

CLAPHAM THIS IS



LAMBETH'S NEW YOUTH MAYOR

In March, Clapham resident Luca Emery won an election to become the new Youth Mayor for Lambeth. The Youth Mayor is the leader of the Youth Council, which represents young people, aged 11 to 19 in Lambeth both locally and nationally. They work with the borough to make sure young people influence decisions that affect them and join with other youth councils to bring about change at national level.

What do you like most about Clapham?

"Clapham is a very safe place to live, the Common is well maintained and provides lots of healthy activities for young people. When I'm a bit older I'd like to attend some of the music events on the Common.

Where do you recommend in Clapham?

"I'd recommend Honest Burger on Venn Street for a great burger

and I enjoy the Picturehouse Cinema and the leisure centre."

Over the next two years what do you hope to achieve?

"During the election I focused on environmental issues and would like to see more work to improve air quality and increase rates of recycling. Under my leadership the Youth Council have agreed three key priorities: making Lambeth safer for young people; ensuring young people are better represented and introducing more life ready skills into school curriculums."

How could the Clapham business community support you?

"I would encourage local businesses to support my 'Curriculum for Life' programme by connecting with local schools, introducing students to the world of work and helping them to make good career choices earlier."



GAU HAR JAAN THE DATIA INCIDENT

Clapham Old Town's Omnibus Theatre and Indian restaurant Zumbura have teamed up to offer a special theatre and dining offer for customers coming to see a new play 'Gauhar Jaan - The Datia Incident', which runs from 10th - 29th April. Ticket holders for the play will be eligible for a 20% discount off at Zumbura.

Gauhar Jaan, was India's first recording star, and opened up culture to the masses at the dawn of the 20th Century. Her remarkable story, fuses live music, dance and drama.

The story, set in 1902, is interwoven with scandal and intrigue and follows the journey of EMI engineer Fredrick Gaisberg as he makes his way across India to record India's first pop star. Numerous travellers Gaisberg meets along the way recount the famous Datia Incident where the Maharaja and Gauhar Jaan

indulged in a fierce battle of egos, the outcome of which threatens Gaisberg's mission.

Binod Baral and Raju Rabat from Zumbura restaurant are delighted to have teamed up with Omnibus Theatre to promote Indian culture to Clapham's locals. "Food, music and the arts are closely interconnected in India and this was the perfect fusion," they said. Raju also found out that he comes from the same part of Northern India as Gauhar Jaan. "Our authentic dishes and style of sharing plates would have been very familiar to Gauhar Jaan," said Raju.

Binod Baral was the former group Executive Head Chef of The Bombay Bicycle Club and Raju Rabat, trained at the five star Oberoi hotels and resorts and Michelin star restaurant Benares in Mayfair.



MINNOW

PEA SOUP RECIPE

We spoke to Jayke Boyce, Head Chef at Minnow, one of Clapham's newest neighbourhood restaurants serving modern seasonal dishes. Jayke said "this is one of my favourite spring/summer recipes. It's dead simple to make, healthy and can be eaten hot or cold."



Ingredients

500g of frozen or fresh peas (if frozen defrost)
100g of natural yoghurt
250g of cold veg stock
1 bunch of mint
1 bunch of parsley
salt and pepper to taste

Method

Blanch mint and parsley in boiling water for 30 seconds.

Place the herbs into a blender with the rest of the ingredients and blend for 3 minutes

Serve hot or cold and garnish with good quality olive oil and cracked black pepper.



CLAPHAM BOOK FESTIVAL SATURDAY 12 MAY

Founded by a group of local authors, Clapham's very own book festival started in May 2016 and has run successfully every year since, in partnership with Omnibus Theatre and Clapham Books.

The founding organisation, Clapham Writers, was registered formally as a charity in 2017. As Julie Anderson says: 'There's a lot of local talent in and around Clapham and we wanted to tap into that to promote Clapham's literary heritage, as well as supporting education in literature, writing and reading through the Clapham Book Festival and other activities.'

In addition to drawing on Clapham's bestselling authors, the Festival regularly invites big names to take part in a wide range of author sessions. The programmes include something for everyone, from internationally renowned authors - Kate Adie, Dame Margaret Drabble, Deborah

Moggach OBE and Elizabeth Buchan are just a few examples - to crime writing, non-fiction, poetry and children's books, and even advice on how to get your own work published.

Festivals past have included prize-winning authors, like Andrew Lowrie and Max Porter and in 2018 we are pleased to have award winners Patrice Lawrence, poet Daljit Nagra and biographer Henry Hemming, not to mention Dame Margaret and novelist and screen-writer Deborah Moggach. Plus Radio 4's Mark Lawson will be discussing crime fiction with Vaseem Khan. The Festival also offers the chance to meet and chat to local authors in an evening meet-and-greet session.

Find out more about the current year's programme at www.claphambookfestival.com. Tickets from Clapham Omnibus box office 020 7498 4699, free children's session at Clapham Library.



STAY FIT AND HEALTHY DURING PREGNANCY

Hub Health on Venn Street have launched a new service designed to help women improve the 4 key areas of health and fitness that are most important during and after pregnancy: physical health (posture and movement), nutrition, fitness, and recovery.

Hub was opened in 2011 by director Tom Fielding. Tom represented England Rugby throughout youth levels before injury forced him to retire from the game and set him down the road to a career in osteopathy, health and performance.

The pregnancy programme is suitable at any stage of pregnancy and the post natal period, for all women regardless of current fitness levels or previous injuries. It is also suitable for those planning to get pregnant as it is always good to start preparing your body and improving your nutritional status and fitness as early as possible.

This is Clapham spoke to Tom about the new Hub Pregnancy service. "Recent studies show the numerous benefits of exercising during pregnancy, not only for the mothers themselves but also for their babies. It is so important to feel pain free, strong, fit and relaxed through the pregnancy itself as well as feeling that confidence in being able to handle what is coming after giving birth- or the demands of the 4th trimester as we like to say!"

"We believe that this is an exciting new offering at Hub Health that fits in well alongside our already established osteopathy, sport injury, fitness, massage and nutritional health coaching services. We have found that the demand for pre and post natal services in Clapham has definitely increased as young couples and families move into the area."



ATD TRAVEL SUPPORT ZAMBIAN SCHOOL PROJECT

Attraction Tickets Direct (ATD) opened in 2002, when its founder Oliver Brendon asked himself - why aren't people pre-purchasing their gate-ready Florida attraction tickets online before they arrive, rather than waiting in queues at the parks to buy a ticket?

With a loan of £10,000 from his parents, Olly built a website, found himself a desk and opened up the phone lines. Four million customers later, ATD have established themselves as a market leader with an office in Clapham and 130 members of staff, offering thousands of attraction tickets, tours and activities around the world.

Since 2010 they've been working closely with the charity Just a Drop, helping them to raise money to build wells, install boreholes and provide clean, safe water in some of the poorest parts of the developing world. Their partnership with the charity has

now positively impacted the lives of over 4,000 schoolchildren including 214 children at the Kalundu Central Community School in Zambia.

The plan at Kalundu school was to build new latrine blocks and provide new hand washing facilities, in the hope that it would improve sanitation, health and encourage pupils to enrol and spend more time at school. The work is now complete, and the staff and pupils at Kalundu Central Community School are benefiting from the new facilities.

ATD have since returned to Zambia, constructed a new playground and given out Premier League shirts to their football team. ATD have also started their own charitable foundation.

For more information about the company visit www.atdtravelservices.co.uk or visit www.atd-foundation.org about the foundation.



REACH FITNESS

TIME TO UNLOCK YOUR POTENTIAL

Opened by industry leading Personal Trainer Richard Tidmarsh (@RichTidmarsh on Instagram) in Clapham North in 2011, Reach Fitness has become one of London's leading gyms for Group Fitness, Personal Training and Sports Conditioning.

Following on from a degree at Loughborough University, Rich launched the 'Reach' brand in 2006 building up a national and international client base including England Rugby player James Haskell & UFC Fighter Jimi Manuwa.

Opening the Reach doors in 2011, Rich has gone on to create a unique gym space that is now home to the likes of Jamie Roberts (Wales & Harlequins Rugby) & James Horwill (Australia & Harlequins Rugby) as well as famous faces including Professor Green, Vogue Williams, Jessie Ware and Gethin Jones.

Reach is the 'go to' brand if you want to be challenged, have fun

and hit personal goals. Over 400 dedicated members of #TeamReach train in the 5,000 square foot Clapham gym, equipped with the latest cutting edge equipment used to create a workout that will push you to your limits in a group training environment.

Rich tells us that group training is an important part of his training philosophy. "Reach is the true definition of a fitness community where strong friendships grow through a mutual desire to achieve fitness goals. Our trainers are knowledgeable and create a motivating environment geared for achieving success. The workouts are diverse and unique, intense and challenging but having fun is always the focus."

Everyone can access a Group Training FREE TRIAL via the website - www.r4reach.com & contact the team via info@r4reach.com if you are interested in Personal Training at Reach.



ALLERGY ADVICE FROM TODAY'S LIVING

Harbans and Baljeet Soor have been running the Today's Living Health Food Shop on Clapham High Street since 1988. Over the last 30 years they have been selling a large range of natural health food products and providing advice on alternative forms of medicine to Clapham residents.

Today's Living specialise in natural health products such as organic and gluten free foods, vitamins, minerals, herbal remedies, aromatherapy oils, homeopathic remedies, body care, cosmetics and sports nutrition supplements.

We caught up with Harbans and Baljeet to discuss their products and get some health care advice.

"At this time of the year we always see people coming to our store with symptoms of seasonal allergies such as hay fever. We stock a range of natural products that alleviate the effects of these allergies and we'd recommend the following."

- Nettle drops and tea can help block the activity of histamine in the body that causes itchy eyes and runny nose.
- Vitamin C helps as an antioxidant and supports detoxification of histamine providing relief from sneezing and inflamed airways.
- Quercetin is an anti-inflammatory that also has the ability to reduce the activity of histamine. It's a great product for strengthening the lungs.
- Local honey taken daily has been shown to reduce hay fever symptoms.
- Probiotics help us to build a strong immune system by increasing the diversity of good bacteria that protect the lining of our gut wall, preventing allergies
- Air purifiers are also great for reducing air-borne allergens.

Today's Living is located at number 92 Clapham High Street.



CLAPHAM POTTERS CELEBRATE 40 YEARS

40 years ago this year, North Street Potters first opened their doors, taking advantage of cheap rent in a derelict property and expanded a small business, supplying restaurants and offering workshops to individuals and community groups.

Then came the impact of the governmental edict that council properties should be let at 'market value' and so, in 1999, before 'crowd funding' was even a concept, Naine Woodrow, the founder, put out the word and within a short period of time The North Street Potters Consortium was born, enabling the collective to make affordable, handmade ceramics.

In 2007, an empty old chapel in Clapham Old Town was identified and Clapham Pottery were able to expand further. Five years later, Clapham Pottery was forced

to buy this building too or lose it to developers. Another fundraising campaign was launched, the full amount for the building's purchase was raised and so a revitalized Clapham Pottery was permanently established.

And so to 2018. Just as it began 40 years ago, the mainstay of the potters' work is in the supply of tableware for restaurants. Nowadays, with the profusion of culinary possibilities in the restaurant world, there are many more requests for the work of The North Street Potters. These include Le Gavroche, Fera at Claridge's and the Coya group.

To mark their 40 years of making pots in Clapham, the potters are holding a celebratory event on Saturday May 5th where the work of the collective will be showcased, exhibiting 'then and now' examples of their craft.



BANDSTAND SUMMER CONCERTS

The Clapham Common bandstand was constructed in 1890 and is the largest bandstand in London and a Grade II Listed Building.

This year's programme of music and performance has been put together by The Clapham Common Management Advisory Committee (CCMAC), an umbrella group who work with Lambeth Council to improve and manage the Common.

For more information about the individual events visit the events page at www.thisisclapham.co.uk.

Saturday 9 June

Common People Festival

Saturday 16 June

Oxjam Music Festival

Saturday 7 July

Lambeth Wind Orchestra

Sunday 15 July

Folk Music Festival

Saturday 18 August

LGBT Festival

Sunday 2 September

Junction Jazz

Sunday 23 September

Clapham Society Open Day

