



THIS IS CLAPHAM

EST. 871

Issue #1
Health & Wellbeing
October - November 2016

Free Guide
thisisclapham.co.uk
@thisisclapham

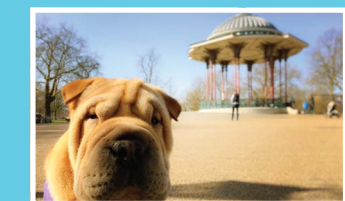
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@cassianomecchi



@onegirlandheripod



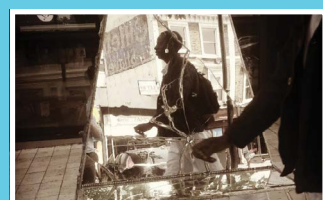
@professorwrinkles



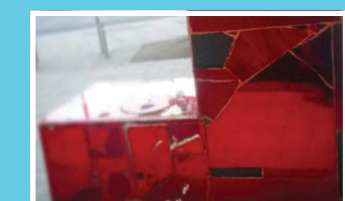
@w0rldmeetsgirl



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@thisisclapham

DOCTOR & DENTIST



TEN DENTAL

We are an award winning dental practice providing a range of general, restorative and cosmetic dentistry.

10 The Pavement
020 3432 4626



GRAFTON SQUARE SURGERY

An old established practice providing top quality healthcare to you and your family.

8b Grafton Square
020 7622 5642

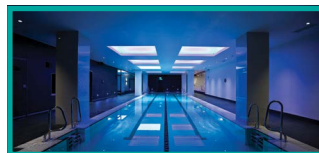
GYM



SOHO GYMS

Friendly, real gym experts with the best kit and classes in London.

95 - 97 Clapham High Street
020 7720 0321

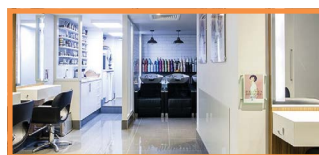


VIRGIN GYM

Clapham Common's most exclusive health club: squat, sweat, spin, swim, spa & socialise.

4-20 North Street
020 7619 2555

HAIR & BEAUTY



HEADMASTERS

Receive beautiful, fashionable, confidence boosting hair at Headmasters on Clapham High Street.

98 Clapham High Street
0345 459 7751



CRESCENT LODGE DENTAL PRACTICE

Offering a wide range of implants, orthodontics, Invisalign and everyday dentistry.

28 Clapham Common South Side
020 7622 5333



CLAPHAM FAMILY PRACTICE

Established GP practice offering wide range of primary care, travel advice and private 4D scans.

89 Clapham High Street
020 3049 6600



CLAPHAM LEISURE CENTRE

Offers the latest in health and fitness, including gym, classes, swimming and sports hall.

141 Clapham Manor Street
020 7627 7900



REACH FITNESS

High octane group workouts and expert personal training facility. Unlock your potential.

Unit 7b Clapham North Arts Centre
07951 236235



CHOP BARBERS

A walk-in based service on South Side for all men's barber needs.

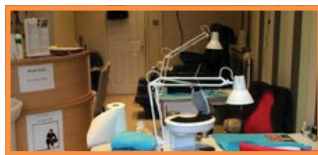
8A Clapham Common South Side
020 7738 8088



LIVE TRUE LONDON

We want to inspire you with all the new techniques and trends!

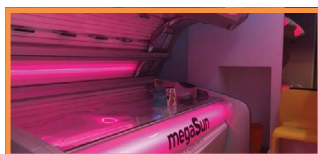
2 Voltaire Road
020 7627 0169



YOUR HEALTH

All round well-being combining acupuncture, massage and Chinese medicine.

20 Clapham Common South Side
020 7622 8752



THE TANNING SHOP

Whether you prefer UV, sunless tanning or both, we will help you build, maintain and care for your tan.

98 Clapham High Street
020 7622 8350



VENUS BARBERS

A family run business offering haircuts, styling and traditional cut throat razor shaves.

105a Clapham High Street
020 7627 1477



RUSH HAIR

It's the bond between your hairstylist and you that's the key to your hair happiness.

120 Clapham High Street
020 3642 8959



PURITY SKIN CENTRE

Clapham's largest and longest established beauty, tanning and advanced aesthetic treatment centre.

95-97 Clapham High Street
020 7622 3700



IMAGES BEAUTY

Affordable luxuries for everyone from OPI Manicure & Pedicure to Lycon waxing and facials.

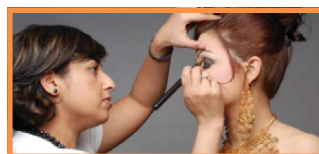
7 The Pavement / 138 Clapham High Street
020 7622 8711 / 020 7627 3211



HEIR OF LONDON

The Heir generation is where hair and beauty meets empowerment and individuality.

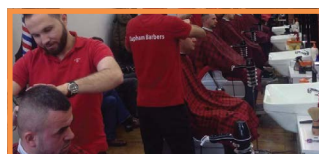
72 Clapham High Street
020 7622 9998



SAJNA BEAUTY

A range of dermalogica facial treatments, microdermabrasion, IPL, waxing and threading.

48 Clapham High Street
020 7501 0001



CLAPHAM BARBERS

Classic barbers shop offering cuts, beard trims and hot towel shaves.

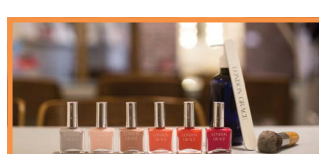
128 Clapham High Street
020 3536 2452



SANDRA WEBB HAIR & BEAUTY

Fusing together culture, lifestyle and individuality to give you the customer that award winning look.

12 Clapham Park Road
020 7819 9262



LONDON GRACE

An award-winning brand combining nails, coffee and cocktails in a beautiful environment.

107 Clapham High Street
020 7627 1467



WILLIE SMARTS

This longstanding Aveda dedicated salon offers a classic cut and colour with a twist.

11 The Pavement
020 7498 7771



TOTAL BODY CARE

The finest health, beauty and aesthetic treatments. Purveyors of advanced skincare.

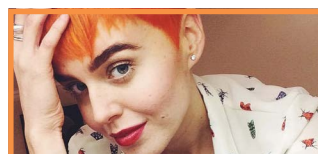
31 Clapham High Street
020 3092 2766



SO ME BEAUTY & WELLNESS

A wide range of luxury facials, waxing, threading, beauty treatments and make up specialists.

21 Clapham High Street
020 7720 3330



HEADQUARTERZ

Unisex salon, colour correction, barbering, Brazilian keratin experts, the Mayor's regular salon.

3 Clapham Common South Side
020 7498 9698



Q FOR HAIR

Unisex salon specialising in men's and women's hairdressing. We cater for all age groups and welcome walk-ins.

3 Clapham High Street
020 7627 2306



VISION EXPRESS

We offer all services from an eye test & contact lens fit to a new pair of glasses or a repair.

2 The Pavement
020 7622 1649



CLAPHAMSPACE

Yoga, pilates and fitness classes in Clapham. Now offering fitness classes for Pregnancy and beyond.

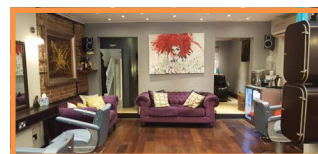
1 Lander Road
07956 945417



PREMIER LASER & SKIN

Offering specialised skin treatments, laser hair removal, tattoo removal, fillers and botox.

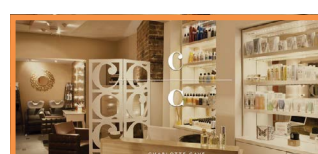
55 Orlando Road
0800 0146 888



THE WITCHES HUT

An independent, friendly boutique salon. Providing professional cut and colour services.

13 The Pavement
020 7720 3666



CHARLOTTE CAVE

We embody the craft & creativity of style, putting you at the heart of what we do.

17 The Polygon
020 7622 4665



OPTICIANS

Independent opticians offering eye tests and a range of frames.

103 Clapham High Street
020 7627 5753



BOOTS OPTICIANS

Qualified technicians trained to test, fit lenses and contacts and offer advice on frames.

151-153 Clapham High Street
020 7622 3023



FITNESS FUSIONS

From hot classes to reformer pilates and beyond. Over 70 classes per week.

149A Clapham High Street
020 7720 3063



DYNAMICA PILATES

Our team of professionally trained staff at Dynamica will provide you with fun, balanced, safe but intense workouts.

Unit 1J Voltaire Road
020 3729 3233



CLAPHAM COMMON CLINIC

We offer acupuncture; massage; sex-therapy, relationship counselling; osteopaths; physiotherapy & more.

151-153 Clapham High Street
020 7627 8890



GREENLIGHT LONDON

We retail meaningful holistic items and gifts that support your journey to wellbeing.

7 Clapham High Street
020 7627 2737



BACKSPACE

Our talented chiropractic team combine traditional methods with a wide range of physiotherapy and osteopathic techniques.

15 Clapham Park Road
020 3151 2345



BOOTS

Shop our extensive range of health and beauty products from leading brands, fragrances for her and him.

174-180 Clapham High Street
020 7622 1519



SUPERDRUG

Shop the biggest brands in everyday health & beauty and exclusive products all at great prices.

156-158 Clapham High Street
020 7622 5725



YOGAHAVEN

Discover our sleek, purpose-built hot yoga studio with a wide variety of classes, suitable for all levels.

63 Wingate Square
020 8617 0027



BALANCE PHYSIOTHERAPY

Enduring solutions for pain, injury and health. Specialists in backs, sports and women's health.

113 Gauden Road
020 7627 2308



THE HUB

Osteopathic & sports injury clinic providing fast & effective relief from pain & injury.

192-194 Clapham High Street
020 7720 9644



PHARMACY & NUTRITION

Free dermalogica gift with every new client facial. Present guide to redeem your offer. Can only be redeemed once.

Offer ends 30th November 2016



TODAY'S LIVING

We stock a wide range of eco-friendly products and many complementary medicines and supplements.

92 Clapham High Street
020 7622 1772



ORBIS PHARMACY

Clapham's premier natural health & wellbeing pharmacy, skincare store & travel clinic.

148 Clapham High Street
020 7622 9020

LATEST OFFERS



REVOLUTIONS

Free glass of prosecco with any Christmas party booking. Present guide to redeem your offer. Can only be redeemed once.

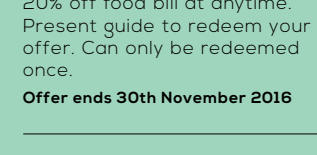
Offer ends 30th November 2016



THE SUN

20% off food bill at anytime. Present guide to redeem your offer. Can only be redeemed once.

Offer ends 30th November 2016



THE SUN

20% off food bill at anytime. Present guide to redeem your offer. Can only be redeemed once.

Offer ends 30th November 2016



PURITY SKIN CENTRE

Free dermalogica gift with every new client facial. Present guide to redeem your offer. Can only be redeemed once.

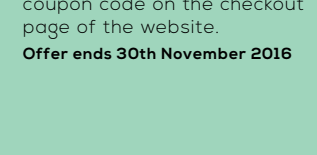
Offer ends 30th November 2016



TOTAL BODYCARE

22% off all products online at www.totalbodycare.co.uk. To redeem the offer enter the word 'Clapham' into the coupon code on the checkout page of the website.

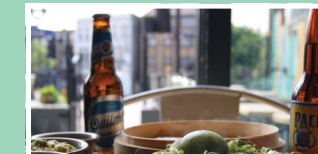
Offer ends 30th November 2016



TOTAL BODYCARE

22% off all products online at www.totalbodycare.co.uk. To redeem the offer enter the word 'Clapham' into the coupon code on the checkout page of the website.

Offer ends 30th November 2016



MENDOZA SQUARE

15% off food bill at anytime. Present guide to redeem your offer. Can only be redeemed once.

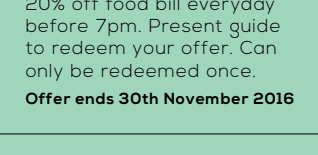
Offer ends 30th November 2016



TSUNAMI

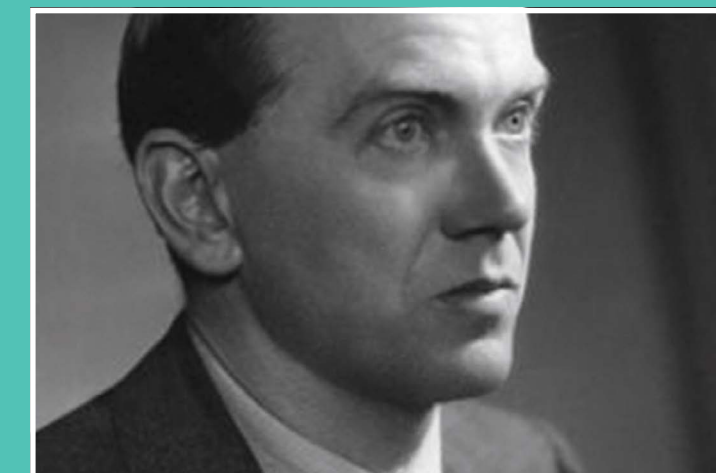
20% off food bill everyday before 7pm. Present guide to redeem your offer. Can only be redeemed once.

Offer ends 30th November 2016



TSUNAMI

CLAPHAM HISTORY



GRAHAM GREENE

Graham Greene was born in 1904 and published his first novel *The Man Within* in 1929. During the war Greene remained in London, working for the Ministry of Information, and in 1941 joined M16, working under Kim Philby. *Our Man in Havana* (1958) drew on his experiences in the secret service. In 1946 Greene embarked on a passionate love affair with Catherine Walston, the American wife of Labour peer Henry Walston. He chronicled the pain of this relationship in *The End of the Affair* (1951). The book is set in Clapham where the narrator lives in a bedsit 'at the wrong

side of the Common' (South Side), drinks in the 'Pontefrac Arms' (The Windmill) and visits 'the dark church at the corner of Park Road (St Mary's). A blue plaque can be found at 14 Clapham Common North Side, where Greene lived with his family from August 1935. It remained his home until October 1940 when it was hit in a bombing raid and became uninhabitable. By presenting this guide you will get 10% off any Graham Green novel at Clapham Books on the Pavement. Offer applies to a single book only.

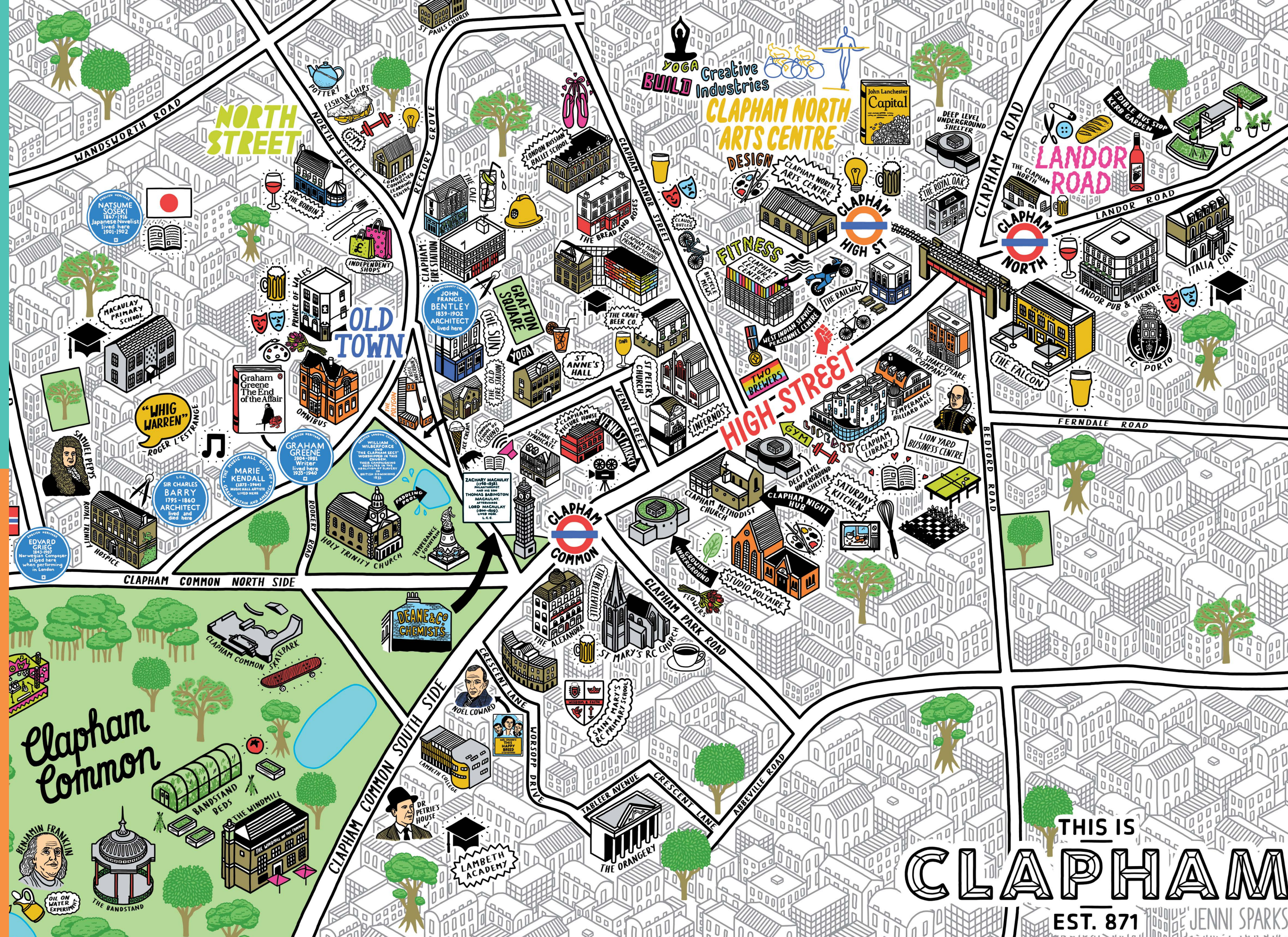
CLAPHAM HISTORY



THE ORANGERIE

You don't expect to come across a huge Georgian relic in a post-war housing estate. But in the middle of the Notre Dame estate is the portico to an Orangerie or greenhouse. It was designed in 1793 by Dr William Burgh and was part of a miniature landscape on an estate belonging to Henry Thornton. Henry Thornton was a wealthy banker, MP for Southwark and a monetary theorist described as the father of the modern central bank. He wrote 'An Enquiry into the Nature and Effects of the Paper Credit

of Great Britain', which gave a detailed examination of the ways in which the Bank of England should counteract fluctuations in the value of the pound. He was also one of the founders of the Clapham Sect of evangelical reformers and a campaigner for the abolition of the slave trade. He was the cousin of William Wilberforce and is credited with being the financial brain behind his many campaigns for social reform and philanthropic causes.



UPCOMING EVENTS



BLACK HISTORY MATTERS

Clapham Library celebrates African & Caribbean culture and heritage for Black History Month and will be holding a series of events starting with Asher Senator launching his book *Smiley and Me*.
21st October - 17th November



MULE AT OMNIBUS

The critically acclaimed Edinburgh hit *Mule* makes its London premier at Omnibus. Inspired by the real events of the Peru Two, *Mule* explores the murky, hedonistic world of drug smuggling and its apparent female-isation.
8th November - 19th November



JAMIAN JULIANO-VILLANI

Studio Voltaire will present a major new commission by American painter Jamian Juliano-Villani, her first solo presentation in a public institution outside the US.
1st October - 11th December



CLAPHAM LIGHTS

Returns to Clapham Old Town to celebrate the festivities once again! With lantern parade, Christmas market, live bands and street performers.
3rd December

CLAPHAM HEROES



ROBIN & SARAH GILL

Robin Gill and his wife Sarah are the founders of Clapham restaurant *The Dairy* and with the help of Dan Joines have opened up two more businesses in Clapham - *Counter Culture* and *The Manor*. Robin honed his skills at some of the best restaurants in London working with chefs such as Marco Pierre White and Raymond Blanc, however, a stint in Italy, where all the produce came from the family farm "really opened my eyes to how cooking should be all about the ingredients and simplicity." Using seasonal ingredients sourced from sustainable UK producers underpins the ethos behind all their restaurants in Clapham. However, the roof top garden at the Dairy and their growing space at *The Manor* have taken their commitment to sustainability to new levels. Their gardens include an incredible range of herbs, fruit trees and vegetables.



Everything they produce is used in dishes at the restaurants and they produce enough over the summer months to sustain themselves, while preserving and fermenting any excess. Dean Parker, Head Chef at the Manor is keen to highlight the support of local residents such as Nina Murdoc, who helped set up the garden. As well as providing food for the restaurants the rooftop garden at *The Dairy* also includes two beehives, which were installed with the help of apiarist Barbara Tager. All the plates for the restaurants are also made locally by Naine Woodrow at *North Street Potters*, ensuring that money circulates within the local economy. And what do Robin and Sarah love most about Clapham? The support they have received from the local community, for home cooking they shop at Moen's and for eating out it's Trinity in Old Town.

THIS IS CLAPHAM EST. 871 JENNI SPARKS