

Explore PADDINGTON

YOURS
TO
KEEP

WINTER 2020/21

Winter warmers

Stay cosy with our pick of Paddington's
best hot drinks and dishes

10th
EDITION

WHAT'S ON | WHAT'S NEW | ITINERARIES | PUB QUIZ



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All details in line with government restrictions due to Covid-19 at time of going to print

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GET IN TOUCH

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Published by Think Travel, Capital House, 25 Chapel St, NW1 5DH. 020 3771 7200. www.thinkpublishing.co.uk



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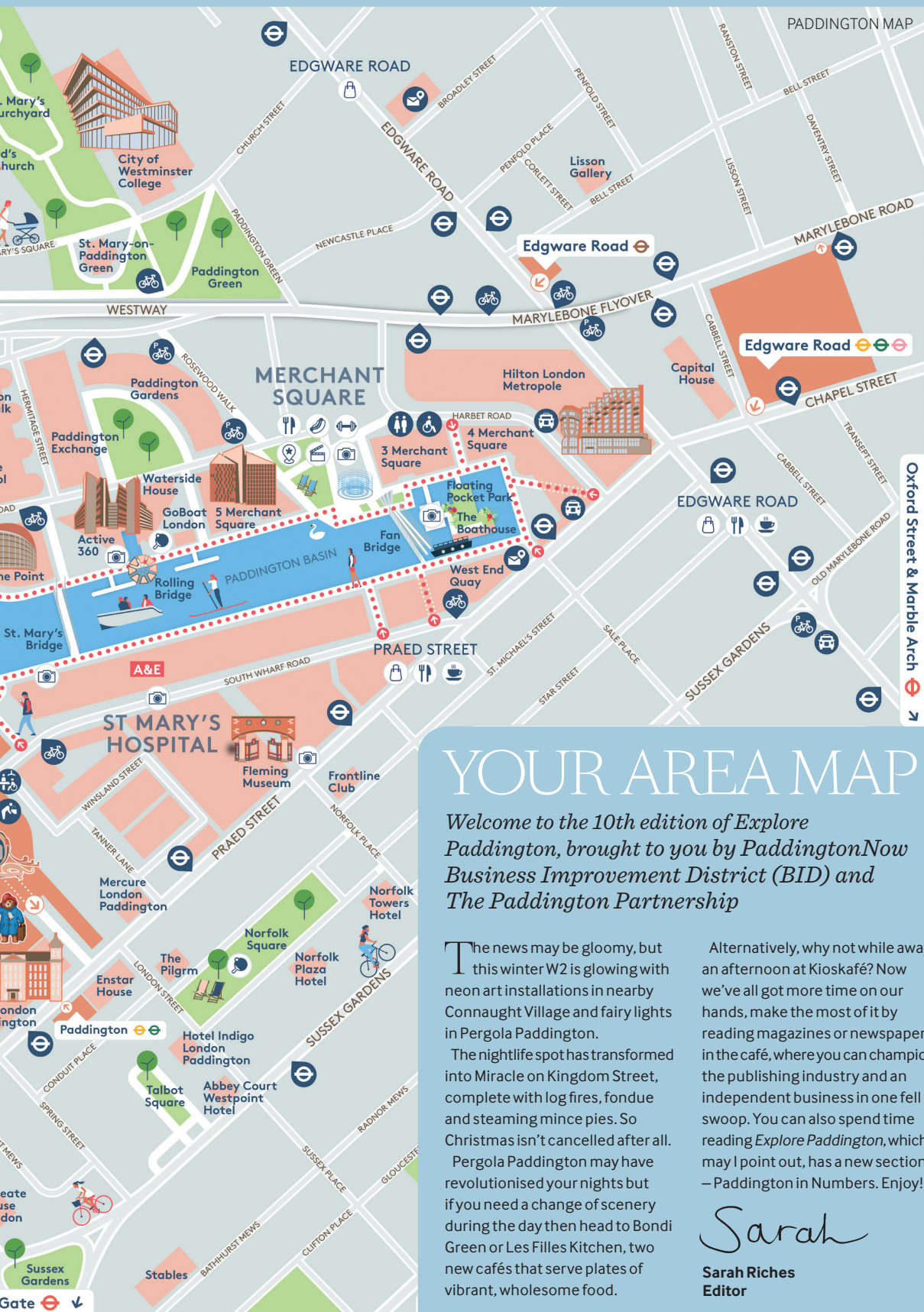
KEY

- | | | |
|--------------------|----------------|-------------------------|
| BUS STOP | CAFE | NATIONAL RAIL |
| CYCLE HIRE | RESTAURANT | TFL RAIL |
| CYCLE PARKING | STREET FOOD | HEATHROW EXPRESS |
| TOILETS | PUB/BAR | GREAT WESTERN RAILWAY |
| ACCESSIBLE TOILETS | ACTIVITIES | BAKERLOO LINE |
| CHANGING PLACES | TABLE TENNIS | CENTRAL LINE |
| WATER FOUNTAIN | GYM | CIRCLE LINE |
| TICKET OFFICE | BIG SCREEN | DISTRICT LINE |
| LIFT | SHOPS | HAMMERSMITH & CITY LINE |
| POST OFFICE | ART/ATTRACTION | |
| TAXI RANK | | |
| STEPS | | |
| STATION EXIT | | |
| TOW PATH | | |

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Hyde Park & Lancaster



YOUR AREA MAP

Welcome to the 10th edition of Explore Paddington, brought to you by PaddingtonNow Business Improvement District (BID) and The Paddington Partnership

The news may be gloomy, but this winter W2 is glowing with neon art installations in nearby Connaught Village and fairy lights in Pergola Paddington.

The nightlife spot has transformed into Miracle on Kingdom Street, complete with log fires, fondue and steaming mince pies. So Christmas isn't cancelled after all.

Pergola Paddington may have revolutionised your nights but if you need a change of scenery during the day then head to Bondi Green or Les Filles Kitchen, two new cafés that serve plates of vibrant, wholesome food.

Alternatively, why not while away an afternoon at Kioskafé? Now we've all got more time on our hands, make the most of it by reading magazines or newspapers in the café, where you can champion the publishing industry and an independent business in one fell swoop. You can also spend time reading *Explore Paddington*, which, may I point out, has a new section – Paddington in Numbers. Enjoy!

Sarah

Sarah Riches
Editor

WHAT'S ON

All details correct at time of going to print, but please check online in case they change

ONGOING

Wed, Fri & Sat: If you admire engineering, then make sure you visit Paddington Basin to see its two unique bridges in action. Watch the Rolling Bridge curl and the Fan Bridge raise like a Japanese fan. Wed & Fri noon; Sat 2pm. *Merchant Square, W2 1AJ. 020 7298 2455. www.merchantsquare.co.uk.*

Thur: During term time, babies and under-fives can enjoy snacks, playtime and a fun sing-along with musical instruments at Stay + Play at St John's Hyde Park. 9.30am-11.30am. Free. *Hyde Park Crescent, W2 2QD. 020 7262 1732. www.stjohns-hydepark.com.*

First Fri of the month: Growing a 'tache? If you are the proud wearer of 'a hirsute appendage of the upper lip with graspable extremities' then you fit the requirement of The Handlebar Club. The club was founded in 1947 at the Windmill Theatre in Soho, to raise money for former servicemen. It now meets each month at The Heron to discuss moustache wax, barbers and more. Please note, beards are strictly prohibited. *Norfolk Crescent, W2 2DN. 020 7724 8463. www.theheronpaddington.com.*

Embrace winter at Queens. While the ice rink opened in 1930, it now features a disco ball, neon lights and MeatLiquor rink-side bar. As well as skating, you can also try sliding

Paddington aims to please, and this season it's got everything from children's storytelling sessions to curling on ice and fascinating discussions about politics

stone pucks across the ice in a curling game – which is a lot tougher than it looks. Go early to make the most of the venue's bowling lanes, too. *17 Queensway, W2 4QP. 020 7229 0172. www.queens.london.*

St James's Church hosts regular piano and violin recitals of Beethoven, Brahms, Schumann and more. 1pm-2pm. Free. *Sussex Gardens, W2 3UD. 020 7262 9976. www.stjamespaddington.org.uk.*

DECEMBER 2020

Dec: Visit Merchant Square over the festive period to see it lit up from The Floating Pocket Park to St Mary's Bridge (to 1 Jan 2021). *Merchant Square, details above left.*

To 31 Dec: Try Roseate House London's new Christmas afternoon tea. You will start with sandwiches stuffed with turkey and cranberry, salmon and tzatziki, brie and fig chutney, cheddar and English pickle, and egg mayo with chives and black pepper.

Next, enjoy spiced and plain scones, which are baked on-site each day. These come with strawberry jam, clotted cream and lemon curd as well as a miniature mince pie. Finish with apple mousse, a festive macaron and hand-made pastries such as a plum delice and tangerine tart. Alternatively, you can opt for the mulled wine cream tea, which



Visit an exhibition about the Trans-Siberian railway at the Science Museum



Christmas time on The Floating Pocket Park

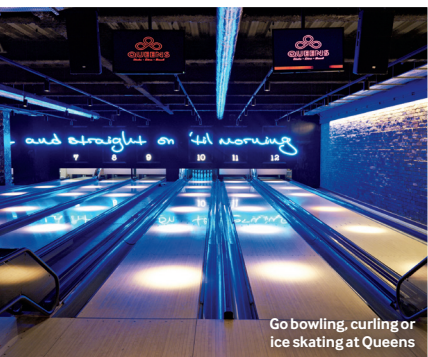


Events for all ages at St John's Hyde Park

comes with a glass of homemade mulled wine, two scones and a mince pie. The meal takes place in a grand dining room with large windows, tall ceilings and sumptuous interiors. Christmas tea £32 per person; mulled wine tea £12 per person. *3 Westbourne Terrace, W2 3UL. 020 7479 6600. www.roseatehotels.com.*



A festive afternoon tea at Roseate House Hotel



Go bowling, curling or ice skating at Queens

To 14 Dec: Children aged seven to 10 can join Junction Juniors, a series of storytelling workshops with Anansi the trickster spider. The sessions end with a performance for parents. Book ahead. Mon 3.45pm-5.30pm. Free. *Grand Junction at St Mary Magdalene Church, Rowington Close, W2 5FT. 020 7266 8258. www.grandjunction.org.uk.*

JANUARY 2021

To 10 Jan 2021: Browse works from Jewish collectors and dealers such

as miniature paintings, an 1880 table clock and 18th century snuff boxes in *Concealed Histories: Uncovering the Story of Nazi Looting at the Victoria & Albert Museum*. Book ahead. Free. *Cromwell Road, SW7 2RL. 020 7942 2000. www.vam.ac.uk.*

FEBRUARY 2021

9-16 Feb 2021: Take your best photo for Instagram of Merchant Square's Water Maze, which will be transformed with flowers and balloons for Valentine's Day. Tag @merchantsquarelondon on the social media platform and you could win food vouchers. The winner will be announced on Instagram on 16 Feb 2021. *Merchant Square, details left.*

Feb-Mar 2021: Designed to give solace, Comfort and Courage is a series of music, poetry and discussions in the Grade-I listed St Mary Magdalene's church. The themes of the talks include what inspires politically-engaged artists and activists and what gives them the courage to speak out. These include Black Lives Matter, the climate emergency and economic inequalities exacerbated by Covid-19. Tickets are on sale from 11 Jan 2021. *Grand Junction at St Mary Magdalene Church, see left.*

MARCH 2021

26 Mar-5 Sep 2021: Expand your mind by learning more about the epic 9,209km rail route that spans seven time zones in *Trans-Siberian: The World's Longest Railway* exhibition at the Science Museum nearby. *Exhibition Rd, SW7 2DD. 0800 047 8124. www.sciencemuseum.org.uk.*

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Join a gong class at
Crystal Sound Lounge



VIRTUAL EVENTS

If your mind is buzzing, calm it down in a sound bath at Crystal Sound Lounge. All you have to do is lie down and listen to a practitioner tap crystal bowls, which emit a soothing gong sound. The centre also offers online workshops. *16 Conduit Mews, W2 3RE. 07931 385181. www.crystalsoundlounge.com.*

The Frontline Club is a restaurant, bar, hotel and event space, although its events are now online. Still, they are no less compelling – recent ones have included an enlightening Black Lives Matter talk and a screening of a drama about a British aid worker in Egypt. *13 Norfolk Place, W2 1QJ. 020 7479 8950. www.frontlineclub.com.*

As well as hosting private Pilates classes at Peacock Pilates, founder Tania Franes hosts classes via the virtual video conferencing service, Zoom. To book, email info@peacock-pilates.com. *51 Conduit Mews, W2 3RE. 020 7262 2210. www.peacock-pilates.com.*

WHAT'S NEW

Did someone say cheese barge? That's right – now you can gorge on cheese on the canal yet still stay afloat

RESTAURANTS

Hungry, and only barbecued monkfish skewers will do? Then head to **Bondi Green**, the latest branch in the city-wide Green collection. The restaurant takes up the whole of the ground floor of the Brunel Building, and boasts double-height ceilings, lots of plants and glass walls with views of the Grand Union Canal. As well as an in-house bakery and Sunday roasts, its signature healthy, Australian menu features dishes such as spicy 'nduja eggs on toasted sourdough. 1-2 Canalside Walk, W2 1DG. 07378 291675. www.daisygreenfood.com.

While **The Grand Duchess** restaurant boat isn't new, its heated outside area is – which is ideal if you'd rather dine outdoors. It specialises in seafood caught in Cornwall each day, paired with wine. Sheldon Square, W2 6PY. 07553 033636. www.londonshellco.com.



Alternatively, make a reservation at **The Cheese Barge**, a narrowboat restaurant which is set to open near Sheldon Square in December 2020. It is by the same team behind The Cheese Bar in Camden and Pick & Cheese in Covent Garden – which has an actual cheese conveyor belt. Pair natural wine or London craft beer with chutney, gherkins or charcuterie as well as cheese made by British producers. Sit inside or on the roof. W2 6HY. www.thecheesebar.com.



CAFÉ

The team behind Les Filles opened **Les Filles Kitchen** in August 2020. Look out for the cool blue café on a corner between St Mary's Hospital and Sussex Gardens. Order a takeaway or bag one of the trio of tables covered by canopies outside. The café serves vegan-friendly dishes such as soup, shakshuka sandwiches and porridge with banana, strawberry chia jam, toasted almonds and jasmine-infused coconut milk, which pair well with a turmeric latte. Meanwhile, its Lancaster Gate branch has been transformed into a deli selling fruit, veg and nuts, cupboard essentials and various types of alternative milk. 6 Norfolk Place, W2 1QN. www.lesfilles.co.uk.



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WINTER WONDERLAND

Missing the slopes? Then hit Pergola Paddington's **Miracle on Kingdom Street** instead (to Feb 2021).

Whether we have a white winter or not, you can still get your après ski fix, as the two-storey venue in Paddington Central has enough snow, chalets and cheese to rival Chamonix.

The rooftop has been transformed into a Winter Forest with 200 real Christmas trees, tartan tablecloths and sprigs of holly. Blankets and log fires help keep things cosy.

Meanwhile, the floor beneath the pergola is now a heated Bavarian beer hall. Groups of up to six can book one of eight Champagne Chalets, all of which come with their own bar and cheese fondue kits.

The hall features four food stalls, too, which serve bratwurst and currywurst sausages, Camembert croquettes and raclette. You can also snack on roasted chestnuts, mince pies and candy cane s'mores – American biscuit sandwiches filled with marshmallows.

At night, floor lanterns and strings of fairy lights flicker on and live music and DJs create a party vibe. Christmas jumpers are encouraged, but if you've 'lost' yours you can keep warm with a hot bourbon toddy, mulled wine, spiced hot apple cider or hot chocolate.



As well as live music, this winter Pergola Paddington has scheduled gospel choir sing-alongs and Christmas film screenings.

You can also book winter brunches and wreath-making classes, meet Father

Christmas or attend a festive party for pups. And if that doesn't make your Christmas, we don't know what will.

The venue has a flexible refund policy. 5 Kingdom St, W2 6PY. 07951 890484. www.pergolapaddington.com.

PUB

The Sussex Arms was renovated with an aviation theme in August 2020. Taking recycling to the extreme, the pub has repurposed the engine, wing and fuselage of an old Airbus A320 to create a glass rack behind the bar – even the beer mats look like in-flight doilies. It has a new Business Class Lounge at the back, too. 21 London St, W2 1HL. 020 7723 1026. www.sussexarms.com.

EVENT SPACE

The Boathouse's **Paddington East** is a new, permanently moored boat next to The Point offices. Lanterns make it cosy, and a projector makes it suitable for watching films. The boat is available for canapes or a multi-course meal. While it has a communal table, check government guidelines when making a booking. Merchant Square, W2 1JX. 07528 515363. www.boathouselondon.co.uk.

GYM

If you like exercising on your own terms but enjoy classes, then join **Retra**, which opened in Paddington Works in spring 2020. It doesn't have set class times, so just turn up and get stuck in to a 30-minute circuit workout whenever you are ready. It has 20 stations. A carbon air filter and temperature checks help keep everyone safe. 14 Hermitage St, W2 1BH. 07984 597515. www.weareretra.com.

Locals: plan your day

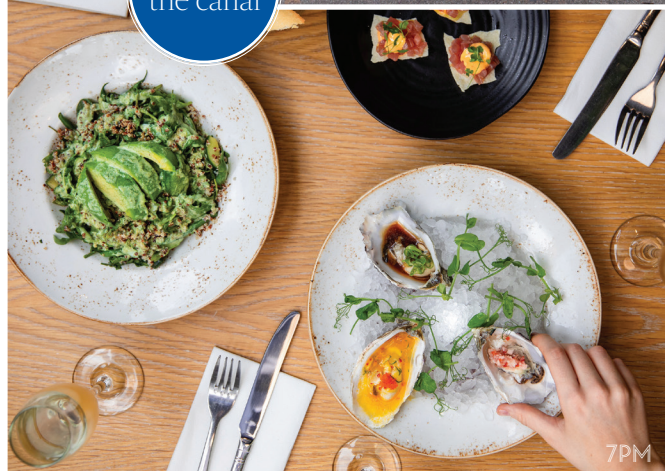
After a workout and a stroll along the Grand Union Canal, dine by the water then go for drinks under Pergola Paddington



Work up a sweat



Relax by the canal



9AM Mornings wouldn't be the same without **Bonne Bouche**, which means 'tasty morsel' in French. The patisserie has been baking since 1952, so you're in safe hands. Wake yourself up with a flat white and pastry. 129-131 Praed St, W2 1RL. 020 7724 5784. www.bonnebouche.co.uk.

11AM It's more important than ever to be as healthy as you can, so spend your morning working up a sweat in a 45-minute high intensity session at **F45 Training**. 4d Praed St, W2 1JX. 07948 074747. www.f45training.com.

1PM Locals in the know flock to **The Frontline Club**, which has a smart restaurant on its ground floor. Warm up over vegetable curry or crumbled pork ribeye, then finish with a slice of chocolate ganache tart. 13 Norfolk Place, W2 1QJ. 020 7479 8960. www.frontlineclub.com.

3PM If the sky is blue, then make the most of the weather and walk along the **Grand Union Canal** from Paddington Basin to Little Venice and beyond. Find an oasis of peace and tranquillity, it really is the best way to empty your mind and fill up your lungs with fresh clean air.

7PM Loop back on yourself and go for dinner at **Smith's Bar & Grill**, which has a pavement terrace overlooking the canal. Sit outside under canopies or indoors to stay cosy. Try something different, and dig into squid ink tagliolini with Argentinian prawns or braised rabbit leg with olives, rice and salsa verde. 25 Sheldon Square, W2 6EY. 020 7286 9458. www.smithsbarandgrill.co.uk.

8.30PM From Smith's Bar & Grill it's a short walk through Paddington Central to the alfresco drinking and dining experience **Pergola Paddington**. Opt for a draught beer brewed in Camden or a glass of red. 5 Kingdom St, W2 6PY. 07951 890484. www.pergolapaddington.com.

Visitors: plan your day

Craving a lazy day? Then start by browsing magazines in Kioskafé, followed by a mooch around a pretty garden centre and lunch along the canal

9AM Swap your phone for a magazine at **Kioskafé**, a café and shop that sells over 150 magazines. Order a cup of tea and a croissant and enjoy them by the window, or sit outside. 31 Norfolk Place, W2 1QH. 020 3111 4242. www.kioskafe.com.

11AM Just north of Little Venice, **Clifton Nurseries** dates back to 1851, and it's simply charming. Spend your morning pottering around its pretty greenhouse and buying presents in the shop. 5a Clifton Villas, W9 2PH. 020 7289 6851. www.clifton.co.uk.

1PM Wrap up and grab a table on the terrace outside **Massis**, which overlooks Sheldon Square. Dig into vibrant plates of spicy sausages, grilled octopus and Lebanese bean stew. 9 Sheldon Square, W2 6HY. 020 7286 8000. www.massis.co.uk.

3PM Saunter along the **Grand Union Canal** in the direction of Paddington Basin and see how many swans, geese and ducks you can count. Look out for artwork, too.

7PM Need to warm up? Sit by the open fire in **The Heron**, a Thai restaurant and pub that's popular with locals. Order tom yum, a spicy hot pot. You can also dine with your support bubble in its beer garden. Norfolk Crescent, W2 2DN. 020 7724 8463. www.theheronpaddington.com.

8.30PM Relax over a pint at **The Dickens Tavern**, close to Norfolk Square. Alternatively, opt for South African merlot, a mix of cherry, plum and chocolate flavours. 25 London St, W2 1HH. 020 7262 2365. www.greeneking-pubs.co.uk.

Have you visited one of these places? Then share your photos with us!

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Blazing a trail

Frosty meadows in Hyde Park, still waters in Little Venice and robins darting between branches in Norfolk Square can only mean one thing: winter is here. Sarah Riches embraces the season with three invigorating neighbourhood walks

NATURE TRAIL

A new illustrated map has been designed to encourage people to explore London on foot. London Living Streets, which campaigns on behalf of pedestrians for safer crossings and less traffic, produced the map in September.

Central London Footways (www.footways.london) features walks that connect popular destinations, green spaces and public transport in London via streets that appeal to pedestrians.

The map is free and available online, through the post or in stockists across the city such as the Serpentine Gallery (www.serpentinegalleries.org) in Hyde Park and Archive Bookstore (www.archivebookstore.co.uk) in Marylebone. So why not walk to collect one?

From Paddington Station, pass Norfolk Square, grab a hot drink from Mimos Café Bar (mimoscafe.has.restaurant) on London Street. Cross over Sussex Gardens and keep going until you see The Victoria (www.victoriapaddington.co.uk).

Veering right, you'll enter Hyde Park by the Italian Gardens. Head south until you reach the Serpentine Gallery—don't miss its current exhibition, *The Eye is Not Satisfied with Seeing*, featuring colourful, intimate portraits by Jennifer Packer.

Once you've collected your map, cross the Serpentine lake and loop the park in the direction of Connaught Street. Still got energy? Then you're in the perfect spot for a longer winter walk around Connaught Village... (www.connaught-village.co.uk).

ART TRAIL

If you love art, then make sure you're among the first to see the latest works that are dotted around Paddington.

If summer seems a distant memory and winter's early nights are getting to you, don't miss Connaught Village's two new neon installations.

The works have been created by the husband-and-wife team Rob and Nick Carter from RN at 5A (www.robandnick.com) on Bathurst Street, who count Elton John, Peter Blake, Jude Law and the Beckhams among their fans.

The first piece, *Wavelength in Two Parts*, illuminates shopfronts at 1 and 3 Porchester Place. It's made up of 152 neon tubes that react to the movement of passersby—so you, as the viewer, control the intensity and speed of the changing colour sequence.

Look out for the second installation, *Love Connaught Village*, in the window of 12 Connaught Street. It features the words Connaught Village shining in white neon above 11 concentric hearts on separate circuits—so, like



Clockwise from far left: a Central London Footways map; Fan Bridge; an Alexander Fleming plaque; Paddington Square's new mural; The Victoria; neon art by RN at 5A



Wavelength in Two Parts, the hearts change colour throughout the day.

Like what you see? Then visit the duo's current exhibition, *Dark Factory Portraits* (to 30 Jan 2021), which was inspired by news reports suggesting that a third of UK jobs will be automated over the next two decades.

However, rather than fearing technology will replace art, the artists are working with it as a new medium. The duo collaborated with software programmers and visual effects specialists to explore how algorithms and robots can create detailed, recognisable portraits that are psychologically engaging and in a consistent style.

The name, *Dark Factory Portraits*, is a nod to the eerie reality of 'lights out manufacturing' – factories which function in the dark because, unlike humans, robotic systems don't need to 'see' what they're doing.

From RN at 5A, head north towards Praed Street and you'll spot a three-storey mural splashed over cabins at Paddington Square.

While the building is under construction, the site offices have been brought to life by the former fashion illustrator and print designer Kelly Anna.

Anna is known for bold figurative works, and her latest piece – a 12 by 14 metre mural – was revealed in November 2020.

Anna says, 'The building blocks for my idea were sustainability, the idea of a gateway to and from London to the world, inclusivity, creating a new landmark in a city known for its tourist attractions and geometric structures. I tried to create a piece that brought all of those things together in a cohesive image.'

'I've called this piece *Nurture Nature*; [it's about] harmoniously living between the modern architectural world we are creating and respecting the nature that exists around it. The figures are drawn as if they are exploring uncharted worlds as they go in and out of portals. They come out the other side bringing with them plants and fruits from around the world, representing London's inviting nature.'

The artwork was created in partnership with the architecture and design magazine *Dezeen*, so if you'd like to find out more about it, listen to an interview with the artist on social media channels and www.dezeen.com.

In the wake of Covid-19, Anna's theme of respecting nature in a modern world is a timely one.

Continue along Praed Street until you reach Norfolk Place, then look up at the first floor of Alexander Fleming Laboratory Museum (www.imperial.nhs.uk).

A permanent art installation was installed in the windows in March 2020.

Fleming was studying the bacterium *Staphylococcus aureus* when he discovered penicillin, which is now used to treat infections caused by bacteria.

To celebrate the historic finding, Lucentia Design created vinyl that depicts colourful images of the microscopic bacterium.

The images were digitally coloured and, at night, they're illuminated from within – just what we need with these early nights.

BEAR TRAIL

What child doesn't love a bear hunt? Little ones will love discovering the Paddington statues hidden around W2.

Start by collecting a free map, The Pawprint Trail, from the Paddington shop (store.paddington.com) inside Paddington Station.

The trail guides you towards Marcus Cornish's bronze sculpture of Paddington, which is perched upon a suitcase on platform one. Fans will remember this as the spot where the bear arrived from Peru and met a British family. Don't miss Michelle Heron's bench nearby, which features a painting of Paddington bear tucking into his favourite kind of sandwich.

If that leaves you peckish, then grab a sandwich in Paddington Station and eat it on a bench on the canal.

Next, head to Paddington Basin and you will cross the octagonal Rolling Bridge and five-beamed Fan Bridge.

Stop by *Brick Bear* at 5 Merchant Square, then pop into Hilton London Paddington (www.hilton.com) to meet *Paddingtonscape*, a cream-coloured statue illustrated by Hannah Warren with local landmarks, streets and a double-decker bus. Have a well-deserved break in the hotel's bar, 146 Paddington. Its new floral-inspired tea room, Time Stops Here, serves afternoon tea with Hope & Glory tea.

Once you're feeling refreshed, go back to Paddington Basin and follow the water towards Paddington Central – looking out for a blue-flocked Paddington along the way.

Continue on towards Little Venice, ZSL London Zoo and Camden Lock, then return for a hot drink from the vibrant Darcie & May Green (www.daisygreenfood.com).

Paddington PUB QUIZ

*Missing your usual pub quiz?
Sarah Riches challenges you to answer
these tricky teasers instead*

Allow one
point for
each correct
answer. Total
points: 32

Let us know how
you do on social media!
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Round 1: PADDINGTON PUBS

1. Which year did the Bridge House open in Little Venice: 1802, 1820 or 1920?
2. What is The Monkey Puzzle pub named after?
3. Churchill and Dickens both drank at The Victoria. True or False?
4. Which year did the pub Fountains Abbey open?

Bridge House



The Monkey Puzzle

Round 2: GRAND UNION CANAL

1. In 1793, which MP steered the Grand Junction Canal bill – which authorised the construction of Paddington Basin – through Parliament?
2. In which year did the Paddington Arm of the Grand Junction Canal – now known as the Grand Union Canal – open?
3. Which architect – who also designed the Olympic Cauldron for the 2012 Olympic Games in London – designed the Rolling Bridge in Paddington Basin?
4. How many beams does Fan Bridge in Paddington Basin have?

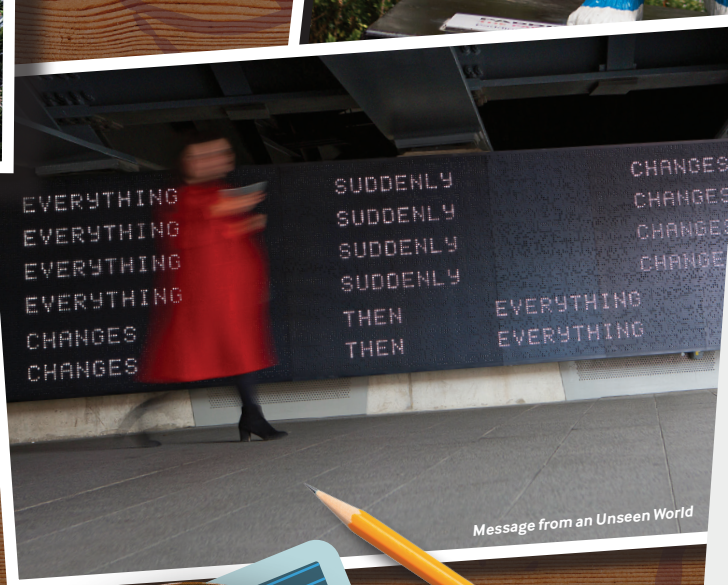
Rolling Bridge

Round 3: PADDINGTON BEAR

1. What is the surname of the fictional family who found Paddington bear in Paddington Station?
2. According to the author Michael Bond, what is Paddington bear's official address?
3. *Paddingtonscape*, the white statue of Paddington bear in Hilton London Paddington, lives outside in summer. Where can you find him?
4. Where can you collect a free Pawprint Trail map?



A Paddington statue



Message from an Unseen World

Round 4: PADDINGTON LANDMARKS

1. What is the nickname of Paddington's tallest building with planning permission?
2. The digital installation *Message From An Unseen World*, beneath Bishops Bridge Road, is inspired by which pioneer of computer science?
3. In which year did The Floating Pocket Park open?
4. What is the name of the architect behind Paddington Square?



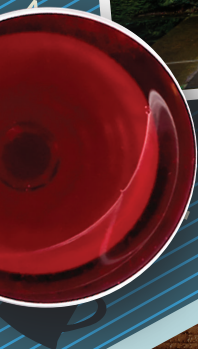
Round 5: PADDINGTON STATION

1. In which year did Paddington Station first open, to the west of its current home?
2. Which English civil engineer designed Paddington Station?
3. Which reigning monarch travelled from Slough to Paddington in 1842, following a trip to Windsor Castle?
4. The first Underground line ran from Paddington to which station?



Round 6: PADDINGTON STREETS

1. What was Sussex Gardens called in 1914?
2. John Rhodes' 1928 novel namechecks which local street?
3. On which street will you find a Blue Plaque dedicated to Sir Giles Gilbert Scott, the architect that designed the UK's red telephone boxes, Battersea Power Station, Cambridge University Library and Liverpool Cathedral?
4. Who is Sheldon Square in Paddington Central named after?





Hilton London Paddington

Round 7: PADDINGTON CELEBRITIES

1. Who is Praed Street named after?
2. Which TV chef, who specialises in seafood, began his career at the Great Western Royal Hotel, now the Hilton London Paddington?
3. Which rock band's 1974 single background track was recorded at Paddington Station?
4. Which Conservative politician lived at 2 Connaught Place between 1883 and 1892?

Bonus round: POT LUCK

1. Which bus route takes you from Paddington Station to Moorfields Eye Hospital?
2. Paddington Green Police Station closed in 2018, but in which year did it open?
3. Hyde Park was originally a hunting ground for King Henry VIII. In which year did it open to the public?
4. Which professional football stadium is closest to Paddington Station?



Hyde Park

Answers

ROUND 1: PADDINGTON PUBS

1. 1820 2. The native Chilean tree next to the pub sign – so-called because botanists thought its spiny branches would puzzle monkeys 3. True 4. 1824

ROUND 2: GRAND UNION CANAL

1. William Praed

2. 1801 3. Thomas Heatherwick 4. Five

ROUND 3: PADDINGTON BEAR

1. Brown 2. 32 Windsor Gardens 3. In the Paddington shop in Paddington Station

ROUND 4: PADDINGTON LANDMARKS

1. The Cucumber, at 1 Merchant Square

2. Alan Turing 3. 2017 4. Renzo Piano

ROUND 5: PADDINGTON STATION

1. 1838 2. Isambard Kingdom Brunel 3. Queen Victoria 4. Farringdon Street (now Farringdon)

ROUND 6: PADDINGTON STREETS

1. Grand Junction

Road, or Junction Road west of London Street 2. *The Murders in Praed Street* 3. Clarendon Place 4. Joseph Sheldon, who was the Lord Mayor of London between 1675 and 1676

ROUND 7: PADDINGTON CELEBRITIES

1. Sir William Praed, the first chairman

of the Grand Junction Canal Company

2. Rick Stein 3. Supertramp's *Rudy* 4. Winston Churchill's dad, Lord Randolph Churchill

BONUS ROUND: POT LUCK

1. The 205 2. 1971 3. 1637 4. Kiyan Prince Foundation Stadium, home to Queens Park Rangers football team

LEADING THE WAY *for London*

Tackling our carbon footprint to protect the environment has never been more important. Elizabeth Atkin highlights the ways Paddington initiatives are leading the charge...



It's no secret that London's air quality needs improving, or that it's easier to talk about the impact of a 'carbon footprint' than it is to reduce it. PaddingtonNow Business Improvement District (BID) helps improve the local area. That's why it teamed up with the environmentally-conscious hospitality firm Considerate Group on Eastbourne Terrace in 2019 to launch the **Paddington Air Quality Project**.

The project was designed to drastically reduce hotel emissions, because they are the third largest contributor to London's carbon emissions.

Many of Paddington's hotels are historic, listed or in a conservation area, which means they weren't built with energy efficiency in mind and are difficult to adapt. Despite this, many are keen to improve where they can.

The hotels that took part in the project were: Point A London Paddington, The Shaftesbury Metropolis London Hyde Park, Roseate House London, St David's Hotels, Tudor Court Hotel, Stylotel, Shakespeare Hotel and Best Western Plus Delmere Hotel.

The objective was to monitor CO2 emissions for six months, then spend the next six implementing changes to reduce them.

At the project's launch, PaddingtonNow BID's manager, Chris Peers, said, 'Air quality in

London has improved in recent years, however significant areas still exceed limits. Poor air quality has been identified as a threat to health, with an estimated 9,000 Londoners dying early every year. It is increasingly important for our businesses to set standards.'

In September 2020, the project's outcome was made public: **161 tonnes of CO2 emissions were removed from the air around W2 – the equivalent to covering half of Hyde Park in trees.** And that's just from those eight hotels.

Better still, the recommendations for each hotel were easy to implement and didn't impact guests; for example, the hotels set timers for lighting and heating.

September 2020 proved to be a big month for Paddington's environmental efforts – as the area also took home gold in the **London in Bloom Awards** for its hanging baskets and flower-lined streets, which are tended to all year round.

Despite the challenges of 2020, PaddingtonNow BID continues its **commercial recycling** – another leap forward for reducing W2's carbon footprint.

Across the canal, recycling remains a key part of reducing Paddington's carbon footprint, as **Brunel Building** on Canalside Walk shows.

Thanks to the design team, contractor Laing O' Rourke and Design for Manufacture and



Axis Mundi: art with a purpose

Assembly's engineering method, 98 per cent of the waste created during construction was recycled. Around 65 per cent of the aluminium on its exterior was also recycled, while 'grey water' from sinks and showers is repurposed to flush toilets, reducing its fresh water needs by 30 per cent.

Brunel Building's aquifer energy system – which helps the building operate with low-carbon heating and cooling systems – was created from two boreholes, and is another win for sustainable Paddington.

Low energy fan coils were fitted, and even the building's structure reduces its 'embodied carbon', which is how many emissions were reduced while making the building functional. Note Brunel Building's adoption of non-suspended ceilings and fly-ash cement replacement concrete, saving over 1,540 tonnes of CO2.

Outside Brunel Building is another eco-win: Gavin Turk's bronze, **Axis Mundi**. The plug artwork has a hidden purpose, as it covers a borehole created during construction to access water from the ground. This is an open-loop energy storage system that stores thermal energy in the groundwater, which can be used to heat or cool the building. The UK government has pledged to end water abstraction, so wildlife can use the water. Turk's plug sealing one of Paddington's boreholes takes us a symbolic step closer to that promise.



EAT

Eating on the run

No time to cook? Fast food can still be good food. So here's our pick of the tastiest takeaways in Paddington

If you need to escape your home or office, there are plenty of local places that offer quality takeaways.

BREAKFAST

Start your day with a hot breakfast at **Les Filles**. Order a ginger tea with avocado and goat's cheese on sourdough toast, which comes topped with pumpkin seeds and harissa. Alternatively, warm up over a bowl of porridge made with poached pears and pecans—if you get it to go you can eat it on benches in Hyde Park. The café has seating outside, too. Co-founder Hayet Zaame says, 'We are a plastic-free café. All of our packaging is corn-based so it's 100 per cent compostable, even the containers that look like plastic. We also only use wooden cutlery for takeaways.' 6 Norfolk Place, W2 1QN. www.lesfilles.co.uk.

You could also stop by **Harrison's Coffee** for a Danish and a cup of Prana Chai's masala blend. On a New Year health kick? Then opt for the granola with yoghurt and honey instead. If you're dressed for the weather, you can sit outside on the pavement. 3 Spring St, W2 3RA.

If Harrison's is full outside, grab a takeaway breakfast from Workshop Coffee on the ground floor of boutique hotel **The Pilgrim**, on the next street

along. The café's coffee beans are sourced from East Africa and South and Central America, then roasted in Bethnal Green. You can also order a cup of Postcard Tea and a pastry made by Yeast Bakery or Fortitude Bakehouse. Embrace the fresh air and sit on the benches in Norfolk Square next door. 25 London St, W2 1HH. 020 7667 6000. www.thepilgrim.com.

Live or work on the other side of the canal? If you're stuck for time, pop in to **Pure**, then eat your breakfast in the landscaped garden on Kingdom Street. 2 Kingdom St, W2 6BD. 020 7240 1555. www.pure.co.uk.

Bar Torelli is another option. Grab a coffee and a pastry and sit under its canopies on the canal towpath. Station Bridge, Merchant Square, W2. www.merchantsquare.co.uk.

LUNCH

If you're not sure what you want for lunch, then head to **Merchant Square Street Food Market** where you'll find Rice Guys, Simply Falafel, Hola Guacamole and Urban Yak, which serves Nepalese dal bhat (lentil curry). Vanessa Goh

from Rice Guys says, 'Our most popular hot takeaway is the smoky barbecue pork and Hainanese chicken combo rice box. Our rice boxes are not messy to eat at all, as the whole dish fits

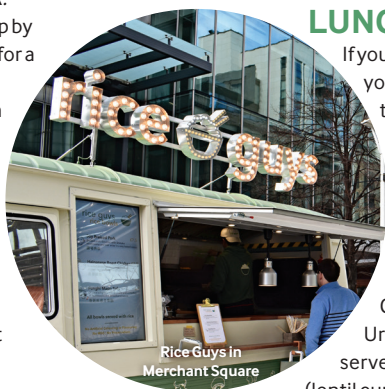


in one box, which you can easily eat with chopsticks or a fork. We use wooden cutlery and paper boxes to be environmentally friendly.'

Hola Guacamole's director Margarita Garcia adds, 'Our chicken burritos are our most popular hot takeaway dish, but the tacos are the least messy and most suited to eating on the run. We use biodegradable cutlery and containers.'

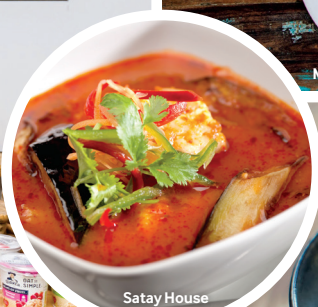
Once you've bought your meal, eat it in the square or sit in The Floating Pocket Park. All the market's food trucks offer an NHS discount. Mon-Fri 11.30am-2.30pm. Merchant Square, W2 1AJ. 020 7298 2455. www.merchantsquare.co.uk.

Fancy something a bit different for lunch? Then **Mihbaj** fits the bill. The independent café serves Arabic dishes





Workshop Coffee in The Pilgrim



Satay House

such as shish taouk (chicken kebabs), kofta and maqluba. The latter means 'upside down,' as the dish is flipped before being served. Expect long grain rice topped with roasted aubergine and pomegranate seeds. The café has a few seats outside if you'd rather not be indoors. 153 Praed St, W2 1RL. 020 7706 3063. www.mihbaj.co.uk.

DINNER

When it comes to takeaway suppers, of course fish and chips springs to mind – so why not order them from **Mickey's**? The traditional chippie serves all your favourites, including saveloys. 29 Norfolk Place, W2 1QH. 020 7723 2384. **Sawyer's Arms** next to Norfolk Square also serves fish and chips, as well as warming pub classics such as sausage



Mihbaj



Les Filles

and mash, steak and ale pie and a hearty plate of macaroni cheese. 8 London St, W2 1HL. 020 7723 0685. www.greeneking-pubs.co.uk.

Meanwhile, the family-run restaurant **Satay House** is another option. A Malaysian husband-and-wife team with restaurants in Kuala Lumpur and Lumut in Malaysia opened the Paddington branch in 1973, and since then its authentic cuisine has attracted

diplomats, politicians, shoe designer Jimmy Choo and Brunei's Royal Family. If you need to warm up, order a bowl of spicy egg noodle soup or a steaming laksa dish and dine on the illuminated Floating Pocket Park nearby. It might be chilly outside, but the chillies in the dish will no doubt warm you up! 13 Sale Place, W2 1PX. 020 7723 6763. www.satay-house.co.uk.

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DRINK

Pub crawls

Count yourself lucky if you're still on friendly terms with your household or support bubble – and celebrate together with a tour of Paddington's pubs



GAMES CRAWL

Craving an activity? Then start your crawl at **The Monkey Puzzle**, which has fruit machines and a heated, covered beer garden at the front of the pub.

30 Southwick St, W2 1JQ. 020 7723 0143. www.themonkeypuzzlepub.co.uk.

Alternatively, start at **Fountains Abbey**, which also a fruit machine. You can sit on picnic benches on the pavement, but if it's too chilly then head indoors to warm up over mulled wine, mulled cider or a pint of Rocking Rudolph, a bitter cask ale. 109 Praed St, W2 1RL. 020 7723 2364. www.greeneking-pubs.co.uk.

Brewdog, at the end of Paddington Basin, is just a short walk from Fountains Abbey. Have a go at its pinball machine or play shuffleboard for free with your mates. The bar specialises in beer, so opt for a can of 9.0% Evil Twin, which has notes of roasted nuts and tastes of chocolate and bitter espresso. Inside is spacious, but there are tables overlooking

Fountains Abbey



The Floating Pocket Park in case you would rather sit outside. **Harbet Rd, W2 1AJ** (the entrance is in Paddington Basin). 020 7723 9286. www.brewdog.com.

Nearby, **Heist Bank** has built a reputation for its interesting selection of draft beer. Ales rotate regularly, but chances are you can try a wintery stout. While its boardgames are currently off limits, you can still play a round of pool providing you wear a mask. The cues are sanitised before and after each use. 5 North Wharf Rd, W2 1LA. 020 7723 8080. www.heistbank.com.

COSY CRAWL

If noisy bars aren't your scene, then visit **The Hyde** inside Roseate House Hotel. Once a townhouse, it still feels homely thanks to a real fire, velvet armchairs and long drapes. Order whisky, Mexican mezcal or Journeymaker's 2017 Shiraz and Cinsault blend from South Africa, which tastes of black plum and spice. Alternatively, opt for a Marmalardier, made with marmalade vodka and marmalade – you are in Paddington, after all. 3 Westbourne Terrace, W2 3UL. 020 7479 6600. www.roseatehotels.com.



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Pride of Paddington should be next on your itinerary, as it serves mulled wine and mulled cider. It also wins cosy points for its low ceilings and fairy-lit bar. 1-3 Craven Rd, W2 3BP. 020 740 22156. www.theprideofpaddington.co.uk.

End your night at **The Cleveland Arms**, which has an open fire. It specialises in wine by the glass, carafe or bottle. 28 Chilworth St, W2 6DT. 020 7706 1759. www.theclevelandarms.com.

CRAFT BEER CRAWL

Part of the Greene King brewery empire, **Sawyers Arms** has an extensive drinks menu which includes craft beers on tap, such as Timothy Taylor's Landlord. 8 London St, W2 1HL. 020 7723 0685. www.greeneking-pubs.co.uk.

When you're ready for a change of scene hop over to **The Dickens Tavern** instead, which has a range of craft beer and real ale. 25 London St, W2 1HH. 020 7262 2365. www.greeneking-pubs.co.uk.

Next, stroll along Praed Street towards **Lockhouse** in Paddington Basin. Its patio



is ideal if you want to drink with friends not in your household. Try a small batch craft beer such as Gipsy Hill Hepcat, which tastes of tangerines.

3 Merchant Square, W2 1AZ. 020 7706 4253. www.lockhouselondon.com.

Spread over two storeys, **Huckster** in Paddington Central is the perfect place to end a beer crawl as it serves a selection of street food for pre-10pm nibbles. At 465sqm, the interior is spacious, and there are plenty of tables outside, too. Opt for a Camden Pale Ale or Brooklyn on draught. 4 Kingdom St, W2 6BD. 020 7846 1985. www.hucksterlondon.co.uk.

CANAL CRAWL

Start at the Scandinavian restaurant and bar, **Kupp**, in Paddington Basin. The bar

serves Nordic mulled wine known as glögg – red berry wine flavoured with star anise, cinnamon and ginger. You can also order a hot toddy, a warming blend of spiced apple cider, whisky, lemon and honey. Teetotal? Then opt for a hot chocolate and take your pick from white (59 per cent cocoa), classic (70 per cent) or dark (82 per cent). If you visit with friends outside your household or bubble, you can sit outdoors – blankets are provided. 5 Merchant Square, W2 1AS. 020 7262 8618. www.kupp.co.

Like Kupp, the wine bar **Vagabond** further along the canal also has outdoor seating overlooking the water. Wrap up warm and sip a glass of Famille de Boel's 2019 Aleph, a spicy mix of Syrah and Grenache with notes of blackberry and blackcurrant. 6a Sheldon Square, W2 6EZ. 020 7121 8844. www.vagabondwines.co.uk.

End your night at **The Bridge House** near Little Venice. Its outdoor area, which seats 12, overlooks the canal. Blankets, parasols and heaters will help keep you toasty if you choose to sit outside. You can also stay warm with mulled wine or hot toddies made with whisky, honey and lemon. Alternatively, order a steaming mug of boozy hot chocolate or a latte spiked with Baileys or Tia Maria. 13 Westbourne Terrace Rd, W2 6NG. 020 7266 4326. www.thebridgehouse.littlevenice.co.uk.



Heist Bank

GIVE

Love thy neighbourhood

If 2020 has taught us anything, it is the power of community spirit. Discover how locals have been supporting one another and striving to make Paddington the best it can be

PLASTIC PANDEMIC

The Paddington Partnership supports the **Great British Spring Clean**, a Keep Britain Tidy initiative that encourages us to keep our community free from litter and our parks green.

That's why – with guidance from the Canal & River Trust – The Paddington Partnership teamed up with GoBoat and Active 360 in September 2020.

In canoes, boats and paddleboards, volunteers from Derwent London, Paddington Central, Vodafone, Tishman Speyer and Merchant Square collected litter from Paddington Basin, including traffic cones and corrugated roofing.

Active 360 also hosts regular Paddle & Pick campaigns. www.active360.co.uk.

VIRTUAL VOLUNTEERING

Throughout the summer of 2020, local businesses also helped make Paddington a better place.

With support from The Paddington Partnership, Vertex Pharmaceuticals' employees volunteered remotely for a week in September 2020.

To help people looking for work, the employees held practice Zoom interviews and **provided CV advice**. They also teamed up with Grand Junction in St Mary Magdalene's, helping them seek out funding for various creative programmes, from music to the arts. The week ended with a Women in Science panel at City of Westminster College, inspiring

30 female students studying science, technology, engineering and maths to pursue their career goals. www.thisispaddington.com.

COMMUNITY SPIRIT

A new sensory garden has been added to the garden of Queen Elizabeth II Jubilee School, which is an education centre for children with special needs near Little Venice.

The schoolchildren can now see, feel and hear the effects of Paddington's community spirit thanks to six volunteers from the design team at Mars Wrigley on Kingdom Street.

In July 2020, the volunteers joined forces to paint the garden's walls in appealing, rainbow colours. They also installed a xylophone on a brick wall.

New sensory panels were also added. Made of plaster, they are painted in vibrant colours and have different textiles when touched.

The panels, along with the rest of the garden, are designed to challenge and delight children with learning difficulties. Kennet Rd, W9 3LG. 020 7641 5825. www.qe2cp.westminster.sch.uk.

'TIS THE SEASON TO BE JOLLY

Paddington Central is decked with Christmas installations during this season of giving, so look out for donation points collecting funds for Imperial Health Charity, which supports St Mary's Hospital. www.imperialcharity.org.uk.



CHANGE

Tick tock: an artist's impression of 50 Eastbourne Terrace



Moving forward

You may feel like life has been on hold in 2020, but the development of the upcoming office building at 50 Eastbourne Terrace is ticking towards its 2021 completion date

The development of **50 Eastbourne Terrace** has yet to fall a day behind schedule.

The office building, which is being built next to Paddington Station, is on track to open at the end of 2021. The brick facade of the seven houses in Chilworth Mews behind have the same target completion date.

This is thanks to the developer YardNine's team – who already have a model for success in their open-for-business office on 40 Eastbourne Terrace, which is in prime position opposite the Elizabeth Line. It's also a credit to the demolition contractor, JF Hunt and main contractor, McLaren.

The new site's steel frame is nearly complete, also to schedule. Cladding will be added before 2021.

The new building will no doubt draw in prospective businesses, thanks to its premium location for commuters, large terrace and gym-quality bike and shower facilities. It was also awarded

a BREEAM rating of Excellent, which means its sustainability performance is in the top 10 per cent in the UK.

But there's another feature that makes 50 Eastbourne Terrace attractive: a person-driven art installation in the form of a clock. An actor was filmed inside a clock face, performing 12 hours worth of movement, effectively using themselves to tell the time by painting and removing the hands of the clock.

The clock was created by the Dutch designer Maarten Baas, who is known for his clock works across the Netherlands. These include *Sweepers' Clock* in Erasmus Medical Center in Rotterdam and *Real Time* in Schipol Airport in Amsterdam, which features a man trapped in a clock. He isn't really trapped – it's just a video playing on a loop. Phew!

STREETS AHEAD

The development of Paddington Square, a grand multiuse building outside Paddington Station, is also full-steam ahead.

While the building is being constructed, there are some changes to the way the public can access local streets.

Tanner Lane – named after Sir Henry Tanner, the architect behind the former Royal Mail Sorting Office on London Street – opened to the public in July 2020. As a result, the northern section of London Street is now permanently closed.

Visitors for St Mary's Hospital's Outpatient ward and Winston

Churchill and Jefferiss Wings should continue to use the pedestrianised section of Winsland Street off Praed Street. Handy maps can be found on the hospital website. www.imperial.nhs.uk.



SLEEP

Have you stayed at one of these hotels?

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5 budget breaks

Make a Paddington stay your next mini getaway, by relaxing in one of these well-priced, central London hotels

Whether you're from the area, work here or are just passing through, there's every reason to stay in Paddington – especially when a mini break further afield might be off the cards.

Whichever of these budget-friendly hotels you choose to chill in, central London's highlights are a hop, skip and a jump away – so you can enjoy views in Little Venice, dinner and drinks in Paddington Basin, nature in Hyde Park or a stroll along Oxford Street nearby. Here are a selection of hotels where you can rest your head afterwards...

With cosy rooms and four stars under its belt, **Hotel Indigo** is the perfect choice for those who love a bang-on-trend boutique room, bright murals on the walls and the guarantee of great food in the vicinity. Prices start from

£89 per night for a double room. 16 London St, W2 1HL. 020 7706 4444. www.indigopaddington.com.

St David's Hotels is a no-nonsense B&B, offering simple rooms and a classic full English breakfast to get you going for the day. It's family-run and situated by a quiet garden – what more could you ask for? Particularly since prices start from £40 per night for a double room. 14-20 Norfolk Square, W2 1RS. 020 7723 3856. www.stdavidshotels.com.

Set in a peach-coloured Victorian townhouse in Norfolk Square, **Shakespeare Hotel** is just 180m from Paddington Station. The well-equipped bed and breakfast comes with a pool table and football table in its games room. Rooms sleep up to five, with prices starting from £74 per night. Stay three nights for the price of two

(to 11 Feb 2021). 22-28 Norfolk Square, W2 1RS. 020 7402 4646. www.shakespearehotel.co.uk.

Dolphin Hotel, another B&B located in prime position, is next door to the Shakespeare Hotel. It offers simple, cosy and affordable rooms. The continental breakfast does the trick, too. Prices start from £74 per night for a double room – 10 per cent discounts are available for NHS workers who book directly with the hotel. 32-34 Norfolk Square, W2 1RS. 020 7402 4949. www.dolphinhotel.co.uk.

We've highlighted **Mitre House Hotel London** as a possible workspace (p. 29), but that doesn't mean you can't relax here, too. Prices start from £92 for a double room. Parking is also included. For a 10 per cent discount, book direct quoting the code MITRE10 (to 21 Dec 2021). 178-186 Sussex Gardens, W2 1TU. 020 7723 8040. www.mitrehousehotel.com.



LIVE

Get flexible & creative

Paddington local Tania Franses extols the virtues of Pilates, and there's some exciting news for Paddington's arts community, too...

THE POWER OF PILATES

Tania Franses has been teaching Pilates in a studio on Conduit Mews since 2012.

Apart from a three-year stint in New York, Paddington has always been home for Tania, who loves the neighbourhood's close-knit feel. 'I like all of my neighbours. The kids in the mews play together, I visit Harrison's for a coffee each day and I know all the lovely people in the shops, from the dry cleaners to Crystal Sound Lounge. We all look out for each other.'

It's little wonder, then, that business at **Peacock Pilates** – which specialises in chair and reformer Pilates – was booming at the start of 2020.

'It started as my busiest year ever,' adds Tania. 'It seemed like the whole world wanted to do Pilates. Then overnight in March, I lost my income. It was a challenging and stressful time.'

Suddenly, Tania's clients were unable to visit the studio to use its equipment. 'At first I was lost. When two loyal clients offered to keep paying me – something I'll never forget – I knew I couldn't accept their money without earning it. So I began teaching online via Zoom.'



It wasn't all smooth sailing at first – Tania had to sort an online booking system, join Instagram and create equipment from items clients had at home – such as rolled-up towels and vodka bottles. But her 18-hour days paid off. Clients trickled back in, and once

restrictions eased, locals had the choice of in-studio and online sessions. 'No escape now!' she laughs.

The irony is that, during lockdown, Paddington's new at-home workforce needs Pilates even more. 'With people working from home with bad computer set-ups,

posture and spinal mobility are really suffering,' Tania says. 'Many of us are staying in the same position for too long, and in times of stress, most of us stop moving, hunch over and forget to breathe. Pilates helps tone your core, which reduces or eliminates back pain.'

Fortunately, Tania's now breathing A-OK. She has a waiting list for private sessions and is prepared for another lockdown. 'I have arranged for some of my regulars to have a few useful props at home if needed – this time, no vodka bottles!'

51 Conduit Mews, W2 3RE. 020 7262 2210. www.peacock-pilates.com.



Activities at Grand Junction

GOOD NEWS FOR GRAND JUNCTION

Peacock Pilates' success in our 'new normal' is mirrored by some marvellous news for **Grand Junction**. The creative and event space is part of St Mary Magdalene Church, which is just north of Little Venice.

Grand Junction was one of 445 organisations to receive a share of £103 million from the UK government's £1.57 billion Culture Recovery Fund.

The much-needed money will help keep the venue open and able to host socially-distanced exhibitions and live-streamed performances between December 2020 and March 2021.

It will also allow for the partial restoration of the Gothic church, including St Sepulchre Chapel and St Mary Magdalene's landmark steeple.

The venue is supported by the local charity, Paddington Development Trust. Grand Junction's creative director, Lucy Foster, says, 'This is an amazing opportunity for Paddington Development Trust to show off our Grade I-listed building and important new London cultural venue, which was recently restored with a prize-winning new annex.'

'This award will make a significant difference to our reopening strategy. It will also be used to support creative artists during these tough times.' Rowington Close, W2 5TF. 020 7266 8258. www.grandjunction.org.uk.

WORK

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A change of scenery

If you're working from home and need a break from your living room, you can now swap it for a stylish work station with a difference

Keen to separate your home life from your office life? Need to focus on a special project? Some Paddington venues now offer their spaces as temporary work stations – with a few perks. Let's take a look inside...

AFFORDABLE

If you fancy a pint or burger while at work, then head to **Brewdog**. Its working area, Deskdog, is open from noon to 9.30pm – so just plug in your

laptop and type away. A maximum of six people are allowed per table. Best of all? You can take a break on a shuffleboard. **Harbet Rd, W2 1AJ (entrance in Paddington Basin). 020 7723 9286. www.brewdog.com.**

MID-RANGE

When your makeshift home office starts grating on you, **Mitre House Hotel London** offers a change of scene. Just a four-minute walk from Paddington Station, its hot-desk offering provides you with a private, disinfected room during the day, parking, Wi-Fi and unlimited tea and coffee. Rooms are functional with a pop of colour. **178-186 Sussex Gardens, W2 1TU. 020 7723 8040. www.mitrehousehotel.com.**

At the risk of spoiling you, the four-star **Mercure Paddington** is offering savings of up to 70 per cent if you book per hour rather than per day, which is ideal if you need



Roseate House London

a room to work in for a few hours here or there. **144 Praed St, W2 1HU. 020 7706 8888. www.mercurepaddington.com.**

LUXURY

Meanwhile, rooms-as-offices are also available at **Hilton London Paddington**, which has 19 meeting rooms. Work in style in its 19th century premises. **146 Praed St, W2 1EE. 020 7850 0500. www.hilton.com.**

Alternatively, book a room at **Roseate House London**, which is spread across three white, Grade II-listed townhouses. Inside are 48 luxury suites, some of which are now being touted as the perfect place for professionals to get to work, particularly if you're still on the move despite the pandemic.

Parking is included. Begin your working day from 8am with free Wi-Fi, unlimited Aheli water and your own tea and coffee station. Dogs are welcome in specific suites and they will be provided a special meal when your lunch arrives to your room.

When you need a screen break, you can enjoy a walk in nearby Hyde Park. Finish your day at 5pm with a complimentary cocktail in the hotel's sophisticated bar. Rooms and all of the amenities listed above, as well as a few more perks, cost £85 per day. **3 Westbourne Terrace, W2 3UL. 020 7479 6600. www.roseatehotels.com.**



Mitre House Hotel London



Working at Roseate House London



Brewdog has plenty of workspace

Paddington in numbers

Think you know your boats from your bears?



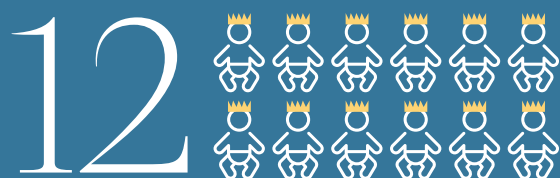
*In Norfolk Square, Talbot Square and Sussex Gardens



2 Nobel Prize winners based at St Mary's Hospital



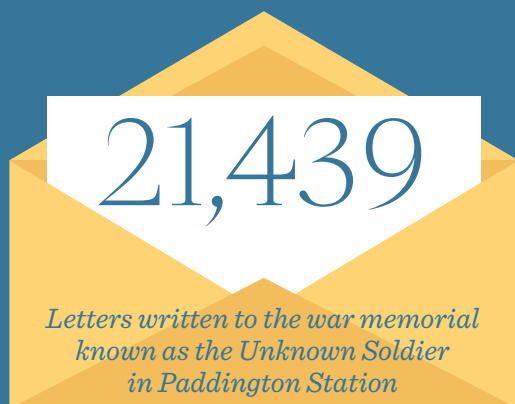
6 Floating restaurants in W2



12 Royal babies were born at St Mary's Hospital

There are over

3,000 flowers along Praed Street



5 Bear statues around Paddington



170,590 Kilometres travelled by GoBoat London boats in 2019



**citizens
advice**

Westminster



We are here to help

Is the Covid-19 related financial crisis affecting you?

Worried about paying your utility bills, rent, mortgage, losing your job or the threat of eviction? Are you struggling with unmanageable and persistent credit card debt or a spiralling overdraft? Don't know where to turn for advice and guidance on how to apply for benefits or universal credit or to find out what are your employment rights?

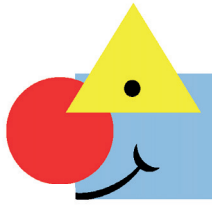
At this unprecedented time of the Covid-19 pandemic, we know that many people are facing this kind of financial crisis for the first time. **Help is closer than you think!**

Citizens Advice Westminster is here for everyone and we are available on the phone or via our website where you can check if you are eligible for benefits, universal credit or other financial support.

 **0300 330 1191**

 **www.westminstercab.org.uk**

 **@westminstercab**



Hope Montessori School



Supporting our local community for over 12 years

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