Works will, I trust, commence on the Queensway elevation of the Park

Modern development, and as I said in my email, a large Brasserie will be opening by the Spring.

This opening is going to be one of the most exciting and talked about new restaurants in London. It is to

be called **The Park** and is the first new restaurant by a previous owner of the Worsley Group, who is also going to reopen the former **Le Caprice** restaurant next year under the new name of **Arlington**.



THE 2023 SEBRA AGM

Monday 20 November at The Porchester Hall.
Starts 7pm (Doors open 6:15pm).
Top table guests include Council Leader Adam Hug and other local dignitaries. Followed by a drinks reception.

THE REGENERATION OF QUEENSWAY

Major developments at both ends of SEBRALAND's main shopping street have been progressing over the last couple of years, and they form the backbone to its ongoing general regeneration.

In this article we highlight Park Modern and The Whiteley, along with seven other locations where work is currently taking place, or soon to begin.

Our aerial view of Queensway is split across two pages, with the section from Bayswater Road to Moscow Road to the left, and from Moscow Road to Westbourne Grove on the right.

See overleaf for full details and photographs of each development.

2 QUEENS COURT

3 28 -34 QUEENSWAY

1 PARK MODERN

7 SIX SENSES HOTEL

6 THE WHITELEY

8 BOOTS RELOCATION

5 QUEENSWAY PARADE

4 GMS ESTATES

9 THE REDAN PUB

ABOUT THE AERIAL VIEW

The background image is shown in full below. It was sourced from Google Earth and dates from 2020, when the two major developments were at ground level.

Hop over to earth.google.com to explore SEBRALAND and the rest of the planet...



THE REGENERATION OF QUEENSWAY

1

PARK MODERN

123 Bayswater Road

A major development by Fenton Whelan of 55 flats, including a very large penthouse, is now complete. There is a large restaurant unit, to be called "The Park" which has been let, along with a retail unit and large basement medical facility. Public realm works around the site to follow in the new year.



2

QUEENS COURT

Southern end of Queensway

Planning consent has been granted for 26 penthouse units, along with public realm improvements to the adjacent car park, which will also include five residential units and two large attractive retail kiosks.



3

28-34 QUEENSWAY

28-34 Queensway and Olympia Mews

Planning approval has been granted for 32 flats, three retail units and a new office block in Olympia Mews.

We are expecting demolition of the existing buildings to take place in the near future.

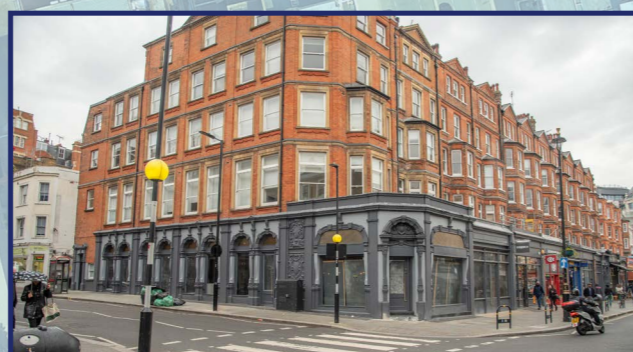


4

GMS ESTATES

103-131 Queensway

The ongoing installation of traditional wooden shop fronts on the section of Queensway which runs from Moscow Road to Porchester Gardens. We understand that three large units may have been let to M&S FOOD, with opening proposed in Spring '24.



5

QUEENSWAY PARADE

112-148 Queensway

Planning consent has been granted for demolition of the existing buildings and the construction of 32 flats, (including 11 Affordable Units), a large office building, and a number of retail units.

The demolition is expected to commence early in 2024, which will mean the loss of Boots, a Post Office and the large Tesco store.



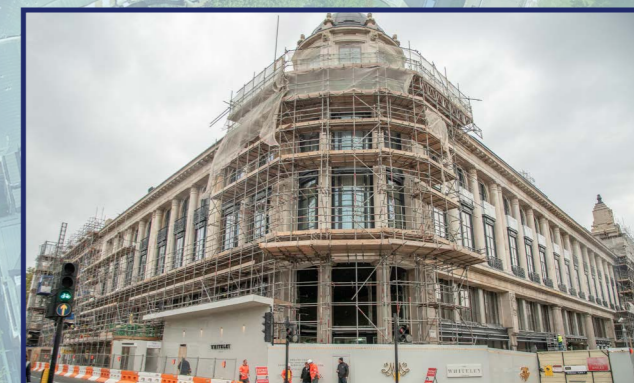
6

THE WHITELEY

133-167 Queensway

Construction of 139 apartments and 14 affordable housing units, retail and three large restaurants on the ground floor, plus a five screen cinema complex by Everyman Group and a large gym which will be run by the Third Space group.

Completion of what is by far the biggest development in W2 is expected in Summer 2024.



7

SIX SENSES HOTEL

1 Redan Place

A Six Senses hotel will be part of The Whiteley development. It will include 103 rooms plus a spa and swimming pool, the grand Whiteleys grand staircase, with various restaurants and bars.

Completion expected in Summer 2024.



8

BOOTS RELOCATION

166-172 Queensway

Retail chemist Boots are relocating from their present location at 114-116 Queensway (the junction with Porchester Gardens) to take over the two former large "Pound shops".

The new store is expected to open in early 2024.



9

THE REDAN PUB

1&3 Westbourne Grove

There is a proposal to build a large restaurant on the ground floor and basement, behind the existing facade, with residential units above. There would also be a new mansard roof extension.

The proposal incorporates the former Thai restaurant at No 3.



P

PUBLIC REALM

Entire length of Queensway

SEBRA was instrumental in securing Public Realm improvements which can be seen all along Queensway. The improvements include York paving, heritage lamp columns, magnolia trees and cycle racks. The final phase between Porchester Gardens and Westbourne Grove will take place in 2024.



St Stephen's School, RIP

By Professor Lewis Lesley

As a one-time change to his excellent "Blue Plaque" series of articles, Professor Lewis Lesley has written a fascinating article featuring the six years he spent as a pupil at St Stephen's School on Westbourne Park Road.

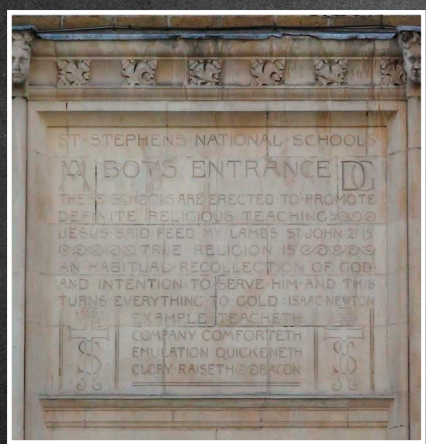
As you might have guessed from the "RIP" headline, the building no longer houses a school. St Stephen's merged with St Mary Magdalene's School on Rowington Close in September this year. The memories of a former pupil are thus even more poignant, and we are sure that the words will resonate with more than a few SEBRA members.



Here are some memories from my time as a pupil between 20th February 1952 and 1958, when having failed the 11+, I went to Kynaston, in St John's Wood. I am still in touch with a few pupils who attended St Stephen's at that time.

Arriving in 1952 on my birthday to join a class of over 50 children was a daunting experience but it was the only time my mother took me. After that I walked by myself from Talbot Road. There was less traffic then but St Stephen's Gardens was considered rough. When my sister was five in 1954 we both walked together.

The tall classrooms, had shared desks with inkwells, not much changed for 50 years. In the winter, once in the morning and once in the afternoon, the caretaker appeared with a bucket of coal to top up the fire in the corner of the room. Across Westbourne Park Road, before the Brunel Estate was built, were four or five coal merchants, very convenient for the school fires!



Carving about the boys' entrance to the school. For the full text visit bit.ly/SEB-Stephens.

Discipline was strict and the cane or ruler were regularly used, even on girls. The outdoor toilets with no roofs were a challenge in cold weather, and the closets all had hard paper with "London County Council - Now wash your hands" printed on each sheet. I am afraid that the boys had height contests at the communal urinal, a black tar painted wall with a gulley along the floor.

As there was no kitchen, we were daily all transported in little green coaches to Amberley Road School, where there was a big dining room. The logistics for this must have been challenging. At the time there was still food rationing and the menu was pretty stodgy.

On the top floor was a room with a folding glass and wood partition in the centre, revealing a large hall. Mr Fryer's class 4 was off the hall. We went to the Hall for a weekly bout of "Music and Movement" courtesy of the BBC, from a large metal radio on a shelf in the corner. Each programme began with a lady inviting or instructing "now children find a space where you can spread out without touching anyone". There were simple exercises but it was a break from having the same teacher all day and sitting quietly at a desk.

My classroom had a large sign which read: "Listen to Learn, Learn to Listen" which meant don't speak unless the teacher asked a question.

One lady I never met but did not like was Marion Richardson. She was an industrial designer and developed in the 1920's a cursive handwriting style. Examples were printed on cards. We had tracing paper and used pencils to copy, over and over again. It was tedious but symptomatic of the time. A variation of this was the "times tables", nothing to do with the up-market

newspaper, but just learning by rote "Three times five is fifteen" right up to the twelve times table. The Teacher would fire test questions and we had to give the right answer. Of course at this time the money was pounds, shillings, pence and farthings, so the times tables could be helpful in working out the cost of multiple purchases.

Sainsbury's on Westbourne Grove between Chepstow and Hereford Roads, sold eggs singly, small at penny three farthings, medium at tuppence three farthings and large at thruppence three farthings. So a dozen small eggs was one shilling and nine pence. With food rationing at the time my family of four was only permitted six eggs per week, which I carried home in a brown paper bag. I never broke any.

Playtime was always the high spot in the school day, and during the year a variety of games were played. Marbles were played all year round, and in autumn "Buck stones" were tossed up and then caught on the back of the hand. The stones were sold by a little shop on Shrewsbury Road near the corner with Westbourne Park Road. Cigarette cards, and later tea cards were flicked against a wall to see who could get closest and win them all. Skipping with a long rope, jumping in and out, and dancing to the spin of the rope, with up to six children jumping up and down. Then there were the ball games. Football was not that well played but games with tennis balls had many varieties including bouncing off the wall. How high could you reach? Then there was "Catch if you can" teasing the "Piggie in the middle".

There were lots of running games, of which "He" was the most popular. Pairs chased and caught one child, then another to make a second pair, until

everyone in the playground was "He". The most active was "Chain He" when "He" caught one and then running holding hands, catching another joining into a continuous line. There was an opt-out "Feinites" which gave immunity, though I cannot remember the justification for that. "Piggyback" and "Leapfrog" also burnt off energy. Such games took the whole of playtime, and were always self-regulated.

In winter there was the occasional excitement of snow. Snowball battles kept everyone moving and cold hands soon warmed up. Snow not used was turned into icy slides with contests for speed or distance. Swapping "Treasures" was another game we played, although boys and girls swapped different things.

Back in the building those concrete stairs with the wall between flights meant sometimes going down two at a time, children collided at the landing with someone coming up. In winter the stairs like most of the school was unheated so no one wanted to hang around. The infant headmistress was Miss Griffiths and she was a bit of a tartar, ever ready to dispense a ruler across the hand for the slightest misdemeanour, whereas Mrs Long of the junior school was more sympathetic and less physical, although writing lines or learning a poem was often the punishment.

There were also creative classes, including drawing and painting. Instructions to "Bring in some newspapers tomorrow" meant working with paper maché. We would plaster empty jam jars and then paint a design on the outside. The boys and girls had to do sewing, including embroidery and then presenting a table mat or something similar to mum.

In addition to pencil, the handwriting exercises used ink pens with a steel nib,



A classroom in St Stephen's. This image dates from 1910 and is courtesy of Historic England. Professor Lewis assured the Editor that over 40 years later, very little had changed. The shared desks and coal fire are of particular note.

which were dipped in the ink well on the desk. It was remarkable that there were few splotchy disasters with pots of ink at large.

Of course we had assembly daily with a hymn sung. The Vicar came in periodically but more regular were the weekly classes by Sister Joan and Sister Ann, from St Andrew's House in nearby Tavistock Crescent. Dressed in black from head to foot these formidable women gave us religious instruction. We would learn passages from the Bible by heart and then recite them. "Consider the lilies of the field..." etc..

More pleasant was learning poems, "Slowly silently now the moon, doth walk the night with a silver shoon". We had a teacher called Mrs Degerouli. She was from London but had a French surname and there were all sorts of explanations about its origin. Most romantically that she met and married a French soldier during the war.

The war was still raw in London, with lots of local bomb sites, where rosebay willow herb colonised. Many bombed houses with basements had been water proofed with EWS (Emergency Water Supply) written in large letters to advertise the water stored to put out fires started by bombs. The steeple of St Stephen's church had been blown off and money was being raised to replace it with a tower. Even the roof of the school had been damaged during the bombing, no doubt aimed for but missing the nearby Great Western Railway. As a result the school had a flat roof, with a high mesh fence around. We never got up there but were told originally it was going to be another playground. Bomb sites made excellent adventure playgrounds after school. With less traffic, parents gave children a lot of freedom. We socialised in 'gangs' and never experienced "stranger danger".

The last memory to mention from my time at St Stephen's school was the weekly "folk dancing", when there was a chance for boys and girls to dance together. My favourite partner was Carol Holland. Where is she now? Finally, I must also mention the 1953 Coronation. The whole school trooped onto Great Western Road, and I was placed behind a horse trough (still in use) to see the new Queen and Prince Phillip driven slowly down the road in a black open-top Rolls Royce. We could see them waving for about a minute, until the car turned left into Westbourne Park Road to continue its long tour of London.



A typical scene from a school playground in London. In this case Tufnell Park Primary School, Islington.

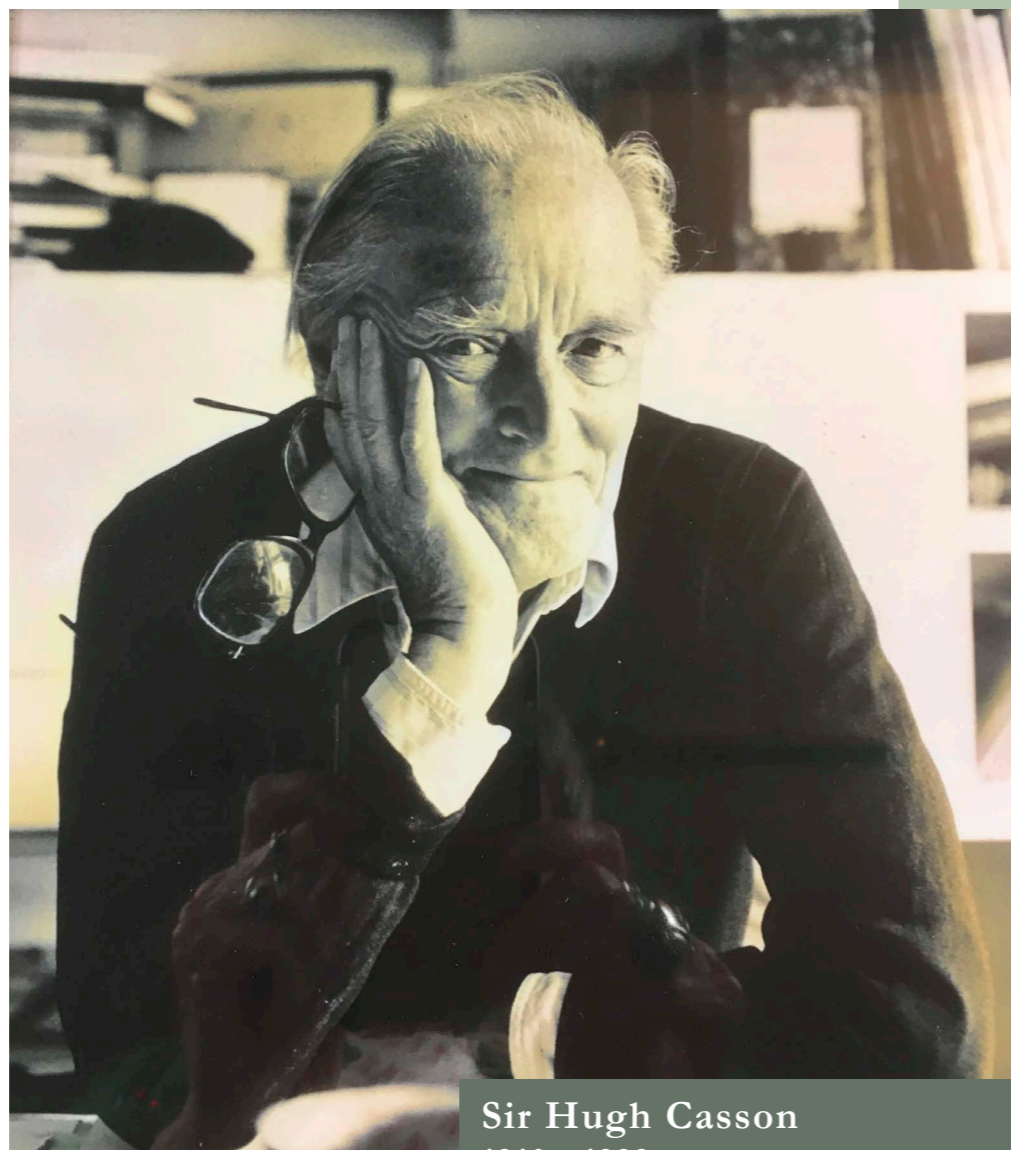
~THE NEW GREEN PLAQUE~

by Nicky Hessenberg
photographs by Mia Cassie

There is a new Green Plaque in the area – to be precise it is on the wall of Hereford Mansions, in Hereford Road. When our Chairman suggested that I should write an article about it for SEBRA magazine I initially said no: I do not want to be thought boastful. But on thinking further about it, I thought why not? I am proud of my father and all he achieved in his life and it is he who is being celebrated on the Green Plaque.

When my two sisters and I were told by a partner in my father's architectural practice that English Heritage had turned him down for a Blue Plaque we were disappointed but then decided to ask Westminster City Council if they would support our request, to which they replied absolutely yes, providing the finance was there to pay for it, which it was.

Both our parents were architects, designers, and artists. During the war they lived in Gloucestershire as my father was a camouflage artist which



Sir Hugh Casson
1910 - 1999

involved flying over aerodromes and disguising them into something quite different to confuse the invading pilots and to stop them wiping out our air defence. Both my older sister and I were born there and when the war came to an end we moved back to London and lived for several years in Sheffield Terrace, off Kensington Church Street.

In 1948, with his architectural practice set up and running with other partners, he was asked to be Director of Architecture for the proposed Festival of Britain which opened in 1951. The years running up to the opening, were times when I can remember the endless hours spent at his drawing board, always somewhere within the family living space so that

he was surrounded by domestic life, but in which somehow he managed to do his work despite the activity around him.

The Festival of Britain was a huge success for everybody and also for our father, who was given a Knighthood. His next big commission by the City of Westminster was to design their street decorations for the coronation of Queen Elizabeth II. At the same time he was running his own architectural practice with three partners as well as being offered and accepting the job as Professor of the Interior Design Department at the Royal College of Art, backed up by my mother, as ever, who was the Senior Tutor in the same department.



The newly-unveiled plaque at Hereford Mansions.

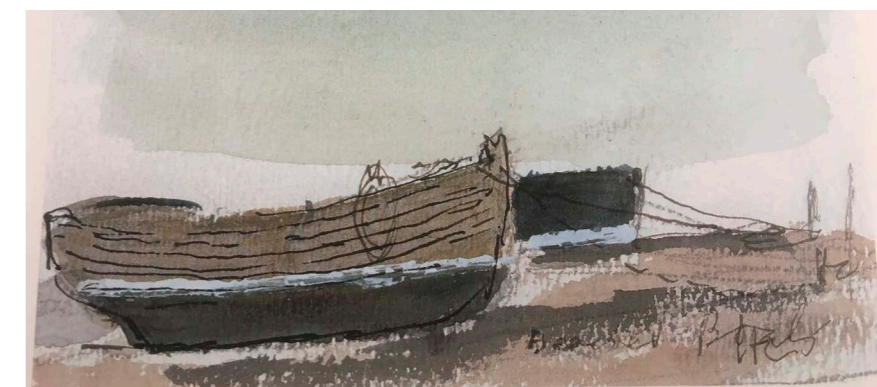


One of Sir Hugh Casson's designs for the street decorations to celebrate Queen Elizabeth II's Coronation in 1953.

By now we had moved to a larger house in Victoria Road, Kensington as by then there were three sisters, and so his professional life continued with more prestigious jobs, supported by his loyal partners. He was always on the move which meant that really we children did not see much of either parent as they were always busy and out, and when they were at home the talk was consistently about various jobs they were involved with, not necessarily together but always happy to talk to each other and get advice and reassurance from each other. And when at home he was usually drawing at his desk which was in the dining room so that he was with the family, even if his concentration was elsewhere.

As a person he was generous to his friends and employees, and if he felt an offered job was not right for him or his practice, would invariably

suggest someone else, in his view, more suitable for what was on offer. He travelled endlessly, very often to deliver lectures he had written, which he gave around the country and abroad. In 1956 he was commissioned to draw up a development plan for London Zoo, which was expanding and being reorganized, and for which he designed and always regarded with pride and affection, the Elephant (& Rhinoceros) House building, which was opened to much acclaim in 1965.



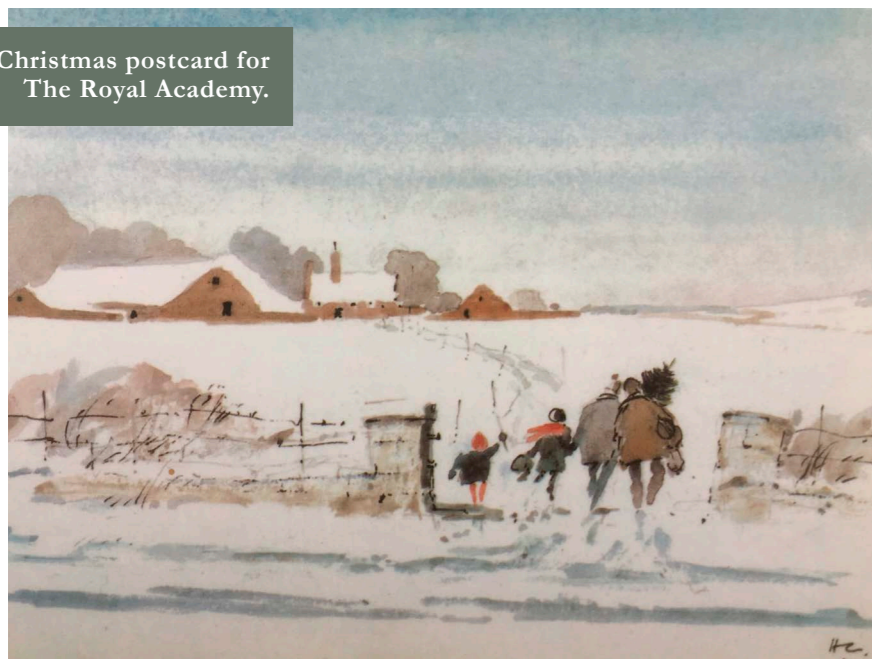
That period was exciting for my sisters and I as it meant that we could go on visits to the zoo with him and go behind the scenes to meet the keepers etc. Otherwise at week-ends we were usually given the option of visiting the current project (if it was in London) which meant at least that we could see him even if he was working. No Health and Safety in those days for we visitors, and so we climbed ladders and crossed endless acres of squelching mud.

Life went on with our parents both being busier than ever every year. Our summer holidays were spent in a coastguard cottage in a row of others, overlooking the Solent and Isle of Wight. He had a passion for the sea and sailing (not shared by me!) and was absolutely blissful down there whatever the weather and despite at the beginning of our visits, there was no electricity or gas and only cold running water, as long as the cows in the adjoining fields had not upset their drinking trough. Paraffin lamps for light and heat when it got chilly! There was an iron range in the kitchen which linked up to the water tank and cooking was done on a two burner paraffin cooker. And he loved it.

As he grew older he had less patience with things in which he was not particularly interested, such as eating, so sitting in a restaurant waiting for the food to arrive after ordering was an irritant, and he would produce his pen, grab an empty plate and draw on it, or if no plate, the tablecloth or napkin would do, usually to the delight of the waiter. He drew constantly and after the many

A postcard by Sir Hugh, reflecting his "passion for the sea"

Christmas postcard for The Royal Academy.



meetings he attended every month of the year, there was, apparently, a rush from the others attending, to pick up the drawings left by him, which usually decorated the agenda.

When he reluctantly retired from the RCA, he was immediately offered the Presidency of the Royal Academy of which he was already an RA member. He threw himself into this with great energy – he loved the place and enjoyed the company of the academicians. The financial situation of the RA in those days was not in a good way, and so he set about filling the building with exhibitions. He also started the RA Friends membership for the public, and following that travelled to the USA, where he did the same for the American Friends, both of which have proved to be a great success.

Our father did whatever attracted him: He was asked to write articles and to lead a life that was full of the work which he loved to do. He was involved in so many different projects – he illustrated books, including two for children, he supported so many charities especially when asked for a picture as a prize. He gave advice and friendship to those who asked for it, he gave lectures and wrote articles, he made a series of television programmes for the BBC, appeared on Desert Island Discs – in fact whenever asked for help or ideas, he readily came up with what was needed.

When the late Queen and her husband moved into Buckingham Palace, following the death of her father, Prince Philip was appalled by the stuffiness of the palace. He commissioned our father to design a modern office for him to work from, and that was the start of a firm relationship which progressed into our father being asked to design areas of Windsor Castle and bring it into the twentieth century, and the job he really relished was being asked to design the private royal quarters on board Britannia which can still be seen as she is now open to the public while moored up in Edinburgh.

He was always mild mannered and the only two times I can distantly remember him losing his temper was once when my older sister and I reduced our poor mother to tears when pregnant with the younger sister as we refused to drink our milk because it had skin on the top, and the second time when I had just left school and was waiting to go to college I complained of being bored – he could not contemplate why anyone could have the time to be bored when there was so much on offer out there to occupy us.

In 1988 as both parents were entering their 80's, they finally moved into Hereford Mansions, a small block of flats set back from the road by a garden, built, I was told, by a single woman who wanted to live

surrounded by her friends and so she invested in building a small number of spacious flats which are the mansions, which is very near to where my older sister and I both live so was convenient for us all. They were happy there and made very welcome by the other residents in the building. Our father continued to work there, drawing and painting until his health finally deteriorated and he died just before reaching the age of 90, and my mother followed him three months later. At his funeral, the chapel at Kensal Green crematorium was full to overflowing with friends and those who knew him from the many varied areas of his professional life, followed by a big tea party in Holland Park, another of his favourite venues and where he had been a prominent member of the Friends of Holland Park. His first architectural commission was to design a youth hostel which was built beside Holland House – it is still there, although there have been some alterations and additions to the original.



Sir Hugh's drawing of Hereford Mansions, where he lived from 1988.

The Royal Academy organised a glorious memorial service for him at St Paul's Cathedral and just as the programme was about to go to the printers, our mother died so we were able to have her included as well. So in death they were united in their memorial as in their long married and professional life together.

When we applied to have a green Plaque on the wall of Hereford Mansions, the enthusiasm for having it was so exciting for us. The biggest vote of thanks has to go to the residents of the Mansions all of whom appeared to be happy to have it on their wall. We then approached Claire Appelby at Westminster City Council, who did all the negotiations for us with the WCC committee which makes the choice of who is accepted, and then the Plaque makers, and gave us advice on the amount of wording to put on it. Also communicating with FM Conway who were booked to install it. We do owe her a big vote of thanks as she showed enormous tact and patience with our mind changes, delays in replying to her emails and her calm replies to queries.

Of course the biggest thanks goes to Bob Annibale the Chairman of the Hereford Mansions Residents Association who supplied the legal side of the project to WCC and gave us guidance in so many areas, for instance as to the best dates so that we could invite to the launch as many of the residents who were back from summer holidays and particularly for those who knew our parents and remembered them. And we asked Bob to pull the cord and unveil the Plaque as thank you to them all, which he accepted and did the job beautifully after making a speech about our parents and other well-known residents who had lived there in the past.

After the unveiling and admiration of the Plaque, we had a few more speeches in the Hereford Mansions' garden, including our older sister



Three generations of Casson grandchildren enjoying the celebrations.



Norman Rosenthal speaks at the unveiling ceremony.

saying thank you to everyone who had participated in achieving the installation, one from Norman Rosenthal to whom our father had given the job of Exhibitions Secretary at the Royal Academy and also a speech given by David Bentheim, who had been one of our parents' best students at the RCA. John Zamit SEBRA Chairman was there and also Councillor James Small-Edwards representing WCC.

The weather was perfect for the entire afternoon and at the end of the ceremony we all went round to the Princess Royal, where we had booked a celebration tea in the restaurant/pub (next door to the Mansions). They were very willing to have us but there was a firm limit to the number of people they could accommodate in the room we would be given. This limited our list of guests we were able to invite, especially once all the family were on it. We had four Casson generations who came, the youngest at eight months, our parents' great, great, granddaughter, but inevitably the list of those we wanted to ask got longer and longer.

We swept into the main bar, nobody sat where they were directed by the staff, who finally, with great patience and humour, gave up trying to corral us into our allotted space – just as well as we were well over the limit! – where we spent a happy two hours drinking prosecco and eating the most delicious food which was brought to us.



SEBRA's John Zamit chats with Councillor James Small-Edwards.

What an afternoon we had, and my thoughts continually turned to what a pity our father was not there – he would have loved it. But now, every time I walk along Hereford Road to Westbourne Grove, there is his Plaque, the dark green of it looking so good against the red brick, and I profusely thank, once more, all the residents of Hereford Mansions, particularly the owners of the flat on whose wall it is, and everyone else who worked and supported our application to accomplish it. It took time to get it, but it has been worth all the effort and the wait.

The SEBRA Summer Party

Cleveland Gardens Square - 3 July 2023

From The Chairman

Time flies and it seemed like a lot less than a year since we held our first post-pandemic party, but July 2023 arrived all too soon and once again SEBRA members, our invited guests, and many more, enjoyed food, drink and socialising on a balmy summer's evening.

We like to give each event a theme, and this year it seemed fitting to celebrate the Coronation of King Charles III, so flags flew and glasses were raised in honour of His Majesty. "Long Live the King" was a toast I heard from quite a number of people throughout the evening.

Some things do not change though, and our winning formula of great food and drink, the prize raffle, live music and a chance to meet and mingle once again made for a highly enjoyable evening.

The other thing that doesn't change is our Summer Party Gallery in our autumn edition, so opposite are just a few pictorial memories from the evening.



The ever-popular prize raffle being drawn by Council Leader Adam Hug.

A BIG "THANK YOU"

This page in our magazine gives me another chance to offer thanks, on behalf of all SEBRA members, to those whose efforts make the Summer Garden Party happen. There were many of you who gave your time to help and it was really appreciated, but special thanks go to:

- Veolia - A great help before and after!
- Anna's Kitchen for the fab food
- Cleveland Square Gardens Committee
- John King for the bar facilities
- The Band, arranged by Colin Craven of Priestfield Property Services



ANOTHER "THANK YOU" - FOR RAFFLE PRIZES

Our free prize raffle is always popular and we would like to thank those who were kind enough to donate prizes.

- The Cow Dining Room & Bar - £150 voucher
- Ronnie Scott's - Seats to a show and a bottle of Champagne
- Royal Lancaster London - Champagne Afternoon Tea for two
- Carl Richardson - Two bottles of fine wine
- Queens - Voucher for six to Skate & Bowl
- Hereford Road - Meal for two including a bottle of wine
- Everyone Active - Porchester Spa & Centre pass for two
- George G Hair & Beauty Salon - Voucher for £100
- Chamuyo - Meal for two including a bottle of wine
- The Cock & Bottle - Voucher for £50



- 1 As popular as ever...
- 2 Councillors Ellie Ormsby and Ryan Jude
- 3 The Chairman with some invited guests
- 4 Mary Moore Mason enjoying the occasion
- 5 Anna's Kitchen did us proud again
- 6 The team from party sponsors Knight Frank
- 7 It wouldn't be the same without music
- 8 Crowds anticipating the prize raffle
- 9 John enjoying a drink with Andrew Clinch
- 10 Madeleine Mitchell and Jan "Mrs Editor" Olive
- 11 Raising funds for The Friends of St Mary's
- 12 A winner collects her raffle prize
- 13 Ian Lieber, or perhaps His Royal Highness?
- 14 The sun sets on a most enjoyable evening

GREEN LIVING IN SEBRALAND

Introducing the Net Gain Biodiversity Law

By Inge Lyngborg

In this issue, we would like to introduce the new Net Gain Biodiversity law, which will be effective from January 2024. Its introduction is relevant and important as it seeks to protect and improve our nature and wildlife, locally and across England. Improving biodiversity and urban greening will also have a positive impact on our health and well-being.

A NEW LAW AIMED AT DEVELOPERS, HOUSING ASSOCIATIONS AND COUNCILS

- Early next year the English government will be introducing a new biodiversity law. The law will apply to large development sites from Jan 2024 and smaller sites from April.
- It requires developers, including housing associations and Councils, to commit to increase the biodiversity of development sites by at least 10% as part of the Council planning process.

WHAT IS THE PURPOSE OF THE NEW BIODIVERSITY NET GAIN LAW?

- The aim of the law is to increase biodiversity/stop the decline of biodiversity across the country in connection with developments, and leave the habitat for wildlife in a better state than before the development.

WHAT ARE THE OBLIGATIONS OF DEVELOPERS?

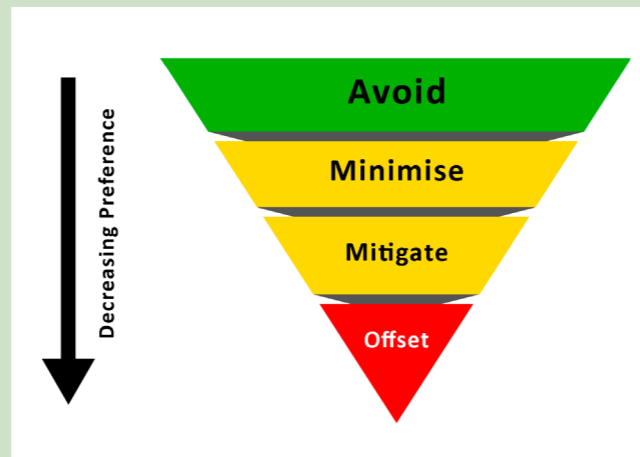
- A developer will need to submit a biodiversity gain plan as part of their planning application submitted to the Council's planning team, who need to approve the plan before the development can lawfully commence.

THE BIODIVERSITY PLANNING POLICY FRAMEWORK FOR LOCAL AUTHORITIES:

There are clear rules that need to be adhered to. The biodiversity net gain law is underpinned by the biodiversity mitigation hierarchy, which is set out in the National Planning Policy Framework.

The hierarchy outlines a sequential approach to addressing the potential harm to biodiversity in determining planning applications. The planning policy framework states that avoidance should be prioritized, before mitigation measures, and before final compensation (offset).

It is crucial to adopt a 'nature first' approach in development projects, where every effort must be made to avoid causing harm to the existing biodiversity on the site. To successfully meet biodiversity targets, it is necessary to retain and work alongside existing natural features on site, and only use offsetting as a final resort.



Avoid	Evade or reduce biodiversity impacts through site selection and layout. Project proposals must give the highest priority to 'avoidance' strategies in accordance with the mitigation strategy; vital to delivering cost effective additionality.
Minimise	Measures to reduce the extent of impact - Where avoidance is not feasible, it is essential to minimise negative impact by modifying the project design/strategy. All sensitive habitats must be avoided at all costs.
Mitigate	On site habitat or an affected area is improved and/or protected. All non-avoidable ecological damage must be compensated for with guidance from a trained ecologist; reasoning justified by an evidence case.
Offset	Compensate loss - Final resort after all options have been exhausted: the most expensive, complex and high-risk approach.

For more information on the Mitigation Hierarchy visit the UKGBC website: bit.ly/SEB-GB1

LIVE LOCAL CASE STUDIES: THE WHITELEY AND THE WILLIAM DEVELOPMENTS

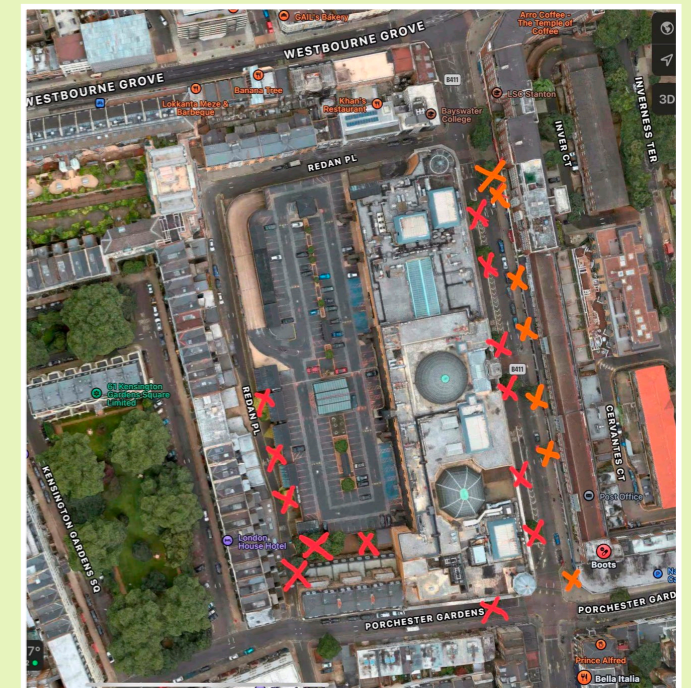
The Whiteley development on Queensway resulted in the felling of 13 mature trees in December 2018.

Now that the development is reaching completion, there is a real opportunity for the developer to work with the Council and the local community to find a satisfactory solution to ensure that the biodiversity and the urban greening factor of the 13 mature Alder trees is restored and ideally enhanced for the benefit of all.

In addition the Council and the developer of the planned William development opposite the Whitley need to reconsider their plan to fell an additional 7 trees on Queensway in connection with this development.

Red crosses: the 13 mature trees felled in 2018 in connection with the Whiteley development.

Orange crosses: 7 trees planned to be felled in connection with the William development.



HOW WILL IT WORK?

- Developers will be able to meet their obligation to achieve a minimum of 10% biodiversity Net Gain by pursuing one of the three following strategies:
 - A) *On-site implementation* - the developer can commit to enhance biodiversity on the actual site of the development (the red line boundary)
 - B) *Off-site implementation* - the developer can commit to enhance biodiversity in another location/ geography in England. This would mean that the biodiversity measure could be implemented in a different Council area or in a completely different region of the country, rather than in the actual geographic location of the actual development.
 - C) *Offset - last resort* - the developer can purchase credits. This will enable the developer to meet their biodiversity requirements for a particular development through choosing to purchase credits towards strategic habitat creation in a different geographic location in England. There is a risk that multiple developments claim the same benefit.

IMPORTANT Residents need to understand Biodiversity Net Gain, and get involved in reviewing planning applications!

An ecologist employed by another London Council says that while the new legislation will make 10% net gain mandatory, option B and C should be the last resort. They added that 10% net gain may not actually mean a lot, especially on urban sites, where there is often a requirement for the developer achieving a 200% net gain on a site, because there are so many hard surfaces on urban sites.

Also mentioned by the ecologist was that the biodiversity and net gain process may be new to many developers

WHAT ARE THE OPPORTUNITIES?

- If developers and Councils get it right, the new Biodiversity Net Gain legislation can help ensure that our local area will retain its biodiversity and urban greenery and the benefits it provides to us all.

Developments don't have to squeeze out wildlife.

The benefits are clear: Trees in urban areas improve the view, aid privacy, provide shade and help reduce pollution and flash flooding. Community green spaces bring people together; and local parks and woods are valuable places for people to walk, play and unwind in. Source: London Wildlife Trust.

Read more at the Natural England website: bit.ly/SEB-Wildlife



and their ecologists, which may lead to them making big promises, without fully understanding the practicalities of delivering them.

The ecologist therefore recommends that local residents/ communities get involved, keep an eye on the numbers, and develop an understanding of habitat management in order to be in a position to provide feedback on that aspect of local planning applications.

Email greenbayswater@gmail.com if you would like to attend a short online webinar for residents on biodiversity net gain and how to review and provide constructive feedback on this on planning applications.

UPDATE ON HEATHROW EXPANSION

From the "Stop Heathrow Polluting Us" Campaign Group

INTRODUCING THE NEW HEATHROW CEO

Thomas Woldbye has taken over as Heathrow Airport's new CEO, following the departure of former CEO John Holland-Kaye. Mr Woldbye has been the CEO of Copenhagen Airport for the past 12 years.

An article by Alistair Osborne in *The Times*, reviewing John Holland-Kaye's track record also highlighted some of the challenges the airport faces such as the airport's massive debt and the costs of its proposed expansion plans. The article also raised the question of whether the airport may be better off expanding by buying airports abroad, rather than attempting to expand its London-based airport.



WHY IS THERE A CAP ON THE NUMBER OF ANNUAL FLIGHTS ALLOWED IN AND OUT OF HEATHROW?

The cap was put in place by the government in acknowledgement of the negative health impacts of aviation noise on people living in central London.

The cap on the maximum number of aircraft in and out of Heathrow was introduced by the government in 2021.

We need to maintain the pressure on the UK Government to ensure they keep the existing cap on annual aircraft.

IF AND WHEN REQUIRED, WHAT ARE THE OPTIONS TO INCREASE THE FLIGHT CAPACITY IN THE SOUTH EAST, IN A WAY THAT IMPACTS THE FEWEST PEOPLE?

The government's first priority, in terms of providing future-proof leisure and business travel, should be to provide cost-effective and socially and environmentally sustainable travel.

The government should therefore invest in an affordable and efficient rail network that connects the UK, and the UK with Europe, to reduce unnecessary short-haul flights.

In terms of air travel, the government must actively oppose airport initiatives which fly over densely populated urban areas, and in particular oppose Heathrow growth due to the large number of people impacted by the airport's flights. Please refer to table below left to see how many more people are impacted by Heathrow than any of the other four London airports:

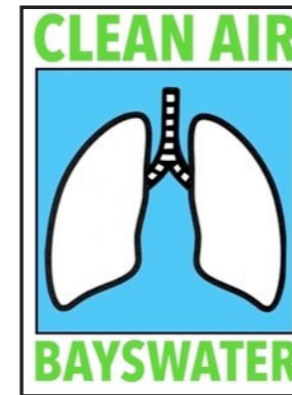
London Airport	People adversely affected by aircraft at airport
Heathrow	683,700
London City	75,200
Gatwick	13,700
Luton	17,000
Stanstead	8,700

Sign up to our mailing list at: www.stopheathrowpollutingus.org

STATUS ON HEATHROW PROPOSALS Source: bit.ly/SEB-AIRSPACE

Stop press - the public consultation on the introduction of flight paths directly over our areas is likely to take place in 2024. Please sign up to our website mailing list if you would like to know when the consultation goes live, and comment on their proposals.

Heathrow Proposal	Relevance to Bayswater and Lancaster Gate	Status
Airspace Modernisation Programme	Proposal for introducing multiple concentrated flight paths over London, including one over our area and adjacent areas to us. More severe aircraft turns, with a steeper gradient creating significant noise pollution.	In progress (seeking approval to proceed to stage 3, public consultation, on 27/10/23).
Independent Parallel Approaches	Doubling of early morning flights as early as 4:30am, every three minutes. 25,000 additional flights per year, with flight paths directly over our area.	Withdrawn (but Heathrow may relaunch).
Third Runway	260,000 additional flights per annum. Introducing new flight paths over our area.	Heathrow currently consulting with investors, government, airline customers and regulators on next steps.



CLEAN AIR BAYSWATER

REPORT: 18 MONTHS AFTER LAUNCH

Clean Air Bayswater hosted an international Partnership for Healthy Cities delegation



Meeting visitors from the Partnership for Health Cities.

Parents and carers are invited to sign a letter on behalf of their children to all the party leaders asking them to commit to adopt the latest World Health Organisation (WHO) guidance level for air pollution.

Clean Air Bayswater have joined Mums for Lungs to help children and their parents deliver a letter addressed to all party leaders. The letter asks all the party leaders to commit to:

1. Make Clean Air a Human Right
2. Commit the UK to adopt the latest (2021) World Health Organisation (WHO) Air Quality targets.

SIGN OUR CHILDREN'S PETITION

Visit: bit.ly/m4lcabpetition

And sign the parliamentary petition asking for a house of commons debate on the clean air (Human Rights) bill: petition.parliament.uk/petitions/639320

Air Pollution Monitor to be installed at Paddington Basin, at the location of the logistics hub at 5 Kingdom Street.

We are concerned about the impact air pollution from the planned large logistics hub, as all goods being delivered into the hub will be delivered by HGV trucks, rather than by rail or by water.

We are also concerned that releasing batches of 30 cargo bikes every 15 minutes for four hours a day, with their return trips back to the hub, will lead to stop-start traffic on the already congested roads. Stop-start traffic patterns will increase local air pollution from wear and tear and braking when driving in urban areas.

To help develop an understanding of the impact of the hub, we are installing an air quality monitor to measure pollution levels now, during the construction phase and when the large logistics hub is operational.

In July Clean Air Bayswater hosted a visit from the Partnership for Healthy Cities. The organisation ran a three day conference in London together with Imperial College and the World Health Organisation to agree actions and share best practice on how to reduce air pollution in cities across the world.

The reason for visiting Bayswater was to see the installed air pollution monitor and to hear from us and another Breathe London group about how we work to raise awareness about air pollution locally. Adam Walker the Westminster City Council Air Quality policy lead also joined the event.

You can now report idling vehicles

When a car is stationary with its engine running, it generates air pollution equivalent to 150 balloons each minute.



We need to stop drivers unnecessarily polluting our air this way and you can help achieve this.

If you see drivers who are sitting in their cars with the engines on, you can report them to the Council via its 'Report-It' page on the Council's portal. All idling reports are compiled by the Council and used to direct changes to the on-street enforcement patterns of the team of Parking Marshals, so they can make sure they are supporting us all to deliver cleaner air for our communities.

Use this link to report a vehicle: bit.ly/CAB-Idle-Report

Clean Air Bayswater hosted a family fun stand at the Westbourne Summer Festival.

On 25 June (on a boiling summers day) we hosted a Clean Air Bayswater stand at the Westbourne Forum Summer Festival by the canal side.



A very successful event.

We were delighted with the number of families who visited our stand and participated in the activities and competitions. Approximately 100 people signed up as new members of our group, which is fantastic!

STOP PRESS

A large number of visitors to our stand said that they would love to have an air pollution monitor in Westbourne Green.

We are delighted to say that Lizzie and the Paddington Development Trust team have been successful in securing a Breathe London air pollution monitor, which will shortly be installed.

Links to local Air Pollution Monitors:

- bit.ly/Air-St-Stephens
- bit.ly/Air-Porchester-Road
- bit.ly/Air-Hallfield-Estate

For more information on Clean Air Bayswater: www.clean-air-bayswater.co.uk

To sign up to our newsletter: www.clean-air-bayswater.co.uk/subscribe.html

NEWS FROM THE CATENIANS

John Sharkey
West London Circle

The Circle has had a very busy and enjoyable few months, with a number of cultural and social events and trips, including a day at Epsom races and a trip to Lake Como to name but two. The other highlights are shown below.

A TRIP TO ARUNDEL AND ENVIRONS



Visiting Arundel.

Whilst Arundel is only a small town, it boasts a wonderful Castle and Catholic Cathedral. Visits were also made to nearby places of interest, including Petworth House, Chichester, Goodwood aerodrome and (car) racing track, and the location where TV's *The Repair Shop* is filmed (The Weald and Downland Living Museum).



Reproduction of the Sistine Chapel ceiling.

The most impressive was visiting The Catholic Church of the English Martyrs in Goring by Sea, to view its wonderful version of the Sistine Chapel Ceiling. This is the only known hand-painted reproduction of the Sistine Chapel Ceiling in the world, and was painted by a parishioner after being on a pilgrimage to Rome. It took him five and a half years or so to complete the painting (it was finished in 1993), working only in his spare time, as he had a full-time job.

About the Catenians

As indicated in previous issues, the Catenians are an Association of Catholics, and is mainly a social organisation whose events are attended by our wives, family members and friends. We also care for our members and their families who are in need, and engage in charitable activities in the wider world.

THE ST FRANCIS OF ASSISI EXHIBITION AT THE NATIONAL GALLERY

This was the first major art exhibition in the UK to explore the life and legacy of St Francis of Assisi, from the 13th century to today, and looked at why this much-revered saint is still a figure of relevance today, due to his spiritual radicalism, commitment to the poor, and love of God and nature.



At the St Francis of Assisi Exhibition.

The exhibition brought together paintings from the National Gallery Collection, for example by Botticelli, with international loans including works by Caravaggio and Antony Gormley, to name but two. The tour was a great success, not least because our tour guide, Eileen Murray of The St Francis Leprosy Guild, was very knowledgeable and enthusiastic.

A CRUISE ON THE RIVER THAMES

As summer turned to autumn, the Circle went on a trip on the River Thames, which was a return journey from Runnymede to Windsor. The boat went upstream through Old Windsor Lock and continued through the villages of Old Windsor and Datchet.



Cruising on the Thames.

It also travelled through the grounds of Windsor Castle, and then passed through Romney Lock before arriving in Windsor. The lunch was very good, and our guide and his colleagues were helpful and courteous. It was another day of fine weather.

FURTHER INFORMATION

Please contact Colin Craven:
colinacraven@gmail.com

BREAKFAST LUNCH DINNER

A FRIENDLY BRUNCH ON BAYSWATER ROAD

The Chairman and The Editor visit Ibo Cafe (again)

from the editor

John and I always need a bit of brunch or lunch when we're out and about on the magazine photoshoots, and whilst there is all manner of food to be found in W2, sometimes what you really want is a something simple, such as a very fine toasted sandwich or eggs done just how you like them, all at a great price.

Step up Ibo Cafe at 128 Bayswater Road, where you will indeed find such food, and as a special bonus, served with the brightest smile and friendliest welcome you could ever wish for.

This great little eatery is owned and run by Hurshida and Ibrokhimjon (Ibo) Namirova, natives of Uzbekistan, who arrived in London in 2004. They live locally with their four children, of whom Hurshida spoke with immense pride. She told me how her eldest two were studying medicine and engineering at university, and that the youngest two were really enjoying being pupils at a nearby primary school.



The Plum & Ginger Pumpkin Seed cake is truly delicious.

I commented on the decor and design. Upstairs, downstairs and the exterior (as you can see above) are tastefully and thoughtfully put together, with that sage green exterior giving a feeling of calm amidst the hustle and bustle

of Bayswater Road. *"All my work"* said Hurshida with a grin, though I am sure Ibo had a little input too. And so to the food. I have mentioned the delights of toasted sandwiches, and the eggs that John likes (Turkish-style, with Dill Yoghurt and Paprika) but the menu is awash with great choices. From a vast range of breakfasts, to wraps and ciabatta, burgers and curries. From British classics to pasta dishes, plus a whole wealth of pastries and cakes freshly prepared on the day. *"Something for everyone"* as they say, and it's true, because here at the southern end of Queensway (by the station exit), you will find visitors from all corners of the globe. As Hurshida told me: *"I think we have had customers from every country"*.

This prompted me to ask if most customers were tourists or whether there are a lot of regular visitors too. (I always think this gives an insight into how good a restaurant or cafe really is). I suspect readers already know the answer, but yes, there are many regulars and I am not in the least bit surprised.



Ibo, ready to prepare John's second cup of coffee.

A smiling Hurshida outside Ibo Cafe.

So that's my all-too-brief article about a great little business, perfectly positioned opposite Kensington Gardens, and open 7am to 7pm every single day, doing what they do very well indeed.



Ibo Cafe seats 40 people, this is the upstairs dining area.

I will leave the final word to your Chairman though, and I know he was not kidding when he said *"I just sit outside and watch the world go by, drinking my favourite coffee in all of SEBRALAND"*. Now that is what you call an endorsement.



Health & Wellbeing



Zoe Birch is a Chartered Physiotherapist and founder of PhysioMotion, which operate two London clinics as well as providing physiotherapy at home. In her latest article for SEBRA NEWS W2, Zoe discusses a health topic that can affect everyone.

LET'S TALK ABOUT OUR PELVIC FLOOR STRENGTH!

of your bladder and bowel. They have a deep and a superficial layer, and are supported by your gluteal and abdominal muscles. They also support your abdominal and pelvic organs and are important in sexual health.

If the muscles are weak or overworking this can lead to urinary or faecal incontinence which can make you self conscious and stressed during social events or even leaving your home.

DIFFERENT TYPES OF INCONTINENCE

- Stress urinary incontinence:** Leaking of urine from your bladder on effort or physical exertion such as jumping or on sneezing or coughing due to urethral closure pressure not being maintained or sphincter not working.
- Overflow bladder:** Increased frequency of passing urine during the day and sleep interrupted to pass urine. This can be due to:
 - Bladder pressure being high even with a small fill causing pelvic floor to fail;
 - Incomplete emptying of your bladder;
 - Reduced bladder wall expansion;
 - Bladder sensation changes;
 - Increased urine production.

- Urgency urinary incontinence:** Leaking of urine associated with urgency which can be for similar reasons as an overactive bladder, as the muscles surrounding the bladder contract during the filling stage causing you to need to empty more frequently.
- Functional urinary incontinence:** Difficulty getting to the toilet or urinal in time because of mobility problems or reduced mental capacity (e.g. medication making you drowsy) to co-ordinate navigating to the toilet.
- Overflow urinary incontinence:** Bladder over fills causing the muscles around the bladder to overstretch. This could lead to:
 - Toileting less frequently;
 - Abnormal sitting position to urinate;
 - Not emptying your bladder fully.
 This can be due to urinary retention, tumour or mass, urethral stricture, pelvic organ prolapse, bladder or kidney stones and constipation.

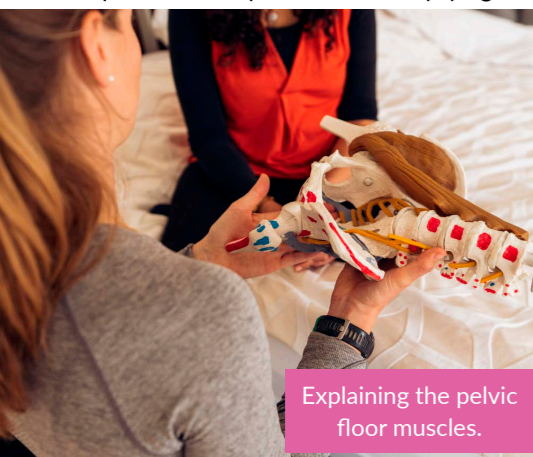
If you have any of these symptoms you should get immediate referral to get this investigated.

The first four types of incontinence can be helped with physiotherapy by a physiotherapist who specialises in Women's and/or Men's health.

Female pelvic floor health has become a big topic in the media recently, but it isn't just women who should be thinking about this. Pelvic floor dysfunction and incontinence can affect both men and women equally - women are just much better at seeking advice and talking about it.

WHAT ARE YOUR PELVIC FLOOR MUSCLES?

These are a group of muscles that make a sling at the bottom of your pelvis and help control the emptying



Explaining the pelvic floor muscles.

WHAT IS INVOLVED IN A PHYSIO APPOINTMENT?

As with other physiotherapy appointments you may have attended, you will still be asked about your problem and have a physical assessment. What makes it specific to Women's or Men's health? You will also be asked about your bladder and bowel symptoms, pelvic symptoms, and obstetric and gynaecological history.

After the first appointment, you may be asked to complete a bladder diary for three days and to discuss it at your next appointment to give your physiotherapist a better understanding of what is happening during the day to cause your incontinence.

During the physical assessment, as well as looking at your trunk and pelvic mobility (as these can have an effect on your pelvic floor muscles), you will have a palpation of your abdomen, observation of how your pelvic floor muscles engage externally and an internal examination (For women this would be performed vaginally and for men it is rectally using just a gloved finger).



Discussing the pelvic floor and the importance of suitable exercises.

HOW PELVIC FLOOR EXERCISES CAN HELP?

With the information gathered during your assessment, your physiotherapist will be able to work out whether your pelvic floor muscles are weak during slow and/or fast muscle contraction or unable to relax resulting in them overworking making it difficult to control the emptying of your bladder or bowel. This will determine what type of pelvic floor exercises you will need to perform three times daily:

1. Slow contraction with hold up to 10 seconds up to 10 repetitions
2. Fast contraction up to 10 repetitions
3. Practice relaxation of pelvic floor muscles after a contraction up to 10 repetitions

The repetitions and hold length will be determined by your performance during the internal examination, as you will want to perform slightly more than you could achieve, but not overload the muscles which can cause negative effects. You will start performing the exercises in lying and progress to a more upright position with movements or actions which previously would have caused your incontinence.



Probe with device can assist with engaging pelvic floor

Advertise in SEBRA NEWS W2

Promote your business in the official publication of the South East Bayswater Residents' Association

A GLORIOUSLY DAMP SUMMER IN OUR PARKS

Sue Price
Chairman, Friends of Hyde Park & Kensington Gardens



A sale of "left over" plants raised funds for the Royal Parks Charity.



The Friends AGM at LookOut.

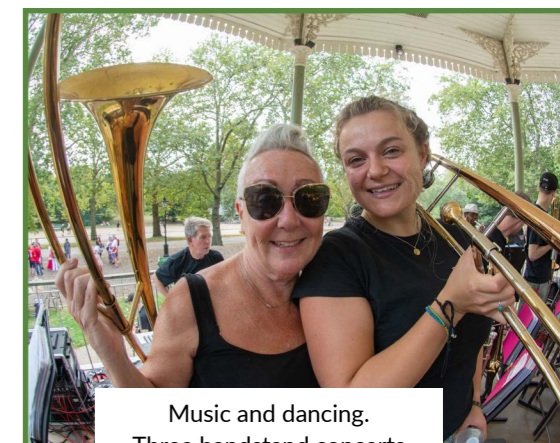
Friends of Hyde Park & Kensington Gardens
Old Police House, Hyde Park
London W2 2UH
contact@friendshpkg.org.uk
www.friendshpkg.org.uk

A MOST PLEASANT AGM

Another warm evening (weren't we lucky) meant our AGM held in the LookOut was a pleasure for everybody who came along. Following several photo-packed presentations from both Managers, the CEO of the Royal Parks, the Director of Kensington Palace, and an interesting Q&A session, we were able to stand outside for our reception. It was so pleasant we had to encourage people to go home at 9pm.

Royal Parks events. It was good to see your Chairman enjoying all the concerts. We are keen to see the newly restored, slightly smaller, bandstand in Kensington Gardens up and running too, bringing music for everybody.

So, despite the rain, we had a blazing hot summer for our events for which we were truly grateful.

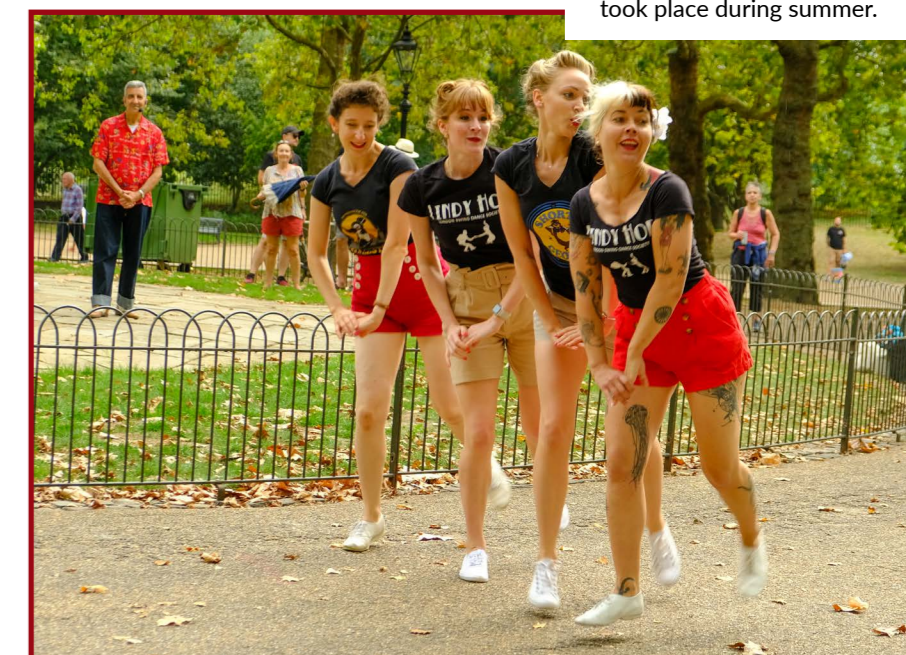


Music and dancing. Three bandstand concerts took place during summer.

THE BANDSTAND COMES ALIVE AGAIN

And through August and into September, our Hyde Park bandstand came alive once again with three wonderful concerts. Thanks to generous sponsors, the volunteers at the Kiosk (Orquesta Mamarito), Carl Richardson (The Snowdown Colliery Welfare Band) and Marble Arch BID (the South London Jazz Orchestra).

Dancing was a little bit reduced because of the extreme heat, but the crowds relaxed under the shade, on picnic rugs or the chairs we'd set up. Hundreds came and stayed, so we feel we have now properly made it into the listings of the

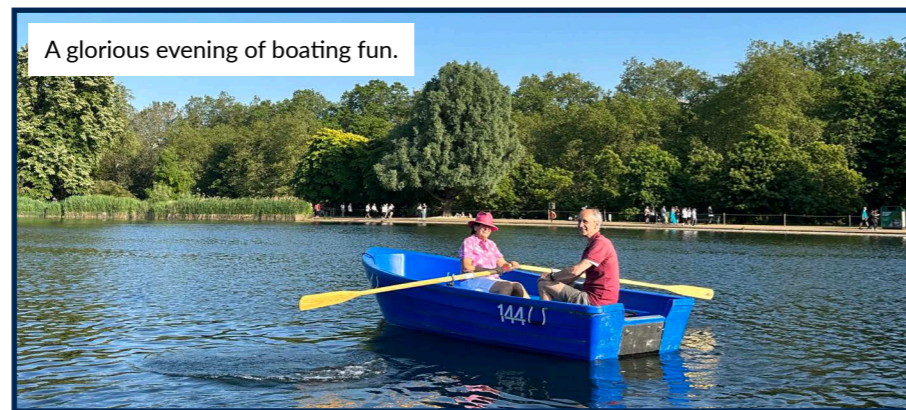


MESSING ABOUT IN BOATS

On a fine June Tuesday, we had an evening of boating on the Serpentine, thanks to Manager Tom Kiddey.

We tried pedalos, rowing, or just relaxing in the electric-powered launch and between bursts of action, sat sipping and nibbling on the pontoon.

A glorious evening of boating fun.



The August deluges were good for everything growing, but for humans? Not so much.

Head gardeners Russell and Beth, with the help of a growing band of volunteers, have been developing attention-grabbing flowery areas.

FUNDRAISING WITH A PLANT SALE

The Hyde Park nursery provides top quality plants in abundance, and once again the Friends and guests had the benefit of a plants sale of "left-overs". We try hard to replicate some of the flowery effects at home. Funds from these sales go straight to the Royal Parks Charity.



Political Commentary

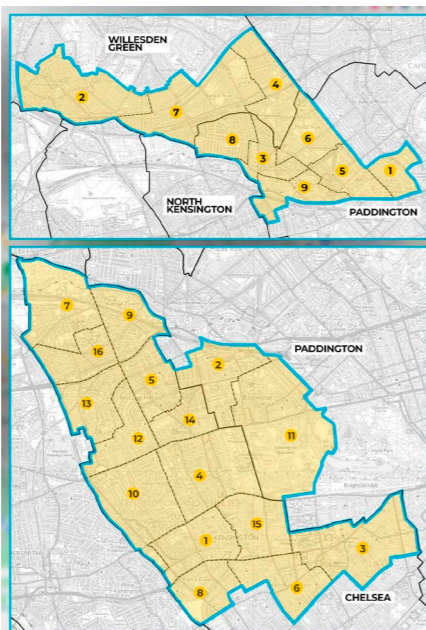


Karen Buck MP (Lab)
Westminster North

It is now official. At the next election, Bayswater and Lancaster Gate will be moving, after thirteen years as part of the Westminster North parliamentary constituency.

CHANGES TO LOCAL CONSTITUENCIES

Westminster North disappears, to become Queens Park and Maida Vale, and the Bayswater and Lancaster Gate Wards join Kensington and Bayswater. None of these changes affect the position in respect of the local Council - both are still part of Westminster Council. And I will remain the MP until the election, doing my best to respond to problems and queries. As we gear up for that election, though - almost certain to be in 2024, with an outside possibility of early 2025, I will be out in the area lending support to my friend Joe Powell who will be the Labour candidate in Kensington and Bayswater. As with the revised Cities of London and Westminster constituency, this will be a marginal and hard fought contest, so don't be too surprised to hear from the parties in the months ahead.



Boundary changes. Visit these links to read further details:
bit.ly/KensingtonBayswater
bit.ly/QueensParkLittleVenice

PARLIAMENTARY MATTERS - ESPECIALLY CLIMATE CHANGE

In parliament too, there is a strong sense of politics ramping up towards an election. Unfortunately, we are already seeing signs that this will mean lots of positions being taken on 'culture wars' issues - more aimed at creating dividing lines than finding ways of resolving some of the very deep problems we face as a country.

The government's recent decision to signal a backtracking on commitments aimed at tackling climate change are a good example. We can debate the cost-benefit and timing of individual measures to help us on the path to Net Zero, but it makes no sense to undermine the broad consensus on the direction we need to take.

Business needs certainty to plan investment, whether this be in renewable energy, electric vehicles or retrofitting and heat pump insulation. Stop-starts and muddle serve only to undermine investment and defer savings from cheaper energy sources and better insulation. No wonder big companies like Ford expressed such concern about the impact on their medium to long term planning, saying 'a relaxation of the 2030 date (for ending the sale of new petrol vehicles) undermines the three things needed from government: ambition, commitment and consistency'.

There is no greater threat facing us than climate change, but it represents a huge opportunity too - to strengthen energy security, reduce fuel bills, create good new jobs. We need to seize that opportunity. Incidentally, it is great news that Westminster Council is on track to have the highest number of EV charging points in the country.



Fighting climate change. An increasing number of EV charging points are being installed in Westminster.

Also welcome is the roll-out of 220 new parking bays for dockless bikes. Councils have very few powers to act against the companies providing these bikes, which, whilst a valuable contribution to local transport, have also caused huge inconvenience when carelessly dumped. Working with the e-bike companies, parking bays are coming on stream across the city and riders who do not end their journey in a bay will risk fines or even a ban from using the bikes.



More welcome news - Extra bays will be provided for dockless bikes.

THE COST OF LIVING CRISIS

Meanwhile the cost of living crisis has not gone away, with a new analysis showing 35,000 adults in Westminster are having to ration heating and electricity because of debts and other financial pressures. It is good news, therefore, that Westminster Council has built on the Mayor of London's funding to provide free school meals for all under 14s - 14,000 in all, saving families up to £570 a year. Thousands of low income families do not usually qualify for free meals, so this makes a really important contribution to family budgets.



Free school meals are helping many families with the cost of living.

Rapidly increasing rents - up 12% in London last year - combined with squeezed incomes and a freeze on the housing allowance in the social security

system have also contributed to another rise in rough sleeping. Westminster's location have also put us on the rough sleeping front line, but the number of street homeless people has increased by more than a quarter in a year across the country as a whole, despite the government having a target to end it entirely by the end of this Parliament.

THE NHS - A DOMINANT LOCAL ISSUE

Inevitably, the NHS continues to be a dominant issue locally. The Imperial NHS Trust has the largest maintenance backlog in the country - nobody can go into St Mary's or Hammersmith Hospitals and fail to notice the need for an urgent upgrade.

St Mary's was rightly included in the list of the promised 40 new hospitals which featured so strongly in the 2019 election but sadly, this summer the government bumped St Mary's off the list, throwing the plans into chaos and prompting a grave warning from Imperial's leadership team that doing nothing was not a safe option. Discussions are continuing, but it is very disappointing to see the promises made four years ago thrown aside.

is within the estimated £2.5 - £5 billion needed for the five RAAC hospitals not then in the 2030 programme.

I have been talking to senior managers at Imperial and lobbying Ministers to try and get the scheme back on track. Together with the MP for the other Imperial hospitals - Charing Cross and Hammersmith - I wrote to the government to say: "While we would like you to think again and reinstate Imperial hospitals in the 2030 programme, you should at least set out the revised timetable for undertaking and completing these works. Imperial's estate is the most dilapidated in England. It is not reasonable to leave world-class hospitals in their current condition without even setting out the programme for their improvement or reinstatement."

PLEASE KEEP IN TOUCH

As always, policy enquiries and requests for help continue to pour in, and as I have said, I will continue to respond as well as I can until whenever the election may be. In the meantime I hope to see members at the coming AGM.

With all good wishes,
Karen



Hammersmith Hospital, like St Mary's, is very much in need of upgrading.

Karen Buck MP (Lab)

Email: buckk@parliament.uk
Tel: 020 8968 7999
Address: Karen Buck MP
House of Commons
London SW1A 0AA
Twitter: @KarenPBuckMP

A major driver of this very disappointing decision was the need to fund emergency works to hospitals constructed with reinforced autoclaved aerated concrete (RAAC). Although not an exact swap the estimated £3 billion required from public funds for Imperial,



Nickie Aiken MP (Con)
Cities of London & Westminster
"Working on what matters to you"

From standing up for leasehold reform to speaking out to secure good local jobs, holding Westminster City Council to account, and ensuring housing associations and providers take their responsibilities seriously, I had a busy summer, where I met so many local people, groups and organisations from across SEBRALAND and our part of Westminster.

In November, we will have our first King's Speech, with the Government outlining its priorities for the year ahead. In what I hope will be an extensive agenda, I will be your strong local voice and ensure your views are reflected in any legislation over the year ahead.

In this edition of **SEBRA NEWS W2**, I have highlighted a number of updates on our local campaigns to make the Two Cities an even better place to live, work, and visit.

LATEST PUBLIC MEETING

In October, joined by our London Assembly Member, Tony Devenish, I held my latest public meeting for people living in the Hyde Park Ward.

Thank you to every **SEBRA NEWS W2** reader who took the time to come along, it was a well-attended meeting and so many local people took the time to share their views.

Tackling crime and anti-social behaviour is a top priority. It was the number one issue raised at my meeting, and it's an

issue I've received considerable letters and emails on and had conversations with local people about whilst out in our neighbourhoods.

We must ensure our area remains a safe place to live. So, I'm tackling this issue head on and earlier this year launched my crime and anti-social behaviour plan for Westminster.

My Plan is to **increase police visibility** by ensuring the Mayor of London puts the Government-funded recruits out patrolling the streets, **re-introduce estate wardens** to tackle anti-social behaviour, **enforce a zero-tolerance policy on cannabis** smoking in public spaces, **re-establish the Integrated Street Engagement Unit** to support the most vulnerable people in our society, and **create a single Borough Commander for Westminster** to ensure our police leadership are laser-focused on tackling crime here.



Nickie held her latest public meeting in Hyde Park.

I am continuing to work with the police, Council and local people to deliver this plan, but I do remain disappointed by the Council leadership's response. The Council have the tools to act, and I will continue to put pressure on them to work together to make our part of Westminster safer. Read more about My Plan at nickie.news/MyCrimePlan

THE ISRAEL/GAZA CONFLICT

As **SEBRA NEWS W2** goes to print, the situation in Israel/Gaza remains extremely hostile. The loss of civilians on both sides is dreadful. The attacks on 7 October were horrific and the Israeli response has claimed many thousands of Palestinian lives. You can read more on my thoughts about the situation on my website: nickieaiken.org.uk

ST MARY'S HOSPITAL

The Government remains committed to rebuilding St Mary's Hospital through its £20 billion New Hospital Programme.

Since the last edition of **SEBRA NEWS W2**, alongside neighbouring MP Felicity Buchan, I have continued discussions and meetings with the NHS Trust and Health Minister, Lord Markham.



The Government remains committed to rebuilding St Mary's Hospital and Nickie is working with the team and Secretary of State as plans progress.

I had a candid tour of the hospital over the summer with Government ministers, and I know the Government is committed to getting the enabling works started as soon as possible. I will continue to work with both the Secretary of State for Health, Steve Barclay MP, and the team at St Mary's as plans progress.

SHORT-TERM LETS

Short-term, holiday style, lets are continuing to cause havoc for many readers.

I stood on a commitment in 2019 to tackle the blight of short-term lets, and since being elected to Parliament, I've championed our campaign for a short-term lets registration scheme.

Thanks to your support, we won the argument and the Government has now concluded its **consultation on the implementation of our national short-term lets register** as well as changes to short-lets with proposals for new lettings to require planning permission. They are now analysing the results.

Thank you to everyone who had their say, signed my petition, and responded to the consultations. Keep up to date at nickie.news/ShortLets

PEDICABS UPDATE

Thank you for your continued support in our campaign for a pedicabs licensing scheme in London.

From your stories and experiences, I've seen how desperately we need our licensing scheme up and running. Whether it's to end the blaring music which can go on until the very early hours of the morning, stop the pavements from being blocked by riders who park there, or prevent another story of a tourist or visitor being charged hundreds of pounds for a journey that lasts just a few minutes, our licensing scheme will put an end to the horror stories.

Many readers will know I have left no stone unturned and, despite the rumours that have been circulating, the Government remains committed to our pedicabs licensing scheme. I have received the Prime Minister's personal commitment and I hope the King's Speech will provide the legislative lever to implement our scheme.

In the meantime, I am pleased Westminster City Council has continued the joint operations with the police that I introduced as Leader of the Council, taking a number of rogue operators from our streets. I will continue to push the Council to undertake further such operations. Keep up-to-date at: nickie.news/Pedicabs

GET HELP WITH THE COST OF LIVING

The Government has supported families and households across the Two Cities in the face of global high inflation through its £94 billion Cost of Living support package.

The second Cost of Living payment for 2023/24 has now been made, and further payments will follow over the year.

Find out what support is available to you at nickie.news/CostOfLiving

SAFETY TESTS FOR DELIVERY CYCLISTS

Continuing my campaign to ensure delivery cyclists ride safely, I recently met with the Transport Minister, Jesse Norman MP, to discuss how delivery cyclists should undertake a cycling safety test before they can begin working. After hearing from so many of you with issues about delivery cyclists

going through red lights or riding on the pavement, and my own experience with a delivery cyclist, I'm holding the companies to account to ensure they take their responsibilities seriously. I'm working with some of the leading companies such as Deliveroo, Getir, and Uber Eats, as well as cycling organisations Bikeability and Cycling UK to establish a simple but safe professional cycling certificate.



Nickie met with the Transport Minister to discuss her campaign for a cycling certificate for professional delivery cyclists.

Not yet had your say? Respond to my survey at nickie.news/DeliveryBikes so I can ensure any future scheme reflects your views and concerns.

HAVE YOUR SAY ON LEASEHOLD REFORM!

The leasehold system is out of date. Wholesale reform is needed to give leaseholders control of their homes, charges, and service providers.

That's why, since being elected as your Member of Parliament, I've worked tirelessly behind the scenes to make the case with Ministers and Government advisers of the importance of leasehold reform. I've also held a roundtable discussion with a number of local leaseholders to hear their lived experiences and how we can effect change together.

I'm hopeful, that following my conversations with the Secretary of State, Michael Gove MP, that hope is on the horizon, and we will get a Leasehold Reform Bill in the King's Speech.

Nickie Aiken MP (Con)

Email: Nickie.Aiken.MP@parliament.uk
Tel: 020 7139 5125
Address: Nickie Aiken MP, House of Commons, London SW1A 0AA
Website: www.nickieaiken.org.uk
Twitter: @twocitiesnickie
Instagram: @twocitiesnickie
Facebook: fb.com/twocitiesnickie



Have your say on leasehold reform and take Nickie's survey at nickie.news/LeaseholdReform

But to ensure any future legislation reflects your views, concerns and lived experiences, I want to hear from you. I have put together a leasehold reform survey and encourage you to spend a few minutes to complete it. Help shape future legislation and respond to my survey at nickie.news/LeaseholdReform

DOCKLESS RENTAL BIKES

I welcome that the Council has finally implemented parking bays for dockless rental bikes.

The bikes, rented out by companies such as Lime and Human Forest, now operate with geofencing technology and can only be parked in defined areas. It is clear though that more bays need to be introduced and at convenient locations. I have taken this up with the Council, and please continue to send me your photos of both good and bad dockless bike parking.

AND FINALLY

This is just a snapshot of how I've been working for the Cities of London & Westminster over the last few months. Please visit nickieaiken.org.uk to find out more about all of these issues, and many more!

If I can be of help on any issue, please send me an email at nickie.aiken.mp@parliament.uk or write to me at the address shown below.

Keep up to date with how I'm working for you by using the web links below:

PROPERTY MANAGEMENT TIPS BENEFITS OF CLEANING GUTTERS

By Dawn Sparks, Head of Property management at Lurot Brand



As autumn appears we have a month or so to prepare for the change in seasons and make sure our homes are ready for the wetter, colder, windier months.

Boring as this job may sound, cleaning gutters will protect you against further problems to your property, which could result in a hefty bill. Find some recommendations below for gutter maintenance. Here is some guidance:

1 - PREVENT GUTTER DAMAGE

The main purpose of gutters is to help drain rainwater from your roof. Clogging caused by falling leaves and debris can cause gutters to become very heavy, with overflowing water having nowhere to drain. This extra weight and stress can cause structural damage to your gutters, including rust, sagging, detaching, and even falling to the ground. Damaged gutters typically need to be replaced entirely, which can be very expensive.

We always recommend regular maintenance of all guttering throughout the year to ensure that no downpipes are blocked and water is able to drain freely.

2 - PROTECT YOUR ROOF

If rainwater on the roof has nowhere to drain because of clogged gutters, water may collect in one spot on your roof tiles. Left unattended, even small pooling and leaks can lead to major roof damage, including water seeping through roof tiles and into the home. Without regular gutter cleaning and care, it can lead to damp problems internally, and far more costly repairs to the roof and possibly inside the home.



3 - AVOID DAMAGING YOUR FOUNDATIONS

The main purpose of gutters is to direct rainwater runoff into drains, rather than straight onto the lawn or ground.

Just like pooled water can damage a roof, the structural integrity of the home can suffer from pooled water that seeps through to the home's foundation.

4 - REDUCE HEALTH RISKS FROM MOULD AND BACTERIA

Water that can't drain properly from the roof has the potential to go stagnant, which is not healthy. Debris in the gutters is a prime breeding ground for dampness, mildew, mould and bacteria, which can spread and escalate.

To help prevent the build-up of material causing harmful mould from multiplying in your home's air and becoming a health risk, it's important to stay on top of looking after your gutters and undertake regular cleaning.

5 - PREVENT PEST INFESTATIONS

As grim as it sounds, the reality is unwelcome pests such as rodents,

cockroaches and mosquitos are all attracted to stagnant water and rotting leaf debris. These pests thrive in damp, dark conditions and can infest the home.

Make sure to remove any debris from your gutters regularly so that water can flow freely, discouraging insects and birds from nesting in the eaves.

IN SUMMARY

As you can see, there are many benefits to cleaning your gutters. Of course, for some homeowners the prospect of climbing a ladder, or embarking on the job yourself, is not a welcome prospect and so it's tempting to ignore the task.

We would always err on the side of safety and caution, so best to arrange for a professional or handyman to check and clean your gutters rather than attempt this yourself. We can always help when it comes to finding a reliable tradesperson to come and do the work.

As Autumn is when your gutters are likely to fill up and cause the most concern, try to organise the work to be done as early as possible and minimise the time and cost required.

LUROT BRAND

MEWS SPECIALISTS EST. 1971

Scan below to book your free, specialist property valuation



WWW.LUROTBRAND.CO.UK

020 7590 9955

ENQUIRIES@LUROTBRAND.CO.UK



Your W2 Update

In the sales market, vendors are increasingly realistic with their pricing and we are seeing a higher volume of sales being agreed. There is continued demand for this highly desirable postcode with soon to complete sales being agreed off-plan in The Whiteley and the soon to complete Park Modern. We have also recently seen exchanges take place in The Lancasters and a variety of prime addresses in close proximity to our office on Craven Terrace, W2.

The lettings market in W2 is experiencing a shift in that there is now an increased supply, notably across the prime end of the market; probably as a result of a weaker sales market creating accidental landlords, which in turn is increasing the need to remain competitive in pricing. One bedroom flats on the other hand are performing extremely well and we are achieving some record prices, as supply for these remains low and demand ferociously strong.

Recently sold & let in Hyde Park

Our team in Hyde Park offers the best advice on the local market with expertise tailored to your specific needs. Let us help you make your next move.



The Lancasters
Lancaster Gate, W2

Asking price £7,950,000

SOLD



Stanhope Terrace
W2

Guide price £1,100 per week

LET

Knight Frank Hyde Park
1 Craven Terrace
Hyde Park
London
W2 3QD

hydepark@knightfrank.com
020 3944 3534

MORE LETTERS ABOUT DOCKLESS E-BIKES

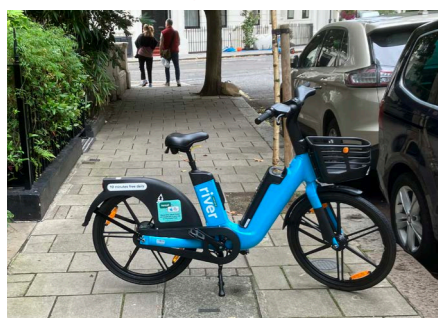
On page 11 in *Safety Valve*, Mary Moore Mason wrote to us about dockless e-bikes, and that page really does highlight an ongoing problem.

Here are a couple more letters from members, plus a mini-gallery from a short walk in the area.

I see dockless bikes left all over SEBRALAND on a daily basis, but this one really caught my eye as it could hardly be more of an obstruction.

The bike was parked (dumped) on Chilworth Street, my question - was is it the bike at fault or the rider?

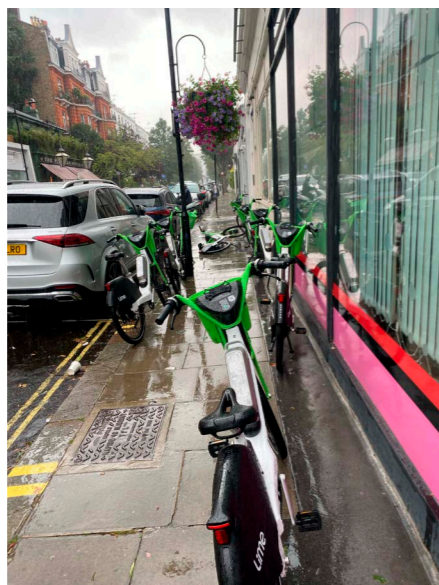
John King
Lancaster Gate, W2



My heart goes out to the elderly lady who had a walking frame and couldn't pass through these bikes - they are heavy and cannot be easily lifted or moved around. After I called Lime they did clear them promptly!

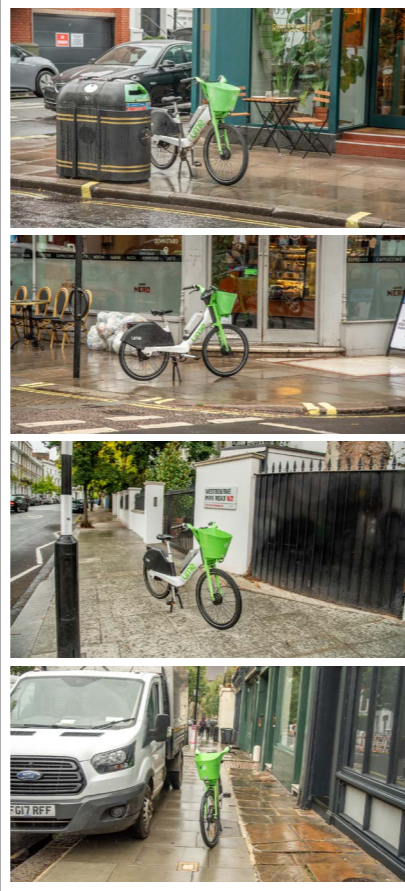
Sue Semlani
Hereford Mews, W2

I am in support of getting these footloose bikes off our pavements - On Sunday there were nine of them on the pavement outside the mews, meaning I had to walk on the road.



MINI-GALLERY

Our Editor took these photos (and more) over just one hour during our regular photoshoot for the magazine.



About SEBRA

South East Bayswater Residents' Association (SEBRA) is recognised by Westminster City Council as an official amenities association and enjoys great influence in the borough of Westminster.

SEBRA is consulted by WCC on various local matters. Our fields of interest encompass: Protecting the environment, traffic and transport, cycling, refuse and recycling, planning and licensing, crime prevention and community affairs.

We host a large garden party every summer which provides a wonderful opportunity for us to engage with our members. It is also a great way for members to meet each other and to interact with our MPs, Westminster City Councillors and officers.

OUR MAGAZINE

SEBRA NEWS W2 is the official magazine of the South East Bayswater Residents' Association and is published three times per annum: Spring, Summer and Autumn.

The magazine represents a compilation of opinions from across the local community and is published and distributed to all its members, across Westminster City Council and further afield.

We continue to invite local residents, businesses, and the broader community to become SEBRA members and contribute to SEBRA NEWS W2.

To find out more please email editor@sebra.org.uk

NEXT EDITION: The Spring 2024 edition of SEBRA NEWS W2 is due to be published on Saturday 16 March 2024. The LAST date for contributions is Friday 23 February 2024.

DISCLAIMER: The views expressed in this publication are those of the writer and are not necessarily those of SEBRA, its Officers, its Committee Members. (Editorial control is the responsibility of SEBRA Chairman John Zamit).

COPYRIGHT: All content Copyright © 2023 - The South East Bayswater Residents' Association.

GENERAL INFORMATION:

Contact: John Zamit, Chairman
Phone: 020 7727 6104
Mobile: 074 59954 245
Email: chairman@sebra.org.uk
Address: 2 Claremont Court, Queensway, London W2 5HX

ANNUAL MEMBERSHIP:

Concessions: £5.00
Standard: £10.00
Business: £25.00
Residents' Associations: £25.00
Email: membership@sebra.org.uk

DONATIONS ALWAYS WELCOME
An application form to join SEBRA can be found opposite.

SEBRA NEWS W2
is printed by Edox Ltd



210a Queensway, London W2 5HX
020 7792 1030 | printshop@edox.co.uk
www.edox.co.uk

APPLICATION TO JOIN SEBRA - SOUTH EAST BAYSWATER RESIDENTS' ASSOCIATION

Membership is open to individuals, households and organisations, residents' associations and businesses.

Please complete in BLOCK CAPITALS. Please delete as applicable.

I / We / My organisation would like to apply for Standard / Concession / Residents' Association / Business

Your name: Mr / Mrs / Miss / Ms / Other _____

Spouse/Partner: Mr / Mrs / Miss / Ms / Other _____

Or name of organisation / business: _____

Address: _____

Post Code: _____ Telephone: _____ Mobile: _____

E-mail: _____
(From time to time SEBRA sends information to members by e-mail).

Data protection: Please tick here [] if you AGREE to SEBRA recording your details electronically. (No information you give us will be shared with any other organisation).

Signature _____ Date ____/____/____

Annual Subscription. Please tick: Standard £10 [] Concession £5 [] Residents' Association or Business £25 []

Additional Donation £ _____ (Donations are gratefully received).

I / We enclose a cheque/cash for £ _____ Please make cheques payable to 'SEBRA' and return this form to:

John Zamit, Chairman, SEBRA, 2 Claremont Court, Queensway, London W2 5HX
Telephone: 020 7727 6104 Mobile: 074 59954 245 E-mail: chairman@sebra.org.uk

Payment can also be made by Bank Transfer: NatWest Bank - Account No: 77020669 Sort Code: 60-80-05
Another way to pay or donate is via PayPal (You will need a free account). Simply send funds to paypal@sebra.org.uk.

Advertise in SEBRA NEWS W2

Promote your business in the official publication of the South East Bayswater Residents' Association

Prices from £80.00 - Email editor@sebra.org.uk for further information