CHELSEA

Neighbourhood



Spring 2020

The spirit of Chelsea must go on

Vol. 2

How we as a community will emerge stronger

Page 1

Helping our NHS heroes

How you can make a difference

Page 2

Open for Business

Where to find the essentials in Chelsea

Page 3

Discover the great indoors

The way to stay home and keep connected to culture

Page 4

HUGH SEABORN CHIEF EXECUTIVE, CADOGAN



Welcome

I hope that you are keeping safe and well and taking the necessary precautions to protect your health and that of those close to you.

In this time of confinement. we felt it might be heartwarming to shine a light on the wonderfully generous spirit of local people. The numerous things that are being done by so many in Chelsea who want to help despite often facing considerable adversity themselves. In this period of personal isolation our individual safety relies on the actions of everyone. It seems to me that in many ways this reinforces our sense of being part of something larger, of being part of a community. Perhaps this is reflected in the applause that ripples out all over London and beyond every week to express appreciation for the vital role played by essential workers.

I was struck by the words used by the Chancellor of the Exchequer, Rishi Sunak, to end his announcement of the extraordinary measures to support the economy in the face of the impact of Covid-19. He said;

"When this is over, and it will be over, we want to look back at this moment and remember the many small acts of kindness done by us and to us.

We want to look back this time and remember how we thought first of others and acted with decency.

We want to look back on this time and remember how, in the face of a generation-defining moment, we undertook a collective national effort - and we stood together."

What is clear from the contents of this newsletter - which is inevitably an incomplete snapshot of one small part of London - is that people and organisations are behaving kindly, with decency and are standing together. There is a generosity of spirit.

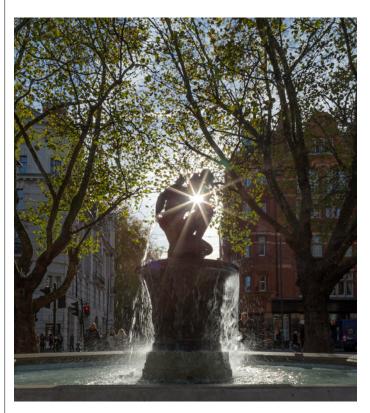
At Cadogan we are fully functioning and providing business-as-usual to our many occupiers while also responding to the considerable challenges presented by the impact of the Covid-19 virus. Despite it having been a challenging few weeks it has been important to everyone here at Cadogan to be able to do something to support the small businesses on the Estate, many of which contribute so much to making Chelsea so special; to help vulnerable people in the borough of which there are many, and of course, to support the NHS. This approach is consistent with our values of true longterm stewardship and making a genuine contribution to thriving local communities.

I look forward to the streets of Chelsea teaming with people again and crossing paths with those of you who I know, but until then, do keep safe and well.

Hugh

COMMUNITY MATTERS

OUR SUPPORT **DURING COVID-19**



We are supporting the community, small businesses and the local NHS Trusts through this challenging period. This includes:

- Establishing a business rent relief fund helping over 250 small businesses;
- Waiving rents for all restaurants, cafes and bars as well as smaller retail and leisure businesses;

- Supporting the vulnerable and elderly by stepping up our long term partnership with the Kensington & Chelsea Foundation, details of which you can read about on the next page;
- Providing car parking spaces and sleeping accommodation to essential NHS workers;
- In partnership with Partridges, delivering grocery baskets and Easter treats to essential workers and their families through Holy Trinity School, which remains open for children of essential workers, and our own subsidised key worker accommodation.



Many local businesses have found ways to help those who are looking after us.

The Sea The Sea 75% off T&Cs apply theseathesea.net

Natoora
30% off purchases
natoora.co.uk

The Roasting Party 20% off all online orders theroastingparty.co.uk

Made in Italy 50% off madeinitalygroup.co.uk

Urban Retreat at The White House

Complimentary service for NHS workers:

- Vinylux ManicureVinylux Pedicure
- Hocatt™ Ozone Therapy
- Blowdry
- BODYFRIEND Massage Chair urbanretreat.co.uk

Marks & Spencer

The first hour of opening on Tues & Fri (8am-9am) will be reserved for NHS workers and other emergency services staff.

Marshall Wace

Locally-based, global asset manager Marshall Wace have opened their office kitchens and will be producing over 1,000 delicious and nutritious meals for the NHS every day.

Provenance Village Butcher 25% off and priority in in-store and online queues.

Waitrose

A selection of hard-to-find and **essential products are set aside for NHS workers**,

as well as a priority checkout service. 50,000 Easter treats will also be donated to brighten up NHS staff rooms.

La Mia Mamma

2% of all sales from Italian restaurant, La Mia Mamma will go towards supporting the NHS with food and essential protective gear.

Thank you!

WAYS TO HELP

Get involved

There are many ways you can support the work on the ground locally:

Help raise money for local causes via the *Kensington* & *Chelsea Foundation* appeal – details below.

You can also donate to your local foodbank here: <u>kensingtonchelsea</u>. <u>foodbank.org.uk</u> Please only donate food when you are already picking up essentials for



yourself, which should be as infrequently as possible.

Volunteering

Should you also wish to volunteer your time to support the isolated and lonely in the community, visit voluntarywork.co.uk to find out more.



KENSINGTON & CHELSEA FOUNDATION

EXTRA SUPPORT

We are stepping up our longterm partnership with the Kensington and Chelsea Foundation, which supports local micro-charities, so they can continue their brilliant work with the elderly, young children and the vulnerable in the borough. The foundation is able to target assistance at grassroots charities and groups that are able to deliver on-the-ground help where it is most needed.

The foundation launched their COVID-19 appeal just over a week ago and will be using funds raised to provide weekly care packages including food, drinks and other essentials for over 1,000 vulnerable and isolated people throughout the pandemic, along with other support requested by charities in the area.





More than 20,000 local residents are over the age of 65, representing 12% of Kensington and Chelsea's population. The borough has the highest proportion of one-person households in the country (47%) including a large number of lone pensioner households.

Research shows that people donate more when they are being match funded by a corporate because they feel they are making a bigger impact. Together with other major donors, we have pledged to match funds raised. The total raised so far stands at £230,000 – all of which will be deployed locally.

Our corporate communications agency Blackstock Consulting has also pledged pro bono communications support to the Kensington & Chelsea Foundation on our behalf to help raise the appeal's profile and convey the excellent work the foundation is undertaking.

You can support the appeal here.

HELPING HAND FOR THE ELDERLY



Marks & Spencer

The first hour of opening on Mon & Thurs (8am-9am) is exclusively for the elderly and their carers.

Waitrose

The first hour of opening Mon–Sat (7.30–8.30am) and Sun (11am–12pm) is dedicated to the elderly, the vulnerable and their carers.

RIXO

10% of all online sales will be donated to AGE-UK.

DAILY SERVICE

Holy Trinity Church in Sloane Street has been closed indefinitely during the pandemic but the Church is still alive and thriving!

Services are being broadcast from the homes of the clergy –Fr. Nicholas Wheeler (Rector) and Fr. Grant Bolton-Debbage (Assistant Priest) on the Parish Facebook Page: facebook.com/ sloanechurch:

Sun at 11am Tues–Sat at 10am and 6pm

Holy Trinity has set up a 'Taking Care' network aimed particularly at supporting the elderly and isolated in and around Sloane Square. Anybody who would like to talk to a priest or needs errands undertaken, can call 07842 486514 and speak to Sophie Wilson, the Parish Administrator.

Christ Church and Holy Trinity CofE Primary Schools' Federation is running a creche at its Cadogan Gardens site as staff step forward to support the children of key workers.

CADOGAN

Here to listen

We are all stronger if we listen to each other. We do endeavour to act on feedback and take the best ideas forwards into action.

If you would like to contact us please do so via community@ cadogan.co.uk

LOCAL AMENITIES

OPEN FOR BUSINESS

Pavilion Road

It is encouraging to see the popularity of Pavilion Road in these uncertain times, allowing people to shop and maintain social distancing.

The following shops remain open, diligently serving the community when it is most needed:

Bread Ahead, Provenance Village Butchers, Natoora, London Cheesemongers, The Sea The Sea, The Chelsea General Store and Ice Cream Union.

Delivery by Bicycle

Contact Natoora, London Cheesemongers, Provenance Village Butcher, The General Store and The Sea, The Sea directly to place an order and have your produce delivered by Pavilion Road's zero-emission e-cargo bike the same day should you live within a three-mile radius.



Food Delivery and Dining-In

For fresh produce or ready-to-cook dishes delivered to your door, support your local retailers.

Made in Italy

Order a 'pizza and wine kit' which includes: wine of your choice, fresh pizza dough balls and a selection of delicious toppings to enjoy.

Callooh Callay

Fancy a tipple? Callooh Callay are bringing the bar to you with a cocktail delivery service every Thursday, Friday and Saturday night. T&Cs apply.

Natoora

Seasonal fruit and veg delivered straight to your door, along with sustainablyproduced dairy, freshly-sliced charcuterie and store cupboard essentials. Order from their previously chef-only app.

La Mia Mamma

La Mia Mamma have created the Mamma's Survival Kit – purchase to fill your kitchen with Italian goods from wine, pasta and pizza doughs to homemade sauces, cheeses, charcuteries and bread.

Marks & Spencer

Order an online box to receive 20 essential household items including pasta, rice, cooking sauces and even Percy Pigs. £30 with £3.99 delivery.

Partridges

Partridges deliver! Call 020 7730 9651 to place your order. For shoppers in-store, they have a curated selection of essentials which include eggs, pasta and rice.

Sticks'N'Sushi

Sushi experts Sticks'N'Sushi are now doing delivery on an exclusive menu. Order from their website to collect, or Deliveroo for delivery at your door.

Manicomio Mercato

Manicomio has transformed into a food and wine community shop. Away from supermarket mayhem, find fresh Italian produce, wine and household essentials.

GIFT VOUCHERS



Many of your favourite local restaurants are offering gift vouchers to be enjoyed at a later date. This is a great way to show your support during this tough time for these businesses.



We hope that the *Chelsea Awards* will be returning in October, to celebrate your favourites, from artisans and small businesses to shops and restaurants and the individuals and collaborations that enhance everyday life by going the extra mile. To nominate a person or organisation that makes Chelsea a unique and wonderful place, visit **chelseawards.com**

SPRING 2020 SPRING 2020

The great indoors

'STAY HOME, PROTECT THE NHS, SAVE LIVES'

As we all follow the government and public health guidelines, keep the monotony at bay by enjoying the services and events provided locally which you can enjoy online and in the comfort of your own homes.



CULTURE

Chelsea is loved for its rich cultural offerings; from music to theatre and arts to history, local culture hubs have ensured your fix is still at your fingertips.

Belmond Cadogan Virtual Tour (@SloaneStreetSW1)— Join the Virtual Art Tour at Belmond Cadogan, looking at the expressive portraits of Lis Kannichfield that hang on bedrooms walls. Accessible via Oscar, the Swarovski peacock. You can join the tour through the Instagram handle.

Royal Court Theatre - Enjoy complimentary daily screenings of the award-winning comedy, Cyprus Avenue by David Ireland from 27 March until 26 April at 12pm each day. Watch via the Royal Court website, Twitter, Facebook and/or YouTube.

RIXO - For booklovers and those looking for a little escapism, join RIXO's first community book club on 16 April, championing new voice Naoise Dolan and her book 'Exciting Times', co-hosted by Refinery29.

Saatchi Gallery – Join the #SaatchiTakeover and create your own artworks in line with the weekly theme for a chance to be shown on their social feeds on #SaatchiSaturday. The #SaatchiArtClub also takes place daily at 2pm bringing together artists and creatives through discussions and workshops.

Bottega Veneta - Visit their newly launched virtual Artist-in-Residence on Instagram, giving you the opportunity to meet a range of artists and creators from a variety of disciplines.



FASHION & BEAUTY

The Fashion School – Whilst the school is shut they are offering 'Fashion at Home' kits for you and your family to create your own wardrobe. Packs include sustainably sourced fabrics, sketchbooks and inspirational patterns. Online tutoring can be purchased as an extra.

Richard Ward – The Richard Ward Instagram has been transformed into a DIY salon with expert beauty tips including how to remove Shellac nail varnish yourself and the art of the perfect blow-dry.

Cosmetics à La Carte-

Complimentary online video consultations bring you personalised beauty advice to your own home. Speak with a member of their friendly team, get application tips and tricks in real time, help with ordering, advice on skin concerns or to receive your personalised recommendations for the most flattering shades.



FOOD

With a lot of extra time on your hands, use this opportunity to master your favourite foods.

Adam Handling – Follow Adam as he takes over his home kitchen. Cook along with him live on Instagram as he creates dishes including Maple Glazed Baby Back Ribs and his signature Cheese Doughnuts.

Pret à Manger – Missing your daily sandwich? Follow their Instagram to uncover the 'Pret Recipe Book', as chef Charlotte reveals the recipes behind their favourites; including the omelettes and Sweet Potato Falafels

Bread Ahead – Join founder and expert baker Matthew Jones at 2pm each day on Instagram live for Bread Ahead's baking classes where you'll master Bakewell Tarts, Hot Cross Buns and even Gluten Free Doughnuts. The full programme is available on their website. Disclaimer: we suggest you don't read this whilst hungry.



If you've been following Bread Ahead's cook-alongs on Instagram since self-isolating and are looking for more baking inspiration, the artisan bakers have shared the recipe for their delicious, and incredibly moreish, Foccacia - the perfect centerpiece for any family feast. Make this beautiful Italian olive oil bread unique, topping with seasonal produce you can find in stores.

FOCCACIA RECIPE

Ingredients

500g strong white bread flour 10g salt 6g fresh yeast (or 3g instant/ quick/fast-acting dried yeast) 400g cold water 80g olive oil for folding/topping

Sea salt flakes
Seasonal produce (eg rosemary, olives etc) for topping

Method

- 1. Place the flour and salt in a bowl and combine. In another bowl, add the yeast to the water, the mix until dissolved (if using instant yeast, mix through dry mixture instead)
- 2. Make a well in the centre of the flour and pour in the liquid. Bring the mixture together to form a loose dough
- **3.** Tip the dough onto your work surface, ensuring you scrape all the dough out to leave a clean bowl. With the heel of

your hand, push the dough into the table and stretch and tear for 5 minutes – make sure you scrape your dough to the centre throughout the mix.

Getbaking

- **4.** Pour ¾ of the oil into the bottom of your bowl and place the dough back in the bowl. Spread the oil from the bowl over the top of the dough, then give your dough a fold. To do so, place hands under one of side of the dough, pull it up and stretch it over to the other side. Do this from the bottom, the top and each of the two sides (this is considered a single fold). This will help merge the oil with the dough.
- **5.** Leave to rest for half an hour give your dough three more folds resting for 30 minutes after each. After the final fold, move to the fridge and leave for ten mins. Preheat your oven to 220°C/fan 230C/gas mark 7 or as hot as your oven will go.

- 6. Gently slide your dough onto a lightly oiled tray, fold in half (like a giant Cornish pasty) ad massage the rest of the oil into the surface of the dough, making sure it's evenly covered.
- **7.** Press your fingers into the top of the dough to spread out into the tray. Make sure you press the whole surface (giving your focaccia its dimpled appearance.
- **8.** Top with your desired toppings and leave your dough for 30 minutes. If you choose, you can now hold your focaccia for up to 6 hours in the fridge. Sprinkle with salt, then place your tray in the oven and lightly spritz the oven chamber with a water
- **9.** Bake for 15 minutes. Take out, glaze with olive oil, cool and serve.



FITNESS

The top trainers from Chelsea's gyms have taken to social media to keep you healthy, strong and fit in mind and body.

KOBOX – Squat and sweat your way through challenges set by trainers with workout classes at 10am on Instagram live.

Lululemon – Visit their social

channels for workout classes, from HIIT to Yoga. You can also download pre-set workouts on their Pinterest board.

KXU – Tune into Instagram Live to get your fitness fix from KXU everyday at 9am and 4pm.

Barrecore - For long and lean limbs, sign up to the free twoweek trial of Barrecore's online

workouts or join BarreLIVE to get your favourite burn from your own home, with your first class free.

Run Club – Join Fletch as OneTrack run club goes virtual. Tune in to live video workouts including strength and conditioning and more. Booking is essential. Find out more at onetrack.club.

