

SEBRA NEWS W2

In this Issue

ISSUE No 117
SUMMER 2026



BACK IN CONTROL

**COUNCILLOR PAUL SWADDLE - NEW LEADER IN WESTMINSTER
LET'S HOPE THE CONSERVATIVES STICK TO THEIR PROMISES**

PLUS A WEALTH OF GREAT FEATURES INCLUDING "HOME TO US", A WESTBOURNE GROVE UPDATE, LOCAL ELECTION RESULTS, AND WE REVEAL THE NEW LORD MAYOR OF WESTMINSTER

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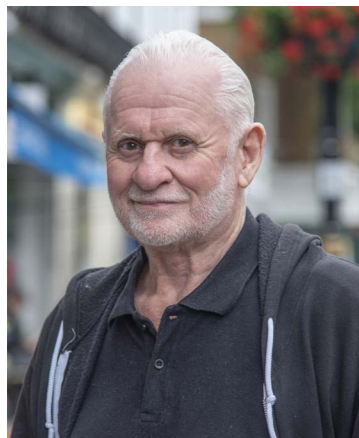
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From the Chairman

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Save the Date!
 SEBRA Summer Garden Party:
 Monday 6 July
 Cleveland Gardens Square

TEMPUS FUGIT

It seems like only yesterday that I was introducing the Spring issue of SEBRA NEWS W2, but here we are in June and you're reading the Summer issue. And dare I say it, I think this issue really is the better than the last one. I probably mention that every time, but over these 112 pages there are numerous great articles, very much "something for everyone".

You will find local, national and even international interest, plus political commentary in the shape of the recent Local Elections. Here in Westminster, the Conservatives took back control of the Council, possibly as a result of national politics and personalities, plus the surge in support and popularity of the Green Party. I think that Reform UK also influenced the outcome, but perhaps to a lesser extent.

The saga of "Queensgate" continues on page 20, and with a fresh new look given that we have a new administration, and we revisit Westbourne Grove where there is quite a lot more to report on new openings. On that same subject our Star Letter discusses "A plethora of wellness shops", and I have to agree there seem to be a lot popping up.

"A House in Bayswater" from the editor and "Home to Us", from Dr. Alan Zimble are two particular highlights of mine, and the editor has also traveled the world (physically and virtually) to provide articles from the Czech Republic and a land down under.

CONGRATULATIONS AND COMMISERATIONS

Congratulations to the new WCC Leader, Councillor Paul Swaddle. We look forward to working closely with Paul and his team, and his article on page 12 covers many topics of interest

to members. Congratulations also go to our Lancaster Gate Ward Councillor, Ellie Ormsby, having been selected as the new Leader of Westminster's Labour Group. I wish her well in her new role, and please do read her first article since her appointment, which you will find on page 14.

My commiserations go to Councillor Adam Hug, the Labour Leader for the past last four years. I got to know Adam very well and I wish him all the very best for the future.

Following those elections we say goodbye to five Labour Councillors and welcome five new Conservative Councillors. Three Labour Councillors did retain their seats though and we know that they will all continue to be very dedicated and conscientious in dealing with issues in their Wards.

THE PAST FOUR YEARS

Looking back, I must say again "How time flies", it really doesn't seem very long ago that the Labour Party swept into power in Westminster, having never been in control since the Council was formed in 1964. Others will judge their time in office, but in many areas they did do well, especially in the provision of more CCTV and Affordable Housing.

In our area, it was much of the same as under the previous administration. The large public realm improvements schemes promised (apart from Connaght Village Green), in Praed Street, Queensway and Westbourne Grove/Five Ways Corner, which they consulted on time and time again, never got implemented. The "Queensgate" situation is the same as it was when they took power four years ago, with the redundant Bayswater Road toilet block still there and the promised road improvements never implemented.

THE NEXT FOUR YEARS

Prior to the Local Election we were bombarded with leaflets, as well as weekly emails from Councillor Paul Swaddle, telling us what Labour were doing wrong, and promises of what the Conservatives would do better if they took back control. Well time will tell, so we wish them luck and wait and see if their promises come to fruition, but I think they will find it very difficult, especially with huge financial cutbacks from central government.

In our area, the most pressing issues, apart from the lack of Police officers, are the misuse by dockless e-Bikes, Airbnb lettings, rough sleeping and the implementation of the promised Public Realm schemes. Of great interest, and something that will affect many members, is what the Council decides to do about the proposed and controversial Bayswater Road raised cycle lane with its "floating" bus stops.

TIME TO WIND UP

I dedicated much of my page to political issues this time around. I thought it was important to do so because our politicians and their decisions impact all of our lives, every single day. For now though I hope you enjoy reading the magazine, especially as a lot of work goes into producing each issue. Once again I thank our Editor, Steve Olive for producing such a professional publication, and I also thank our advertisers, for their most valued financial support.

Have a lovely summer and I hope to see many of you at the Summer party.

Best wishes.

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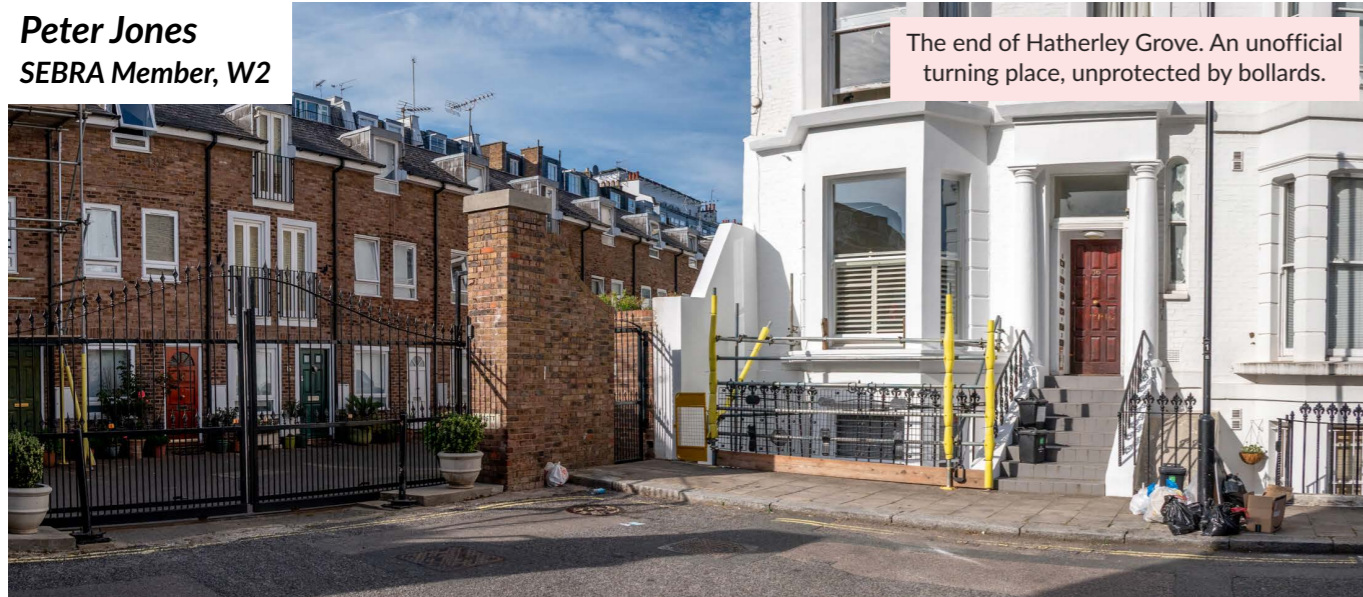
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"SERIOUS SAFETY RISKS" ON HATHERLEY GROVE

Peter Jones
SEBRA Member, W2



I am the owner of a basement flat at 36 Hatherley Grove, London W2, a cul-de-sac in Westminster where vehicles have no option but to turn around in front of my property. For years I have raised concerns with Westminster City Council about the removal of bollards outside my building and the serious safety risks this has created for pedestrians, residents, and anyone present in the basement area of the property.

Before I purchased the flat, two bollards were installed on the pavement outside the building, preventing vehicles from mounting the footway while attempting to turn. These bollards were later removed by Westminster City Council as part of what it described as a "borough-wide removal of redundant street assets." At the time, I raised concerns, but they were dismissed.

In August 2018, those concerns became reality when a vehicle mounted the pavement, crashed through the railings outside the building, and sent the structure into the bay window of my flat. The dining table inside sits directly beside that window. I was fortunate not to be seated there at the time. As I wrote to the Council, had anyone been present, "they would likely have been cut around their head/eyes by flying glass." Had anyone been in the basement well below, "they would have been seriously injured or killed."

Despite this incident, the Council again declined to reinstate bollards.

In April 2026, a near-identical incident occurred when another vehicle attempting a three-point turn struck the

same railings. Although the railings did not enter the flat on this occasion, the impact forced them so low that access to both basement flats was temporarily obstructed. My photographs show significant structural damage. Once again, no injuries occurred—but this was only by chance.

The Council's response to my renewed request for bollards set out its position in general policy terms. A senior officer stated that Westminster "installs bollards only where there is a clear highway or public safety need," such as protecting street infrastructure or "formally assessed hostile vehicle mitigation." It added: "The Council does not routinely install bollards to protect individual buildings," and that permanent bollards can create "safety, accessibility, liability and streetscape issues." It concluded that bollards are "last-resort physical measures, not as default protection."



On paper, this is a coherent policy framework. In practice, it does not appear to reflect the specific conditions outside 36 Hatherley Grove. My concern has never been about protecting property per se, but about preventing foreseeable harm to people.

In my reply, I challenged the Council's characterisation of the location. Hatherley Grove is a cul-de-sac with a single practical turning point directly outside my building. Because of parked cars on both sides of the street, vehicles cannot safely turn elsewhere. As a result, "virtually all vehicles which enter Hatherley Grove turn round in front of my flat," often mounting the pavement to do so.

The basement area below the pavement is not a private void space in any practical sense. It is regularly accessed by delivery personnel, cleaners, utility workers inspecting gas and electricity meters for multiple flats, maintenance

contractors, and residents. I pointed out that the Council's framing of the risk as merely one of building protection ignores "pedestrians on the pavement, non-residents in the basement well, and residents and visitors to Flats 1 and 2."

I also questioned the assumption that bollards would create accessibility or safety issues at this specific location. The street is not heavily trafficked, nor is it unusually narrow. It is not a major pedestrian route. In my view, the claim that bollards would obstruct emergency access or reduce accessibility standards does not align with the physical layout.

More fundamentally, I argued that the risk is not hypothetical. In both 2018 and 2026 incidents, relatively ordinary saloon cars caused significant structural damage. The railings and their concrete base — estimated at over one tonne — were displaced. As I wrote in my response, if a vehicle can move a structure of that mass, "it would surely kill a person of 80 kg" if they were in its path.

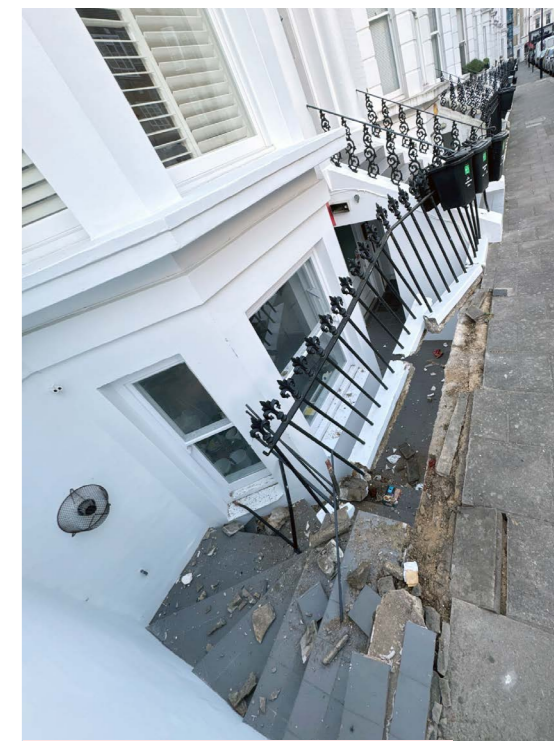
I also raised concerns about escalation risk. Larger vehicles, such as vans—frequently observed mounting the pavement in this location—would pose

an even greater danger. I described the experience of sitting inside my flat while vehicles mount the pavement just a metre or so from the window as "frightening," particularly given the proximity of pedestrians and basement users.

In addition, I submitted a Freedom of Information request seeking clarity on whether any site inspections had actually been conducted before or after the Council's decisions to remove and refuse reinstatement of the bollards. My request asked for dates, names of inspecting officers, and any reports produced. If no inspections were carried out, I asked that this be explicitly confirmed.

The Council's position remains that bollards are only installed to protect highway assets or in narrowly defined safety contexts such as street lighting, traffic signals, or exposed infrastructure following damage. It maintains that widespread installation would conflict with accessibility standards, emergency access requirements, and conservation area policies.

However, I do not believe this policy has been properly tested against the facts of this location. The Council's



A wider view shows the true extent of the damage caused.

own wording describes bollards as appropriate where there is a "defined highway or public safety purpose." In my view, the repeated collisions, the predictable turning behaviour at this dead-end street, and the presence of pedestrians and workers in the immediate vicinity meet that threshold.

I concluded my correspondence by urging the Council to reconsider its position. I warned that had either of the two incidents resulted in serious injury or death, the absence of protective measures—despite prior warnings—would likely have been central to any subsequent inquiry.

At present, no bollards have been reinstated.

What remains is a continuing tension between a general policy designed for an entire city and the specific, repeated risks at a single location where vehicles, pedestrians, and vulnerable structural space converge in an unusually confined way.



Smashed railings and a serious weight of broken concrete.

Chairman's Comment

Peter, thank you very much for getting in touch to advise of this situation outside of your flat. We often hear the expression "an accident waiting to happen", but in your case that accident has already happened, not once, but twice.

I find it very hard to believe that Westminster City Council will not reinstate the bollards, which were clearly put there as a safety measure with someone having identified the danger.

I have to say that if I was sat in your dining table and watching cars turn around, I too would be very worried about the consequences of a misjudged manoeuvre, especially in the light of just how big some of those cars are these days.

As you probably know I have many contacts at the Council, and I will raise this issue with Councillor Tim Mitchell, the new Cabinet Member for City Management, who I know well.



From the Leader

Councillor Paul Swaddle OBE
Leader, Westminster City Council

THE HONOUR OF A LIFETIME

Welcome to my first SEBRA NEWS W2 column as Leader of Westminster City Council.

I previously wrote to you as Leader of the Opposition, setting out where that Council was going wrong and what a Conservative administration would do differently. In May, residents across Westminster gave us the chance to put those words into action, and we have not wasted a day. SEBRALAND is central to our plans, and this column is one way I will keep you updated on the progress we make, issue by issue, over the next four years.

A CABINET BUILT TO DELIVER

I have shaped my cabinet around one principle: results that residents can see. Every member has a clear brief and is accountable for delivering on it. You will find the full list at the end of this column.

One appointment I want to highlight is Councillor Caroline Sargent, who joins as Deputy Leader and our first ever Cabinet Member for Enforcement. I promised during the campaign to create this role, and it was one of the first things I did on taking office. It pulls together powers that were too often left to drift under Labour: anti-social behaviour, e-Bikes and scooters dumped on pavements, licensing, noise and CCTV, all under one senior Councillor. The message to residents is simple. When something is making daily life worse in your neighbourhood, one person is now responsible for gripping it.

The Cabinet will of course work closely with your SEBRALAND Councillors, across Bayswater Ward, Hyde Park Ward, and Lancaster Gate Ward. I also want to record my thanks to former Councillors Sullivan and Small-Edwards for their service to the area.



OXFORD STREET

You may have seen me discuss the proposed pedestrianisation of Oxford Street in recent interviews, so let me set out exactly where we stand and be straight with you about it.

Councillors of every party at Westminster have raised serious concerns about these plans, from accessibility to the future of the bus routes that residents and visitors rely on. One of my first instructions as Leader was to ask Council Officers for fresh legal advice on whether the plans could be challenged through the courts, by a process known as judicial review.

I will always be honest with residents, even when the news is not what we hoped. That advice was clear: a judicial review would be unlikely to succeed, and a late claim would simply be refused.

That is not the end of the matter, and I have no intention of walking away. We are actively examining every other legal and procedural lever open to us. I have also written to the Mayor of London to request a meeting, so that he hears our concerns directly and works with us to secure a better outcome for local residents and businesses.

Oxford Street - Concerns about plans raised by all parties in Westminster.

Oxford Street sits at the heart of our city. It is home to residents, and it is a street we fought to bring back to life after the pandemic. Westminster City Council will remain at the centre of decisions about its future, and I give residents this assurance: we will use every lever we have to make sure the voices of local people and businesses cannot be ignored.

THE ISSUES YOU HAVE RAISED WITH ME

Readers of this magazine raise a number of other concerns with me regularly, so let me turn to those.

Bayswater Road: The Bayswater Road cycle movement proposals drew more than 2,500 consultation responses, covering traffic, accessibility, bus stop bypasses and the potential benefits for safety. I want decisions here shaped by residents, not taken by officials working in isolation. Officers are now reviewing that feedback, and Councillor Tim Mitchell, who leads on city management, and I will sit down with them shortly to review the options.



Bishop's Bridge Road - Proposals changed following consultation.

Bus Lanes: Following consultation on bus lanes for Bishop's Bridge Road, between Porchester Road and Gloucester Terrace, officers have changed the proposals in response to resident concerns so that they align with parking restriction timings. We expect no significant displacement of traffic, and we anticipate fewer accidents and injuries in the area.

Bus Stops: Consultation on the long-awaited bus shelter and the changes to the bus stop at 29 Porchester Road is now complete. Officers are redesigning the crossing with a relocated island to improve accessibility, and installation will begin as soon as that design work has been completed.

Public Realm Schemes: We were elected on a clear pledge to review neighbourhood improvement schemes and check that they are genuinely delivering value for money and the

benefits promised. That review is already under way and will conclude by the autumn. I will report back in the next issue.

Shop Fronts: A new contractor is now in place for the shop front work at Craven Road and Spring Street, and the outstanding completion works begin this month (June).



Progress on shop fronts.



Dockless e-Bikes "...remain a problem".

City Inspectors: Our City Inspectors have delivered real results across SEBRALAND. A large homeless camp at Lord Hill's Bridge, beside Royal Oak station, has been cleared through three operations alongside our Safer Neighbourhood Teams, ending the anti-social behaviour, mess and dumping on the railway tracks that had worried local people for too long.

Inspectors also helped to remove squatters from a property in Queen's Gardens, which has now been secured, with patrols stepped up nearby. Further action has cleaned up Gloucester Terrace, and the teams are now targeting waste hotspots on Porchester Square, Orsett Terrace and Artesian Road. Dumped dockless e-Bikes remain a problem, and we are monitoring hotspots including Westbourne Grove, Porchester Road and Palace Court, with fines issued to the operators responsible.

Where people on our streets genuinely need help, we will always pair firm enforcement with proper support.

LOOKING AHEAD

It is the honour of a lifetime to lead Westminster City Council, and I am determined to repay that trust by delivering on the commitments we made: safe streets, a clean city, a Council that delivers value for money, and real care for the most vulnerable.

In the meantime, I hope you enjoy Westminster's green spaces and attractions through the summer. It is only a few weeks until **West End Live**, the free theatre festival our Council stages in Trafalgar Square, which returns on Saturday 20 and Sunday 21 June. I will be there alongside the thousands who gather for the weekend.

And of course no July is complete without the annual SEBRA Summer Party. I look forward to talking through local issues with Chairman John Zamit and SEBRA regulars. See you there.

YOUR NEW CABINET MEMBERS:

- Leader of the Council, **Councillor Paul Swaddle OBE**
- Deputy Leader and Cabinet Member for Enforcement, **Councillor Caroline Sargent**
- Deputy Leader and Cabinet Member for Growth and Planning, **Councillor Tim Barnes**
- Cabinet Member for Adults and Health, **Councillor Lorraine Dean**
- Cabinet Member for Value for Money and Finance, **Councillor Paul Fisher**
- Cabinet Member for Children and Education, **Councillor Hannah Galley**
- Cabinet Member for Housing and Regeneration, **Councillor David Harvey**
- Cabinet Member for City Management, **Councillor Tim Mitchell**
- Cabinet Member for Resident Services and Civic Pride, **Councillor Robert Rigby**
- Cabinet Member for Innovation, **Councillor Mark Shearer**



From the **Leader** of the **Opposition**

Councillor Ellie Ormsby
Leader, Westminster Labour

I am proud to have been elected as the new Leader of the Opposition at Westminster City Council, leading Westminster Labour alongside our dedicated team of Councillors.

I want to begin by placing on record my thanks to Councillor Adam Hug, our previous Leader. Adam led with dedication, integrity and a genuine commitment to improving the lives of residents across Westminster.

CHANGES ACROSS SEBRALAND

Across SEBRALAND, we said goodbye to Labour Councillors James Small-Edwards, Judith Southern, Ryan Jude, Paul Dimoldenberg and Max Sullivan, whose hard work will be greatly missed. In particular, Paul Dimoldenberg leaves an extraordinary legacy, having represented three Wards during 37 years as a Westminster Councillor.

Bayswater continues to be represented by Councillor Maggie Carman, Lancaster Gate by myself and newly elected Councillor Connor Jones, and Hyde Park by Councillor Md Shamsed Chowdhury.

REFLECTIONS ON THE LOCAL ELECTIONS

Following the local elections, Westminster now has a new Conservative administration. While our role as the Labour Councillors has changed, we remain committed to standing up for residents, scrutinising decisions and ensuring residents' voices are heard.

We were disappointed that Councillor Paul Swaddle - the new Council leader - gave a maiden speech making no reference to many of the key challenges facing our city including child poverty, housing affordability, climate action and inequality. He offered little beyond what Labour was already delivering on anti-social behaviour, e-Bikes and enforcement, except a cynical rebranding of an existing role as "Cabinet Member for Enforcement".

Moreover, in their first major U-turn, the Conservatives have already dropped plans for legal action against the Mayor's Oxford Street proposals. After months of campaigning, they abandoned their promised court challenge just two weeks after taking office. Council Officers advised that a judicial review against TfL was unlikely to succeed. Instead of pursuing the High Court, Councillor Swaddle has written a strongly worded letter to the Mayor...

LOCAL ISSUES

Turning to local priorities, we remain focused on the issues that matter most to SEBRA residents.

PADDINGTON LIBRARY

During Labour's administration, we committed to protecting community services and invested in assets including the refurbishment of Paddington Library, due to reopen in June. As the new administration reviews its priorities, we will be watching to ensure these facilities continue to receive the investment residents expect.

INVESTMENT IN OUR HIGH STREETS

Under Labour, we budgeted £10 million to invest in our local high streets, with businesses on Queensway, Craven Terrace, Craven Road, Spring Street, Westbourne Grove and beyond benefiting from shopfront improvements, public art and wider public realm upgrades.

New Labour Leadership in Westminster.



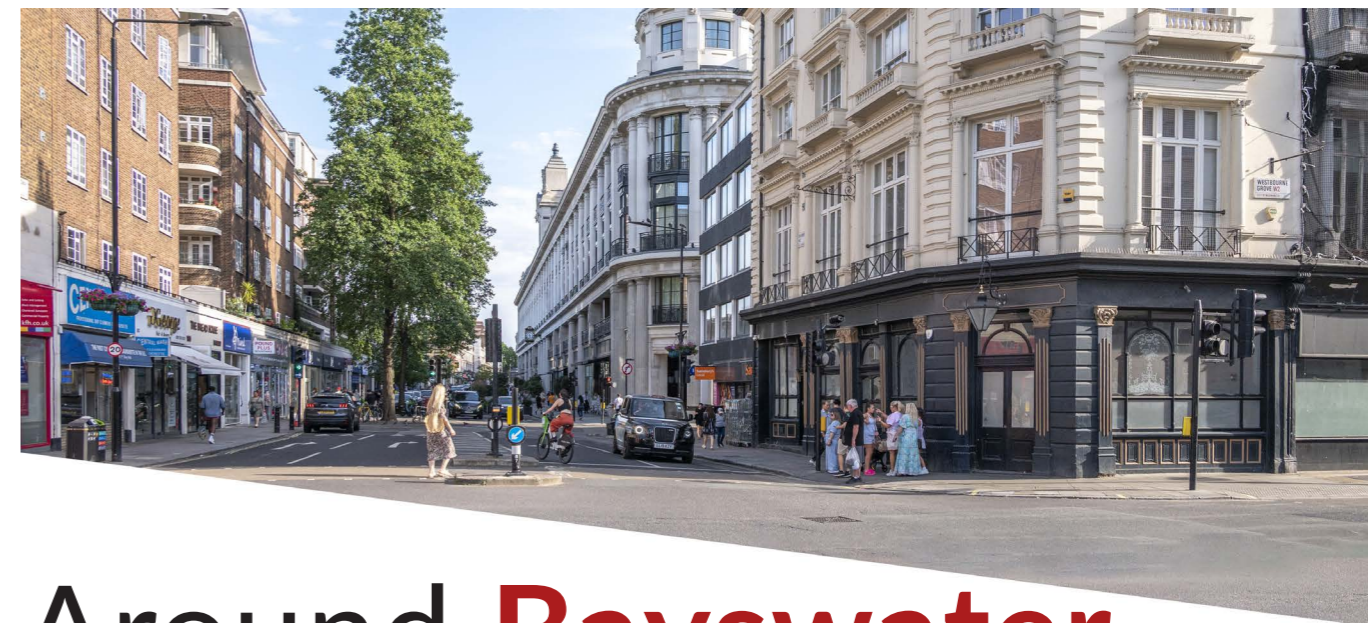
The Conservative manifesto made no commitment to continue this work. The public art programme appears stalled and wider schemes are under review. We will continue campaigning to ensure this investment is sustained.

We were also pleased to see the application for a 24-hour McDonald's on Queensway rejected following concerns raised by the Labour team. Planning approval has been granted to transform Queensway Market into a branch of Whole Foods, and while investment is welcome, we continue to press for proper support for displaced traders.

AFFORDABLE HOUSING AT THE WHITELEY

The Whiteley development includes 14 flats built for rental to key workers. The developer can't find a housing association to buy the flats because the service charges are so high. The Whiteleys are asking Westminster to let it sell the flats on the open market and make a payment to the Council's affordable housing fund instead.

Our strong preference is for the key worker flats to be occupied as originally agreed. We need homes for nurses and police officers in Bayswater. But if the new Conservative administration is going to accept a payment in lieu, the payment needs to be significantly higher than the current offer and at least the c.£10m value of these flats. Given the sheer scale of the £3 billion scheme, it's clear that Whiteleys can afford this. We will be watching the agreement the Conservative administration makes closely.



Around **Bayswater**

And so to the "main event" section of our magazine, where, over the next 71 pages you will find our usual miscellany of topics presented for your enjoyment.

There are articles from our regular contributors, which are up to their usual very high standards, and thanks to the editor putting pen to paper there is an international flavour. His

contributions take us from 1960s London, to eastern Europe and then to a familiar name in a land down under.

We revisit Westbourne Grove, feature a wonderful shop on Chepstow Road, provide a policing update, there's tale of a "grand old corner" and much, much more.

But we begin by introducing our new First Citizen.

THE CITY OF WESTMINSTER WELCOMES A NEW LORD MAYOR



The Lord Mayor of Westminster for 2026/27, Councillor Karen Scarborough.

Councillor Karen Scarborough has been elected as the new Right Worshipful Lord Mayor of Westminster. As Westminster's 62nd first citizen, she brings a wealth of experience to the role.

Born in Scotland, Councillor Scarborough has lived in Westminster for most of her life and was first elected to represent the Marylebone Ward in 2014. She prides herself on being a strong advocate on local community issues.

This commitment has been showcased in her previous Deputy Cabinet Member positions for Children & Young People, Communities, and City Management & Highways respectively. She has also served on several committees, including the Air Quality Strategy Group and the Marylebone Low Emission Neighbourhood, and has chaired both the Scrutiny Committee and the Licensing Committee.

Extensive contributions to community and charitable

organisations have also featured alongside Council work. The Lord Mayor is a Governor for a local primary school, a Trustee for the Young Westminster Foundation and a member of both the Harley Street BID and Edgware Strategy Group.

Her passions for supporting Children & Young People and preventing homelessness are reflected in her two chosen charities: Young Westminster Foundation and The Passage. As a trustee and volunteer, she has seen first-hand the impact of both organisations.

During her mayoral term, Councillor Scarborough is keen to improve access to culture for children and young people—championing opportunities across Westminster and promoting careers within the arts and cultural sectors.

This ambition comes from her love for opera, music, and theatre. Outside public life, her other interests include gardening, reading, cooking, and spending time with family and friends.

A Year Like No Other

By Paul Dimoldenberg
Lord Mayor of Westminster 2025-26



When I took this role on, I sought guidance from previous Lord Mayors, and they all said it will be 'a year like no other'. They never fully explained what that meant—it is safe to say I now understand.

SEBRA NEWS W2 readers are an astute bunch, and will no doubt remember my five-point non-political Lord Mayor manifesto, in which I shared key areas I wanted to focus on during my mayoralty.

Firstly, I set out to visit all of Westminster's Wards joining as many community celebrations, events and activities as possible. With over 600 engagements under my belt, I think it's safe to say I more than succeeded. I've been to places I never knew existed and met people who I would never otherwise have encountered. From visiting care homes on Silver Sunday to trying my hand at tailoring on Savile Row, I've loved the variety—no two engagements have been the same.

Alongside visiting every corner of the city, I've also been lucky to meet some truly remarkable people. Remarkable in many ways—from those who keep the streets clean, to primary school children, to ambassadors. I was also honoured to celebrate the 102nd birthday of Polish war veteran Captain Eugeniusz Niedzeilski. Every person who stopped to talk was as interesting as the next.



Meeting Captain Eugeniusz Niedzeilski on his 102nd Birthday.



Being interviewed on The Avenues Podcast.

The next point on my list was to promote the work of my two chosen charities—The Avenues Youth Project and Hotel School. With a combined total of over £14,000 raised, I think I can also chalk this one up as a success. Having worked with The Avenues for many years I know the positive impact they have on the young people that come through their doors, but I've particularly valued the opportunity to showcase their work more widely. The facilities on offer for the kids are outstanding and I experienced this first-hand during a visit in half term—where I was even put through my paces on The Avenues podcast.



Giving baking a go with Hotel School.

With City Hall based in Victoria, it was easy for me to visit Hotel School to see how it guides and mentors people into a career within the hospitality sector. My attempt at making biscuits during one of my visits, however, gave me a real appreciation of the skill required to succeed in that industry. I wish everyone who passes through Hotel School the very best for their future careers.



Exploring Westminster with the Westminster Guides.

Last year, I gave myself the title of 'the walking Lord Mayor' and encouraged residents to stay physically and mentally active, while discovering some of the wonders of Westminster right under our noses. I've managed to take part in 45 different walking engagements, 13 of which were in partnership with the brilliant City of Westminster Guides and Lecturers Association. Their expertise brought each walk to life and I found myself learning something new on every walk. I even had the chance to walk over fire for DeafBlindUK—something I can safely say no other Lord Mayor has done before!



The first Lord Mayor to walk over fire!

Fourth was my desire to host a landscape art competition. Thanks must go to City Lions, Royal Academy of Arts, National Gallery, Resonate Arts, and Westminster Adult Education Service for helping me establish the competition and assist with the judging. With 25 entries, I was truly blown away by the quality and variety of entries and I'm proud that the winning pieces now hang in the Lord Mayor's Parlour for all to enjoy.

Finally, as a lover of brass music, I was delighted to commission the 'Fairer Westminster Suite' thereby fulfilling all my pledges. The suite was expertly composed by Royal Academy of Music student Luca Zucchi, and performed in October by a *queentet*—an all-female brass ensemble of Academy musicians. Music featured throughout my year, from joining senior residents at the tea dance to dancing with competitors at the Dance Westminster Finals, to attending Evensong at Grosvenor Chapel.

Throughout my year I have met the very best of Westminster. Everywhere I have gone I have been met with smiles and been warmly welcomed. I am often asked what my highlights have been, but I can honestly say everything

has been a highlight because each event has been so unique and meaningful in its own way. From switching on the Trafalgar Square Christmas Tree lights to starting the London Landmarks Half Marathon, and from the Queen's Park Summer Festival to countless local celebrations—every engagement has been special.



Switching on the Trafalgar Square Tree with the Mayor of Oslo.

There are so many people I would like to thank individually; it could easily fill an entire issue of this magazine. Instead, I simply want to thank everyone who invited me to their events and celebrations. It has been a pleasure to be welcomed by so many individuals and I can safely say this is the best job I've ever had.



Meeting all the people who make Westminster great.



A reminder of the proposed design of the "Gateway to Queensway".



“QUEENSGATE”

THE SAME OLD QUESTIONS TO A NEW ADMINISTRATION

Many moons ago, back in 2023, the cover of our Spring Issue featured "Queensgate", and we reported on the Labour administration's refusal to fund "The Gateway to Queensway". We are now in the fifth year of this saga, and there is still no sign of that ugly old toilet block making way for the rather delightful design you can see above. Indeed, we have included that image because many members will have long-since forgotten what was originally proposed.

But is there hope? A new Conservative administration runs Westminster City Council, and Council Leader Paul Swaddle wrote in this very magazine that "SEBRALAND is central to our plans".

So here we ask the same questions as in previous issues, but they now fall under the remit of Councillor Tim Mitchell, the Cabinet Member for City Management.

QUESTION ONE

JOHN ZAMIT:

If there is no good news on removing the redundant toilet block, landscaping the new flower bed behind the block, and the installation of the two new entrance gates to Kensington Gardens, SEBRA members are going to be very dissatisfied.

The present entrance to and from Kensington Gardens from Queensway is now via one narrow path surrounded by green hoarding with a misleading notice as reported in last issue.

My questions are what has changed and what is latest news?

Reply on behalf of TIM MITCHELL:

Unfortunately, we do not have a date for when works will begin however the Council is working to get this completed as quickly as possible.

JZ response to the above:

This is incredibly disappointing, especially when we consider Councillor Adam Hug's email to me from 13 April this year: "I am delighted to be able to confirm that

corporate property have confirmed with me that work on the reinstatement of the Bayswater Road Public Conveniences to park land will begin in June/July and both they and the gates will be completed by the end of the year".



Closed for many years, the toilet block opposite Queensway remains in place.

QUESTION TWO

JZ: The works outside the entrance to The Park restaurant at No.2 Queensway and the dentist at No. 6 were completed. Unfortunately there was no tree planted, but the fact the contractor forgot to install a lamp column is very poor. The lighting around Queensway Station is dismal. Could you please find out when the lamp column is to be installed, as I was given a date of April at the earliest, which is far too long to wait.

TM: The retention socket for the missing lamp column has been installed. The Council are currently waiting for UKPN to attend the site and make the final connections.

These works are scheduled to be completed on 6 June and once the UKPN connections are complete, the lamp column will be installed. The lamp column is scheduled to be in place by the end of June.



A lamp column at the junction of Queensway with Bayswater Road should be installed by the end of June.

QUESTION THREE

JZ: I am told the proposed works between Queensway and Inverness Terrace, with four far better-signalled crossing points to Kensington Gardens are now ready to proceed.

I understand that TfL have given the go ahead on the traffic signals, and that they are not dependent on the raised cycle lane along Bayswater Road.



Current temporary bus stop outside Caroline House.

TM: The Council is reviewing the location of the bus stop on Bayswater Road, and we are considering the responses to the consultation on the Bayswater Road Cycle Movement.



The original location further east along Bayswater Road.

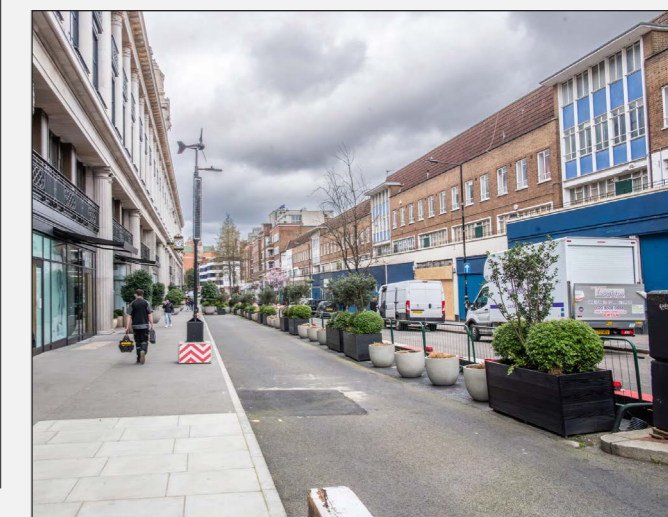
QUESTION FOUR

JZ: This is the last question at the moment, but it is by far the most important one. Is there any good news on the public realm works at the northern end of Queensway, and if so when is work going to start?

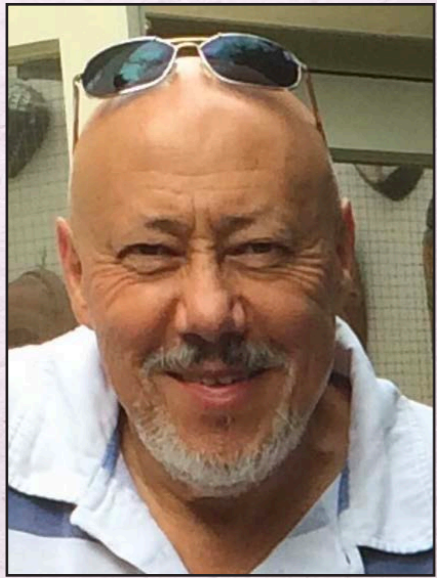
TM: The Council is currently planning to begin works on Queensway in October 2026. This date is driven by material lead times and has been delayed following requests for design changes by various parties, which needed to be reviewed before the final material order could be placed. However, the programme remains dependent on the works schedule and methodology for the Queensway Parade development, which is due to commence imminently.

The Council is in discussions with the developer to understand their programme and assess opportunities for coordinating works. Depending on the developer's requirements for lane pits, hoarding, gantries, etc., some elements of the Council works may be able to proceed alongside the development works. However, the Council will not have access to the highway directly outside the development until those works are complete, which is unlikely before early 2028.

Further clarity is expected once the developer provides the requested programme information in the coming weeks.



The north end of Queensway. Public Realm works are scheduled to begin in October 2026.



DR ALLEN ZIMBLER

Dr Zimbler is Chairman of the Hyde Park Paddington Forum and a former Chairman of the Hyde Park Estate Association. His regular articles are a mainstay of this magazine, never shying from a subject, but always presented from a balanced standpoint.

For this issue Dr Zimbler discusses the responsibilities of Ward Councillors, cleverly framed by a Beatles connection

"Home to Us"

As an unreconstructed and unapologetic Beatles fan, I was really touched and delighted to hear Paul and Ringo's (Sir Paul and Sir Richard's, actually) rendition of "Home to Us", the song recently written by Paul with Ringo in mind, included in his new collection.

Notwithstanding the significant wealth and global fame enjoyed by these two remaining Beatles, both of them with working class upbringings in Liverpool, they remain attached in this sweet song to roots that have, unlike the rosebushes in the hardscrabble back alleys of their youth, never withered and died.

My own roots are far away, but I am aware of the remarkable privilege of having lived on the Hyde Park Estate for the last 27 years, the longest I have ever lived at any one address. It is not to say, unlike the Mayor of London appears to imagine, that all our residents are wealthy - some are wealthy, others are property rich and cash poor, and some, as one walks around the Hyde Park Estate, from Paddington Basin, past Star Street to the leafier Squares closer to Hyde Park, are manifestly not rich.

We are a mixed community in many senses, culturally as well as socio-economically, speaking many different languages, representing many different nationalities, and, dare I say, religions. We have churches and mosques, temples and synagogues in our Ward, or on its periphery.

The Hyde Park Estate. Dr Zimbler's home and a place rich in diversity on many levels.



And we have different political affiliations, the recent local elections being a good example of just how ideologically mixed a community we are. Or maybe, with a turnout of 36.5%, we are largely apathetic, or possibly just absent.

So we in the Hyde Park Ward have returned to a Conservative majority in a Westminster that has returned to its Conservative roots. I am never sure whether we are served or bedevilled by the partisan nature of our politics —

“ It is home to all of us, and we have a duty of care to each other. ”

I am appalled equally at how poorly our Government seems to perform, whether it wears red, blue or yellow. What needs to remain clear for politicians is that it is home to us, and no matter what political pirouettes take place around us, we who live here care about that.

And, if we accept the profound observation expressed by Jean Paul Sartre, that "the limit to freedom is in freedom itself", then we who live and work here, where it is home to us, need to maintain the recognition that it is home to all of us, and we have a duty of care to each other. The fact that, unlike in other, more authoritarian and repressive regimes, we are guaranteed the freedoms that are characteristic of our admirable democracy, places on us the obligation to recognise that the excessive exercise or expression of our freedoms can also constitute a violence, as I have said before, upon the freedoms of others.

As I did four years ago when thanking the outgoing Conservative Hyde Park Ward Councillors, I now thank the outgoing Labour Councillors, one of whom, Councillor Paul Dimoldenberg, is ending his year as Lord Mayor of Westminster as I write this. I have sent many emails to our Councillors addressing various problems or concerns on the Hyde Park Estate, and Paul has responded immediately to each one of them, and resolved the large majority of them effectively. I know he has done the same for many other concerned residents. This deserves our praise, because we have had many occasions in the past (and I have lived here long enough to experience it) where that was not the case.

Councillor Shamsed Chowdhury (Labour) has been re-elected, sharing the Ward responsibilities with his two new Conservative colleagues, Greg Ero and Elliot Keck — congratulations to all three, and welcome to our new Councillors. But implicit in the welcome is a note of caution — you have been elected to represent us, not to collude with imposing on us what you or your new Council thinks is good for us.

We have had lamentable experience of this abuse — the Mayor of London, Sadiq Khan, has wreaked significant damage on our surrounding highways, and, consequently, on our lives, by interfering with previously smooth-running traffic flows on Bayswater Road and Park Lane, both of which are major arterial traffic routes, in the interest of reducing vehicular traffic and promoting cycling. Westminster Council, in the last four years, has increased traffic congestion by restricting traffic flows on Sussex Gardens and Brook Street, the latter with devastating consequences for residents, for the same reason.



Congestion on Bayswater Road. Sadiq Khan has "wreaked significant damage" on highways, a matter of deep concern to many London residents.

What these virtuous intentions ignore is that there has been a massive increase in private taxi services such as Uber, and an exponential increase in delivery vehicles, not of the pedal variety, as promised, but motorised ones, as a consequence of online shopping. Added to the proliferation of cycles-for-hire, the result is significantly more congestion, and cyclists wildly using streets, pavements, intersections as they wish, regardless of designated cycle lanes, with little or no regard whatsoever for any highway code or traffic rules, without any apparent consequence. The Mayor of London, it appears, is unconcerned. We, the residents of this part of London, are deeply concerned.

To add insult to injury, the Mayor has decided to impose on us a pedestrianised section of Oxford Street, at Oxford Circus, apparently not noticing how broad the pedestrian pavements already are, and against the strident and legitimate objections of every single surrounding local amenity society, all of them representing residents' concerns, and against the initial objections of the newly-installed Labour Westminster Council of the time, until, apparently, that Council decided to toe the party line instead

“ You have been elected to represent us, not to collude with imposing on us what you or your new Council thinks is good for us. ”

of representing the concerns of its constituents. The Mayor of London has arrogated to himself the power to tell us what is good for us, and acted in a brazenly autocratic manner. The Westminster Council, it appears, kowtowed.

Were this to have been the only act on the part of the outgoing Council that ignored the wishes of local residents, that might not be so bad, but equally concerning was the autocratic action of the Council in deciding that any CIL (Council Infrastructure Levy) money generated within a particular Ward by building activity in that Ward no longer "belonged" to that Ward for use in funding local amenity and infrastructure improvements, but belonged to the Council, for use wherever it deemed fit.

While this clearly serves the Council's interests, it runs roughshod over Council tax-paying local residents who could legitimately have hoped for the betterment of their own local areas, and whose local residents and businesses have gone through the tortuous and time-consuming hoops of establishing their own local Neighbourhood Forums, a significant concern of which was for the preservation, protection and betterment of their own local communities, and an important element of which was for the responsible allocation of CIL monies.

In an appallingly heavy-handed example of Council overreach, Westminster Council last year allocated approximately a quarter of a million pounds of CIL monies generated in the Hyde Park Ward for use in the partial funding of a recreational facility for tired and stressed A&E staff, on a barge to be moored in the Grand Union Canal alongside the hospital. The monies were allocated to a newly-established charity with no track record, albeit on the condition that the charity raised other funds. The local Hyde Park Paddington Neighbourhood Forum (I declare my interest here - in case you missed it, I chair the Forum) objected formally to this allocation, even though it was for use in our Ward.

Our objection was imperiously overruled, without any concern that we had given the application due and thorough consideration. Ours was not a case of not wishing A&E staff to have a place to which they could repair for much-needed rest and relaxation — we just felt that the significant amount of money would be much better spent creating a relaxing and attractive environment for staff either within the hospital complex or a nearby building, instead of in a space-restricted and cramped barge, which would in any event require specialist skills and significant expense on its ongoing maintenance. Whether this boat floats, time will tell.

So I repeat my welcome to our new Councillors, but I also repeat the caution - you are **our** Councillors, and this Ward that has elected you, albeit with a poor turnout at the polls, is Home to Us. Please remember that. We thank you for your service to this community, but remind you that we will still be here, even when you are no longer in your current roles, in our home.

WHAT'S HAPPENING ON WESTBOURNE GROVE

In our last issue we featured a two-page special on the changes taking place at various locations along Westbourne Grove. Well things move fast and just three months later an update is due on this vibrant and bustling SEBRALAND street. Our journey takes us west, from Bayswater into Notting Hill.



30-32
MAD - Health, fitness and wellness studio.
 Opening Soon - This premises was previously occupied by *Caffè Italia*.



38
Dal Fiorentino Italian sandwich shop.
 Previously occupied by *Made in Little France* wine shop. See page 43 for an article about the opening.



42
Sainsbury's Local relocating later this year.
 Previously occupied by *Planet Organic* who have now relocated to No 108 Westbourne Grove.



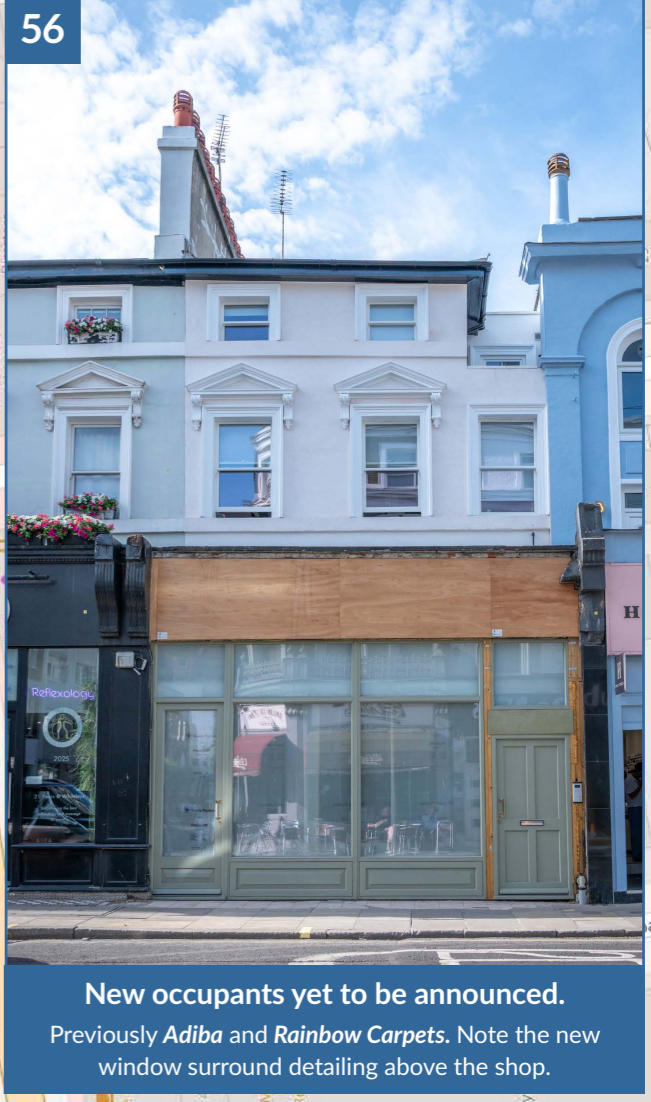
46
Wumman manicure and pedicure salon.
 This premises was vacant for some time but it opened for business in early June 2026.



50
New occupants yet to be announced.
 Previously *The Rusty Rabbit* Australian restaurant which closed in 2025.



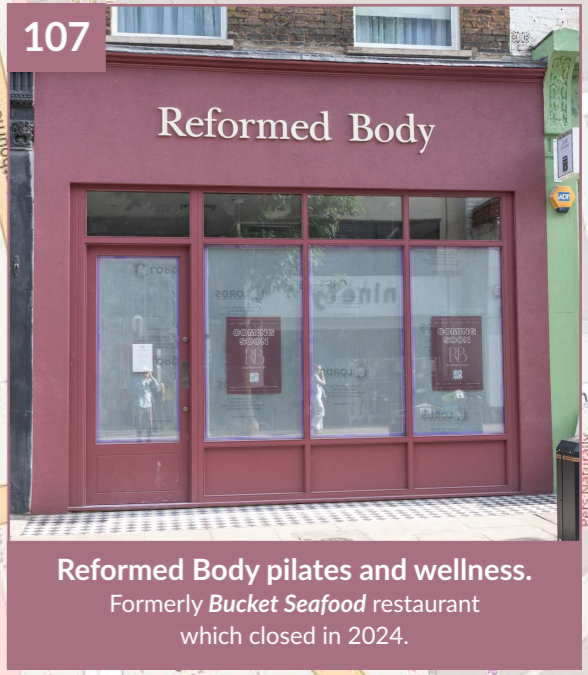
57
CLUBTAN tanning salon.
 Previously occupied by *Phat Buns* burger restaurant and *Tinsel Town* American Diner.



56
New occupants yet to be announced.
 Previously *Adiba* and *Rainbow Carpets*. Note the new window surround detailing above the shop.



102
Blank Street coffee shop.
 Previously *Oree* boulangerie and patisserie which had been there since 2021.



107
Reformed Body pilates and wellness.
 Formerly *Bucket Seafood* restaurant which closed in 2024.

Haminados and More on Chepstow Road

Words by Nicky Hessenberg, Photographs by Mia Cassie



Scrumptious Sri Lankan food, and right, Sajjan & Sutha.

While waiting for my husband to finish a class the other day, I took the opportunity to stroll around Westbourne Grove, looking at the various new businesses which have opened, or are on the point of opening.

The new cafés and restaurants were the first to arrive, and sometimes not survive, but now the latest phase seems to be many more venues concentrating on the body, from exercise to beauty clinics, nail bars to body tanning, intermingling with the cafés and shops selling cakes. Some of these have been there for many years, but a lot are newcomers and included among them are

restaurants which have lately arrived and are, in some cases, unbelievably expensive.

We still have the trusted few favourites, thankfully, and long may they survive, but the new beauty parlours are really a bit of a mystery for those of us who have lived in the area long enough to remember the street as a real place to do the weekly shop.

So, to find a smaller and calmer area near halfway along Chepstow Road, with useful shops, a pub and a café, is a relief to those of us who find the crowds on Westbourne Grove quite difficult, especially at weekends.

I am sure that all of us who live near the traffic lights where Talbot Road crosses Chepstow Road are very familiar with the pub. But next door to it is the Haminados café, which reopened in December 2025, and is now owned and run by Sajjan and his mother, Sutha.

In here one will find the most delicious Sri Lankan food, freshly cooked and not delivered in a van from who knows where. They have an abundance of fresh chai latte options made from real tea leaves rather than powder, and these are truly delicious.



The atmosphere is relaxed and friendly, without any feeling that one has to leave quickly because of a restless queue outside, and on no account would they ever make you feel that you should. Especially in this current weather — hot sun and soaring temperatures — there is an open space at the back of the café, under greenery, which is inviting for a quiet meal with a cold drink, or just a cup of coffee or tea.



Chai Latte - Nicky's Favourite.

Looking very tasty indeed.



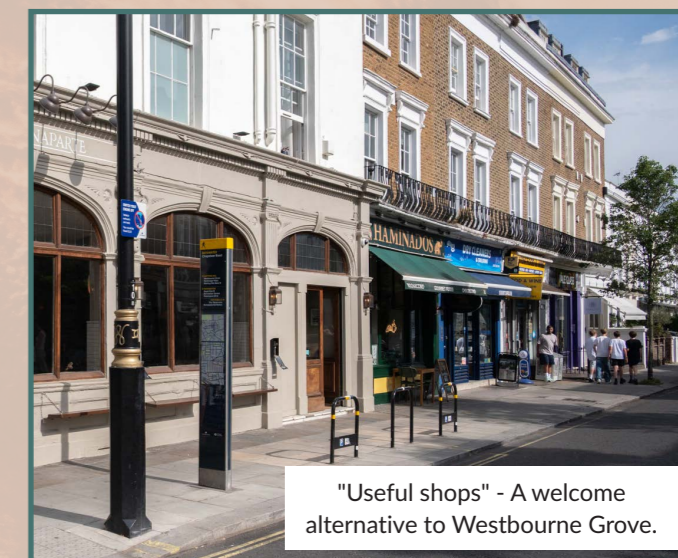
A delightful courtyard offers true tranquility.

It is such a pleasure to be in there, even with the traffic passing outside the door, which somehow makes no impact on the calm and welcoming feeling inside the café. We were there for well over an hour recovering from the searing heat outside, talking to the owners and listening to the many customers coming in, complimenting the café and promising to return.

In fact, it is not that long ago that we met, quite by chance, John Zamit with a friend, without any feeling that we were occupying too much time or space as we chatted and stayed discussing life.

A couple of doors away is Chepstow Food & Wine, owned by Sajjan's father, so definitely a family affair, along with the laundromat and the glass business, all of which have been there for many useful years.

Opposite is the most beautiful shop selling flowers of the best quality — we who live up here are so lucky; we do not have to go far for anything.



"Useful shops" - A welcome alternative to Westbourne Grove.

Free Italian Sandwiches on Westbourne Grove

From the Editor

The queue in our photographs stretched 120 metres, from No. 50 Westbourne Grove, to the newly-opened Dal Fiorentino at No. 38.

At a guess there were around 80 people waiting in line for a free sandwich to mark the opening of the fifth branch of this Italian food shop. (All branches are in London).

Social media had advertised 500 of their speciality schiacciate sandwiches up for grabs, and a complimentary Italian-style aperitivo for those who came along served to sweeten the deal.

"This is not focaccia" proclaims the brand's website. Fine, so what is schiacciata? Well the word is Italian for "flattened", it's a "thin, olive-oil drenched and salt-kissed bread, built to carry bold flavours". It looks delicious, and apparently it's all the rage in Florence, a "staple of Tuscan culture".

All I know is I want one, I doubt I'll get a free one, but when I head to London next Friday, my lunch is already chosen.

Dal Fiorentino at 38 Westbourne Grove
dal Fiorentino.london | 07908 565935 | 11am - 7pm every day



Saturday 28 March. Just a short section of the sandwich queue.



Architecture of Interest

THE NATIONAL MONUMENT AND ŽIŽKOV TV TOWER IN PRAGUE

On page 4 in 'the editor writes' I mentioned a recent trip to Prague, the capital of the Czech Republic and home to some of Europe's great architecture. It certainly was a stunning city, and some of the buildings in the old town were breathtaking. But away from the town, whilst exploring Viktov Hill, I encountered two buildings which made me want to write this first non-London instalment of this series.

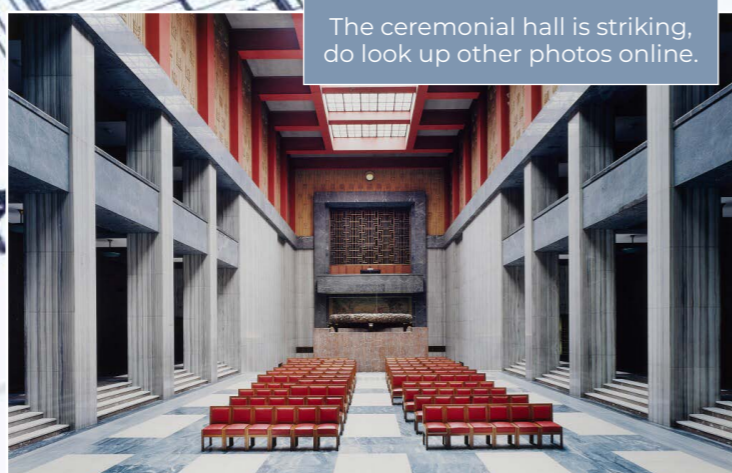
Both were built within the last 100 years, and both stood out for wildly different reasons.

THE NATIONAL MONUMENT AT VITKOV

The bronze statue Jan Žižka stands proudly in front of the monument.



The ceremonial hall is striking, do look up other photos online.



Built between 1928 and 1938, the spectacular National Monument at Vitkov commemorates the Czechoslovak Legion, volunteers who fought during World War I.

Remarkably, I knew nothing of this monument before visiting Prague, but to me it was far more impactful than the churches and towers from the 15th and 16th centuries for which the city is known.

Fronted by a massive bronze statue of Czech military leader Jan Žižka (c 1360 - 1424), the building is utterly striking, and really needs to be seen in the flesh for the full impact. (Movie buffs might get a sense of *Dune* here, there is something about that shape).

From 1948 the monument was repurposed to promote the Communist regime, and whilst that time has long since passed, there was still a striking authoritarian feel.

A stunning structure by any standard, and if you're ever in Prague, it's a 'must see'.

About the Architect

JAN ZAZVORKA was a Czech architect and designer. He was born in Prague in 1884, served in World War I, joining Záruba-Pfeffermann on his return. He subsequently opened his own studio and he designed the national monument in 1925.

He is known for "functionalism with a solemn expressiveness suitable for state memorials".

FURTHER READING

National Monument on Wikipedia: tinyurl.com/SEB-monument

A view from Viktov Hill to the tower. At 216m it is visible from almost every part of Prague.



THE ŽIŽKOV TV TOWER



A much closer view, showing the pods and sculptures of climbing babies.

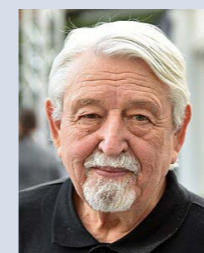
Our second piece of Prague architecture sits in stark contrast to the first, the Žižkov Television Tower (named after the district in which it sits). It has a late Cold War-era feel of high-technology design combined with Brutalism, which I have always admired.

Designed by Václav Aulický, the tower took seven years to complete, having begun rising from the ground in 1985, but not topping out at its full 216m until 1992.

If ever there was an example of a "love it or hate it" building, then look no further. The tower certainly received, and continues to receive, mixed reactions from tourists and the population of Prague. I love it because it manages to feel futuristic, but also threatening, a product of a bygone age.

To the left you'll see a photo of the "Miminka" (babies) climbing the tower. These sculptures were designed by Czech artist David Černý, and added in 2000. (The story is a little more complicated, and explained on the web page I've linked to).

I had intended to take a trip up the tower whilst in Prague, but the reviews weren't great and we had already seen great views of the city from a couple of other locations. Besides, I think it is best admired from the outside, especially when casting your mind back to the time of construction, when the country was Czechoslovakia and under Communist rule.



About the Architect

VÁCLAV AULICKÝ was born in Prague in 1944 and is still working as an architect and as a university professor. The Žižkov Television Tower is certainly his most well-known work, though his brutalist design of the now demolished Transgas building in Prague is perhaps even more striking.

FURTHER READING

TV Tower on Wikipedia: tinyurl.com/SEB-zizkov
Václav Aulický on Wikipedia: tinyurl.com/SEB-vaclav

Working Together: Stories of Impact from Westminster's Youth Sector



Young Westminster Foundation



By Helen Mann
CEO, Young Westminster Foundation



Half term basketball training at North Paddington Youth Club.

On any given afternoon in Westminster, something remarkable is happening.

In community centres, youth clubs, in the borough's family hubs and even aboard a canal boat on Paddington's waterways, trusted adults are creating safe, welcoming places where children and young people can laugh, learn and play, growing their confidence, skills and independence.

At Young Westminster Foundation (YWF), we have the privilege of seeing how these moments connect. Over the past year, we've been working alongside more than 120 local member organisations. Together we're building a community of support around Westminster's young people – one built on trust, partnership and shared ambition.

This year alone, we've given out 252 grants, totalling £1.57 million, for local youth and children's organisations working in underserved communities. But we know that we're only meeting a fraction of local needs. Each of those grants tells a story: a youth club continuing with a popular service that

was under threat, a supplementary school supporting children to succeed, wellbeing support for young people navigating mental health challenges.

It's not only funding that makes the difference. YWF's offer also includes training, youth voice and research work and forums and opportunities to strengthen collaboration for the sector.

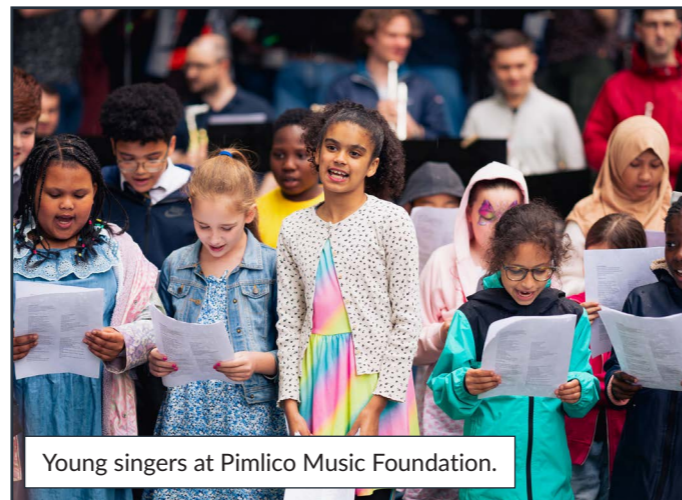
We have so many brilliant organisations in our network – run by dedicated individuals who care deeply about local children and young people. Every day they're working hard to deliver activities, while behind the scenes writing funding applications to keep their organisations going and respond to local needs.

Members have shared their stories with us, reflecting that through YWF's support they have been able to gain skills, share learning, expand reach and "have a bigger effect on the community." These are not just organisational successes – they are changes felt by children and families, many of whom are experiencing intense pressures due to the cost of living crisis.

Partnerships stretch far beyond the voluntary sector too. Throughout the year, we've worked closely with Westminster City Council, the NHS, and a wide range of businesses, cultural institutions and sporting organisations – bringing new investment, spaces and opportunities into the sector.

But perhaps the most important story of the year is a quieter one.

It's the story of relationships – between youth workers and young people, between organisations, and between communities and the wider system around them. It's these relationships that help a young person feel seen, that open doors to new opportunities, and that build resilience for the future.



Young singers at Pimlico Music Foundation.

One youth worker told us: "Working with young people is not a quick job, it's not an overnight job... but it's beautiful when you see their progress throughout the years. And I would love to continue doing that."

As we look ahead, the challenges facing young people are complex. But the strength of Westminster's youth sector – its creativity, diversity and commitment – gives us real hope.

Because when we work together, those small moments happening every day across our borough become something bigger: a collective effort to ensure every young person has the chance to thrive.

www.youngwestminster.com



Canal story explorers club meet on The Floating Classroom.

LANCASTER GATE - BAYSWATER ROAD JUNCTION LOCAL SAFETY SCHEME

On page 62 of our Autumn 2025 issue we reported on plans to improve safety at the above junction. The improvements were deemed necessary following a number of personal injury collisions, mainly involving cyclists.

As you can see from the photographs here, those works are well underway, and looking very good in the May sunshine.

Plants have now gone in, the safety barriers will come down, and both safety for road users and visual appeal will be markedly improved.

The War Memorial was restored a number of years ago, a project that SEBRA was instrumental in, with a 2002 unveiling.



Above and Left - Attractive new stone sets at crossing points, re-aligned kerbs and textured surfaces will deliver safety improvements.

Story Time for children 6+, parents & grandparents

Myths, legends & music

to bring your child's love of stories to a new level



1st & 3rd Sunday mornings each month tel. 020 7723 0688 www.theosophy-ult.org.uk/sun
10:30-12 noon at ULT, 62 Queen's Gardens, W2 3AL free, donations welcome

Celebrating storytelling & mythology in London for 100 years, 1925 – 2025

ST JAMES'S CHURCH

THE PARISH CHURCH OF PADDINGTON



Fr Tim Handley
Vicar, St James's Sussex Gardens

Summers are always strange times for churches. Many of the regular faces disappear as soon as the school gates close and that is reflected in the pews. On the other hand, many new faces appear: visitors from around the world who come to London and seek a place of worship during their stay here.

ORDINATION ANNIVERSARY

At the end of June, Fr William will be celebrating the anniversary of his ordination to the priesthood. It's been a busy year and a steep learning curve but he has risen to the challenge magnificently.

A CELEBRATORY QUARTER-DAY

On 28 June the Church celebrates the feast of the Nativity of St John the Baptist. This is known as one of the Quarter Days (along with Christmas,

REGULAR SERVICES AT ST JAMES'S CHURCH

You are most welcome

SUNDAYS

10.30am High Mass
12.15pm Family Mass
(usually fortnightly)
6:00pm Evensong & Benediction

WEEKDAYS

6.30pm Mass
www.stjamespaddington.org.uk



Above and right. The church is looking splendid with the newly-repaired stained glass window.

the Annunciation and Michaelmas). Historically, these were feasts when people knew they had their rents to pay: in fact, people who pay their rents quarterly are still using this system.

SHINING A LIGHT OVER EUROPE

It was also a time when, across Europe, bonfires were lit to symbolise St John who as a "burning and shining light" heralded the coming of the Christ.

Obviously we can't light bonfires in London anymore, so the parish will hold a parish BBQ after the 10.30 Mass. Please do come along!

Fr Tim will be taking his annual summer leave during August.

HARVEST FESTIVAL

In the autumn, the highlight of the season will be our Harvest Festival which will be celebrated on Sunday, 20 September. A Harvest Lunch will follow. This will be a Bring and Share event so please do come along but bring something with you.

OTHER MATTERS

From the summer, we will be having a trial of celebrating a Eucharist on Sunday evening. At the moment, we offer Evening Prayer but this is not very well attended.

Some parents have pointed out that for various reasons they are not able to come to Mass on Sunday morning, so we are hoping that a Sunday evening Mass will prove an enticement to them.

This will be at 5pm.

Please do pop in if you're passing a say hello. We are your parish church.



THIS WINDOW REPLACING ONE DESTROYED BY BOMB-BLAST IN OCTOBER 1940.



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MARBLE ARCH
LONDON

WHERE THE BUZZ OF THE WEST END MEETS THE TRANQUILITY OF HYDE PARK

Marble Arch London BID is a champion for business and provides a strong, collective voice for approximately 200 businesses located in the Marble Arch district, from Park Lane to Paddington Green.

FREE WALKING TOURS



Explore the area through the eyes of architect John Nash.

Discover Marble Arch: Hidden Stories invites visitors to explore the area through the eyes of architect John Nash, the man behind the iconic landmark. Led in character, the immersive tours uncover the rich and often surprising history of this corner of London, from royal processions to protest movements.

The one-hour walks take in key historic sites including Speakers' Corner, long associated with free speech and public debate, and the former site of the Tyburn executions, once one of the most notorious places of execution in Britain.

Running every Tuesday throughout July and August, tours depart at 12:30pm

and 2:00pm from Marble Arch. All walks are free to attend. Booking essential.

Book your free ticket at: www.marble-arch.london

Following a popular debut in 2023 and the recent restoration of the Arch, Marble Arch BID is bringing back its free character-led walking tours this summer, in partnership with The Portman Estate.

THE ARTS AT MARBLE ARCH WELCOMES HEATHERS

Cult musical Heathers will become the first production to open the new Arts at Marble Arch theatre this summer.

Based on the iconic 1989 film starring Winona Ryder and Christian Slater, the award-winning musical has built a global fanbase.

The production will run for 52 performances from 9 July to 22 August 2026 at the new 594-seat venue, which will act as the temporary home of the Arts Theatre during its refurbishment.



Cult musical Heathers. © Pam Raith, 2024.

Directed by Andy Fickman, the production features choreography by Gary Lloyd, design by David Shields, lighting by Ben Cracknell and sound by Dan Samson.

Tickets are now on sale: artsatmarblearch.com

COMMUNITY ROUND-UP



Volunteers working together to refresh the school playground.

Marble Arch BID continued its Community Programme with a series of activities connecting local businesses, schools and community partners across Westminster.

On 8 April, employee volunteers from The Portman Estate helped restore the playground and sensory garden at Essendine Primary School, allowing Early Years pupils to safely return to the outdoor space after the Easter holidays.

Volunteers cleared debris, repaired fencing, refreshed planter boxes and improved the sensory garden used by children, including those with SEND.

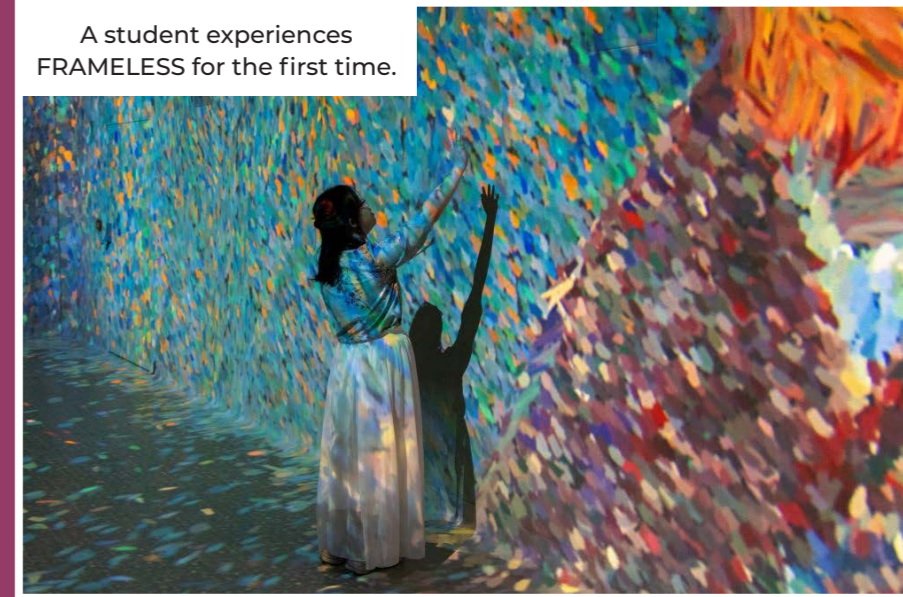
A week later, local girls from Feathers Marylebone took part in a careers-themed afternoon tea at Victory Services Club. Through speed networking sessions with women working across hospitality, marketing, events and HR, the girls gained valuable insight into different career pathways and workplace skills.

On 29 April, two volunteer teams from Church Commissioners for England supported environmental projects at Blomfield Road Garden in Little Venice and at Penfold Age Well Centre in Church Street.

Across both sites, volunteers helped improve outdoor spaces used by schoolchildren and older residents by planting, painting, repairing and clearing gardens.

The programme continued on 6 May when students from City of Westminster College visited FRAMELESS for an immersive gallery experience and careers discussion with the gallery's general manager, exploring opportunities within the creative industries sector.

A student experiences FRAMELESS for the first time.



For more information on Marble Arch BID visit www.marble-arch.london

[marble-arch-london-bid](https://www.linkedin.com/company/marble-arch-london-bid) [marblearch.london](https://www.instagram.com/marblearch.london) [marblearchldn](https://twitter.com/marblearchldn)

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Licensing SEBRALAND

Richard Brown is a solicitor with the Licensing Advice Project at Citizens' Advice Westminster, based in Paddington. The LAP advises Westminster residents on alcohol, entertainment and gambling issues.



LICENSING LAW UPDATE

Some readers may be looking forward to the forthcoming Men's World Cup, jointly held in the United States, Canada, and Mexico. It begins on 11 June and lasts until 19 July – although partisan home interest may have ended some time before then...

The powers that be are certainly not being pessimistic about the prospects of the home nations. The Government has used a power in Licensing Act 2003 to allow pubs to stay open later without needing to change their licences or get temporary permissions. With the time differences for the matches, this would be important for pubs who wish to show the games and not have to kick punters out before the final whistle, when they would rather be wetting their whistles.

Pubs in England and Wales can stay open until 01:00 BST for England or Scotland matches in the knockout stages that kick off between 17:00 and 21:00, and until 02:00 BST for kick-offs between 21:00 and 22:00. This gives ample time for fans to savour any extra time and the dreaded penalty shoot-out. The final itself kicks off at 20:00 BST.

The English Devolution and Community Empowerment Act 2026 has now come into force. The Act makes some important changes to alcohol licensing, particularly in London where the Mayor of London has been given licensing powers including the ability to 'call in' applications of 'strategic importance' (yet to be defined) and direct a Council to make a different decision. Councils are also now required to have regard to the Mayor's London Strategic Licensing Policy as well as their own licensing policy.

RECENT APPLICATIONS IN SEBRALAND:

KYEL - GREEK BAKEHOUSE 105 QUEENSWAY



Having been granted a new premises licence to sell alcohol at the beginning of this year, the licence holder had to ask to amend their licence to include 'late night refreshment' – hot food and hot drinks after 11pm. SEBRA has no issue with this change to the existing hours but is keen that the Council's 'core hours' policy is adhered to.

CÉPAGE[S] 69 WESTBOURNE PARK ROAD



A heartwarming re-opening of this premises, a 35 cover restaurant on Westbourne Park Road. The applicant was the chef at Cépages from 2014 to

2018, and after appearing as a finalist on Masterchef, has returned to re-open the premises which had fallen on hard times.

The licence had unfortunately lapsed, necessitating an application for a new premises licence. The previous licence was an old licence without any more modern conditions. SEBRA was very supportive of the premises reopening and took the opportunity to request some conditions to ensure the local residents were safeguarded.

In conjunction with the Council's Environmental Health Officer, these conditions were agreed with the applicant and all representations were withdrawn meaning that the licence could be granted without a hearing.

BAR BURRITO - FIRST FLOOR PADDINGTON STATION

Purveyors of tasty Mexican-style food to eat in and takeaway, the operator sought to amend their licence to permit alcohol sales much earlier in the morning and later at night, for consumption on and off the premises, and remove various conditions.

The station falls adjacent to three amenity society areas, with Hyde Park Estate Association and Paddington Waterways and Maida Vale Society joining SEBRA in opposing the extended hours given that they went beyond other similar premises.

There was a detailed negotiation process with the applicant's solicitor and all matters were agreed, with the requested hours being reduced in line with other similar premises. No hearing was necessary.

BONBON POTTERY CAFE 64 WESTBOURNE GROVE



Adding to the already richly varied offer in SEBRALAND, this premises trades as a pottery café "...where customers can paint ceramics while enjoying food and drinks on the premises. The business operates as a cafe and creative studio."

They sought an alcohol licence to reasonable hours. Alcohol on sales only midday to 10pm Monday-Friday, 10am to 10pm Saturday/Sunday. SEBRA submitted a representation requesting additional conditions including to preserve the interesting use, and were then able to withdraw their representation allowing for the licence to be granted without a hearing.

DAL FIORENTINA 38 WESTBOURNE GROVE

An application for a new premises licence for an Italian sandwich shop selling alcohol to reasonable hours should be agreed soon, with the applicant having accepted SEBRA's proposed conditions, leaving hopefully just the formalities to be resolved.

SAINSBURY'S LOCAL 42 WESTBOURNE GROVE



Convenience stores are a useful amenity for residents and workers. If anyone was concerned at the plans to close the Sainsbury's Local at 88-94 Westbourne Grove, fear not. The store is simply moving to 42 Westbourne Grove, the site of the previous Planet Organic.

This has required an application for a new premises licence. SEBRA will be meeting the applicant's solicitor to discuss, principally the request for 24 hour opening, and servicing arrangements.

THE ARTS THEATRE AT MARBLE ARCH

Readers may recall a 'pop-up' theatre at Marble Arch in 2017, for a production of 'Five Guys Named Moe'. A different theatre operator, whose longstanding premises in the West End is being renovated, has applied for a licence for a temporary structure at Marble Arch to operate as a theatre/performance venue.

The applicant's solicitor very proactively engaged with the amenity societies and a complicated application in terms of activities and conditions was settled with full agreement and no need for a hearing.

It is believed that the theatre will open next year.

THE WHITELEY 149 QUEENSWAY

The long-anticipated Whiteley's development is of course for partly residential use in apartments on the upper floors.

In connection with this use, an application has been made for a resident lounge in the basement, for the use of residents and their guests. SEBRA and Bayswater Residents' Association have submitted representations, pending receipt of further information.

THE PRINCE REGENT ADJACENT TO 17 SHELDON SQ PADDINGTON CENTRAL

The licensed boats on the canal at Sheldon Square add a valuable buzz to the mixed use nature of the area.

An application has been submitted for a boat opposite Zizzi's restaurant. It is unclear whether this is a new boat or a licence for an existing boat – clarification is awaited by the amenity societies which cover the area and hopefully all should be resolved.

LOCKHOUSE 3 MERCHANT SQUARE



This premises situated in a block beneath residential flats in Merchant Square, and was granted a premises licence a number of years ago. The licence has

some restrictions on the external area, requiring customers to be seated and limiting numbers.

The applicant has found this tricky to operate and has asked for some changes – increasing the total numbers outside whilst retaining the existing terminal hour and current seating levels. They engaged fully with the amenity societies before making their application, and SEBRA are working to ensure that a balance remains between the needs of the business and those of residents above, a number of whom have submitted objections.

MCDONALD'S 161 PRAED STREET



This premises is on the site of a previous Burger King, having moved across the road from the north side of Praed Street some years ago.

They can remain open to midnight for sale of hot food (no alcohol), but recently sought to amend their licence to open to 2am for takeaway only. The three amenity societies objected to this. Surprisingly, the application was subsequently withdrawn.

GET IN TOUCH

Feel free to contact the Licensing Advice Project for advice or representation on a specific application or if you are experiencing problems with a licensed premises.

Contact details are below:

Richard Brown

Citizens Advice Westminster
The Stowe Centre,
258 Harrow Road,
W2 5ES

licensing@westminstercab.org.uk
telephone: 020 7706 6029





THE QUIET POWER OF PARTNERSHIPS

By Alex Norris
Associate Vicar at St John's Hyde Park.

Most of us rely on partnerships far more than we probably realise. They shape everyday life: neighbours helping neighbours, local businesses supporting community events, charities working together, and people giving their time for the good of others. In a city like London, where life can sometimes feel fast paced and disconnected, these relationships are often the things that quietly hold communities together.

There is an old Christian expression that speaks about having a "partnership in the Gospel."^[1] At first hearing, it can sound rather formal or theological, but at its heart the meaning is actually very simple. It is about people working together for the common good, recognising that we achieve far more when we act alongside one another than when we stand alone.

Partnership is something we see constantly at St John's Hyde Park. Many people know St John's as a church building, but throughout the year it is also a place of gathering, music, hospitality,



St John's has been working alongside the West London Synagogue.

business activity, civic engagement, and community support. From concerts and public events to local meetings and business hire, the building is used by a remarkable range of people and organisations. Those partnerships bring life and energy into the area, while also supporting local cafés, restaurants, suppliers, and businesses connected to the many events hosted here.

One particularly important partnership is our ongoing work alongside West London Synagogue and others supporting asylum seekers and refugee families. Local neighbours help prepare meals at the synagogue before food is brought across to St John's, where volunteers from the synagogue, St John's, and the wider local community work side by side to host a multicultural drop in supporting up to 90 families^[2]. Alongside a hot meal, there are activities for children, opportunities to collect toiletries and shopping vouchers, and signposting towards local support services. In a city that can sometimes feel anonymous or fragmented, partnerships like this remind us that communities are strongest when people work together across different backgrounds, faiths, and traditions.

There are civic partnerships too. Churches like St John's have long played a practical role within public life, and being used as a polling station is part of that continuing tradition. Providing a familiar and welcoming place where people can participate in democracy may seem like a small thing, but it remains an important part of community life.



St John's Hyde Park.

For us, all of these relationships ultimately flow from the values that have shaped St John's since its beginnings. The belief that every person has dignity. The importance of hospitality. The idea that communities flourish when people encounter one another with generosity rather than suspicion.

That is what "partnership in the Gospel" means in practice for us today. Not simply words, but relationships. Not existing apart from the local community, but alongside it. Working together, contributing together, and helping to build a part of London where people feel connected, welcomed, and valued.

If you have never visited St John's before, perhaps this is an invitation to come and see what happens here beyond a Sunday morning. Whether through music, community events, quiet reflection, or simply stepping inside for a moment of peace in the middle of London life, there is always an open door. Partnerships begin with people meeting one another, and in a city as busy as ours, that still matters more than ever.

[1] Philippians 1:5
[2] www.wls.org.uk/dropin
"Drop-in for Families Seeking Asylum"

THE HPEA WORKING HARD FOR OUR MEMBERS

From Event Organiser
Susan Quinn



The Hyde Park Estate Association is the long-established amenity society representing the residents and businesses on the Hyde Park Estate and surrounding area.

We are continuing to keep our members informed of all local issues by holding regular informal meetings where we invite speakers to update us on topics of concern and interest to our community. In addition to our annual AGM in December, which we now combine with a very jolly Christmas Party at the Royal Lancaster Hotel, our meetings so far this year concerned the developments at Paddington Square and the pedestrianisation of Oxford Street.

We were delighted that Justin Brand, Asset Director of Paddington Square, offered to host our members in the main reception area of office building at Paddington Square in January. After a talk on the history of the development,

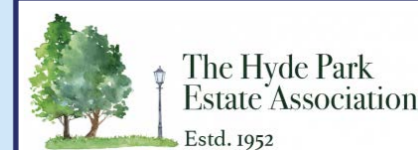
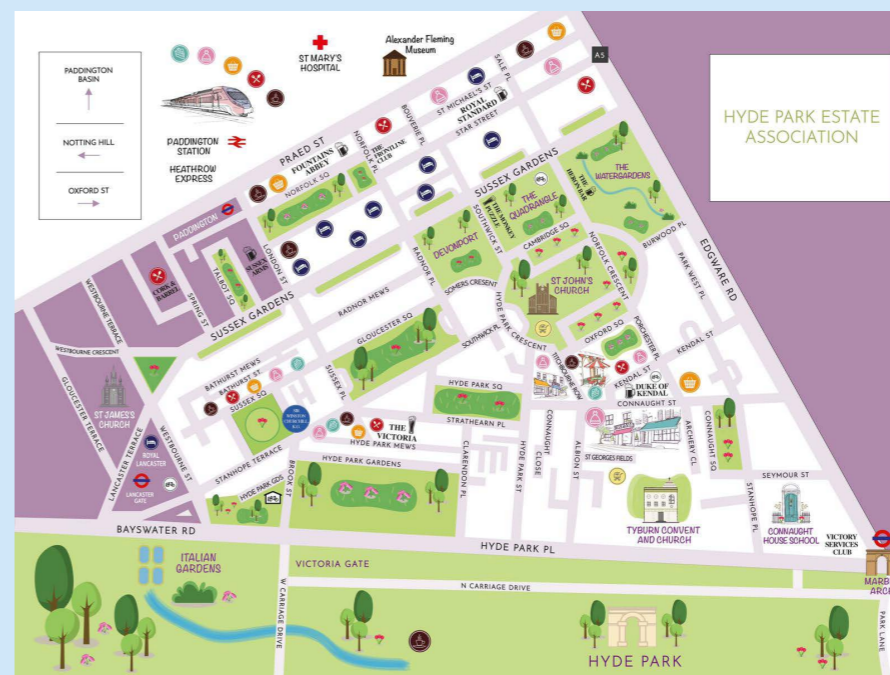
the current occupants and the plans for the future, we were shown around parts of the building not in the public domain. The wonderful new rooftop restaurant sparked lots of interest and many of our members followed the meeting with a drink and a nibble at CÉ LA VI – the views from which are spectacular at any time but even more so now that the sun is shining and summer is on its way.

In March we had a talk and presentation from Abbas Reza, a member of the Local and Communities Partnerships Team at Transport for London, about the partial pedestrianisation of Oxford Street. Proposed new bus routes were explained and as you can imagine there followed a lively discussion with our members about the pros and cons of the proposed scheme.

At our next meeting on Monday 22 June, we will be hosting our new and re-elected Westminster City Councillors so that they can introduce themselves to our members, and hear

from them the issues that they are concerned about in our area, and what they would think the priorities for the next four years should be.

New members are always welcome and if you are interested in joining us please do visit our website or get in touch, details below.



FIND OUT MORE
Visit the Association website at:
hydeparkestateassociation.org.uk
Email us:
subscriptions@hpea.org.uk

PaddingtonNow BID works with approximately 380 business members and key stakeholders to ensure Paddington is recognised as a top destination for business and tourism worldwide.

Russell Becomes Ask for Angela Ambassador

We are delighted that our Operations Manager, Russell Hawkins has become an Ask for Angela Ambassador.

Ask For Angela is a not-for-profit safety initiative that aims to ensure that anyone who feels unsafe or vulnerable in licensed premises receives the help they need.

As an Ambassador, Russell will be responsible about raising awareness of the scheme and supporting venues to create environments where everyone feels safe and supported.

Scan the QR code to find out more



Russell Hawkins

PADDINGTONNOW

Westminster Talking Therapies

Westminster Talking Therapies service is part of Central and North West London NHS Foundation Trust (CNWL), providing a wide range of services to people aged 16+ who are living, working, studying or registered with a GP in Westminster.

They support people who are experiencing mild to moderate mental health symptoms of anxiety, low mood, stress and depression. This includes difficulties such as panic, PTSD, OCD, social anxiety, health anxiety, and specific phobias.

Scan the QR code find out more



YOGA CLASSES REMINDER

Remember that yoga classes return to Norfolk Square from 10:00am-11:00am every Tuesday in June, July & August. Classes are free to attend.



GO TO
JAIL

PaddingtonNow

MONOPOLY

PADDINGTON EDITION

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BUSINESS IMPROVEMENT DISTRICT

FEATURING ICONIC PADDINGTON PLACES PEOPLE & PRIDE

PADDINGTONNOW BID HAS PRODUCED A PADDINGTON LOCAL EDITION MONOPOLY BOARD

— a bespoke edition of the iconic British board game, produced in partnership with Winning Moves, that celebrates the streets, landmarks, green spaces, and cultural character of the Paddington neighbourhood.

- 📍 Featuring some of the most loved streets and destinations in W2.
- ★ From Spring Street, Craven Road, Eastbourne Terrace, London Street, Westbourne Terrace, Norfolk Place, Praed Street, Sussex Gardens and more.
- ❤️ A perfect blend of Monopoly properties and Paddington pride.
- 📺 Boards will be distributed to PaddingtonNow BID businesses as well as being used for some giveaways via our social media.

JOIN US FOR
MONOPOLY FAMILY FUN DAY
IN NORFOLK SQUARE!

FREE EVENT

FAMILY ACTIVITIES

LIVE MUSIC

FACE PAINTING

INFLATABLES

& MORE!

📅 SATURDAY
8 AUGUST 2026

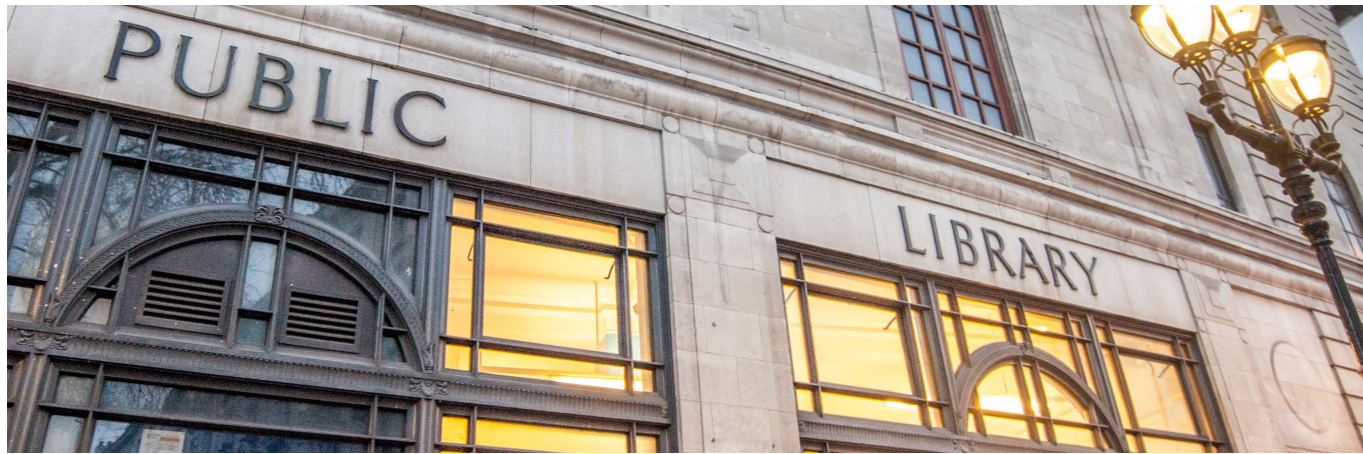
🕒 10.30AM – 4.00PM

📍 NORFOLK SQUARE GARDENS

COLLECT PADDINGTON AS YOU PASS GO!

♥ SUPPORTING OUR COMMUNITY, CELEBRATING PADDINGTON ♥

For more information on PaddingtonNow BID visit www.paddingtonnow.co.uk



News from Paddington Library & Paddington Children's Library

We would like to update you with what's been going on here at Paddington Library - to look back on our recent events and promote what's coming up! By Eman Asir

LIBRARY RE-OPENING

Paddington Library has been undergoing refurbishment since January 2026, and there is much to look forward to this summer. The refreshed space features a new colour scheme, beautifully restored parquet flooring, and stylish new furniture throughout.

The library layout has also been thoughtfully redesigned, with shelving rearranged to create more open space for customers to read, study, and connect with others in a welcoming environment.

Paddington Library wishes everyone a happy Pride this June! We hope that all our LGBTQA family, friends, neighbours and colleagues know how grateful we are to be in a community with them. The library is a place to welcome,



learn and connect with the neighbourhood and we look forward to providing a refreshed space where everyone feels seen, respected and free to be themselves. Look out for our Pride events and display at our children's library.

THE NATURAL WAY: NORTH PADDINGTON NATURE PILGRIMAGE

In support of Dementia Action Week this May, we took part in a community walk along part of the pilgrimage route between Queen's Park Library and Grand Junction, with support from the Dementia Action Alliance. Despite the unpredictable weather, our walkers brought great energy and enjoyed meaningful connections along the way.

This collaboration between Westminster Libraries, Grand Junction, and the Dementia Action Alliance marks the beginning of a wider series of walks taking place this summer.

These walks aim to bring people together, support wellbeing, and create inclusive, welcoming experiences for everyone in the community. We welcome your feedback—please let us know at our libraries what kinds of walks you would like to see in your area. Your ideas will help shape future activities.

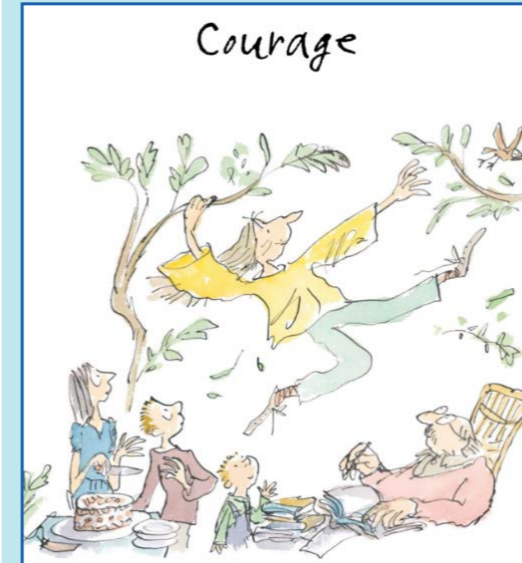
We are currently seeking volunteers to help bring our Eco-hub to life by running environment-focused activities, such as a gardening club, plant care sessions, or plant swap events. If you're interested in getting involved, please email us at: paddingtonlibrary@westminster.gov.uk

UPCOMING EVENTS AND INITIATIVES

Refugee Week 2026 marks 75 years since the Refugee Convention – a landmark agreement affirming that those forced to flee deserve protection, dignity, and hope. For 75 years, it has provided the legal foundation that has saved millions of lives.

where we'll read our favourite Paddington Bear stories to celebrate an immigrant who has become a beloved British icon. Find out more at Paddington Children's Library.

The **Summer Reading Challenge** is back and more exciting than



ever! The 2026 theme is "Read to the Beat" so grab your drums and your tambourines and come down to the library to make some noise! We intend to run events related to music and storytelling so that local children know that learning can be fun and expands beyond sitting and reading. Pick up a booklet to collect your stickers and get to know the music-makers; a group of creative musicians inspired by literature, art, music and more!

The goal of the challenge is to help prepare children for the return to school in autumn and to build their confidence in reading independently. For each book completed, children will be encouraged to share what they've read by explaining the story to a librarian, earning a sticker along the way.

This year's theme is courage, inviting us to reflect on the everyday experiences of refugees and the remarkable strength they show. It encourages us to consider the bravery needed to undertake unknown journeys, adapt to new languages, and navigate unfamiliar systems and societies.

Once they've completed all six books, they'll receive a special prize to celebrate their achievement!

To show our support for Refugee Week this year, we plan to host a Teddy Bears Picnic in Porchester Gardens,

SERVICE OFFER: NATIONAL YEAR OF READING



Paddington Library is proud to support the community in reading for pleasure and in reconnecting with reading as a meaningful, modern, and social activity.

This year's theme, "Go All In", invites everyone to reimagine reading as a gateway to their interests. If you're into it, read into it. We are focusing on the enjoyment and immediate rewards of reading—celebrating curiosity, connection, and personal discovery.

Words for Life, a UK charity by the National Literacy Trust, aids disadvantaged children in developing literacy skills. Scan the QR code for home activities and support

to enhance language, literacy, and communication skills for children up to 12 years old.

As part of the National Year of Reading, Paddington Children's Library is looking for dedicated and experienced volunteers to lead sessions including a phonic class, storytelling sessions and public speaking for older children.

If you are passionate about helping children build their reading skills and confidence, we would love to hear from you. Please submit your volunteer application online and be sure to mention your interest in leading a class in your application.

REGULAR EVENTS AT PADDINGTON

Free IT advice

Tuesdays 2-6pm; Fridays 10-2pm (excluding half-term) & Saturdays Fortnightly 10-2pm.

Shared Reading Group

Thursdays 6pm to 7.45pm (contact Moya: moya@urbanwise.london).

Bayswater Councillors Surgery Drop-in

First and Third Saturday every month, 2pm to 3pm.

English Conversation Class

Saturday, 11am to 12.30pm. Free, drop-in -Book on Eventbrite.

Chess Club

Every Sunday, midday to 3pm, all ages.

Clothing Repairs and Restorations/ Sewing Club

Thursdays & Saturdays 2-4pm

To attend you will need to sign up with our booking sheet. Please ask a member of staff to learn more.

CHILDREN'S LIBRARY EVENTS:

New Arabic Language Class

Tuesdays 4-5pm. This class is for children aged 6-8 years old.

Our wonderful volunteer has been teaching at the Children's library since the 13 January to great success! Join to start your child's journey learning a new language.

Rhyme & Move Mondays

11am - 11:30am (term-time only)

Rhyme Time

Wednesday, 11am - 11:30am

Storytime & Colour

Thursday 4pm - 4:30pm

Lego Club

Friday, 4pm - 5pm

Board Games

Saturday, 2pm - 4pm





Health & Wellbeing



SEBRA Member Lisa Powell is a Registered Nutritional Therapist (CNHC) and Nutritionist (mBANT), Metabolic Balance Coach and Weight Loss Specialist. She also holds a Diploma in Performance Nutrition and runs corporate nutrition programmes. Lisa's articles always make for an interesting read, covering a wide range of dietary subjects. This time around, she turns her attention to fibre in your diet.

WHY EVERYONE IS TALKING ABOUT FIBRE

While protein is still making health headlines, another nutrient has started stealing the spotlight ...fibre. Despite UK recommendations of 30g daily, most adults fall short, even though fibre supports digestion, heart health, blood sugar balance and weight loss.

The good news is fibre is found in ordinary foods - vegetables, fruit, beans, lentils, oats, nuts, seeds and wholegrains, so it's easy to meet your needs.

GUT HEALTH

A major reason for the interest in fibre is research into the gut microbiome, the trillions of bacteria living in our digestive system. Fibre acts as fuel for the beneficial bacteria in the gut, helping them thrive. A healthy gut microbiome has been linked to improved digestion, stronger immunity, lower inflammation and better overall wellbeing. Increasing fibre intake can also help us feel fuller for longer, making it easier to manage appetite naturally. This is one reason fibre is becoming a talking point alongside the rise of weight loss drugs. While these medications reduce appetite, experts are increasingly emphasising the importance of eating nutrient-rich, fibre-filled foods to support long-term health.



Berries are budget-friendly and packed with fibre.

BEYOND DIGESTION

Another reason fibre is gaining attention is its role in blood sugar control. Meals rich in fibre help slow the release of sugar into the bloodstream, reducing energy crashes and helping us feel more balanced throughout the day. For many people, simple changes such as swapping white bread for wholegrain, adding beans to meals or including nuts and seeds at breakfast can make a noticeable difference.

In a world full of confusing nutrition advice, fibre is refreshingly simple. Not a fad, detox or a quick fix, just a powerful reminder that sometimes the most effective health habits are also the most traditional. See some easy swaps below to help you reach your fibre goals.

EASY HIGH-FIBRE SWAPS

Supermarkets now offer simple ways to boost fibre intake without dramatically changing your diet, offering some great high-fibre ranges. Some easy options include:

- *Oats for breakfast - naturally rich in soluble fibre*
- *Wholegrain breads and wraps - look for wholemeal or seeded varieties*
- *Beans and lentils - these cupboard staples work well in soups, salads and pastas*
- *High-fibre cereals - e.g. Weetabix, shredded wheat and bran cereals*
- *Frozen berries and vegetables - convenient, budget-friendly and packed with fibre*
- *Mixed nuts and seeds - add to yoghurt, porridge or salads*
- *Brown rice and wholewheat pasta - simple ways to gradually increase fibre intake*

Note that when increasing fibre, it's important to do so gradually and drink plenty of water to help the digestive system adjust and avoid any unpleasant side effects.



Well-chosen ingredients can make for delicious home-made soups, bursting with flavour.

Luckily, improving fibre intake does not require a complete diet overhaul. Small, consistent changes are often the most effective. Easy additions are an extra portion of vegetables to dinner, oats for breakfast, or aiming to include more plant foods across the week. Following a Mediterranean-style diet or the '30 different plants a week' challenge can all help increase fibre intake.

Lisa P Nutrition

web: www.lisapnutrition.com
mobile: 07717 706017
Instagram: @Lisapnutrition
Facebook: facebook.com/lisapnutrition

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ACQUISITIONS & DISPOSALS

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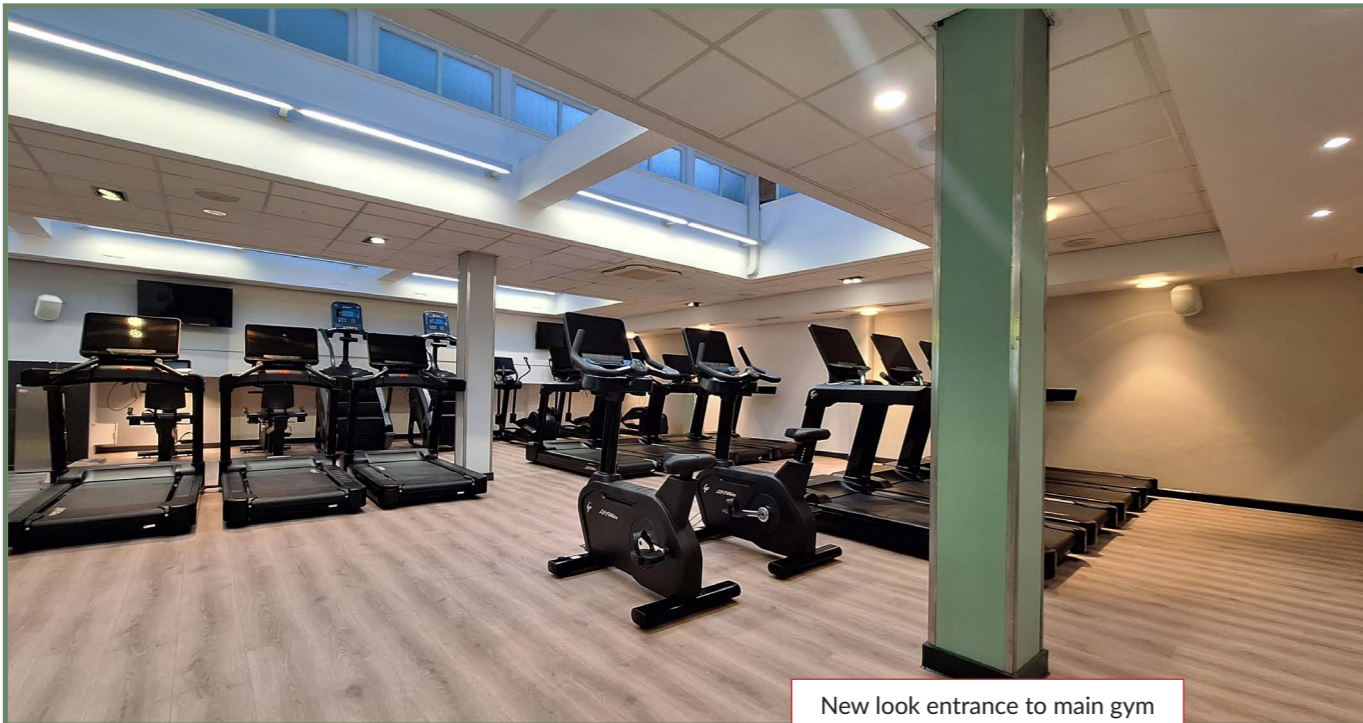


PORCHESTER CENTRE

FACILITATING ACTIVITY AND WELLNESS FOR ALL

A £400,000 REFURBISHMENT AT THE PORCHESTER CENTRE GYM

By Simon Plummer
General Manager at the Porchester Centre



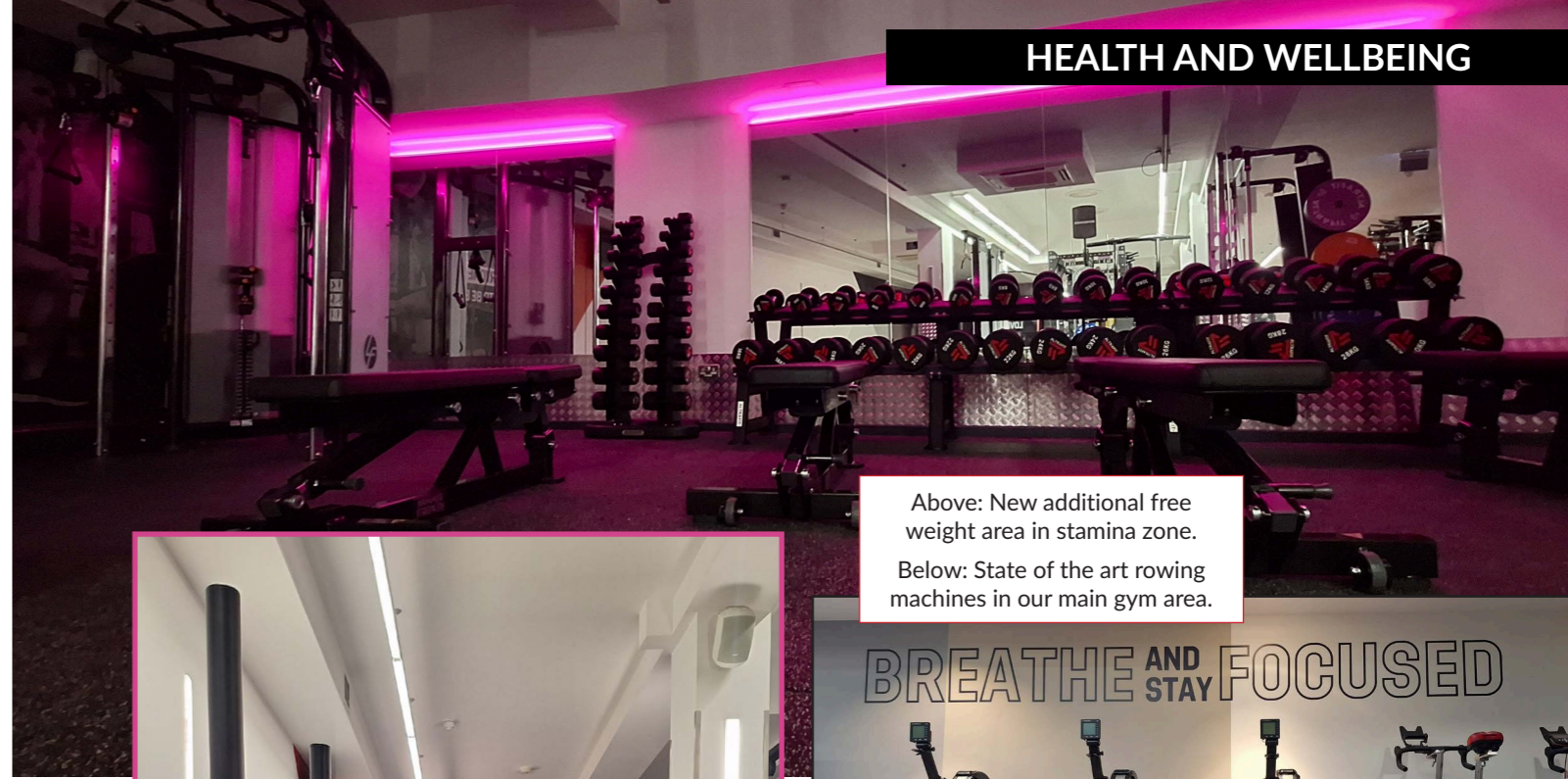
New look entrance to main gym area, cardio and core work.

Westminster City Council generously reinvested in all its leisure centres in 2026, and Porchester's £400,000 refurbishment took place over April and May this year.

A smart, bright new colour scheme was applied to all five of our gym floors, and brand-new modern flooring was installed in three main areas, giving the whole space a fresh, invigorating look.

New, high-quality gym equipment was installed in the two main ground-floor areas, provided by new supplier Life Fitness, whose head office and warehouse are UK-based for ease of access to spare parts and support.

Some of the older gym equipment was sold, while the best of the original kit, which had the fewest maintenance issues, was rehoused on the first floor to create a much more usable space.



Above: New additional free weight area in stamina zone.
Below: State of the art rowing machines in our main gym area.

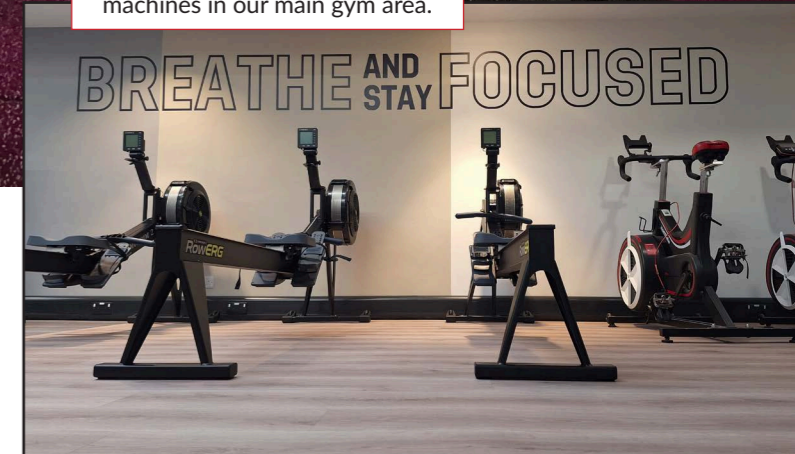


The popular new sledge pushing track and cable machines in our stamina zone.

The stamina zone has become an amazing space, featuring a sledge track for full-body workouts, a free weights area, two sets of pulley machines offering a wide variety of exercises, medicine balls, kettlebells, an assisted Smith machine, and four free-weight lifting racks.

The main area, as you enter, is now more spacious. Ten years ago, gyms typically consisted of around 80% cardiovascular equipment, such as treadmills and bikes, and 20% weight equipment. Today, with increased understanding of the importance of strength training—to maintain or boost metabolism, support the spine, prevent falls, and improve functional movement—gyms are now around 60% focused on weight training and core work.

New LED lighting around the mirrors, leafy walls, AstroTurf stretch areas, and modern Theraguns and rollers for self-administered muscle and ligament release are exciting new features that create a wonderful environment to train in.



If you are new to exercising in a gym or need guidance on our new machines, please email our Fitness Managers. Noelia, at noeliadominguez@everyoneactive.com or Leticia at leticiasantos@everyoneactive.com. They will be happy to assist you and arrange a free induction.



New tastefully styled recovery area in our main gym.

PORCHESTER GENERAL ENQUIRIES

For any enquiries re the Porchester Centre please email the General Manager Simon Plummer on simonplummer@everyoneactive.com

PORCHESTER HALL ENQUIRIES

Please email porchesterhallevents@everyoneactive.com or visiteveryoneevents.com

News

From the Friends of Hyde Park & Kensington Gardens

Paul Shelley & Sue Price

Friends of Hyde Park & Kensington Gardens

Photography:
Paul Shelley
Rob Dowling

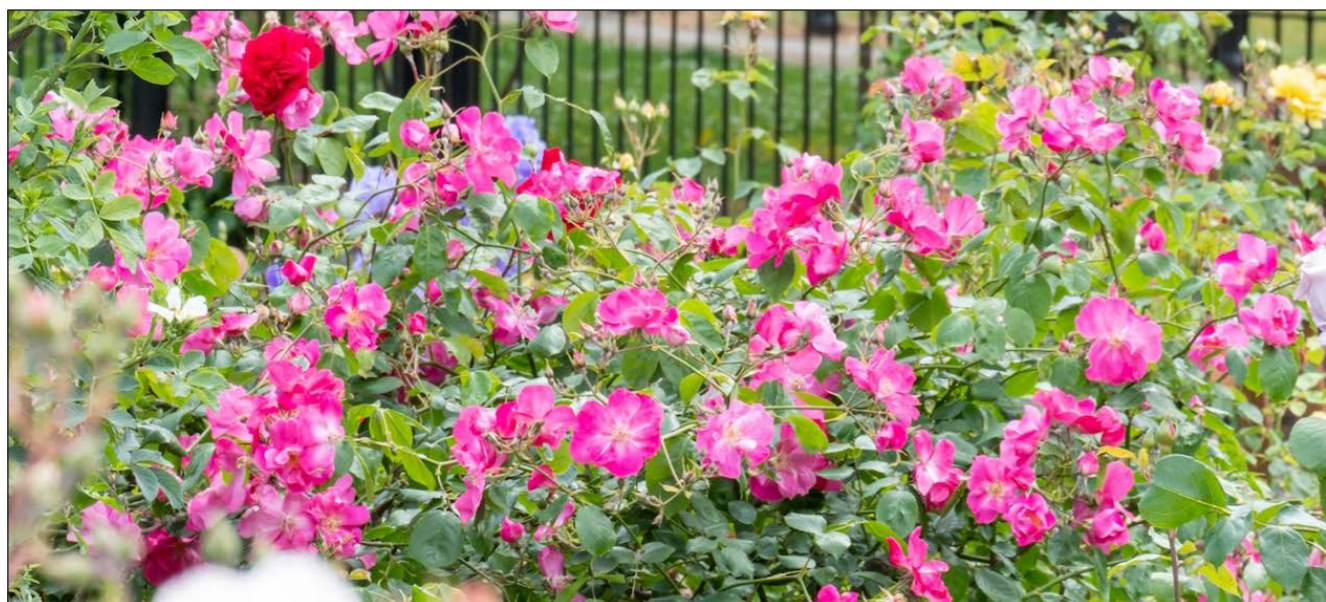
WHAT A SHOW!

For some months the planting in both Hyde Park and Kensington Gardens has looked spectacular. Starting with the early spring bulbs and then moving on through blossom time to blazing coloured tulips and violas.

We now have the remains of the spring planting being replaced by summer planting, which includes annual bedding plants as well as perennials, and most spectacular of all has been, and still is, the rose garden at Hyde Park Corner. Crowds of visitors have been photographing, smelling the scents and relaxing in this glorious spot. We are looking forward to seeing the autumn garden here which is being planted now by teams of gardeners.



What a show! - Enjoying a spectacular display in the rose garden.



Fountains are spouting in the Italian Gardens Below: The Boy with the Dolphin - Maybe one day he might have his water restored.

FOUNTAINS ARE SPOUTING

Water features should have water! For some time this important element has been either sparsely flowing or entirely missing from some beautiful features.

The wall at the Italian Gardens in Kensington Gardens which joins the Long Water now has water spouting from every stone feature. It's not very easily visible from the paths but this is being worked on. Congratulations to the whole team for making this happen.

Did you know that the fountains in the Italian Gardens were designed in the pattern of the royal fleur de lys?

The torrents of water at the Dell in Hyde Park could compete with the Lake District. The damp loving planting has been looking good for weeks.

Maybe the Boy with the Dolphin (Rose Garden, Hyde Park) is due for some watery magic wand to be waved. Have a look at him when you are in the area. Some of the waterspouts were designed to come out of the dolphin's nostrils.



The Friends' shiny new buggy.

BUGGY TO THE RESCUE

The buggy, now being run by a team of Friends volunteers, is ready for action.

It has a special section on the Friends of Hyde Park and Kensington Gardens website, it has its own email address. It also has a friendly bunch of drivers who would like to drive you in a circuit of Hyde Park, visiting some lovely spots, which some of your readers may not have visited for some time.

At the moment the days it's running and its parameters are not huge but there are great plans.

If you don't need the assistance of a buggy but might like to be considered as a potential volunteer driver, please also use the dedicated email address: info@parkrides.org

AHOY THERE!

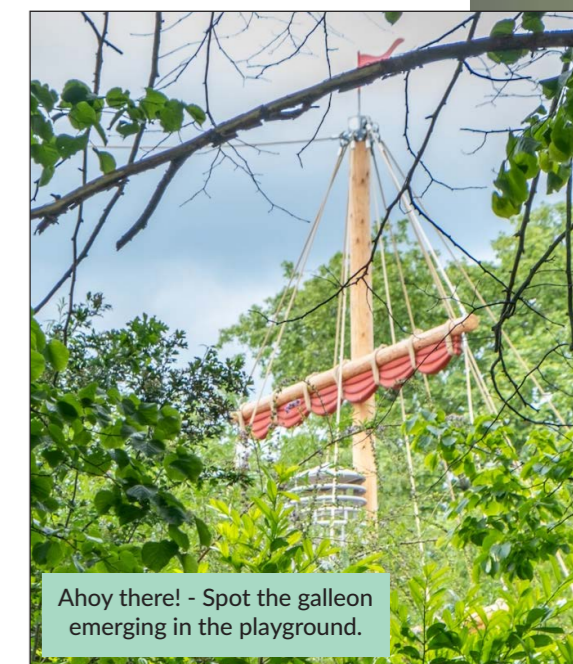
We have reported regularly on the progress of the rebuilding of the Princess Diana Memorial Playground.

As its opening is getting closer (perhaps July or August) we have to make do with some tantalising glimpses of the masts and furled

sails of the pirate ship (or galleon) peeping up above the trees.

And our own contribution towards this whole exciting area's regeneration has been to match fund the restoration of the Elfin Oak, which is so totally swathed in wrappings that only a tiny element, which is the top of a

couple of pillars, can be spotted. It too is soon to be revealed, possibly a little sooner than the really big event inside the playground enclosure.



Ahoy there! - Spot the galleon emerging in the playground.

Let's enjoy the company of our children or grandchildren for a great adventure inside this world-famous amazing playground.

KEEPING TO THE RIGHT IN CITY HALL

WESTMINSTER ELECTION RESULTS: AN HONOUR TO SERVE



Councillor Tony Devenish
Knightsbridge & Belgravia Ward Councillor and Former London Assembly Member



Kemi Badenoch visits Westminster City Hall after the Conservatives won back Council control.

MAY 8 10AM : 27 HOURS AWAKE: KEMI VISITED WESTMINSTER CITY HALL

SEBRA NEWS W2 readers may have grown tired of seeing my beaming face next to Kemi Badenoch over the weekend following elections on the news. While Reform UK and the Green Party won more seats across the country, in London we Conservatives had a good night winning seven Councils. The fragmentation of the UK into seven parties across England, Scotland and Wales, with some voting on ethnic lines, is deeply worrying.

BACK TO WORK : ENFORCEMENT CABINET MEMBER + A DEEP DIVE ON WCC TAXPAYERS' MONEY + OXFORD STREET

Congratulations Caroline Sargent, appointed our first Cabinet Member for Enforcement on day one. Caroline will ensure our Council, the Met Police and

3 2 Conservatives and 22 Labour Councillors were elected in the early hours of Friday 8 May. Words can't express how elated and honoured I feel. My twentieth year, my sixth term - I was first elected in 2006. The honour of serving remains fresh. Thank you to everyone who voted.

SEBRALAND delivered the only split Wards on Westminster City Council: i.e. both Conservative/Labour Councillors: 2/1 Bayswater, 1/2 Lancaster Gate, 2/1 Hyde Park. A special thanks to those the other side of the park in Knightsbridge and Belgravia who re-elected me.

AGE: JUST A NUMBER - COUNCILLORS CHRISTABEL FLIGHT AND MARK TOZER

Thank you Bayswater for electing the only other 2006 Council intake member still standing, Lady Christabel Flight. We all try to copy Christabel. She can

knit people, communities and good causes together, winning over friends and supporters better than anyone I know in public life. Well done to Mark Tozer, our 20-year-old Bayswater boy. Congratulations to Philip Stephenson-Oliver elected in Lancaster Gate and Elliot Keck and Greg Ero in Hyde Park.



Victorious Councillors - Mark Tozer, Lady Christabel Flight, and new WCC Leader, Paul Swaddle.

other partners use the powers we have to crack down on crime and anti-social behaviour. Caroline can be reached via her City Council email address: csargent@westminster.gov.uk.

Other than SEBRA's well-informed Chairman, most readers won't appreciate the trick the Labour Government played on Central London last Christmas. Scrooge Chancellor Rachel Reeves announced that hundreds of millions of pounds will be transferred from London, which has some of the most deprived communities in our country, to the North of England. It's as if Andy Burnham was already Prime Minister.

Labour and Conservative London Borough Leaders warned that there is a real risk of steep Council Tax hikes, as much as 75% (yes you read that right, SEVENTY FIVE PERCENT) over the next three years. So what are we doing about it? Councillor Paul Fisher, newly-appointed Cabinet Member for Value for Money and Finance is undertaking a deep dive on what taxpayers' money we have, ensuring maximum value for money is achieved.

Westminster Council has announced we are fighting the Mayor's annexation of Oxford Street - let battle commence.

LABOUR'S CIVIL WAR - FACT: DIVIDED PARTIES DON'T WIN ELECTIONS - BELIEVE ME, I KNOW !

In the run up to the 2024 General Election, Keir Starmer pledged that as Prime Minister, he would, 'end Tory chaos' and deliver 'the change people need'. Less than two years later we are a month into a Labour civil war. Every news programme has a room full of divided Labour MPs, one supporting each leadership candidate. The duller

one is often a young bloke who looks to be wearing his dad's suit, a Starmer lookalike. The Labour tribe is odd. Another three years of chaos.

Labour has the opportunity to discuss how EXACTLY they are going to tackle youth unemployment - the worst in a generation, fund our armed services, and actually grow our economy.

Unfortunately the leadership candidates would rather do anything but discuss those topics, daft student union slogans are the level of the debate. Our country deserves better than Burnham, Miliband, Rayner, Streeting or Starmer. We eagerly await the Makerfield by-election which takes place on 18 June.

SADIQ'S TENTH ANNIVERSARY AS MAYOR OF LONDON AND DAWN BUTLER MP



Dawn Butler MP.

With Labour infighting, the on-off Iran war, and local elections, Sadiq Khan's big anniversary almost passed by, though the Financial Times managed an entire full page puff piece, with not a single mention of crime, environment, housing or transport. Starmer would kill for Sadiq's Teflon skills. Congratulations

Sadiq - I'm glad you've started running 5km every morning, that's a real achievement.

The Spectator published a must-read article: "London doesn't deserve Dawn Butler as Mayor". Please do give this a read: [tinyurl.com/TD-Butler](https://www.tinyurl.com/TD-Butler).

KING CHARLES III ADDRESS TO THE US CONGRESS - 28 APRIL - AVAILABLE ON YOUTUBE

It's not all doom and gloom. Someone in HM Government's A-Team wrote the best diplomatic speech of the year, and the presentation of a bell from a Royal Navy ship named "Trump" was inspired. Well worth watching at: [tinyurl.com/TD-Charles](https://www.tinyurl.com/TD-Charles). It was brilliantly delivered.

THOSE WHO PUT PUBLIC SERVICE FIRST

Thank you Adam Hug, outgoing Leader of Westminster City Council and the Westminster Labour Group, for his four years in the hot seat. London Borough Leaders do a tough job. Having served under the last five Leaders I appreciate what Adam undertook.

Huge congratulations to Paul Swaddle our new Council Leader and to Lancaster Gate's Ellie Ormsby the new Labour Leader of the Opposition. My congratulations also go to two-cities MP Rachel Blake, promoted to Economic Secretary to the Treasury, following resignations in Government.

Councillor Tony Devenish

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- ☎ 07917 174 084
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- 📘 TonyDevenishAM
- 📷 tonydevenisham



28 April 2026 - "The best diplomatic speech of the year" - King Charles III addresses the US Congress.



James Small Edwards AM
London Assembly Member
for West Central

KEEPING TO THE LEFT IN CITY HALL

ELECTION REFLECTIONS AND OTHER TOPICS

LOCAL ELECTIONS REFLECTIONS

I was of course disappointed at the local election results in Westminster, which saw control of the Council return to the Conservatives.

I believe that in the four years of Labour control there were significant achievements that brought huge benefits to local people: establishing free school lunches for children aged 3-14; being rated as the best performing Council on climate action; receiving the highest rating from the social housing regulator; becoming the 5th largest Council housebuilder in the nation; and maintaining the second lowest Council tax during a cost of living crisis.

I stood down as a Bayswater Councillor at the election and so will continue to serve SEBRALAND just from (London) City Hall now. I want to thank Councillor Adam Hug in particular for his excellent stewardship of the Council over the last four years and I look forward to working closely with SEBRALAND's very own Councillor Ellie Ormsby, the new leader of the Labour Group in Westminster.

I congratulate Councillor Paul Swaddle and his team on their victory and, as I'm sure both the administration and SEBRA readers would expect, I look forward to holding them to account in the months and years ahead.



"Hopper" fares have been extended to weekends.

WEEKEND HOPPER FARE

I am pleased to say that the Mayor has extended his 'hopper' bus fare to weekends for the summer. The new weekend hopper fare will allow Londoners to pay a single fare of £1.75 and receive unlimited bus and tram journeys between 25 July and 31 August. The bus continues to be London's most used mode of public transport and this is a positive step taken to ease the cost of living pressures this summer.

James takes a Labour Party "selfie".



New London Plan will have a data centre policy.

DATA CENTRE POLICY SHIFT

I am glad that following my report as Chair of the London Assembly's Planning & Regeneration Committee, the Mayor's office have confirmed that the new London Plan will have a specific data centre policy, as was advised in the report's recommendations.

The proliferation of data centres in West London - infrastructure that supports AI and broader technology storage - led to the delayed delivery of thousands of new homes as there was no spare capacity in the grid. Given the singular, and often staggering, electricity and water demands of data centres, a more strategic plan for their development was needed and I am glad that the Mayor has listened.

NOTTING HILL CARNIVAL FUNDING

As Carnival enters its 60th year this August, I'm pleased that the Mayor is providing £4.66m in funding to ensure the event can take place safely. The money has been provided to help ensure organisers are able to deliver additional security improvements around overcrowding following the findings of an independent review.

Funding ensured for this year's Notting Hill carnival.



OXFORD STREET PEDESTRIANISATION

Following a second public consultation, the Mayor has confirmed that he plans to proceed with the pedestrianisation of Oxford Street between Orchard Street and Great Portland Street. The consultation received over 2,700 responses and the Mayor now aims for the street to be traffic-free by the end of this summer.



Oxford Street will soon be traffic-free.

The new Conservative administration on Westminster City Council had promised in their manifesto to "set up a legal fighting fund to challenge Sadiq Khan in the courts". I am glad that they have belatedly seen sense and are not pursuing a legal challenge as this would have been a complete waste of Westminster taxpayers' money.

FREE SCHOOL BREAKFASTS

The Government's free school breakfast programme has now been rolled out to more schools across London. In SEBRALAND, students at Hallfield Primary School started enjoying free school breakfasts on their return after the Easter holidays.

Breakfast clubs are rolling out across London.



The intervention means that in London, as a result of the Mayor's provision of free school lunches since 2023, London children will receive a guaranteed, nutritious breakfast and lunch every single day, saving families approximately £1000 per year for each child.

James Small Edwards AM

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IG @JSmallEdwards
TikTok @JSmallEdwards



Your Letters

We welcome your letters on any subject that might be of interest to the readers of **SEBRA NEWS W2**. Send your contributions to: editor@sebra.org.uk or by post to John Zamit, Chairman (address on page 2). Note that contributions may be subject to minor editorial changes. Please include your full contact details. The writer of the "Star Letter" will receive six bottles of wine.

A PLETHORA OF WELLNESS AND BEAUTY SHOPS

Having strolled Westbourne Grove, between Chepstow Place and Queensway for 15 years, I was struck by the number of shops catering for beauty and fitness.



The Method on Westbourne Grove.

Standing outside the long-established Space NK at 127-131, I look up to the left and see the magnificent old flatiron building has been converted to an upmarket gym, *The Method*. At the other end, close to Queensway, is *Psycle* at No 37-41, and in between another ten or so beauty and wellness shops

offering everything from Pilates classes to blood transfusions, reflexology and cryotherapy.

I was intrigued. How can a 600-yard strip of Westbourne Grove support so many body beautiful shops? So, I made a few calls starting with The Method where the manager, Bene', gives me a guided tour. Clientele is mostly women, many French, and of diverse ages. I suspect a number are rich wives who shop, keep fit, drink sparingly and go to bed early. The Method's ground floor café, *Nathalie*, is buzzing as I leave. "Au Revoir".

Walking down Westbourne Grove many of the pedestrians are lycra-clad young women heading for a workout. I also spot muscled males in shorts and tee shirts possibly heading towards a 'pumping iron' session at the *Porchester Gym*, perhaps *Third Space* at The Whiteley, or maybe *Pure Gym* in Moscow Road.

On my way down, heading to *Psycle*, I notice that *MAD* fitness studio has taken over from *Caffé Italia* at 30-32 for conversion into a health club. I call in at *Psycle* where Hatsy tells me they have an eclectic membership from children to grannies, male and female all motivated by the idea of a healthy mind in a healthy body. *Psycle's* origins lay in the cycling boom but today the focus is

on individual and group classes including infrared exercises.

What does all this mean? Perhaps the answer lies in the wisdom of the words of Juvenal the 2nd Century Roman poet who wrote "Mens sana in corpore sano". It seems that the ladies of W2 agree with him.

P.S. Between these body beautiful shops, stands the stately establishment of *J H Kenyon*, former undertakers to Kings and Queens. A timely "Memento Mori", perhaps.

Paul Tagg
SEBRA Member, W11

Chairman's Comment

Hello Paul and many thanks for your observations in this excellent letter.

I too have noticed the expansion of these establishments along Westbourne Grove, and some get a mention on page 26. The "flatiron" building you mentioned has coverage too, on page 31.

The street does seem to have become a health & fitness "Mecca". I wonder if that's a good thing.



REMEMBERING STEVE ATACK 1954-2026

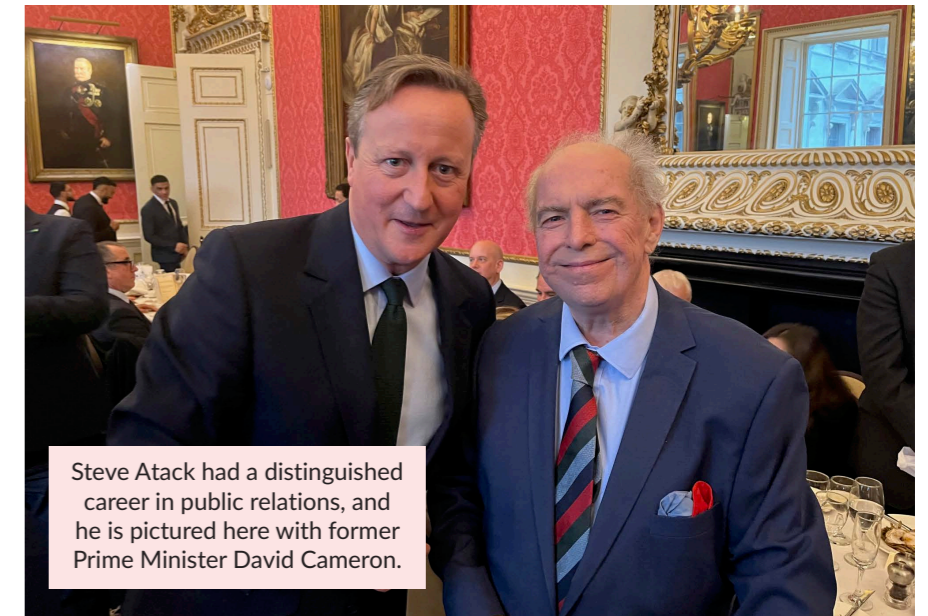
Steve was one of the sweetest men I have ever known. If he could help you, he simply would. I have never met a man more generous or warm-hearted, yet at the same time possessing an incredibly cheeky nature, with just the hint of a charming rascal about him.

I always saw Steve as a loving uncle or a kind-hearted grandfather figure. Personally, he was immensely supportive to me throughout my personal, business, and political life. After I had stood once before in Lancaster Gate, Steve was determined to help me finally get elected to represent our area. It was with a deeply poetic sadness that he passed away only a few days before I was selected.

At the election count, upon hearing my result, my very first thoughts were of Steve. I wished more than anything that he could have been there to see it.

I have lost not only a friend and supporter, but someone I truly considered part of my family. Our community has lost one of its greatest champions, and Westminster has lost a gentleman in the truest sense of the word.

Philip Stephenson-Oliver
Lancaster Gate Ward Councillor



Steve Atack had a distinguished career in public relations, and he is pictured here with former Prime Minister David Cameron.

Chairman's Comment

Thank you Philip for writing those heartfelt words about Steve, and I agree that he truly was a gentleman.

Steve was a long-time SEBRA member, and magazine readers will certainly be familiar with his fundraising efforts for *The Friends of St. Mary's* charity, where he served as Vice-President.

Having lived in Cleveland Square for over 40 years, and being one of the Square's trustees, he was a familiar face in SEBRALAND and he almost always attended our summer parties and AGMs.

My condolences go to his long-term partner, Dr Russell Owen.

AN UNSATISFACTORY LAMP COLUMN



I wonder if you have seen this lamp column in the middle of the pavement on Westbourne Grove. The position seems rather strange, it doesn't leave much room with the shops with their displays or people to pass by.

Rose Doyle
Westbourne Park Road, W11

Chairman's Reply

Hello Rose, thank you for writing.

The lamp columns along Westbourne Grove along to Ledbury Road are all new and called **Large Grey Wornums**.

I agree where this one has been erected in Westbourne Grove is not in a satisfactory location, as it is impossible for wheelchair users etc. to pass by.

They probably installed the lamp column there as they could not get any nearer, after doing trial holes, by the kerbside.

I will take this up with Head of Lighting at Westminster, who I know very well.

It may be that the lamp column can be relocated on the opposite side of the road, but again subject to trial holes.

A NOISE PROBLEM PROMPTLY SOLVED

I write to thank you most sincerely for your help regarding an invasive, non-stop noise permeating my Bayswater news house.

Westminster's revered noise team arrived a few hours later to investigate and they solved the problem.

Rarely have I known such quick and fine service. SEBRA's help was indispensable, and I have to say that it certainly pays to be a member.

Elsie Donald
SEBRA Member, W2

Chairman's Reply

You are most welcome Elsie and I am glad I was able to assist. The WCC noise team are very good.

This is the kind of assistance that SEBRA can provide, and I have to agree that, as you say, it pays to be a member.

MEMBERSHIP FORM 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 ____/____/____

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

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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: 074 59954 245 or E-mail: chairman@sebra.org.uk

Payment can also be made by Bank Transfer:
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Another way to pay or donate is via PayPal (You will need a free account).
Simply send funds to paypal@sebra.org.uk.



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

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Email: membership@sebra.org.uk

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An application form to join SEBRA can be found opposite.

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