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WINTER 2013/14

LAMBETH & SOUTHWARK



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# THE RIVER

LAMBETH & SOUTHWARK



## EDITOR'S WORDS

Dear Readers

### WELCOME TO READERS IN LAMBETH AND SOUTHWARK

In our Winter 2013/14 issue we are pleased to be extending our distribution, readership and commercial partners further into the boroughs of Lambeth and Southwark. We are looking forward to exploring the stories of the people in Vauxhall, Kennington, north Brixton and Denmark Hill.

As the dust settles around the Shard we are now beginning to see the new businesses arriving; companies who have chosen the south side of the river as their new home emerge daily, with The Ballet Rambert taking its place in an already wonderfully colourful tapestry of the arts. But we also see more bars and coffee shops on practically every corner, opening in every empty space available to accommodate new visitors.

Hope you enjoy our latest issue and have a happy and prosperous New Year!

Yours  
A Webb

Congratulations to our September Bermondsey Street Festival Competition Winners! These were

#### **Tea for 2 at The London Bridge Hotel**

Chris Meadows from south west London

#### **Dinner for 2 at Olivelli Italian restaurant**

Betina Lorentzen and David McCormick from East Dulwich

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The RIVER Magazine is published by River Publishing House Limited, Ground Floor Rankin House, 139-143 Bermondsey Street, London, SE1 3UW.

Company number: 8307961.

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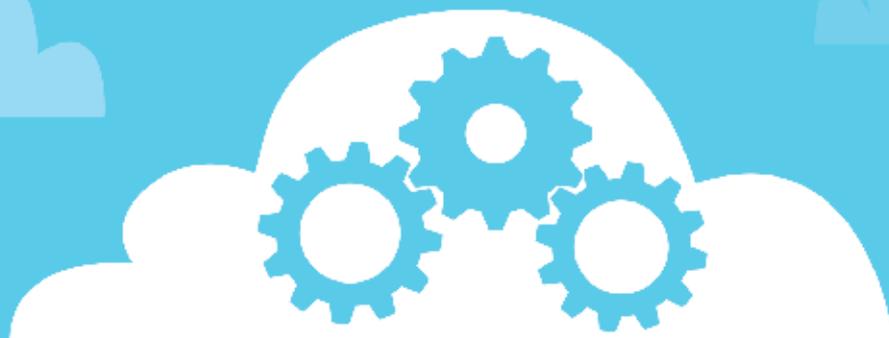
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# In The River

## WINTER 2013/14

26

### FOOD AND DRINK

- 10 The ABC of Parties
- 12 Temptation at Tentazioni
- 14 Hampers by Carmello and Maria
- 16 Gluten Free & Yule Log Recipe
- 17 Fresh from the market: Del Mercato

### STYLE

- 18 Threadneedleman Tailors
- 20 Sold On Retail with Tonik's Anne Horton
- 22 The RIVER Emporium

### CULTURE

- 25 Giving it Both Barrels with Mike Gunn
- 26 **Cover Feature: The Festive Season on Southbank**
- 29 MediCinema & UFF Tea Merchants
- 30 Live at The Glad & Robin The Fog
- 31 Entertainments Listings

### FOR THE SOUL

- 33 The Gyrotonic System
- 34 Another Planet: The Return of Mike Kellie
- 36 Detox Post-party
- 38 Poets of Lambeth

### BUSINESS

- 41 Underneath The Arches
- 43 The Pyramid of Shad Thames

### PROPERTY

- 44 History in the Making: One Tower Bridge Part 3
- 49 Est. 1804





# THE ABC of parties

Join the 'flaming youth' and throw a 1920s bash

**m**rs Dalloway, Virginia Woolf's fictional character and high-society

hostess, saw parties as profound events, a 'gift' to her guests, which should have meaning for everyone.

*"Every time she gave a party she had this feeling of being something not herself, and that every one was unreal in one way; much more real in another. It was, she thought, partly their clothes, partly being taken out of their ordinary ways, partly the background, it was possible to say things you couldn't say anyhow else, things that needed an effort; possible to go much deeper."*

Ring out the old and bring in the new with a 1920's style party of decadence and optimism, evoking the spirit of a period loved by all! We recommend starting your party planning by pouring yourself a Bellini (peach juice and champagne) and beginning to pen out your invitations....

## Invitations

- Pale pink and white, or cream with gold text in a Champagne font

## Dress Code for Men

- Tux or black suit, white shirts, snappy patent shoes, bow ties, braces, and seriously flashy jewellery
- Top hats, fedoras, bowlers or trilby's with hair slicked back beneath

## Dress Code for Women

- Lace, satin, or silk dresses either in long conservative cuts or fringed flapper-style
- To keep warm, velvet evening cloaks, long floaty shawls and

- long white gloves
- Long pearl necklaces, ornate brooches and fake diamonds and stones
- Feathered headdresses and flowers for your hair
- Pin hair up or braid into elaborate styles or wear short, flapper-style
- Make up with ivory loose powder, raspberry lipstick worn to accentuate the cupid's bow and dark eyes
- Chanel No. 5 – essential!

## Interiors

- Art-deco and art-nouveau accessories, and Tiffany lamp copies
- Living spaces decorated silk and velvet pillows
- Ice sculptures - make your own! Moulds available on [www.icecraft.com](http://www.icecraft.com)

## Lighting

- Chandeliers, vintage gas lamps (try eBay) and Chinese lanterns

## Table decorations

- Try Bermondsey Square Antique Market for tableware, held on Friday mornings
- Centrepieces using ferns, flowers, silver ribbons and ostrich feathers
- Gold painted branches, faux jewels and candelabras
- Fancily folded napkins and decorative tablecloths (chenille throws are ideal)
- Gold-rimmed white plates, napkin rings and elaborate silverware
- Carnival glass punch bowls, cut glass designs and champagne coupes

## Music

- A lively combination of swing, hot jazz and The Charleston
- For inspiration look online for tracks such as the Royal Garden Blues, Hot Hot Hot Dance and West End Blues

## Dishes

- Waldorf salad, stuffed mushroom and devilled eggs
- Miniature sandwiches, salmon mousse and cheese souffles
- Caviar, oysters and asparagus wrapped in pancetta

## Desserts

- Baked Alaska, layered chocolate mousse cake and aspic deserts
- Salted caramels, assorted chocolates and florentine cookies

## Drinks

### Bellini

Pour 2 ounces of peach juice into a champagne glass, and slowly add 4oz champagne

### The Bronx

Shake and serve:

2 oz gin  
1/2 oz dry vermouth  
1/2 oz sweet vermouth  
1 oz fresh orange juice



Great Gatsbys and flamboyant Flappers should remember to throw themselves into the party before Prohibition hits!



# TEMPTATION

From the outside it is modest, on the inside it is romantic but when the dining starts it is other worldly

by **Owen Rice**



**m** eet Riccardo  
Giacomini  
and  
Alessandro  
Cattani.

The  
fortunate people of Shad Thames  
who have shared in the secret of  
Tentazioni will know the unique  
story of their extraordinary  
collaboration, their gentle modesty  
and their distinguished skills.

When we visited Tentazioni  
(Italian for ‘Temptation’) we asked  
Riccardo to put together a few  
things for us to try. He then planned  
and delivered what can only be  
described as an adventure in food  
and wine.

Each course came with a hand-  
picked wine to prepare the palette  
and accompany the food. As each  
emptied plate and glass was swept  
away by an elegant waiting team,  
the sense of occasion grew, as did  
the curiosity of what was coming  
next from the kitchen.

It was like walking through a  
wonderland forest of flavours  
picked and crafted to create little  
plates of beauty and delight. At the  
outset Riccardo had said, ‘I don’t  
feed just the body, but the whole

“  
I don’t feed just  
the body, but the  
whole person with  
an ‘experience’ of  
Tentazioni

person with an ‘experience’ of  
Tentazioni.” By the second course  
we had started to understand what  
he meant.

The Jerusalem Artichoke soup  
poured at the table onto a bowl  
with a few flowers scented with  
truffle oil, matched with a Sicilian  
Grecanico white wine was my  
partners idea of perfection. For me  
the classic simplicity of our fourth  
course was my favourite. Before  
it was served we were given a  
big-tasting Chardonnay from Sicily  
which surprised us and had us  
guessing what food would be served  
with it. Something with powerful  
flavours we guessed, perhaps some  
fish. The house pasta dish was  
unexpected; Tagliatelle all’Uovo  
“TENTAZIONI”, a free range  
Tagliatelle served with butter and  
White Truffle sauce. Simply pasta

and sauce. But a sauce full of truffle  
and parmesan, and a fresh pasta  
that was flawless.

Tentazioni celebrated its 16th  
year in September and the people  
of Shad Thames have something to  
be immensely proud of here. When,  
due to a life threatening motor  
accident Riccardo was forced to  
step out of the kitchen and put his  
faith in Alessandro, a younger chef  
he had been nurturing until this  
time, the regulars of Tentazioni  
must have moments when they  
thought this exceptional place  
would lose some magic. Instead  
an additional wave of seasoning,  
another layer of expression and  
inventiveness has been added to  
the maturity of Riccardo’s proven  
recipes.

If you are a lover of food then you  
owe it to yourself to give in to this  
temptation. Take someone special  
and surrender to a romance that  
Tentazioni has created with food.

## TENTAZIONI

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Alternatively, you can even choose to put together your own bespoke piece – be it a willow basket brimming with champagne biscuits, Italian ‘one thousand flower’ honey and traditional panettone, or a large hamper of wild mountain cheeses, heady red wine and white truffle cream.

If you’re hosting a party this season, Fine Foods do offer platters of cured meats, Italian cheeses, salads and sandwiches – adding an authentic artisan touch to any table.

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## Can cutting out the diet staples of bread, pasta and flour actually improve your quality of life?

by **Phoebe Vigor**

**Y**ou might not be officially diagnosed with coeliac disease, but if you suffer symptoms such as bloating, stomach cramps and fatigue, you could be part of the ten percent that have a gluten-intolerance.

Living gluten-free means more than just saying “no” to a slice of cake whilst watching *The Great British Bake Off*; gluten, a protein found in wheat, barley and rye, can also be found in products that you might not even consider, such as soups, salad dressings and beer. Checking food labels is essential for

anyone serious about going gluten-free.

The good news is that health stores and supermarkets provide an ever-increasing range of substitutes (look to M&S for extensive gluten-free Christmas treats) and whilst the diet once made eating out difficult, now many restaurants recognise the demand for gluten-free food - even Pizza Express! Whether people are jumping on the bandwagon because they want to lose weight, suspect they might be intolerant or are genuinely coeliac, going gluten-free does seem to be all the rage.

Still, for many the digestive implications of eating gluten are serious, and although it is estimated that one per cent of the UK

population live with coeliac disease, this often goes undiagnosed. So, if your symptoms are particularly severe it could be worth seeking out an allergy test - and even if you are not strictly allergic, eliminating gluten could be a step towards determining the culprit.

Five years ago I was experiencing the symptoms mentioned, and although I was not diagnosed as coeliac, it became clear that wheat was the trigger. Whilst there is no diagnostic test for a gluten intolerance, I decided to cut it out. I noticed a dramatic improvement, both mentally and physically, and although it can be hard to resist certain things, often the gluten-free alternative is just as tasty!

### GLUTEN FREE CHOCOLATE ROULADE RECIPE

#### CHOCOLATE SPONGE

- 175g dark chocolate
- 175g caster sugar
- 6 eggs, separated
- Pinch of salt
- 2 tbsp cocoa powder
- Melt the chocolate
- Line and grease 13”x9” baking tray
- Pre-heat oven to 180°C
- Whisk egg whites and salt into stiff peaks
- Add half the caster sugar and beat until combined
- In a separate bowl, whisk the egg yolks and remaining sugar until

trebled in size

- Add the melted chocolate to the egg yolk mix and combine gently
- Slowly fold together your egg white and yolk mixtures
- Fold in cocoa powder
- Pour mixture into baking tray and level
- Bake for 20 minutes until just firm
- Remove sponge from oven and flip onto a piece of baking paper, then roll your sponge and paper together into a roulade shape
- Leave to cool whilst you prepare your icing

#### CHOCOLATE CREAM ICING

- 100g plain chocolate
- 150g milk chocolate
- 100g double cream
- 100g icing sugar
- Melt the chocolate, cool slightly and stir in cream
- Beat in icing sugar
- Unroll your sponge, remove baking paper and spread with half of the icing before quickly re-rolling
- Spread remaining icing onto outside of roll, leave for 15 minutes
- Drag a fork over roll for bark effect, dust with icing sugar and enjoy!



# fresh from the MARKET

Trattoria, Pizzeria and Ristorante Italiano, a haven above the hubbub  
by **Chloe Hodge**

**a** lunch in Borough Market is often a rushed exchange: street food eaten on the move whilst fighting touristic crowds, but with its first floor fine dining experience, Del Mercato literally lifts us out of the chaotic marketplace.

A small board of olives, cured meat and pickled vegetables are brought over to whet our appetites. Restaurant manager, Luigi explains that this miniature selection sums up Del Mercato: it is cross-Italian food, deriving from every area of Italy – even our olives are a combination of a liquorice-black variety from Genoa, lying beneath the plump green olives of Cerignola.

Service is fast: I start with the lime-scented tuna tartare, thickly cut and heaped onto a paper thin slice of rustic bread; meanwhile my companion opts for cold tomato soup, accompanied by raw prawns. I try one, and somehow they taste no different to those that I ate earlier this year, fresh from the Sardinian seas. Seafood of this quality, served so generously, is hard to find in London.

Our mains are an earthy dish of beans topped with a, crisp-skinned, fillet of Seabass; and a light stew of gently cooked squid, mussels and king prawns, surrounding a firm piece of salmon, speared with whole basil leaves. This is traditional Italian cooking, with an intelligent contemporary twist.

Rotund from our first three courses, we share the Limoncello Baba for dessert. Outside of the Mediterranean, Limoncello can taste like an acidic lemon curd, however here it saturates a cake as light as air – mirroring the scent of a lemon tree rather than the taste of Limoncello. Still, the pool of sweet syrup is definitely the real thing as it leaves us even further lifted, and ready for a real Italian coffee – devilishly served with a stick of rich ganache.

Lunch at Del Mercato is luxurious yet unpretentious, with a set lunch menu to accompany their extensive

a la carte menu. This is fine dining, updated – prime ingredients, multilayered dishes, and waiters who leave diners to relax whilst keeping wine glasses full.

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# threadneedleman

by Jessica Cusack

**S**o enthusiastic is George Dyer, that I don't actually get to ask him any of my standard interview questions before his next costumer is impatiently knocking at the door and all we've done is chat for an hour. But George is a writer's dream in that sense: so open and friendly that all queries are answered within his lively conversation.

Artist Ed Gray clearly felt this same connection when he wandered into Threadneedleman Tailors on Walworth Road, as he asked not only for a bespoke suit but to paint George in his work space. Upon its completion, the painting – named 'Rock of Eye' after the expression used in the tailoring world to denote artistic

in photographs of notable moments in George's career. George's most famous clients have ranged from Martin Freeman to the BBC's Robert Elms, via David Haye, Suggs and Richard Bacon, among other stars.

Born in Jamaica and raised in South London, George started his career in the seventies as an apprentice, and worked his way up until opening Threadneedleman Tailors in Elephant and Castle, where he still resides.

An incredibly accomplished tailor, George offers bespoke suits in a variety of fashions – catering to anyone from Teds to Skinheads, bridegrooms and The City worker – and has an eye for definitive style, not replicated on the high street (Marks & Spencer is certainly not providing the perfect Mod suit these days). He even has the capacity to remember the particulars of each individual cut, listing each intricate detail from memory.

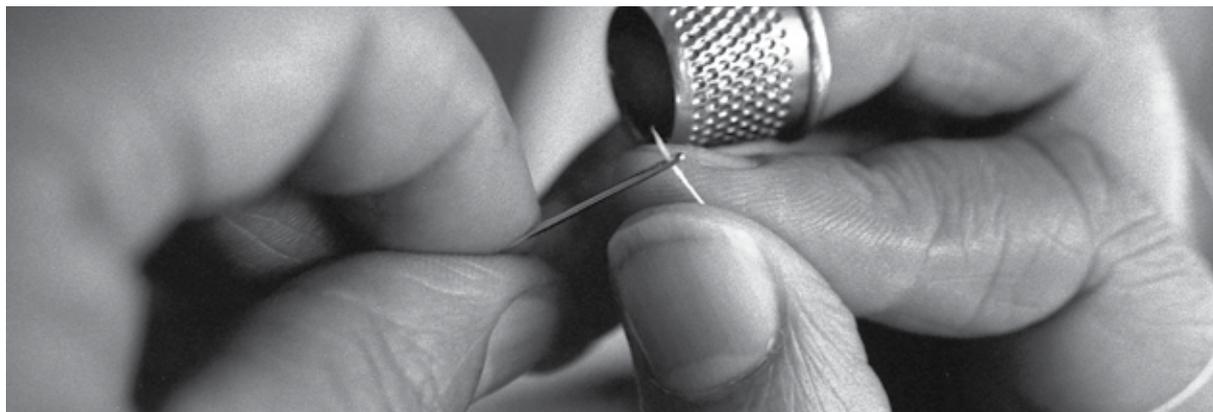
George himself is a snappy

Threadneedleman experience.

Ultimately, George is what they call 'a real people person', and having a suit made by him seems a veritable event. As I am bidding him farewell, the final thing I learn about George



“The only difference, he tells me, between him and Saville Row is £2,000



instinct over any scientific cutting technique – was given to Dyer as a gift, and now takes pride of place in his shop. I recommend anyone who ventures into George's studio to enquire about the serendipitous story which emanates out of this work; it involves The Gherkin, a boat called the Dixy Queen and a horse named The Mumpa. A truly brilliant tale.

George inspires a lot of admiration and curiosity, his craftsmanship radiating through his small shop's windows. It is decorated with the tools of his trade, from chalk and pins to suits in various stages of realisation, resting upon walls densely covered

dresser, and today he is sporting a beautifully crafted waistcoat of his own design. 'I went to school to dress up, not to learn', he comments on his love of style, 'I started learning after I left school.'

The independent tailors which used to populate London, and in which George learnt his craft, are now a rare sight due to the rise of cheap retail. The fact that George's small shop has weathered this storm speaks wonders - the only difference, he tells me, between him and Saville Row is £2,000.

Our conversation eventually grinds to halt by the fervent knocking of George's next client, clearly eager to undergo the

is that not only does he make great suits, but he also offers sound life advice. 'You must find something you love and try to do it as your work', he tells me, 'and then you'll never be bored. I'm here because I'm good at what I do and I surround myself with people who spread the gospel'. I can only conclude that bespoke is not a strong enough word for George's work: unique is far more fitting.

#### THREADNEEDLEMAN TAILORS

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# SOLD ON

## Retail

Anne Horton of Tonik Retail advises would-be shop owners  
by **Gaynor Edwards**



**f**or many, opening and running a shop, and being their own boss, is a life's ambition. As Anne Horton, consultant and MD of Tonik Retail explains, while it may be harder these days, there is still money to be made in retail. The risks are greater, the banks are less supportive and retail success in the 21st century involves a

multi-platform approach, creative thinking and community spirit – as well as an understanding of the industry, maths and the right choice of location.

“There’s no substitute for hands-on experience and research,” says Anne. “If you have a location in mind for your store, consider getting a job locally in retail so that you can observe your potential customers from the shopfloor.”

The potential retailer needs to assess when it’s busy, when it’s quiet and who forms the passing

trade - how affluent are they, what are they buying and how much will they spend in one transaction? Does this demographic match the target market? This will provide a starting point for estimating potential takings.

The biggest expenses tend to be rent and rates, so it’s essential to weigh up the cost of a prime location with the increased passing trade that it should deliver. “The real trick is to identify an upcoming area where you can benefit from lower rents,” says Anne. “Here all



Shop floors by Tonik Retail maximise the shopping experience

aspects need to be factored in: are you a niche market that will attract devotees, and does the area have complementary or competing businesses?

“Research, understand your business and your customers requirements first, then work out the figures to see if your business plan stacks up,” continues Anne. “If the maths doesn’t work and you are still committed to the idea, consider sharing a space, renting a pop-up shop or a market stall, or having a ‘by appointment’ studio and an e-commerce website.

“No matter how passionate you feel,” Anne warns, “you must follow your figures first, as ignoring these can quickly turn your dream into a living nightmare.”

Whether the shop ultimately exists in the real or virtual world, today’s retailer must deliver style, substance and service. Retail has become a multi-channel industry with online presence and social networking integral to a store’s success – these should promote online sales, drive traffic to the physical store and encourage repeat



Anne Horton of Tonik Retail

“whether online or instore, service is what seals the sale

business via positive reviews.

The window display and interior space of the physical store must also reflect the lifestyle and tastes of your ideal customer, whilst being easy to navigate. Anne explains that “Whilst the longer customers stay

instore the higher the chance of purchase, they should stay because they are enjoying the experience, not because they are waiting or searching for an item. Only positive experiences will result in return visits.”

Whether online or instore, service is what seals the sale. Never underestimate how a smile and friendly exchange with staff can lift someone’s day. By going the extra mile to help a customer, they are likely to return the favour with loyalty and repeat sales - giving the retailer even more reason to smile.

For more information on Tonik Retail visit the website: [tonikretail.co.uk](http://tonikretail.co.uk)

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# Giving it BOTH BARRELS

Stand-Up Comedian Mike Gunn chats to The RIVER about Christmas cheer and the art of laughter

by Joe Campbell



Mike Gunn first started his comedic journey in 1996, at the Jacksons Lane community centre in Highgate. His first gig was performed to an audience of his peers, having attended a workshop course on stand-up comedy at the centre. As he remembers, the gig wasn't quite the start he would have wanted: "I was heckled by a seven year old kid, he shouted out that I was rubbish and I couldn't think of anything to say back."

Undeterred, Mike went on to perform at more illustrious venues, such as the London Comedy Store and Michael McIntyre's Comedy Roadshow. But how much did he learn from that first workshop course? Is being funny really something that can be taught?

Mike tells us that, in his experience, there are two types of comedians: there are those of the Tommy Cooper mould, who have a natural ability to make people laugh through the way that they

talk and act, and then there is the more technical type of comedian, who, like Jimmy Carr for example, is able to craft a very well written joke. It would be ideal to have both qualities, and in my own experience of studying stand-up I've found that knowing how to construct a good joke is an important tool which allows those with a 'natural' ability to achieve their ambitions.

"I was heckled by a seven year old kid, and I couldn't say anything back"

There is also a real work ethic involved in Stand-Up – an aspect that often comes to the fore when Christmas rolls in and comedians start getting booked for more corporate gigs. According to Mike, December can become a real slog for comedians. When a comedian is booked for a corporate gig they will often have a lot of strict guidelines to adhere to, restricting what they can say in an environment that is not as well suited to performing

stand-up. As more alcohol flows, audiences can become less co-operative and the comedian has to concentrate on just keeping the crowd under control. Removed from his natural habitat, the comedian can lose their higher status.

So what about The RIVER and its readers? Where in SE1 would Mike recommend? One of the best places around, according to Mike, is the Waterloo Comedy Club, a great little intimate venue beneath the railway arches outside of Waterloo station. Mike has performed there very recently, and would highly recommend it for a great night out!

Visit Mike Gunn's website, [www.mikegunn.co.uk](http://www.mikegunn.co.uk) for details of tour dates and corporate gigs.





# THE FESTIVE SEASON on Southbank

Epitomising London at Christmastime  
by **Chloe Hodge**

**a**s a chilly evening breeze flicks off the rocky waters of the Thames, glowing with the red and gold reflections of city lights, it picks up the syrupy scent of roasted chestnuts and it is that time of year again. During the festive season there are very few places in London as romantic and intriguing as the

Southbank, lined with stalls all the way from the London Eye to Gabriel's Wharf and its views offering a welcome retreat from the claustrophobia of

a crowded Christmastime London.

Part of the Southbank Centre's Christmas Market, this promenade of eighty stalls gives Hyde Park's Winter Wonderland a run for its money – the atmosphere is not touristic but relaxed, with that German twist which now seems to characterise festive fairs across the country. You can warm chilly fingers and blue lips by sipping on a hot Gluhwein and nibbling spiced gingerbread – or the less traditional, but equally tasty, cinnamon Spanish churros with devilishly rich chocolate sauce – whilst perusing stalls of handmade reindeer gloves and knitted hats, delicately crafted silver jewellery and all-natural bath time treats as well as many other unique gifts.



More about experiencing the festive spirit than shopping, there are also handiwork stalls and a golden carousel for the little ones; whilst for the bigger ones, a seasonal alternative to the pub - chalets set up as Alpine ski huts offer an interesting venue for that post-work drink or evening out. Punters can sit inside cosy booths and look through tiny windows at pasted-up scenes of mountainous slopes and deep pine forests, whilst drinking a litre jug of German beer. Meanwhile, Voicelab provides the musical accompaniment as they'll be singing Christmas carols and hymns at 1.30pm and 7pm every day of the festival which runs from mid November until Christmas Eve. Visible from Pimlico to St Paul's as a twinkling of

amber bulbs atop low peaked roofs, the Christmas Market is Southwark's most prominent Yuletide event, although away from the riverside in the courtyard behind Royal Festival Hall the festivity continues. Spending the rest of the year selling ethically conscious produce from artisan traders, for December the market takes a seasonal swing and holds not only a Christmas Market but a Chocolate Festival too.

“The winter months see Southbank's promenade come into its own



The Chocolate Festival was set up by admitted chocaholic, Yael Rose, and this year from the 13th-15th December it returns with fifty of the UK's top chocolatiers to sugar-coat our teeth for the eleventh time. After a cinnamony Gluhwein on the front, wander down to the sheltered courtyard and indulge in every kind of chocolate treat you could imagine – perhaps even a chocolate cocktail to continue the heady haze whose permanence is acceptable come mid-December!

Budding chefs can also learn sweet and savoury chocolate recipes, bake with the experts and design their own bespoke chocolate bar too. The following weekend of the 19th-22nd December then sees the courtyard transformed into another gluttonous feast

of traditional and also more innovative Christmas goodies. Stalls selling artisan-made glazed hams, Christmas puddings and mince pies in every shape and form provide a twist which frees you from an identikit Christmas, not to mention the hectic crowds of the supermarkets.

The winter months see Southbank's promenade come into its own, as Londoners slow down and begin to appreciate strolling through the city and admiring the sights rather than racing through at full throttle. The Christmas market is an ideal excuse to appreciate a beautiful city at its best whilst also picking up handmade gifts for loved ones (and yourself), all fuelled by hot mince pies and a mulled wine or two!





# MediCINEMA

The charity giving patients a 'magical night at the pictures'

**m**edicinema was set up in 1996 by Christine Hill MBE to provide a positive distraction for hospital patients and their families. The charity manages state-of-the-art cinemas within places of care, screening box office releases and providing a free and immersive experience for over 7,000 people each year.

Having set up the first site in 1999 at St Thomas' Hospital, London Bridge, Medicinema now run cinemas across five UK sites, including The Royal Hospital for Sick Children in Glasgow, and Headley Court's Rehabilitation Centre; furthermore, they have recently launched a new cinema at Guy's Hospital, with St Thomas' also currently undergoing refurbishment.

“a restorative experience to distract patients from the monotony of hospital life

As it is not NHS-funded, Medicinema relies entirely on donations from those who recognise its value: high morale scientifically proven to support fast recovery, whilst also providing a 'normal' environment for families to socialise within.

Andrew Hunt, who manages the Guy's and St. Thomas' cinemas with Ellie Tetlow, explains that the team “are passionate about providing a restorative experience to distract patients from the monotony of hospital life”. This team includes Medicinema workers as well as a dedicated group of volunteers who run screenings, assist patients and

set up fundraising events. Nursing staff are also vital, as Andrew explains that one of the greatest concerns lies in ensuring that each patient continues to receive the correct treatment whilst enjoying a movie.

There are few distractions from the anxiety and isolation felt whilst spending time in hospital, Andrew noting that “when patients are feeling vulnerable, being transported by the magic of a 'night at the pictures' can really keep their spirits up.” With this in mind, Medicinema benefits patients across the UK, with their newest and oldest sites at Guy's and St Thomas' providing specifically for the local Southbank community.

Medicinema relies entirely upon donations, so to sponsor a patient's 'magical night at the pictures' please:

Visit [www.justgiving.com/medicinema/](http://www.justgiving.com/medicinema/)  
Text FILM11 plus the amount to 70070  
Or send a cheque payable to Medicinema, to:

**MEDICINEMA**  
Conybeare House  
Guy's Hospital  
London  
SE1 9RT  
t: 020 7188 3697  
e: [info@medicinema.org.uk](mailto:info@medicinema.org.uk)  
w: [www.medicinema.org.uk](http://www.medicinema.org.uk)

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*feel better with film*



## IMMERSE One's Self

Dress up and party!

**b**ermondsey's latest interactive, theatrical experience that combines the very best of fun theatre with drinking and socialising is back at the UFF Tea Merchants taking you to another time, another world, another place.

Escape the Great Depression and discover the 'Golden Era' of Shanghai with UFF Tea Merchant's Oolong Weekend, Jasmine Jive and Camomile Reclining. Dress for a 1930s soiree, become a Gatsby or a 'glittering moth' – dancing to live jazz and sipping cocktails alongside the 'bright young things.'

The setting is Shanghai, post-prohibition era, the playground of international businessmen and the Chinese Bourgeoisie; the scenery is a cabaret venue, complete with rich red booths and lantern-lined bars; and you are the cast.

Oolong Weekends are raucous affairs, Thursdays, meanwhile, are less formal with guests Jasmine Jiving in their usual 'work garb', whilst Monday's Camomile Recline is an entirely relaxed affair - a mellow drinks party with carriages at midnight.

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w: [www.uff-tea.com](http://www.uff-tea.com)



# LIVE at The Glad

Finding places where you can still hear the people sing  
by Owen Rice

**T**ucked away behind Borough High Street somewhere between Borough tube and the Elephant and Castle is an irregular little pub that puts on live music every weekend. As big business builds upwards all around us these intimate, independent places are often swallowed up, bulldozed or taken over by chains with little connection

to the community.

Occasionally strong willed individuals with artistic dreams, driven by sheer determination or pig headedness, hold on with a determined grip to keep voices heard and a stage open for local creative talent. Recently, almost accidentally, I stepped into such a place: The Gladstone pub, better known to its regulars as 'The Glad'.

It was 'back street' and authentic and took me to a time and place I had not visited for ages, perhaps back to my twenties when live music and grungy Saturday evenings

were the 'norm' and not the 'new'.

As I walked home afterwards, with the music of the evening still echoing in my ears, I could almost hear the whisper of my past urging me to keep finding these places and unique nights that only live music seems to deliver.

I also felt that a part of the artistic soul of Borough is very much being kept alive at The Glad.

## THE GLADSTONE

64 Lant Street  
London SE1 1QN  
w: [www.thegladpub.com](http://www.thegladpub.com)

The band I watched that night was a local group from Waterloo called The Sweet Confusion who played a set of their own songs (not a cover in sight) and

combined jangly guitars with thought-provoking lyrics. One or two of their songs were particularly rousing and reminiscent of a Manchester sound somewhere

between The Stone Roses and The Smiths.

## THE SWEET CONFUSION

w: [www.thesweetconfusion.com](http://www.thesweetconfusion.com)



**ROBIN  
the fog**

Deep Howl: December 8th  
Posted November 23, 2013 · Author Robin The Fog · Filed under Uncategorized | Leave a comment

Howlround - Kings Place Promotional Teaser  
From Robin The Fog

Happy 8-day Doctor. What a marvellous 80 years it's been. Apart from the 16 years that got cancelled, of course. And that Roy Castle film...  
12 hours ago

It finally happened. I arrived at Broadcasting House today with a length of tape dangling out behind me like a tail.  
[vimeo.com/80117625](http://vimeo.com/80117625)  
1 day ago

Last sight of the floor again. It's all this unspooled tape flying about the place. Should probably weave it into rug and have done with it.  
1 day ago

**I**magine being in the basement of a large, disused building, a space with a big history – where you know that lives have been lived, meaningful and maybe dramatic slices of history have been shaped, peoples futures changed forever. These places are now empty, and with their furniture and inhabitants gone, all that remains are the ghosts

of days long past.

Eerie and atmospheric, cracked concrete and hollow pipes stretch around desolate buildings whose spirits have all but gone, yet when captured by a sound artist like Robin the Fog these places come back to life. What we hear are sounds that are echoes of history, fears and lives once lived.

It was just such an audio track

that had me mesmerised late one night listening to Radio 3. Cheekily called the 'Whirled Service', it was a recording made in the BBC's old World Service building, an industrial audio artwork that rises up into an orchestral piece with a difference. Fascinating and beguiling. Robin the Fog is playing Kings Place, Kings Cross (quite literally) on 8th December and tickets are available.

## ROBIN THE FOG

Sound artist, radio producer, DJ, obsessive  
[www.robinthefog.com](http://www.robinthefog.com)

Howlround, tickets at £9.50 are available at:  
Lazy Modem 2 Feat Kings Place  
90 York Way, London, N1 9AG  
[www.kingsplace.co.uk](http://www.kingsplace.co.uk)

# ENTERTAINMENTS Listings

NATIONAL THEATRE  
SOUTHBANK  
SE1 9PX  
0207 452 3000

## Emil and The Detectives

Until 20 Jan  
Join young Emil as he sets off on a journey that will change his life. 7+

## From Morning to Midnight

Until 15 Jan  
Georg Kaiser's masterpiece: an ordinary man steps out of his humdrum life, only to destroy himself

## THE SHED, THE NATIONAL THEATRE'S TEMPORARY VENUE

Nut  
Until 5 Dec  
Elayne doesn't want company but company won't leave her alone

## The Elephantom

10 Dec - 11 Jan  
The story of a little girl and her friend is brought to life with extraordinary puppetry. 4+

## Protest Song

16 Dec - 11 Jan  
Homeless Danny (Rhys Ifans) finds himself swept up in the last occupation of London

## Blurred Lines

16 Jan - 22 Feb  
A blistering journey through the minefield of contemporary gender politics

## SHAKESPEARE'S GLOBE

56 PARK STREET  
SE1 9AR

0207 261 9565

## Tom De Freston: Paintings After Shakespeare

4 Nov - 20 Dec  
Large scale paintings responding to the Shakespearean notion of humanity as a 'poor forked animal'

THE OLD VIC  
103 THE CUT  
SE1 8NB  
0207 928 2651

## Fortune's Fool

6 Dec - 22 Feb  
Mike Poulton's savagely funny play, starring Iain Glen and Richard McCabe

## THE YOUNG VIC

66 THE CUT  
WATERLOO  
LONDON  
SE1 8LZ

## The Scottsboro Boys

18 Oct - 21 Dec  
1931. Alabama. Nine black teenagers board a train in search of a new life

## The Island

7 - 30 Nov  
Inspired by South Africa's notorious Robben Island, a reminder of human resilience

## Beauty and the Beast

4 - 21 Dec  
The story of a natural born freak and an American beauty queen

## Happy Days

23 Jan - 22 Feb  
Olivier Award-winning Juliet Stevenson takes on Samuel Beckett's surreal masterpiece

## UNICORN THEATRE

147 TOOLEY STREET  
SE1 2HZ

0207 452 3000

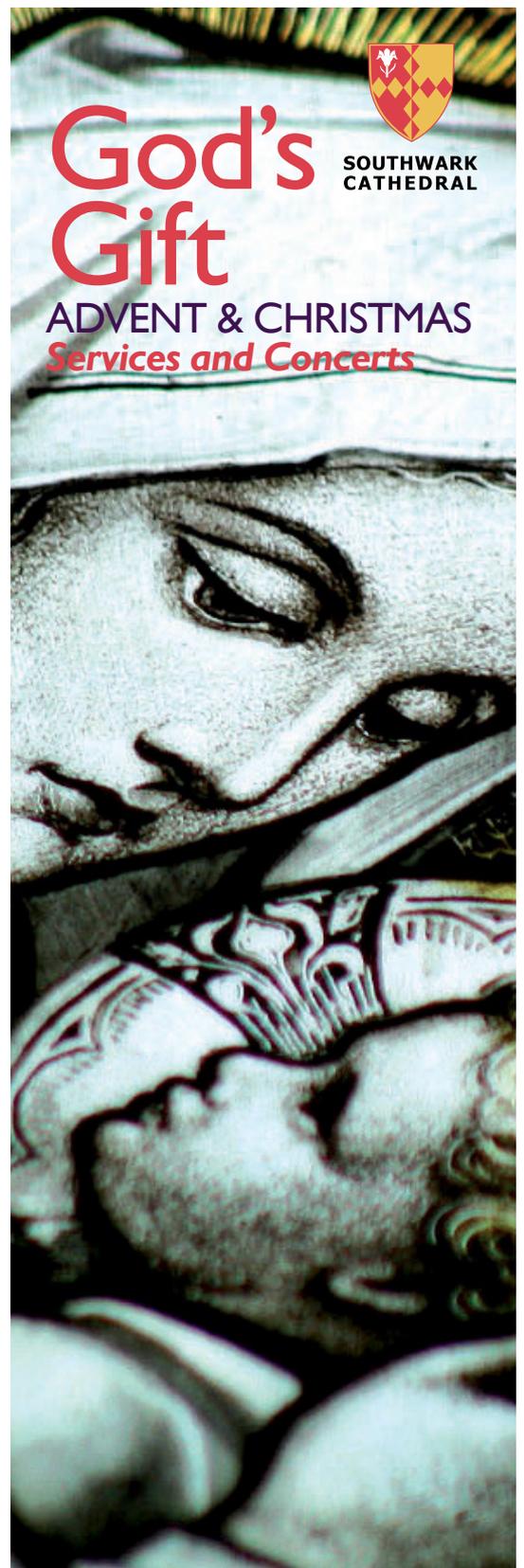
## Cinderella: A Fairytale

26 Nov - 5 Jan  
Quirkiness, crystal-clear storytelling and live music bring this classic tale to life

# God's Gift



## ADVENT & CHRISTMAS Services and Concerts



## The Cathedral Shop

Countdown to Christmas with an Advent calendar and candle, buy beautiful decorations for your home and share in the festive spirit by sending cards to family and friends. Choose cards from our range of designs and send perfect presents from a wide selection of seasonal items.

[www.southwarkcathedral.org.uk](http://www.southwarkcathedral.org.uk)  
020 7367 6700

**The Cinderella Sleepover**

12 & 20 Dec

Watch Cinderella, meet the actors and take part in backstage activities before bunking down on stage!

**Grandpa's Railway**

28 Jan – 9 Feb

Explore the past through live music, a working model railway and endless surprises

**Cuckoo**

14 Jan – 25 Jan

Erica used to go on research trips, now all she has is Woman's Hour, until her daughter's new friend makes life interesting

**WATERLOO EAST THEATRE**

**BRAD STREET**

**SE1 8TG**

**0207 928 0060**

**Scrooge and Marley**

3 – 22 Dec

Charles Dickens' masterpiece - as you've never seen it before

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**Mark Bradford**

16 Oct - 22 Dec

The American artist transforms scavenged materials into vast installations

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**SE1 9TG**

**0207 887 8888**

**Mira Schendel**

25 Sept 2013 - 19 Jan 2014

Latin America's most prolific post-war artist engages with ideas of faith and existence

**The EY Exhibition: Paul Klee**

16 Oct 2013 - 9 Mar 2014

A giant of twentieth-century art, his exquisite paintings resist classification

**Project Space: Tina Gverovi and Siniša Ili**

22 Nov – 9 Mar

Considering museum function, social interaction and collaborative conversation

**EAMES GALLERY**

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**SE1 3UD**

**020 7407 1025**

**Sophie Layton : Building Space**

13 - 30 Nov

Private View on Tuesday 12 Nov  
6pm – 9pm

Sophie Layton's monoprints are a breath of fresh air: technically excellent, intellectually stimulating but, most essentially, beautiful works of art.

"I aim to create expression through the use of colour, in an effort to achieve a rich, painterly quality in print. I am inspired by the quality



of the 'uncanny'; I want to evoke an eerie disquiet in the viewer.

I enjoy the trial and error nature of making a monotype; more organic than many printmaking processes, it feels very natural to me. I love its immediacy." - Sophie Layton

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Wed 18 Dec

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London Concertante perform Bach masterpieces, along with works by Vivaldi, Torelli and Mozart

Friday, 20 December 2013

19.30 Southwark Cathedral Choir  
Concert

Messiah (Handel) Part 1 and  
Christmas Carols by candlelight  
Thursday, 2 January 2014

19.30 Handel's Messiah  
The American Oratorio Chorus

Rambert Ballet has just moved to a new purpose-built home on London's South Bank, and to celebrate is hosting Rambert Moves. This series of events showcases all that Rambert do best, for young and old, and runs until mid-December whilst the 2014 programme commences in February.

All events are free, but booking is essential.

Please email [moves@rambert.org.uk](mailto:moves@rambert.org.uk)



Rambert The Comedy of Change by Mark Baldwin. Dancer: Eryck Brahmnia. © Hugo Glendinning

# THE GYROTONIC® System



Building strength and calm  
by **Chloe Hodge**

**T**ucked away within a listed building on Bermondsey Street is the tranquil Studio 74, in which trained dancers Elaine Puren and Beatriz Pascual have been practising and teaching The Gyrotonic Expansion System for the past eleven years.

The studio is a calming zone, naturally lit and free from boisterous gym music or intimidating machinery, with clients instead using handcrafted wooden equipment, assisted by Beatriz, Elaine or one of their three other trainers.

The Gyrotonic Expansion System has a dedicated following, yet is still not widely known. It was first established by Romanian dancer Juliu Horvath in the 1970s, who Beatriz and Elaine still train with every year. The Gyrotonic system is rhythmic, calming and quite the workout – users creating spherical movements to mobilise a series of weights, pulleys and wheels, in turn stimulating the metabolism and nervous, circulatory and lymphatic systems.

Beatriz explains that the tension created is more like water resistance than the jarring weights of conventional gym equipment, so the technique builds strength whilst also

increasing flexibility in the spine and joints.

“the tension created is more like water resistance”

Watching a demonstration from Beatriz and Elaine, it's clear how beneficial this sort of wide and varied movement is for office workers in particular. Lunch-time gym sessions are now a popular choice, but whilst rigorous spin classes are likely to lead to muscle tears, a lunch hour spent in Studio 74 should mean you return to your desk with stronger posture and relieved of aches and pains.

The system is actually ideal for those prone to injury: clients have been known to start working out just two weeks after hip and knee operations, and both Beatriz and Elaine have practised the technique the whole way through pregnancy.

Both Beatriz and Elaine have Master Trainer status so train teachers, and work with men and women from their twenties to their late seventies, novices to professional dancers. It's unsurprising that Beatriz and Elaine

remark that “clients often leave the studio smiling” considering the beautiful equipment, one-on-one approach and the sweeping symmetry of The Gyrotonic System itself; here exercise is presented as a pleasure rather than punishment.

So, why not treat a friend to a Gyrotonic session? Studio 74 offer gift vouchers for one or more lessons - an ideal feel-good Christmas present! See the offer below for The RIVER reader discount.



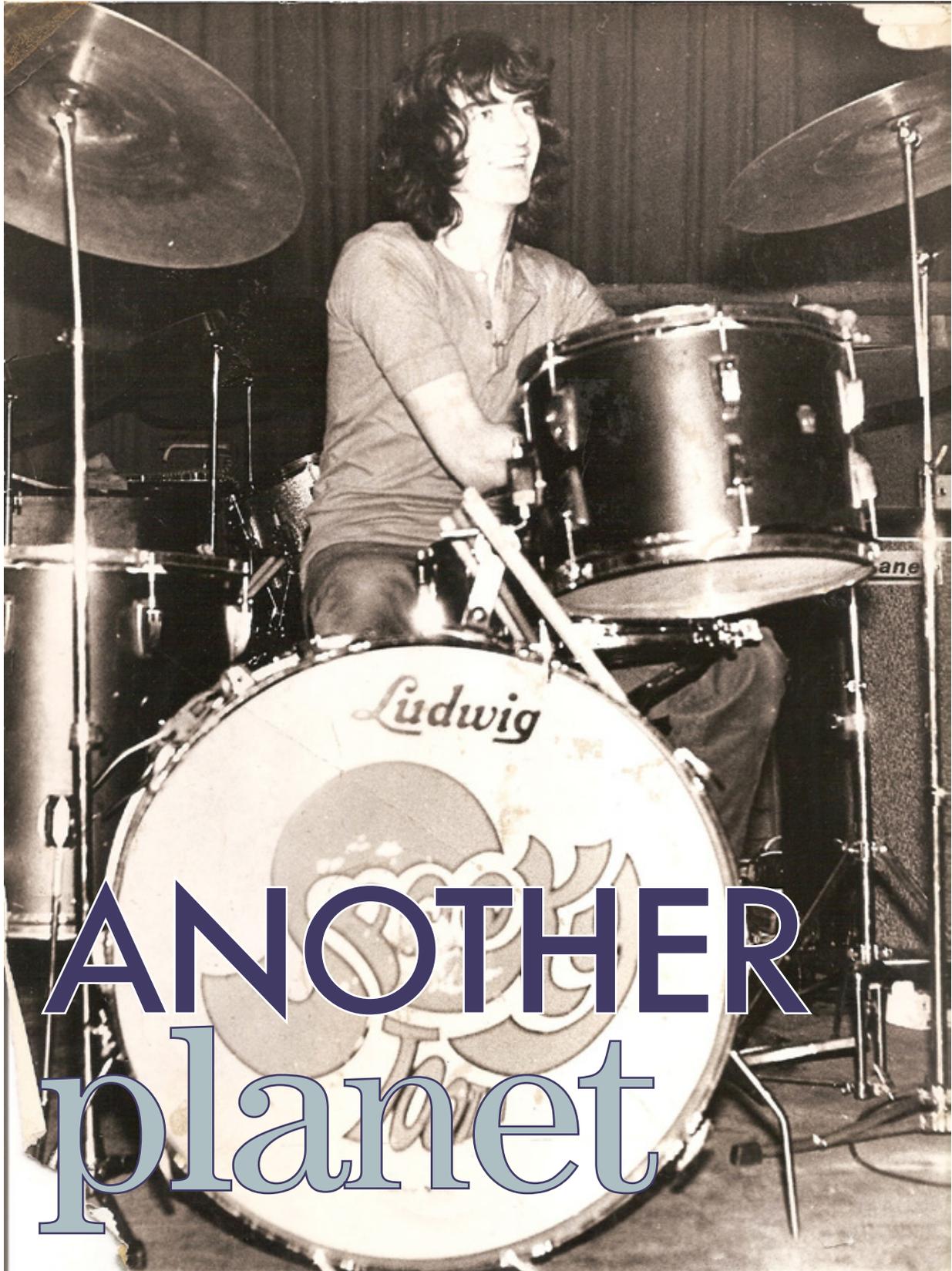
## GYROTONIC

Studio 74  
76 Bermondsey St  
London, SE1

e: [gyrotonic@studioseventyfour.co.uk](mailto:gyrotonic@studioseventyfour.co.uk)  
t: 07511 036148

w: [www.studioseventyfour.co.uk](http://www.studioseventyfour.co.uk)

Receive 10% off your first session if you mention that you're a reader of The RIVER!



# ANOTHER planet

Original member of The Only Ones, the return of sticksman turned songwriter Mike Kellie

by **Jessica Cusack**



**Y**ou may well be familiar with the name Mike Kellie – or simply Kellie, the stage name he has used throughout his career – as the drummer from rock band Spooky Tooth in the 60s and 70s, later taking the same role in the psychedelic punk-rock group The Only Ones.

Kellie's famous beats have been recycled several times in the modern day, most recently by Kanye West who sampled one drum lick in his song 'No Church in the Wild' with Jay Z; yet it was the use of 'Another Girl, Another Planet' in Vodafone's 2006 ad campaign, causing a resurgence of The Only Ones, which has positioned Kellie at the forefront of a new outfit entitled The Hidden.

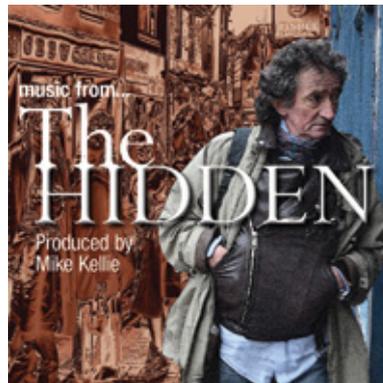
'This is the first time I've had to handle everything, and it's quite a challenge', explains Kellie, 'But I've embraced the role of making the record after years of intending to, I embrace being a control freak, and I embrace the directional responsibility'. Now holding responsibility for production and promotion, as well as musical contribution, Kellie is looking for an alternative front man - perhaps in the form of Greg Platt-Lake, 'a young James Dean' featured on the album - so that he can focus on leading the band in the way he knows best: through the rhythm.

Kellie is well-versed on the 'smoke and mirrors' used in the fickle entertainment industry, citing the inclusion of his own name in the new

band, The Hidden featuring Mike Kellie, as a necessary marketing move.

Discussing the period after The Only Ones reunited in 2007, he remembers, 'I was very frustrated at this time with The Only Ones, and I had this deep hunger, a fire burning in me with some of the songs I'd started years ago.' This frustration bore fruit in the form of a chance encounter with an old friend who had set up a recording studio a mile from Kellie's home, and whose son was a sound engineer. 'It was as if they were waiting for me and I was looking for them. I sat outside the recording studio and said, "Thank you, Lord."'

There is certainly a market for The Hidden, with their poppy, melodic rock songs. The music is easy to listen to, yet the lyrics really draw one's attention, especially if you are aware of how deeply meaningful they are to this particular songwriter; they seem a fitting sound track to these cold festive nights.



“I embrace being a control freak, and I embrace the directional responsibility”



'Music from The Hidden, featuring Mike Kellie' is available to preview and buy at [www.mikekellie.com](http://www.mikekellie.com)



# DETOX

## Post-party

Red wine or Jaegerbomb drinkers, here are some pre- and post-party tips  
by **Scarlet Cummins**

The holiday season is a time for gift giving, carolling, mince pies, mulled wine, and unfortunately expanding waist lines. As we face the season of over-indulgence, kick boxing expert Christian Thomson shares his expertise on how to enjoy the festivities and remain healthy.

We know that the basis of a healthy lifestyle is a balanced diet and exercise; two areas that are somewhat neglected during the winter period. But, as Christian explains, the way to enjoy yourself and stay fit is to “eat scientifically and exercise scientifically”, befitting the ethos of his new gym, HIIT Studios. Opening on Pocock Street in early 2014, his new fitness studio

will fuse High Intensity Interval Training with martial arts, under the supervision and guidance of top coaches.

Christian is aware of the New Year's health kick which so many of us attempt, but staying well throughout Christmas is better for us, and doesn't have to be a chore! Eating little and often is a great way to keep your metabolism firing at its fastest, and your exercise regime at its most effective; and whilst major parts of this season's frivolities are parties and frenzied shopping sprees, Christian also emphasises the need for 6-8 hours sleep a night to allow your body to repair and renew itself.

“eat scientifically and exercise scientifically”

Christian is our nutrition and exercise expert and his new venture,

HIIT Studios, will encourage individuals to train intelligently in an athletic environment using state-of-the-art machinery, engaging in one of the most efficient ways of burning fat, supported and motivated by a dedicated team.

Christian has compiled a few nutritional tips for pre- and post-Christmas to help all of us make the most of the holiday season whilst staying slim. By moving more and making just a few minor alterations, come January that fad diet will seem far less tempting, and you'll find yourself enjoying the festivities well into the new year!

### HIIT STUDIOS

Moonraker Point  
1 Pocock Street  
SE1 0FN  
t: 020 8133 5220  
w: [www.hiitstudios.co.uk](http://www.hiitstudios.co.uk)

## PRE-CHRISTMAS TIPS

### *Drinks*

Red wine is a top choice due to its antioxidant benefits, as well as Jaegermeister which consists of different herbs and spices - but of course only in moderation!

### *Breakfast*

Breakfast must not be missed, it will kick start your metabolism giving you the energy needed over the festive season.

### *Dance*

Dancing not only counts as physical exercise but improves your serotonin levels.

### *Stay warm*

Stay cosy and cleansed with a warm drink, helping to clear your kidneys of toxins and make your body run more efficiently.

## POST-CHRISTMAS DETOX!

### *Smooth start*

Coffee will affect your hormonal balance, so opt for a fruit smoothie followed by some stretching each morning to kick start your metabolism.

### *Citrus kick*

Add refreshing lemon to your water or tea to balance your acid and alkaline levels.

### *Get Physical*

Spend post-party days moving to promote a high metabolism and improve circulation.



The interior and exterior of HIIT Studios' new space at Moonraker Point.



# POETS OF Lambeth

**t**his issue's poem comes from Victoria Gatehouse, a student at the Poetry School. Vicky has an MA in poetry from Manchester Metropolitan University and has had poems published in various magazines and anthologies. She says of the Poetry School 'Writing can be a

solitary occupation and I've really appreciated the opportunity to share and discuss poems, and to give and receive constructive criticism in such an encouraging environment.'

The Poetry School, based in Lambeth, has a year round programme of courses and projects to teach adults to write poetry, and is open to absolute beginners as well as more practiced writers. Check out

their programme at [www.poetryschool.com](http://www.poetryschool.com)

Here is a short, contemplative piece from Vicky – enjoy!

## THE POETRY SCHOOL

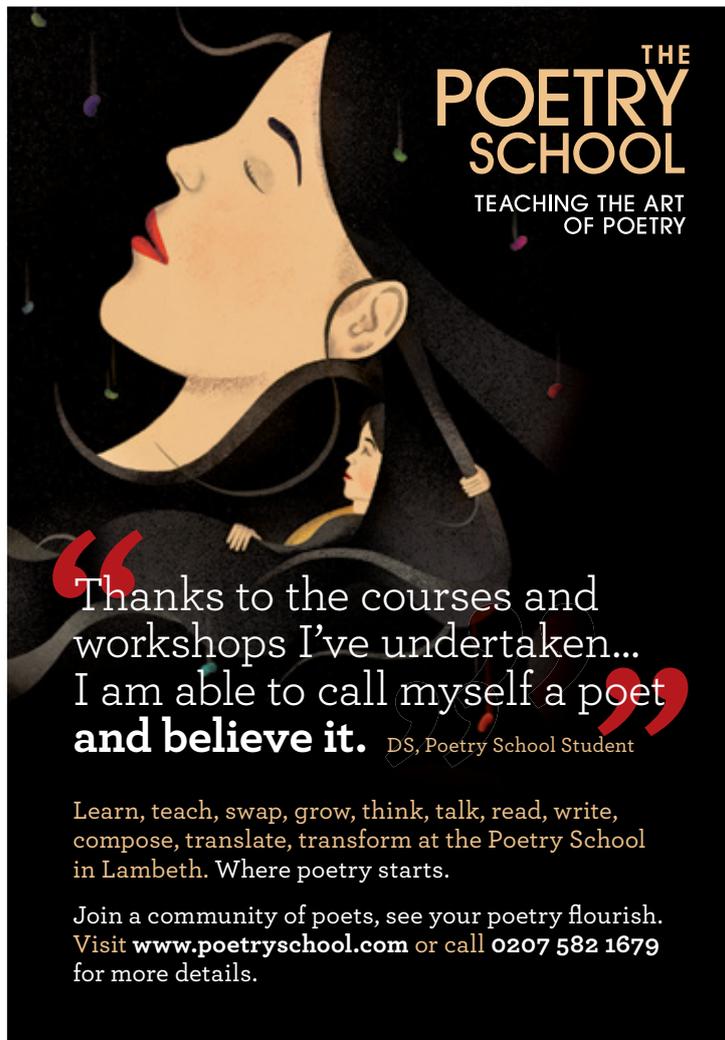
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Lambeth

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t: 020 7582 1679

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## Web on the Wing Mirror

The morning I drove to the hospital  
hedges glimmered and a perfect web,

silver-beaded, spanned the wing-mirror,  
a spider crouched tight on the edge.

I imagined her, grafting all night -  
constructing the scaffolding,

strengthening, spinning, tying-off,  
suspended like a climber on a rope,

all her energy in this creation,  
something of her in every strand.

I could have destroyed her work  
with a flick of the hand and yet

I drove so carefully that day -  
slowing each time the wind

forced her silk to billow and bend  
and she hung on in there,

on a line taut as hope, flickered  
like a heat beat on a twelve-week scan.

*by Victoria Gatehouse*

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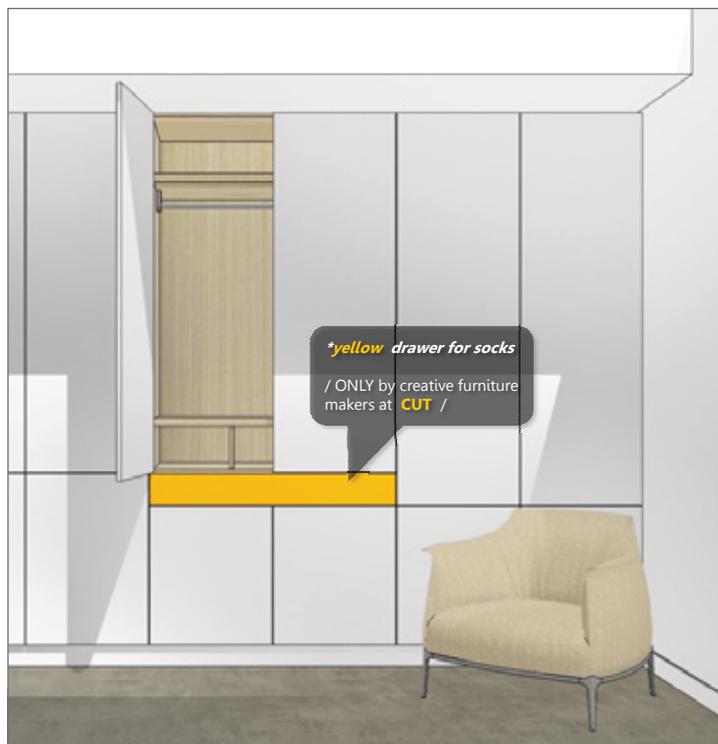


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# UNDERNEATH the arches

From merchant village to metropolitan hub, surviving Bermondsey's dramatic change

by **Chloe Hodge**

**b**ermondsey. The nineteenth-century. During the Second World War this urban village community became highly industrialised but, having succumbed to the full effects of the Blitz, it was now time to rebuild.

Much of Bermondsey's younger generation had moved out, yet enticing them back in was simple: jobs in the Thameside wharves were abundant, and new high-rise blocks could provide standards of living previously unheard of in Borough, once London's notorious slum.

By the 1970s the docks of this 'larder of London' were defunct, and the transformation of London Bridge began; it's now a business centre, landmarked by London's tallest building, the Shard; Borough and Maltby Street markets are the weekend spots of yuppies, and Bermondsey Street brims with the scent of international gastronomy – more appealing than the tanneries that it was once home to.

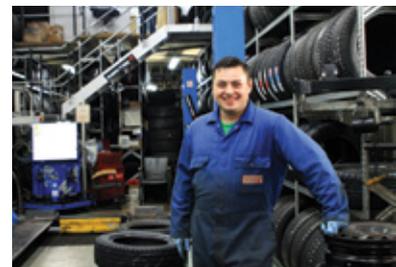
Despite this enormous change, a few linchpins of the area remain. One such survivor is Morris Tyre Service. Opened fifty years ago under the railway arches of Bermondsey by Michael Morris, a self-taught mechanic, and continued by his son Dan, the company has been trading on word-of-mouth recommendations ever since.

Over the past half century, not much has changed at Morris Tyre Service: customers will still speak to a mechanic face to face, and receive free tyre checks and MOT approvals. It is, however, now easier than ever for Dan to buy in tyres from all over the world to guarantee the best price for his clients.

Whilst larger companies may advertise cheap rates before revealing a host of hidden costs, Dan is adamant that Morris Tyres continues as the reliable business that his father began – quoting down to earth prices, and offering the best deal "99 times out of 100". For this reason, Dan is trusted by longstanding locals, taxi firms such as Fleet Cars and also the new movers and shakers in SE1. Morris

Tyres is a down-to-earth constant in a fluid area of drastic change, preserving a piece of Bermondsey's industrial history, and as enduring and reliable as the railway arches it stands within.

“Despite this enormous change, a few linchpins of the area remain...”



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# THE PYRAMID Of Shad Thames

Contemporary architecture hidden within London's warehouses  
by **Joe Campbell**

**J**onathan Dransfield moved to Bermondsey in 1988 and has been designing buildings in the area for the past twenty-five years for both private individuals and developers, as well as for himself. To date there are over thirty completed projects and developments in the area with four more on the drawing board.

When Jonathan moved there it was “like the land that time forgot”, with old warehouses full of antiques, as well as war-time bomb sites still in existence. He started working from home in Bermondsey Street and built the first office in Morocco Street eighteen years ago. Having outgrown that, he built the Pyramid, an iconic modern building hidden away in the Tower Bridge area. Although the practice operates from the Pyramid today, its projects are nationwide – ranging from a new farmhouse in Northern Ireland to a conversion of a watermill estate in Kent, as well as a new terrace building on Bermondsey Street itself.

According to Dransfield, living

and working around the buildings they have designed gives them a great sense of how important the

“there’s a great sense of how important the home and neighborhood are to communities

home and neighborhood are to communities, and having lived there at such a time of change has helped the practice to be sensitive to their needs. Their aim as a practice has always been to work closely with clients to ensure that their ambitions are fulfilled in the buildings they design, and, on a greater perspective, to ensure those buildings offer something to the neighborhood, either in its functional or aesthetic qualities.

The Pyramid has a great team, and offers international talents such as Ana Tello, a Portuguese architect, the chance to experience “the joys of living and working in such a buzzy part of London.” Over

twenty five years have passed since Dransfield Architects began, yet their aim of offering their clients commitment, energy and passion has never changed.

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# HISTORY in the Making

A New Beginning – Part 3  
by **Rebecca Lodge**

**I**n the previous two editions of *The River*, we have looked to the past: the history of Potters Fields Coach Park, the thinking behind Squire & Partners current designs and other plans that unfortunately were never realised. This instalment, however, looks to the arrival of One Tower Bridge.

The South Bank has been a cultural hot spot for many years but the area has only recently emerged as part of the 'Prime' Central London property market. In October 2007, Knight Frank confirmed that London's South Bank was fast maturing as a luxury residential market location, and for the first time it was included in their geographical definition of 'Prime'. Jones Lang LaSalle have

since followed suit by broadening their own definition of Prime by including the rapidly evolving South Bank from Nine Elms through to Tower Bridge.

Positioned on a rare and unique site, the Berkeley Homes' luxurious new development sits between the iconic Tower Bridge and the General London Assembly - its South Bank location being just a stones throw away from a hub of fine dining, culture and the arts.

Designed by Squire & Partners, One Tower Bridge features several distinctive buildings, each inspired by their respective neighbours. Lancaster, Windsor and York Houses are predominantly brick, paying respect to Shad Thames and the heritage of the industrial wharves situated along the Thames. Tudor, Wessex and Sandringham Houses are lighter and feature more glass to create continuity with their neighbour More London.

“The sense of calm and luxury is a recurring theme





The external landscaping at one Tower Bridge is the work of award-winning landscape architect's Murdoch Wickham. The meticulous detail of the public realm embraces the quality of the views of the Tower of London, the Shard and the City skyline and takes inspiration from the planting in Potters Fields Park. Residents can enjoy the tranquillity that comes with the private gardens, whereas the communal square and public walk-ways will create a unique permeability.

The sense of calm and luxury is a recurring theme throughout One Tower Bridge, something that is supported by the gym, complete with swimming pool, yoga studio, and other luxury spa facilities. Residents also have the added benefits of a business lounge and an urban golf facility, as well as an on-site Harrods Estate concierge in each apartment block. A Grade II listed boutique hotel is also in development at the former St Olave's school building.

In creating One Tower Bridge, Berkeley has worked with a variety of award-winning interior designers including Conran & Partners, United Designers and Darling Associates. Each have utilised materials of the finest quality to create highly specified and intelligently planned 1, 2, 3, and 4 bedroom apartments. The balconies, landscaped roof terraces and beautiful views of the river make One Tower Bridge the epitome of luxury London living.

*Apartments at One Tower Bridge currently start at £1,025,000 for a 1 bedroom apartment.*



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# Berkeley

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## Webber Row, SE1    £535,000 Leasehold

Atkinson Mcleod are pleased to present this fantastic purpose-built flat situated within a Grade II Listed building, boasting excellent living space comprising of large reception room, three double bedrooms and superb galley-style fitted kitchen. Located so close to Waterloo station and attractions at Southbank, Webber Row is a sought after address, so early viewing is advised.



## Templar Street, SE5    £1,375,000 Freehold

Located in the leafy Myatt's Fields Park Conservation area, this rare Victorian house combines period living with modern family space, comprising of a 6 bedroom main residence plus a self-contained 2 bedroom garden flat.

Elegant and sophisticated, at 4,521 sq ft this house offers majestic proportions: an impressive master suite with private terrace, lounge/dining room, double reception with fireplaces, versatile home gym/theatre/playroom, conservatory, 3 bathrooms and a sleek fitted kitchen with direct access to south-facing rear garden.

Meanwhile the self-contained flat has both a private entrance and is accessible from the main residence; ideal for a live-in nanny, teenagers or grandparents.



## St Gabriel's Manor, SE5    £925,000 Leasehold

Nestled within the Myatt's Field Conservation area, close to Oval station and Kennington Park, is this stunning triple floor loft-style apartment. The property includes a master bedroom with en-suite shower, two further doubles, stylish bathroom, fully fitted kitchen and a fantastic galleried study area overlooking reception. Featuring vast windows and double doors to the communal courtyard, the double-height lounge is bright with natural light, and the top floor even provides a second reception with an arched doorway leading to a private roof terrace.

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# SPOTLIGHT Properties



## ELM QUAY COURT: Nine Elms Lane

Atkinson Mcleod are delighted to offer this modern duplex apartment with stunning river views, two double bedrooms, two bathrooms and two floors of wonderful living space. Located in the heart of the vibrant Nine Elms regeneration development, this flat features secure gated parking, as well as a

luxurious onsite swimming pool, gym and sauna.

With a beautiful backdrop of the Thames, this stunning property offers versatile accommodation spread over two floors with two separate entrances. The living space comprises of a fitted kitchen with a large and spacious reception room, whereas the upper floor houses the main bathroom and two double bedrooms - one with an en-suite shower.

The Elm Quay Court development will further benefit from an on-site live-in portorage service and secure underground parking, as well as access to the aforementioned gym and leisure facilities. This property is also ideal for commuters, as the Vauxhall mainline, tube and bus station is only a short distance away.

Vauxhall is the next part of the capital on the up, as Nine Elms - being the largest regeneration scheme in central London - shows. It is an area that will be transformed into a vibrant community combining residential and commercial business, and one that is being heralded as the gateway to central London. Elm Quay court, built circa 1986-88, is conveniently housed in the midst of this exciting area.

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# EST. 1804

Field & Sons advise on where's best to invest  
by **Chloe Hodge**

Established in 1804, having passed through the hands of six generations of the Field family, Field and Sons is undoubtedly one of London's oldest estate agents. Over the past two hundred years the business has evolved from its early days as a funeral directors, dealing with bequeathed estates, to the business we know now; and over the past thirty years it has expanded dramatically, now running four additional branches, as well as the Borough office which it has occupied since the 1830s.

Sean McMahon, senior manager at Field and Sons' most historic office, works with a "hands on team who pride themselves on giving good advice," having learnt from a longstanding business which has taken "time to grow and time to build." Having worked for Field and Sons for twelve years, Sean himself has watched the dramatic change in the property market south of the river and puts the sudden growth in demand down to a few key aspects.

The City is now recognised as a significant international business centre, London Bridge has developed into a cultural hub, and Jubilee line has been extended

to connect the two. Now that Borough has already 'come up', it's Vauxhall, Elephant and Castle and Rotherhithe which are really making headway.

To remain at the forefront of South London's property market, Sean notes that Field and Sons make sure to maintain strong relationships with developers such as Lend Lease – who are managing the £1.5 billion regeneration plan for Elephant and Castle.

The Elephant will continue to transform over the next ten years, and Sean explains that with this change, property prices will soon begin to climb – making homes in north Lambeth and Southwark valuable investments. Currently, Field and Sons have several prime developments available in The Elephant, including One The Elephant, Trafalgar Place and The Signal Building.

One The Elephant has been designed by architects Squire and Partners, and features a slender thirty-seven storey tower and a four storey pavilion, comprised of glass, metal and stone. Including a leisure centre, leafy park and a retail and business space, the entire development is intended to compliment its surroundings, and whilst residents of the tower will



be privy to spectacular views, the pavilion offers more boutique-style living, with open walkways, private balconies and a residents' reading garden.

Meanwhile, Trafalgar Place continues to provide both Zone 1 living and an expanse of greenery: its seven red brick buildings range from four to ten storeys, each home with its own garden, terrace or balcony - and at the heart of the development is Paragon Row, a tree-lined, car-free street, even with a biodiverse rain garden.

The Signal Building in Newington Causeway, however, is chic city-living, with flawlessly designed apartments and duplex penthouses providing floor-to-ceiling views of London Bridge and The City.

Borough is undergoing an extraordinary transformation, retaining its diverse and visually interesting landscape by incorporating the work of so many designers and architects. Field and Sons plan to forge relationships with even more developers over the coming years, to ensure that the two hundred year old business continues to thrive.



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