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Cover Story: Our Concrete Utopia
A paean of praise for the Barbican estate from both a design and living point of view from a Scandinavian airline inflight magazine.

City Heritage Society – Forty Years on
Desmond Fitzpatrick, Vice Chairman of the City Heritage Society and past Chairman, relates something of the history of the Society and is looking to recruit new members to help carry on its work in promoting the principle of heritage conservation.

Restaurant Reviews – Fusion, French, Italian and Spanish
Reviews of four new restaurants – Modern Pantry in Finsbury Square, Restaurant de Paul in Tower 42, Gattis in City Point and Sabor Iberico in Whitecross Street - which have all opened up near the Barbican over the past few months, as well as other restaurant and bar news.

Tony Fleming of Michelin Starred Angler
Tony discusses some of his thoughts on the challenging task of retaining the restaurant’s hard-earned Michelin star.

Bolt – a Barbicantalk Christmas Special
Ted Bolt who keeps barbicantalk contributors and lurkers amused, brings some of his quirky humour to these illustrous pages.
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Pierre Paulin knew how to steal a woman’s heart, with Andy.
The Barbican, as a striking piece of architectural and sociological landscaping, has both its supporters and detractors but we see perhaps the former as gaining the upper hand nowadays as age and familiarity are working their magic on what is considered by many a terrific concept in both design and functionality. True the Barbican has its quirks and foibles but as an urban residential oasis, ever more isolated within the jungle of tall buildings now surrounding us, it generally works extremely well.

Thus it is particularly interesting to come upon independent views of the complex today – and Utopia appears to be the perhaps over-the-top buzzword for what we enjoy. The Utopia description may well have come about from the supposed vision of many of those responsible for rebuilding Britain after the Second World War and perhaps more recently from John Grindrod's architectural treatise looking at this post-war British architecture – entitled *Concretopia*.

Grindrod actually paints a disturbing picture of much of the redevelopment which took place in post-war Britain – in many instances involving corruption, shoddy building practices and subsequent disastrous decay – but the Barbican did not suffer in this way from the greed of local politicians and developers and is very much one of his favourites with a plan which has actually worked well for those of us who live here. In part Grindrod puts this down to its strong management control by the City Corporation which has prevented it falling into dystopian disrepair and decline. (To view a BBC interview with Grindrod about the Barbican and other aspects of his book, this is available on YouTube – search for Grindrod and BBC)

How opportune it thus was to have drawn to our attention, via a post on *barbicantalk*, an article in Norwegian Shuttle's inflight magazine which was indeed entitled 'Concrete Utopia', and that magazine's editor's permission for us to republish it in the following pages. I think Barbican residents will find much to agree with in what is mostly a paean of praise for the complex.

But Utopia? I suppose a pertinent description for the Barbican in that Utopia was the title of a book by Thomas More, published in 1516. However whether our society could be described as a perfect one as his book suggests, is something of an idealistic exaggeration. But obviously a form of Utopia is how others see us, which is rather gratifying and suggests the planners at least got many things right here.

At the beginning of this year I was interviewed by Dutch journalist Jeroen Pool (who incidentally took the photograph which appears on the right of this editorial), also putting together an article on the Barbican, which subsequently appeared in Amsterdam newspaper *Het Parool* back in April. And what was the article title? ‘Wonen in een Utopie’. Those who don’t know Dutch can presumably get the gist – Living in Utopia is a rough translation.

There thus seems to be something of a common theme here – Barbican and Utopia – but it appears to be outsiders who view it so. Maybe we are sometimes too wrapped up in our own personal minutiae to realise how great the Barbican is as an urban living environment. We have something here which is obviously the envy of others. Long may it remain so.

Lawrence Williams
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Our Concrete Utopia

It is always interesting to see how the Barbican is viewed by outsiders in terms of both architecture and as a living space. The following article was first published in the September edition of N for Norwegian – the inflight magazine for Norwegian Air Shuttle.

A maze of 21 residential blocks and a world-renowned arts centre, the Barbican was designed as a radical solution to urban living – but only now, 50 years after building started on the residences, is the world fully coming to appreciate it.

Words Peter Watts Photos Christoffer Rudquist.
How can anyone reconstruct a town from its cellars?” asked travel writer HV Morton as he surveyed the ruined district of Cripplegate in 1951, 11 years after it had been eviscerated by German bombs. The destruction of this corner of the City of London was so total that many buildings existed only as cellars, and to Morton, the damage seemed irreparable. But in 1965, a new town did indeed rise from these ashes.

The Barbican was a masterpiece of urban planning containing more than 2,100 homes in a bewildering array of terraces, towers and crescents, as well as two schools, a church, lakes, gardens, elevated walkways, ancient monuments and a sports centre, all arranged around an international arts centre. There is nowhere like it in London.

“It’s the most complete piece of utopian planning in London,” says Jane Alison, head of visual art at the Barbican arts centre and editor of a recent book about the estate. “It’s extraordinary in its ambition and design rigour, and it is maturing very well. People are really beginning to appreciate it, and it’s increasingly home to artists and architects.”

It’s also home to Jane Smith, chair of the residents’ Barbican Association, who moved into the estate in 1992. “I’d watched it being built and admired the architecture and general attitude to urban planning ever since I moved to London in the early 1970s,” she says. “It’s just a very nice place to live. The flats are very solidly built of thick concrete so you don’t hear the neighbours, but there’s still a real sense of community.

“It’s very central, but you have this little escape from it all, with beautiful gardens and this world-renowned arts centre right on your doorstep.”

Construction of the Barbican’s residential blocks began in 1965 (work on the schools had begun in September 1963), but the first plans were conceived decades before. In 1944, planner Patrick Abercrombie completed the Greater London Plan, which looked at the city’s numerous bombsites. He envisaged Cripplegate, a ward on the northern boundary of the City of London, as being restored to commercial use. For centuries this ramshackle quarter had housed writers and booksellers as well as London’s rag trade – two particularly combustible businesses that were, unsurprisingly, burnt down with monotonous regularity.

There had been a major inferno in 1897 when an ostrich feather warehouse caught fire and another in 1902 after a blaze at a hat factory. At this time, the area was known as Cripplegate – the Barbican was a solitary street that took its name from a long demolished watch tower, originally built by the Romans and attached to the London Wall. On 29 December 1940, Cripplegate was swept from the map following a devastating night of German bombing; when it was reborn, it would be as the Barbican.

A year after Morton’s morbid visit, when London was still a “city of jagged ruins, of hob grates perched in the sunlight in shattered walls,” the City of London Corporation began to consider reconstruction. Initial plans followed Abercrombie’s outline, consisting of warehouses, shops, offices and some housing, but the City had been depopulated by the war and there was a concern this might cost them their ancient status as a unique administrative entity.

“That gave them the impetus to build houses rather than just offices,”
explains John Grindrod, author of Concretopia, a history of the UK’s post-war redevelopment. “The first plan was scrapped. At first, the City was not sure they wanted all those people living there, but their thinking gradually evolved. And the evolution didn’t stop until it was finished in 1982.”

In 1956, Duncan Sandys, the government’s Minister of Housing, proposed “a genuine residential neighbourhood, incorporating schools, shops, open spaces and amenities,” that would put people before profit. The land was purchased and the project handed to the architectural firm of Peter Chamberlin, Geoffrey Powell and Christof Bon, who had created the nearby Golden Lane Estate. “The architects were very radical, inspired by Le Corbusier and modern utopian thinking about the perfect way to live in the city,” says Jane Alison, who notes this was a fortuitous relationship between architect and developer. “The City wanted to make a statement about bringing back life into the boundaries of the financial City.”

A basic scheme of three towers and terrace blocks around a modest cultural hub – theatre, schools, concert hall – was agreed. The overall design changed regularly – it eventually incorporated 140 interlocking plans – but this core

“The Barbican is the most complete piece of utopian planning in London – it’s extraordinary in its ambition and design rigour”
concept remained unchanged. Among the grander unbuilt ideas was one to construct a conservatory inside a huge glass pyramid, and another to use the Barbican as a repository for unwanted London landmarks such as Sir Christopher Wren’s Temple Bar and the London Coal Exchange. Instead, the estate constructed new icons in the form of three 123m towers, each with serrated balconies jutting out like concrete mandibles. For decades, these were the tallest residential buildings in the country.

Contractors began clearing the site in 1960, nearly 20 years after the Blitz, demolishing remaining buildings and removing roads, sewers, gas and electricity, while rerouting railway tracks. A survival of this clearance can be found near the corner of Aldersgate and Fann Street, where a frieze from a gold refiners based at 53/54 Barbican has been erected. This survived the Blitz but was pulled down in 1962.

The first residents moved into the estate in 1968, but building didn’t stop until 1982, at which point there were 21 residential blocks covering 14 hectares. These were built in a variety of styles and on a number of levels, with blocks linked by elevated walkways that raised pedestrians above street level. This network of “highwalks” was intended to spread throughout the City, but was eventually limited to the Barbican, and it is one of the reasons the estate has earned a reputation for being difficult to navigate despite the yellow line painted on the floor to help people get to the Arts Centre.

“One of the criticisms of Modernism is that it made things too bland, too similar, and removed complexity,” says John Grindrod. “The Barbican is an answer to that by being massively complicated and constantly interesting as a result. It is a bit like a medieval street layout and I think people are annoyed that the Barbican has its cake and eats it – it’s both sleek and modern but also very complicated and idiosyncratic.”

The Barbican takes the City’s ancient complexity and expands it over three dimensions – you can go up and down as well as backwards and forwards, so wandering around the Barbican becomes an adventure. Curves envelope you, towers loom, narrow pedways disappear under pedestals and re-emerge as wide walkways enlivened by beds of wild flowers. Even the yellow line may abruptly disappear, eradicated by recent reconstruction work.

There are surprises around every corner, such as London’s largest conservatory outside of Kew Gardens, or the aged tree stump named after composer Felix Mendelssohn, who once sat by it in Buckinghamshire.
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contemplating compositions. Across the lake from the arts centre is the Grade I-listed church of St Giles, where Oliver Cromwell was married and the poet John Milton is buried.

Another fine spot is the roof of the concert hall, initially conceived as a sculpture court, which is framed by the graceful curve of Frobisher Crescent and overlooked by a giant tower.

“There are some interesting quirks in the design,” says resident Jane Smith. “There’s a thriving launderette because when it was planned, people didn’t have a washing machine. There’s also a heritage salvage store run by volunteers who assiduously collect original fittings people are chucking out so those who still have the old kitchen and bathrooms can try and match them up.”

This references another charm of the estate. The homes were built to a variety of plans ranging from studios to five-bedroom houses, but every kitchen was fitted with two sinks – one containing a device for removing waste material – and specially designed tiny bathroom sinks. Other aspects of life on the estate are more fully appreciated by residents, such as getting their rubbish collected five days a week, or having access to eight acres of gardens and lakes, all impeccably maintained either by volunteers or the City.

It’s this careful maintenance that has ensured the Barbican has not aged as badly as London’s other post-war buildings, but that is not the sole reason. The Barbican was constructed with great care, to a high level of detail. Originally, it was to be finished in white marble but the architects settled on tooled concrete. The concrete had to dry for 21 days before handheld hammers exposed the coarse granite aggregate.

There’s also imaginative use of traditional coal-fired London brick, brass and ceramic tiles. “It was intended to be refined,” says Alison. “Even the concrete brings a decorative flourish to this robust, muscular building.”

Alison says that one of her favourite spots is on the bridge across the lake from the arts centre. “You are surrounded by these vast piloti columns and when you stand underneath the building and look up you might notice that the architects painted the underside of the buildings white,” she says. “It reflects the water beautifully. The towers are incredible too, I can’t think of any I like more. They look so much more interesting than many of the other high rises around London now.”

While the estate contains many treats, most visitors know the Barbican for its arts centre. This has galleries, cinemas, theatres, restaurants and a library, but was originally conceived as a small auditorium for the Guildhall School of Music & Drama, one of two

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schools on the site. “The arts centre only became a bigger entity when the Royal Shakespeare Company and London Symphony Orchestra expressed an interest,” says Alison. As the arts centre grew, the architects had to adapt their plan, eventually scooping a large hole out the ground and plonking the arts centre inside it. It was opened in 1982 and offers an adventurous, mixed programme from music and theatre to art and film.

“Some residents are undoubtedly attracted because of the arts centre,” says Smith. “It’s quite an interesting balance having an international cultural attraction in the middle of a residential development and there are tiny bits of friction, but we generally have a good relationship. I like being able to walk to the theatre and cinema, and probably go to one or two marginal things simply because it’s so close.”

It’s this combination of art, architecture, public space and community adhesive that makes the Barbican so special. “What makes it important as a development is the sheer number of different things they managed to do,” says Grindrod. “It embodies more than any other post-war rebuilding scheme a successful way of doing all the things people were talking about after the war, like the separation of pedestrians and cars, the use of tower blocks as landmarks, the joined up maisonettes. There are civic functions like the school and arts centre, and great transport links. They combined all those different things into what is a very historic site, which still has Roman walls and medieval churches. They did all this, and they made it work. That’s a real triumph.”

This article first appeared in N by Norwegian, the inflight magazine of Norwegian Air Shuttle.'
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Desmond Fitzpatrick, Vice Chairman of the City Heritage Society and past Chairman, relates something of the history of the Society and is looking to recruit new members to help carry on its work in promoting the principle of heritage conservation.

The City as it was in the late ’50s of the last century was strangely different - a place dirty with coal smoke, and obscured late in the year by occasional Stygian fogs from such smoke allied to November-December weather. Wartime damage was being gradually repaired but much of what was being built was indifferent in appearance and poor in structure. Development of the Cripplegate site, on which no rateable properties had survived the Blitz, except for Ironmongers Hall on its very edge, was a cause of spasmodic argument, rather than as an opportunity to be grasped. Above all, concepts like heritage and conservation do not appear to have informed discussion of the City’s future.

Things had not much improved by the early 1970s: Douglas Woodward suggests in his autobiographical study A Voyage Round a Barbican Garden, that “any word in favour of conservation was met not so much with hostility as surprised disbelief”.

On becoming a Common Councilman and a member of the Planning Committee around that time he discovered that “… a whole string of planning approvals had already been given that committed us to further destruction of what remained of the City’s architectural heritage”.

However, in 1965 the principle of Conservation Areas had been introduced, allowing towns and cities to designate areas in which refurbishment should be preferred to piecemeal destruction and unsuitable redevelopment. The first of these - at Stamford in Lincolnshire - was named that year.

When the City’s Planning Committee discussed the development of this new idea, the relatively few conservation-minded common councillors proposed that the group discussions should “include the addition of a resident viewpoint”. This was accepted and a subcommittee of the Barbican Residents Association was established as the Barbican Residents Association Conservation Group, nominees of which became active on the newly-formed City Conservation Areas Advisory Committee.

The Barbican group extended its interests beyond the Conservation Areas principle and in 1975, when City membership exceeded that of the Barbican residents, the group was reconstituted as The City Heritage Society, its role being to promote the principle of heritage conservation and, by means of social events, lectures and visits, to both entertain and inform members.

During the forty years since its foundation the Society’s officers have considered planning applications involving alteration to and redevelopment of City buildings and have submitted comments, suggestions and, where appropriate, statements of disapproval to the planning authority.

The concerns of other civic societies like ours have indicated the existence of a climate of opinion in support of conservation and of the value of heritage. Especially since the early 1980s, changes in informed public opinion have been noticeable. Interest in amenity in the City has grown. Areas of beauty and historical significance now attract much more interest than thirty years ago when I first became actively concerned with the City Heritage Society: as a newly registered voter in the Ward of Cripplegate, I attended a Wardmote, met Douglas Woodward, joined the Society and the rest is history, for me very satisfying history, which has included acting, since 1998, as an assessor for The City Heritage Award and being Chairman of the Society from 2010 to 2014.

I think the Award is the Society’s most valuable activity: it is organised in partnership with the Painter-Stainers Company, and is given annually to recognise the restoration or refurbishment of a City building or structure judged to be of importance, whether for its architectural merit, historical importance or its contribution to its setting.

The first Award was made in 1978, honouring the refurbishment of a small early 19th century house in Smithfield, at the corner of Newbury Street and Cloth Fair, which had been brought back from relative neglect to new and useful life.

This was a modest beginning but the remarks of the Lord Mayor on unveiling the plaque to the effect that this small beginning in conservation would perhaps spark off a general improvement in the area have proved prophetic, as anyone may agree who knew Newbury Street in the 1980s and knows it today!

Since then year by year entries of appropriate works completed in the previous year have been examined by
the assessors who agree their preferred scheme. The Award consists of a plaque on the building and a certificate presented to the architect of the scheme.

Thirty eight awards now been made which have included conversions such as one of James Gibbs’s Ward Blocks at Barts to a clinic; the old Public Records Office building in Chancery Lane to a library for Kings College, London; several admirable refurbishments of distinguished 19th and 20th century business premises including Unilever House, Britannic House in Finsbury Circus, Union Discount’s offices in Cornhill and General Credit’s offices in Lothbury, grandly Venetian gothic in manner; and the rescue and rehabilitation of such distinguished City residences as 17th century 41-42 Cloth Fair and 4, Brabant Court, near Eastcheap, of 1725.

Year by year, the Award with its ceremony has highlighted the importance of heritage conservation. The Award’s prestige has been enhanced by City Heritage Society’s partnership with the Painter-Stainers, a historic Livery Company particularly associated with the Arts. The welcome attendance year by year of the Lord Mayor makes it a civic event.

Barbican residents were first and foremost in coming together to recognise the value of the City’s built heritage and to advocate its protection. Now, the Society is again in need of your support! The greater our numbers, the more effective we can be in making our case and the more successful in running events which are generally enjoyed and make our City’s buildings better known. Come and join us!

(For further information apply to Membership Secretary Pat Burke, 367 Ben Jonson House, Barbican, EC2Y 8NQ. Tel 0203 419 0660. Email: PatC4Burke2@yahoo.com.)
Modern Pantry, Finsbury Square: AlphaBeta standout

Those Barbican residents who have enjoyed the food at Anna Hansen’s Modern Pantry restaurant in St John’s Square will no doubt be pleased that a second Modern Pantry has now opened slightly nearer at hand – and also has added a tapas bar section for those who might prefer small dishes to accompany a glass or two of wine or even a cocktail. (While we say tapas, it is not traditional Spanish-style tapas dishes which are served but The Modern Pantry’s own version of fusion food-inspired small plates – and very good they are too by all accounts.)

The new restaurant is a part of the redevelopment of the spectacular art deco AlphaBeta building (formerly Triton Court) on the northeast corner of Finsbury Square where Finsbury Pavement becomes City Road and bounded by Worship Street to the north. The newly named building houses 220,000 square feet of office space and is a great redevelopment of a standout building – and in the second Modern Pantry it now boasts a standout restaurant to match.

On the Tuesday lunchtime we ate there the restaurant was full, so despite only being open for around five weeks, it has already generated a strong following. It is perhaps not quite as busy in the evenings, but apparently taking a chance on weekend opening in an area where everything used to close they have been doing really well with their Saturday and Sunday brunches too.

So what is special about this new venture for Anna Hansen and young business partner Rob McLeary, who is overseeing the kitchen at the new restaurant having come across from the St John’s Square establishment. The type of food served for one. Hansen was one of the pioneers of fusion food mixing the tastes of east and west to great effect. This worked very well indeed at the Clerkenwell original and she built up a strong dining following. Now this is being expanded into a bigger, and classier looking, space with a bigger kitchen plus the aforementioned tapas bar. While still concentrating on fusion dishes, the menu is different, and larger, than at the St John’s Square establishment. Altogether the new restaurant seats 100, the tapas bar 20, but people may also eat standing up there. At the back of the restaurant section is a private dining area which can seat up to 40. This can also be used as a restaurant overflow if the private space isn’t booked.

Hansen brought in a U.S. design team, AvroKo, which she came across when working in New York, and they have done well creating a bright, and airy space with comfortable Scandinavian style furniture and a spectacular array of hand blown glass lighting globes hanging from the high ceiling. The décor and seating can be varied with some of the well-spaced tables being able to be folded out to seat six instead of up to four in their normal layout. When we were there tables were alternately tableclothed and plain and, of course, this can be varied as desired. There are comfortable looking banquets along the south and west walls too. Overall the ambience is extremely welcoming.

And how about the food? Very good on our experience. The taste combinations are novel and add a different element to the dining experience.

We opened with a Seared diver caught scallop, burnt shallot puree, ponzu butter, caramelised shallot dusted wild rice (£8.50) and a Tamarind & krupuk crusted soft shell crab, Shaoxing, citrus & sesame dipping sauce (£9.50). My companion rated the scallop dish highly, although perhaps marginally overcooked, while the softshell crab’s delicate flavour was perhaps a little compromised by the marinade and the very crunchy coating – but still an excellent dish.

For mains we chose the Sambhar Masala roasted line caught wild sea bass, roast butternut squash, coconut laksa, pink peppercorn salsa (£22.00) and the Ginger & coriander seed marinated duck breast, port braised red cabbage, piccolo parsnip, radish relish (£20.50). Both very good indeed. The sea bass was perfectly cooked...
cooked and prepared and delightfully flavoured. The duck breast was served rare and again a top rate dish. We ordered a side of Bombay potatoes – nicely flavoured with the right degree of spiciness.

At that point we had both probably had enough to eat, and went for the lightest of the desserts – a strawberry sorbet with red peppercorns and a turmeric and Greek yoghurt sorbet (£3.50 each) – both more than acceptable.

Wine: there is a decent wine list, but those looking for low cost options should be aware that the ‘house wines’ only appear to be available by the glass or half litre carafe. We chose a carafe of an Argentinian Torrontes – not great but perfectly acceptable at £22.

The restaurant is open for breakfast weekdays from 7.00 am and for brunch at weekends from 9.00 am to 4pm. The latter is already proving extremely popular.

The tapas bar is also likely to prove well frequented with a good range of small dishes which may appeal to someone looking for a lighter option – although the plethora of flavours offered may lead to expensive over-indulgence!

This is yet another welcome addition to the ever-growing number of restaurants in close vicinity of the Barbican. As with most of the classier restaurants in the area it is not inexpensive, but offers an extremely interesting selection of unusually flavoured dishes for the discerning palate.

Opening hours are as follows: Dining Room: Monday: Breakfast 7 – 11.30 | Lunch 12 – 4 | Dinner 6 – 10; Tuesday – Friday: Breakfast 7 – 11.30 | Lunch 12 – 4 | Dinner 6 – 10.30; Saturday: Brunch 9 – 4 | Dinner 6 – 10.30; Sunday: Brunch 9 – 4 | Tapas Bar: Monday: 12 – 10, Tuesday – Saturday: 12 until late; Sunday: 12 – 4

The new restaurant is at The Alphabeta Building, 14 Finsbury Square, London EC2A 1AH
For reservations one can book online at www.themodernpantry.co.uk or call 020 3696 6565

A little piece of France in Tower 42

There are a number of what might be termed French brasserie type restaurant chains which have opened establishments across London, indeed across the whole country. These actually do a pretty good job of mostly producing what might be best described as a slightly anglicised version of basic and mid-tier French cooking at, by modern standards, reasonable prices. However somehow most of these lack the French gastronomic flair that those of us who have travelled a lot in France might seek in trying to replicate the experience of eating there.

Thus it is nice to see a City of London restaurant/bar opening that perhaps brings us closer to the traditional small French restaurant ideal in Le Restaurant de PAUL which opened in late August on the ground floor of the City’s first true skyscraper building, nowadays called Tower 42. The building also sports the Vertigo 42 champagne bar at the top and Jason Atherton’s great Michelin-starred City Social restaurant (reviewed in the Autumn issue of Barbican Life) on the 24th floor. All in all a great eating and drinking destination.

While Le Restaurant de PAUL probably won’t gain a Michelin star like its upper neighbour – its menu isn’t of that type – its prices are hugely below Michelin star restaurant charges, while its atmosphere and great food from a very French looking (and tasting) menu are bound to make it a popular place for lunches, evening drinks and an accompanying meal – and even for breakfast (it is open from 6.30 am) and afternoon tea. Indeed it is not just a bar/restaurant, but a boulangerie and patisserie as well serving French style breads and pastries throughout the day – both inside the restaurant and also from a take-away kiosk situated outside. It also serves excellent coffee – and wines, beers and cocktails. My colleague was late arriving so I whiled away the time waiting with a Thyme Citron – a long glass with lemon juice, thyme syrup, thyme liqueur and gin (with a big sprig of thyme just so you didn’t forget what you were drinking) at £7.95. I was very tempted to order a second but my colleague arrived just in time to save me from such over indulgence.

There is quite a history behind the restaurant and company which runs it – dating back to 1889 in Lille, France. Historically it has been primarily a boulangerie and patisserie with nowadays outlets all over France and in many other countries too. Some Barbican residents may already be familiar with the small branch serving breads and pastries on Charterhouse Street at the top end of Cowcross Street and opposite the north side of Smithfield market. But more
ANDREWES HOUSE, BARBICAN EC2
£910,000
Situated in ANDREWES HOUSE in the BARBICAN on the first floor is this two bedroom (type 21) flat having a south facing balcony to the front and to the rear a north aspect overlooking the Barbican gardens and lake. The property offers the original kitchen, reception room with south facing balcony, original bathroom and cloakroom and two bedrooms to the rear overlooking the gardens.

ANDREWES HOUSE, BARBICAN EC2
£935,000
Situated on the fifth floor of ANDREWES HOUSE in the BARBICAN is this two bedroom (type 21) flat featuring a south facing balcony to the front and to the rear a north aspect overlooking the Barbican gardens and lake. The property has been greatly improved by the present owners to include a re-fitted kitchen, superb re-fitted shower room and recently redecorated throughout.

BEN JONSON HOUSE
£350 PER WEEK
AVAILABLE NOW - Situated on the SECOND FLOOR of Ben Jonson House in the Barbican is this ONE BEDROOM APARTMENT with SOUTH FACING BALCONY. The flat offers entrance hall, open plan ORIGINAL BARBICAN KITCHEN and reception room, original bathroom, bedroom and BALCONY and is offered FURNISHED.

GILBERT HOUSE
£425 PER WEEK
AVAILABLE NOW - Situated on the 6th floor of GILBERT HOUSE is this one bedroom apartment. The property has been modernised throughout which includes a re-fitted kitchen with full size fridge / freezer, washer dryer, dish washer and fully tiled bathroom. The flat has the added advantage of a wonderful south facing balcony which has a spectacular views over the City.
recently it has moved into the traditional French restaurant business, firstly with a small restaurant added to its patisserie/boulangerie in Covent Garden and now the new opening in Tower 42 in the City. The initial impression is certainly positive – either as a bar with snack type offerings (effectively sharing plateaux featuring charcuterie, fromages, and crudités – or the restaurant entrees) or as a full blown French restaurant with a relatively limited menu by some standards but oozing French routier type food at reasonable prices for this area of London – the most expensive dish on the menu being the 280g (around 10oz for those of us who still think in imperial weights and measures) entrecôte steak at £18.95.

Both my review colleague and I chose soups as starters. I had the fish soup (£6.50) complete with rouille, grated cheese and croutons while my colleague chose the soup of the day – a wild mushroom and vegetable soup with the taste of the mushrooms really coming out again, possibly in preference. We also sufficiently so to make me want to seek it out again, possibly in preference. We also gave an indicator of what one could expect to pay for a meal for two – getting on for £40 a head including the drinks. So the food cost totalled a fraction under £50 for two. Wine, a bottle of sparkling water, the coffee and the pre lunch cocktail a further £27.50. That will probably accommodate a few more if needed and there is also an external terrace where one can eat or have a drink or a coffee when the weather is appropriate for that. Design is modern – and seating is comfortable.

The restaurant seats 74 people but tables are well spaced and it could have been the perfect stopping off point on the way home.

For mains we had cotelettes d’agneau (£14.95) – three lamb cutlets, cooked to order with the meat melting in the mouth, so I was told. (Their meat comes from Donald Russell – the Queen’s butcher – so is of excellent quality.) It was served on a massive slice of beefsteak tomato. I chose one of the other typically French dishes on the menu – boudin noir served with potatoes, tomato, espelette peppers and sour cream (£11.75) – absolutely delicious. Quite a different taste from English black pudding – sufficiently so to make me want to seek it out again, possibly in preference. We also shared a small dish of gratin dauphinois (potatoes cooked in a traditional French style with cream and garlic – £3.95) – that is a way I love potatoes cooked and it didn’t disappoint.

For dessert we shared a fraise melba (£6.75) – again very good.

The wine list is quite short (a dozen each of whites and reds, three roses and five sparkling wines/champagnes. The whites and reds start at £16.95 a bottle – and go up to city bonus £130 bottles of white (a 2007 Puligny Montrachet) and red (Vosne Romanee burgundy 2011). We settled for wines by the glass – a Côtes du Tarn sauvignon blanc at £5 and a Rose Ose Languedoc at £5.25. And both finished with a cup of their great coffee (well I had two cups).

The latest, and very welcome, addition to the north of the Barbican, has become something of a relatively low cost culinary destination. At the latest count there are perhaps 16 eating places in the street (if one works from Cote Brasserie at the south end to Jane Roe Kitchen at the north (and not counting coffee/sandwich shops or Waitrose) covering several different ethnic food options – French, Italian, Chinese, Japanese, Vietnamese, Turkish, Indian – as well as generic food type specialists – burgers, fish, pizzas, vegetarian etc. At weekday lunchtimes there is also nowadays perhaps the biggest and most varied street food market in the whole of the capital city with up to around 40 food stalls on the busiest days – and the restaurants and the food stalls all seem to be extremely busy.

The latest, and very welcome, addition to the Whitecross Street eating scene is a Spanish style tapas restaurant – Sabor Iberico – which occupies the premises previously the location for Italian restaurant Alba, almost directly opposite Waitrose, thus bringing yet another ethnic food option to those looking to eat out at lunchtimes or in the evenings.

We get the impression that Sabor Iberico was perhaps put together as something of a rush job. The decor is fairly basic – pale yellow/cream and
exposed brick walls – indeed the exposed brick makes it somewhat reminiscent of Polpo which serves Italian-style ‘tapas’ dishes and has built up a hugely popular following. Wooden tables and comfortable chairs – decently spaced – and light fittings which could best be described as minimalist make up the decor. At the time of our visits, with the restaurant only open a couple of weeks, the downstairs private dining room option – and the tiny deli a door or so down the road, but connected to the restaurant at basement level, were still to be finished.

But one visits a restaurant for the food, ambience, service and perhaps price – and Sabor Iberico would seem to come up trumps on all of these. Like any tapas restaurant the selection of small dishes can be pretty variable, with price often the best indicator here, but mixing and matching one can put together a very good meal indeed, and at relatively low cost.

The menu comprises a number of small dishes ranging in price from £2.50-£9 – many come in small or large size options – plus a few larger dishes from £12.50-£13.50. The most expensive dish on the menu at the £13.50 mark was lamb cutlets with saffron butter bean puree, wild mushrooms and cherry tomatoes. But the menu changes frequently so these might not always be available, but other equally interesting dishes will be.

I have eaten there twice now. On the one occasion a colleague and I (a fellow contributor to Barbican Life) shared three or four tapas dishes and one of the mains. We started off with a dish of olives and nibbles – I’m not a lover of olives, but my companion was and he declared them truly excellent. Of the tapas we had a chorizo tortilla (£3.50), padron peppers (really good) – £3.95, a plate of Iberian ham (£7.50), salt and pepper fried seafood (which appeared to be just calamari, but nonetheless very well prepared and tasty) – £4.95 and a main dish of pork chops and prawns (£13.50) (excellent). Probably rather more than we needed but there was a 25% opening discount in place so this all came to around £25 for the two of us, and we washed it down with glasses of wine in the £5-6 range.

On the second occasion with a different colleague we stuck to tapas dishes – patatas bravas in a nicely spicy sauce (£3.95), the padron peppers again, tiger prawns with garlic and sliced red chilli (fantastic) at £8.95, a chorizo sausage special (also really good at £7.95) and some more of the olives and nibbles to start us off. My colleague visits southern Spain and reckoned the tapas to be very good even by Spanish standards. That was more than enough for the two. Menu again cost around £25 for two without a discount. We had a glass of cava (£5.50) and of Monastrell (£5.90) so a meal for two with a couple of glasses of wine around £36 – with good coffee afterwards perhaps £40. At some restaurants in the area you can pay that for a single main course alone.

Overall the wine list looks reasonably good. As befits a restaurant in that location, the most expensive wine is around £50 a bottle rather than the £300 upwards one finds at many city restaurants keen to separate clients from their city bonuses! There is fair selection at the £18-25 range and eight are available by the glass at between £4.90 and £6.40 – or by the half litre canafe from £13.95 – £18.40.

Service was friendly, good and prompt – which would make it a good choice for a pre-theatre or concert dinner for those going on to the Barbican Centre or Milton Court for performances.

How often has one gone to a restaurant and thought that you’d probably prefer two or three starters to a main course. That’s the beauty of tapas. One can have a great variety of tastes and if one chooses well at pretty low cost. Sabor Iberico is, in the writer’s opinion, a great addition to the area and one where one shouldn’t feel constrained by the price from eating out on a regular basis.

Sabor Iberico is at 107 Whitecross Street, London EC1. Tel 0207 374 6713. Website is under construction but restaurant does have a Facebook page.

Gattis in City Point

As a Barbican resident at the eastern end of the complex, the new Gattis restaurant in City Point is particularly of interest as it is probably the nearest classic style (rather than fast food or wine bar) restaurant to
my apartment. Door to door in around 2 minutes!

The restaurant is the second Gattis – the first operates reasonably successfully in the Broadgate complex and the owners are seeking to replicate the success of this one within another major City office environment and have taken on, and completely refurbished, the big bar/restaurant establishment which was The Cuban. It has thus replaced Latin American style with the ever popular Italian cuisine, but because of the restaurant size needs to attract considerable custom to make it a success. It carries an identical restaurant menu to its Broadgate sister establishment so is hoping to attract existing custom which may find City Point more convenient than Broadgate, as well as build new clientele. It is thus looking to Barbican residents to perhaps provide some of the new business, particularly in the evenings.

Gattis is, according to restaurant owner Jennifer Carpenter, named after ill-fated star Italian chef-patron of the early 20th century, Gaspare Antonio Pietro (Luigi) Gatti who had run two hugely successful restaurants at the Ritz. Gatti was head-hunted away by the White Star Line to run its top a la carte restaurants on first the Olympic, and then the Titanic and perished in the icy Atlantic waters along with virtually all the Titanic restaurant staff who were prevented from accessing the lifeboats.

The owner of the new Gattis City Point restaurant has perhaps been a little optimistic so far on filling the space – particularly in the evenings. There is a relatively small upstairs bar area, but the bulk of the restaurant takes up a massive area on the lower level which can seat well over 100 diners. The restaurant is nicely appointed. Well spaced tables with nice crisp white tablecloths and comfortable seating. It is certainly not one of those seemingly low-cost Italian eateries that seem to abound around the Smithfield area, but has a comprehensive menu of classic Italian dishes to go with the upmarket decor. There is quite a small – and not wholly-Italian – wine list with house wines starting from around £20.50 which is about average for the area.

Food: Nice menu with plenty on it to attract for both pasta and non-pasta lovers. On our visit I started with a very pleasant Gamberoni all’aglio (£10.80) – Pacific prawns sautéed in garlic, herbs, lobster bisque and a shellfish reduction. A good sized helping and luckily I also had some bread with which to soak up some of the very nice sauce.

My colleague went for Calamari fritti (£10.05) – Deep fried calamari served with tartare sauce. Again a large helping of crispy fried calamari. Indeed the starters were almost as big as main courses I’ve had at some restaurants.

Mains: Again a nice selection. Being a calves liver lover I went for Fegato di vitello (£19.50) – Calves’ liver with butter and sage or grilled with bacon. I went for the liver and bacon but in retrospect should probably have gone for the less English combination – nice though the liver and bacon was – and for the more Italian style alternative option. The portions were large and nearly defeated me after the ample starter.

My colleague decided to go for one of the veal dishes and chose Medaglioni di vitello al limone (£19.95) – Veal medallions in a lemon and butter sauce which she declared to be delicious. We
had a selection of vegetables (£5.50) to go with this. Cooked al dente – and the standout was a dish of fried zucchini. Wish I’d had more room to have had a few more of these tasty items.

We washed all this down with a bottle of 2011 Côtes du Rhone (£31.95) – pleasantly drinkable.

Probably shouldn’t have had dessert due to lack of internal space, but in the interests of the review did end with a selection from the trolley (£6.50) – actually not a trolley but a hand held board packed with a host of delectable looking offerings. I chose a raspberry tart which was really good and we also sampled the profiteroles which were of a high standard.

As can be seen from the above we had a good meal. The mathematicians among the readers will have noted that dining at Gattis is far from a low cost experience, but food quality is good – if not outstanding – and portions are large. You certainly shouldn’t leave feeling hungry. If the restaurant had been reasonably full there would have been a reasonable buzz and ambience, but it was not so the atmosphere was perhaps a little lacking.

However Gattis does offer monthly special menus which would cut the cost of dining substantially. That prevailing at the time of writing is for dinner only and is for a 3-course meal (plenty of choice of starters, mains and desserts) plus a glass of prosecco or selected wine of the month for £29.50 a head – to which would be added the service charge of 12.5% and a cover charge of £1.25 a head.

There is also a pasta and prosecco offer at the time of writing at £14.95 but you need to mention this and check availability at the time of booking.

Gattis City Point is also offering Barbican Association members a 10% discount off the full final bill in the evenings.

As is the case of many centre city restaurants which perhaps rely on the business lunch trade for a major part of their business, Gattis City Point is open only from Mondays to Fridays, as is its Broadgate sister, but unlike the latter it also opens for breakfast from 8 am to 10.30 am. Lunch is served from 11.30 am to 3 pm and dinner from 6pm – 9.30 pm. Good coffee and drinks are served all day.

The official address is 1 Ropemaker Street but this is a little misleading as it is located in the heart of the City Point complex next to the Corney and Barrow wine bar. For reservations call 0207 628 83751. Email citypoint@gattisrestaurant.co.uk

RESTAURANT NEWS

Eat Smart this Christmas

“StreetSmart is a fabulous charity that remembers the homeless at a time of year when we should be thinking of others”

Marcus Wareing, Chef

This November and December, StreetSmart and over 500 participating restaurants across the UK are asking diners to donate £1 at the end of their meal and in turn have a dramatic impact on the lives of homeless people nearby. Some of the UK’s best restaurateurs are staunch supporters of the project because every single £1 donated to StreetSmart goes to help homeless and vulnerable people. One half of the charity’s admin staff of two is Barbican resident Jennie Blouet.

Many, if not most, of the large number of local restaurants close to the Barbican support StreetSmart, so do consider one of these if planning to eat out between now and the end of the year. Check out the www.streetsmart.org.uk website to see those which do support the charity – they range from Michelin-starred establishments like Angler, Club Gascon and St John to many of the popular establishments like Gattis City Point, Rhodes, Barbican resident Jennie Blouet.

“Every time a guest takes part in the ‘Eat Smart this Christmas’ initiative, StreetSmart are able to provide assistance to someone in need and help bring about a real difference to people’s lives.”

Ruth Rodgers, MD, StreetSmart

I t is estimated that 1 in 25 of the people of the UK are asked to donate £1 at the end of their meal and in turn have a dramatic impact on the lives of homeless people. Some of the UK’s best restaurateurs are staunch supporters of the project because every single £1 donated to StreetSmart goes to help homeless and vulnerable people. One half of the charity’s admin staff of two is Barbican resident Jennie Blouet.

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“We’ve been doing this since the beginning” says Ruth Rodgers of The River Café “The charity has just kept growing and has become a bit of a family tree amongst restaurateurs.”

Restaurants and diners choose to support the campaign because the number of rough sleepers in the UK grows year on year, doubling in the past five years. In London, that figure has increased 77% in the past five years. A staggering 80,000 young people aged between 16-25 experience homelessness each year.

StreetSmart’s idea has raised £7.4 million since its inception in 1998. Money generated by the restaurants has a direct impact on projects that are on their doorstep and some restaurant staff have been moved to help out at local StreetSmart projects.

StreetSmart is supported by Deutsche Bank as part of its Born to Be youth engagement programme. The Bank is a long-term supporter of StreetSmart, having funded the campaign’s costs for the past ten years, ensuring that every single penny donated goes towards frontline and preventative help.

“As seasonal a presence on the menu as parsnips and winter greens, StreetSmart dishes always do your heart good.” Stephen Fry, long-time supporter of StreetSmart

A full list of the participating restaurants, hotels and the homeless projects funded and partners supporting StreetSmart can be found at streetsmart.org.uk.

Bourne & Hollingsworth appoints new executive chef

In October, the Bourne & Hollingsworth bar/restaurant previewed the appointment of new Executive Chef, Adam Gray, and the restaurant’s new offerings, to the press and guests with a selection of the flagship cocktails and an excellent three-course sit down meal with each course paired with a specific cocktail or wine in the restaurant’s ‘Greenhouse’.

Taking the helm at Bourne & Hollingsworth Buildings, Gray (Le Manoir aux Quat’ Saisons, Rhodes Twenty Four, Skylon) will launch his brand new menu at the hugely popular all-day brasserie and bar today, before they open for business tomorrow. A full list of the participating restaurants, hotels and the homeless projects funded and partners supporting StreetSmart can be found at streetsmart.org.uk.

The Michelin starred Angler is just one of the many restaurants in the area which runs StreetSmart.

The bright and airy ‘Greenhouse’ section of the Bourne & Hollingsworth restaurant

The bright and airy ‘Greenhouse’ section of the Bourne & Hollingsworth restaurant
setting his sights on future openings and a Bourne & Hollingsworth cookery school.

Situated just off Exmouth Market, Bourne & Hollingsworth Buildings features a 70-cover restaurant and greenhouse, a relaxed café area, characterful private rooms and a large bar serving the brand’s famous cocktails. With varied eating and drinking spaces, welcoming service and all-day flexibility, Bourne & Hollingsworth Buildings has become a creative hub for all those who enjoy the brand’s signature style, day and night.

Completely overhauling the lunch and dinner menus, Gray will add his own take on B & H Buildings’ signature modern British brasserie style. His menu which will change frequently, reflects the Buildings’ own warm, yet modern feel. Focusing on quality seasonal produce and simple, yet perfectly composed, recipes, Gray’s dishes let the ingredients do the talking. The new dishes have been designed to match the restaurant’s flexible dining – perfect for casual bites with friends or to celebrate a special occasion.

**… and cookery school from January**

B &H Kitchen is the title of the brand new cookery school from Bourne & Hollingsworth Group, opening in January 2016 noted above. Run by the group’s new executive chef, Adam Gray, B&H Kitchen will guide Londoners through expert techniques, seasonal recipes and ingredient knowledge, at its popular Clerkenwell establishment.

Situated at the very top of Bourne & Hollingsworth Buildings, just off Exmouth Market, the space will reflect the group’s innovative fair and focus on design. Featuring six catering stations, a demonstration bench and a communal dining table, the kitchen has been equipped with the latest kitchenware and technology.

Focusing on quality seasonal produce and teaching both classics and specialised techniques, the courses range from knife skills and butchery to sausage making and seasonal vegetables. Hosted by Adam Gray and his Head Chef Anthony Horn, the classes will take place thrice weekly and accommodate up to twelve participants. They have been designed to reflect the restaurant’s distinctive modern British style and students will learn to execute both basic dishes and celebratory meals for special occasions.

As well as the cookery courses, B&H Kitchen will include pairing sessions of food, wine and Bourne & Hollingsworth’s famous cocktails. The room will also be used as a Chef’s Table complete with private chef and bartender – perfect for private parties. Prices available on application.

**Cocktail Trading Company Smithfield opened in Long Lane**

New cocktail bars seem to be the name of the game nowadays – perhaps there is more money in alcohol than food!

Following the success of The Cocktail Trading Company in Oxford Circus, the award winning team of bartenders, Andy Mil, Olly Brading and Elliot Ball have opened a second venue, The Cocktail Trading Company Smithfield, launched in mid-October. The new cocktail bar is located in the basement of the already popular all-day modern restaurant and bar, Ask For Janice. CTC Smithfield proposes to bring the hustle and bustle of the area’s much loved market place from the outside in.

The 50-capacity space is fitted out with fine fabrics and rustic features, and guests are invited to swap their antiques and knicknacks for cocktails in a nod to the area’s marketplace ties.

As with its sister venue, the menu counts down the number of breaded cutlets left in the kitchen. Elsewhere on the menu, Rabbit Balti Pie and Lamb Faggots cater for the more adventurous diner.

Following suit, the cocktail list features modern takes on retro classics such as the Grasshopper and the...
Snowball. A sodastream creates a selection of bubbly cocktails and fizzy soft drinks.

Spread over two floors, the design of Coin Laundry’s interior has revealed and restored some of the original pub features including beautiful decorative internal and exterior tiling. Wooden floors, comfy couches and simple homely designs are combined with playful touches such as kitsch tableware and a vintage 80s pinball machine to finish the look.

Open all day, Coin Laundry is already becoming a local hangout for the area, catering for everything from coffee meetings, to informal lunches, after-work cocktails and lively dinners with friends.

**Vecchio Parioli Restaurant**

Friendly Italian restaurant at the corner of Aldersgate Street and Carthusian street offers Barbican Association members a 10% discount on production of their membership card.

129 Aldersgate Street, EC1A 4JQ  tel: 0207 253 3240

Opening times
Monday to Friday 12-3pm & 5.30-11.30pm
Saturday 5-11.30pm  Sunday 12 -11.30pm

www.vecchiparioli.com
email: info@vecchiparioli.com

**The Artillery Arms**

The Artillery Arms is a bustling City pub Monday-Friday and a true haven of peace come the weekends.

We serve delicious seasonal freshly prepared food

Mon-Fri 12-3pm & 5-9pm

- Free Wifi
- Free newspapers
- Function room for private hire
- Board games to while away the afternoon
- Quiz night Sundays from 7.30pm
- 15% discount to Barbican Association members

102 Bunhill Row, London, EC1Y 8ND.
Tel: 020 7253 4683
www.artillery-arms.co.uk  twitter: @artilleryarms

**Caphe Pho**

Vietnamese cuisine: one of world’s healthiest; a fusion of Chinese and French food. Caphe Pho’s chefs use many fresh herbs, roots and ingredients to give the perfect combination of textures, tastes and nutrients; a healthy blend of natural, timeless flavours. Dishes are made daily with fresh ingredients and our pho is made with our own unique stock recipe. A meal in a bowl: protein, vitamins, carbohydrates - and it tastes great! We look forward to welcoming you.

Caphe Pho, 12 Smithfield, EC1A 9LA  T: 020 7248 4000
www.caphepho.co.uk
Mon 12-6pm Tues - Fri 12-10pm. Sat/Sun closed
Chef’s Corner

TONY FLEMING OF MICHELIN STARRED ANGLER

Tony Fleming is Executive Chef at the South Place Hotel, the luxury 80-bedroom hotel halfway between Moorgate and Liverpool Street, which opened in September 2012. Showcasing the best of sustainable seafood from across the British Isles, the hotel’s flagship top-floor restaurant, Angler, is the product of Tony’s high standards, consistency and commitment to seasonal ingredients. It is also perhaps the Barbican Life editor’s favourite local restaurant in terms of food quality and ambience. Tony manages all aspects of the restaurant from ordering and preparing fish, staffing and training, to menu and design creation. No dish leaves the kitchen without Tony’s approval to ensure stunning plating and exceptional quality of cooking.

Tony came to London to work as Chef de Partie for Marco Pierre White, first at the Criterion and then at the triple Michelin-starred Oak Room after which he worked for Richard Neat in the Oxo Tower. Tony came to specialise in seafood given his natural inclination for precise, meticulous cookery.

Tony’s menus reflect both sides of Angler’s personality – the subtle perfection of fish and crustacea, and the adventurous flavour combinations where Tony expresses his personality and culinary mastery with colour, texture, and modern ingredients.

Sourcing the best ingredients is Tony’s first priority, “The freshness of the fish is paramount. We’ve built strong connections with small, family-run fishermen who supply us directly with their day boat catches.”

“Dishes don’t just materialize, there is no moment of epiphany,” says Tony. “Every plate starts with a stunning piece of fish and then layer by layer, flavours and textures are built around that fish. Chefs, like writers and artists, have creative blocks. It takes stages of experimenting and tasting before dishes are included on the menu.” Tony’s idea of perfection is a stunning piece of Turbot, roasted on the bone and served with Béarnaise sauce.

Angler won a Michelin star in its first year and has now held its star rating for the following two years. Here follows a Q&A with Tony setting out his thoughts on the challenging task of retaining that hard-earned Michelin star…

What are the main challenges you face to retain a Michelin star, as the years go on?

A mix of staying true to your original vision for the restaurant, balanced with maintaining those strengths that you were originally awarded the star for. You absolutely can’t rest on your laurels – the restaurant world is fast-paced, and keeping your offer fresh, up-to-date and progressive is key.

In the first six months of opening we didn’t fully know our place in the market – we were carefully feeling our way. During the latter part of our first year we established where we were, what we were capable of, and what we wanted to grow into. The last two years we’ve built on those foundations, and grown into that success we scoped out in the early days.

How do you ensure your team doesn’t become complacent, when things are going well?

I’m a grounded and fairly humble person, and I hope that transfers over to the staff. Ultimately, we’re not brain surgeons – we’re just cooking people’s lunch and dinner. If you get carried away, thinking you’re making history, then you’ll fall flat. Saying that, I do take what I do very seriously, but always know when to step back and take perspective. I think this rubs off on my team, makes them enjoy their work and be passionate about what they deliver. This extends beyond the kitchen, to the service team – everyone works towards the same goal.

We celebrated of course, we popped the champagne when we received the news, but we were back to work in the kitchen as usual this morning!

To what extent is Michelin star ‘box ticking’?

What is the difference between cooking for stars, and customers?

The list of chefs who didn’t receive a star makes me realise the magnitude of it – we are privileged and honoured to have it. My peers, chefs who trained me, some very talented contenders didn’t receive one – that makes me stop and go ‘wow’.

We didn’t go for the star initially, it really wasn’t in our sights. We worked on an honest product and focused on creating a very good restaurant. I don’t flick through magazines and try to emulate people, I don’t follow trends – the food we serve is often traditional, food that I just like to cook, with flavours that people enjoy. I think that’s cooking for the customer.

I was very pleased to see that nearby East End restaurant Lyle’s has been awarded a star this year. They are a small and elegant outlet, serving simple, nastic British food. What I think this demonstrates is that Michelin rewards remarkable food, wherever it is found, it’s as simple as that.

Is there anything that makes Angler unique, when compared to the other London restaurants in the guide?

I think it’s refreshingly grounded and honest, and people like that. I am a very strict and disciplined person, but light hearted – like I said before, we’re just cooking. Everything that is put on the plate is there for a reason, not just for style, it’s all about the taste and the experience. I try to go out and meet our diners, welcome them into the kitchen. The team on the ground are approachable, knowledgeable and welcoming – we’re not stuffy or pretentious.

What is your top career highlight since receiving the Michelin star?

One hugely proud moment for me was when my former Head Chef Richard Neat (the youngest chef to gain 2 Michelin stars at the time) visited Angler. Working alongside him was a turning point in my career, I learnt so much from him, and consider him to be one of the most talented chefs I have ever encountered. I was so nervous to cook for him, but he spoke to me after his meal, and subsequently with a letter, to say the food we served was some of the best he’d ever eaten – I was completely blown away by his feedback.
Ted Bolt is a Barbican Estate Resident of some years and has been a “Barbican Talk” Resident since 22 February 2009. “Barbican Talk” is a Parallel World very similar to that found in Alice in Wonderglass with which, those who had a classical education, would no doubt be familiar. It is also the public message board/online forum where Ted occasionally posts or muses. Ted’s muse is the saintly Mrs Bolt. “But I don’t want to go among mad people,” Alice remarked. “Oh you can’t help that,” said the cat; “We’re all mad here.”

Due to the long lead times I find myself starting to write a ‘Christmas Special’ in early September, lying in my Andrew Christian bathing munks purchased last winter in the Fig Leaves January sale. Timing is everything.

A short distance away, children play in the spray from the automated irrigation system whilst their parents enjoy their late summer party under the shade of the fig tree. Flirting with each other’s partners, such is the effect of Pimms and Sunshine; they are oblivious to the bad tempered resident approaching their offspring to remonstrate with them.

Occasional friction is inevitable with 4000 residents cramped into a citadel within the City but this is thankfully rare and in similar style there are occasional disagreements on Barbican Talk. These are generally resolved without intervention from the moderators who govern with a light touch.

A refreshing change in style to much of the discourse which takes place over the Internet. Barbican Talk is a special place for special people and for every “poster” there are three “lurkers” who choose to read but not register or post. Plus the usual internet monitoring authorities.

It is a valuable source of information about local services and anyone can view it at any time. If you wish to post you need to register using your email address.

Meanwhile back with our Christmas theme, you can look forward to The Raymond Gubbay Christmas Festival if you are not retiring to the country estate for the Christmas season or otherwise out of town visiting the newly established Northern Powerhouse previously known as Camden.

We have enjoyed another year of the Arts ranging from Hamlet written by Benedict Cumberbatch – did you see the daily queues for tickets? A triumph of hope and expectation over reality. It was sadly overrated. Still ticket touting provided a chance to create a prophet before Christmas for those of a commercial mentality.

Meanwhile, running through until the New Year, is the cheeky little ‘Forever Loop’ in The Curve showing naked ambition for more than the bare necessities of life. Take a peak at Eddie’s Peake, leave your shame, guilt and embarrassment at home, and sign up for the resident’s participation day running over the Christmas break.

New Buildings abound around the Barbican and sadly reducing light and views to those of us in the peripheral blocks – updates and discussion can often be found on Barbican Talk.

Whilst those who post are a self-selecting, non-representative, group they do seem to reflect the general sentiment about the estate. Comparison of posts with the published feedback about the Cultural Hub demonstrates this quite well.

Finally many of you have written to me about the insolvency of the previous “Video on the side of a bin” business asking where you might deposit your rubbish now.

Well, I’m pleased to report, that after my intervention with the CoL Rubbish Team, the City is now served by Big Belly Solar Bins. When you deposit rubbish in them, a semi retired Barbican Resident (sitting inside the bin) catches your deposit and catalogues it on their Smartphone. Once the rubbish is above their head, the Rubbish ladies call around to empty it and to arrange the drop off of another resident.

The man or lady in the bin communicates through Wi-Fi powered by the solar panel on the bin top.

So now you know.

I have also arranged for street cleaners to work Saturdays and Sundays.

You are most welcome.

Any one who wants to join the ‘Sit in the Bin’ Rota please contact the CoL Rubbish Team. Not to be confused with the Coll Minotaur Team who worship this local icon seen in the photograph accompanying this article.

Have a super Winter Fest and all good Wishes for 2016 …and remember. “Why Walk the Walk when you can Barbican Talk.”
SALES
020 7250 1012
sales@h-s-c.co.uk

Charterhouse Square, Clerkenwell EC1
426 sq ft / 40 m². Front facing one bedroom apartment in a Grade II Listed Art Deco building with concierge and parking. £999,950 EPC N/A

Fetter Lane, Farringdon EC4
474 sq ft / 44 m². A well presented one bedroom apartment, large terrace in a boutique converted building. £875,000 EPC C

Britton Street, Clerkenwell EC1
997 sq ft / 93 m². A wonderful two bedroom loft apartment in one of Clerkenwell's most sought after streets. £1,025,000 EPC C

Andrewes House, Barbican EC2
669 sq ft / 62 m². Stunning, one bedroom type 16, apartment has outstanding views of the lake and waterfall. £785,000 EPC N/A

Banner Street, Clerkenwell EC1
1,664 sq ft / 155 m². A spacious, 2nd floor, loft apartment in a Victorian Warehouse building, close to the Barbican. £1,999,950 EPC C

Amwell Street, Clerkenwell EC1
1,371 sq ft / 127 m². A four storey, four bedroom, Georgian house located in the heart of the Finsbury Conservation area. £1,600,000 EPC F
Barbican

Sekforde Street, Clerkenwell EC1
Four storey Georgian townhouse with two bedrooms and own garden. Furnished or Unfurnished
£675 per week
EPC E

Carthusian Street, Clerkenwell EC1
Stylish split level penthouse with three double bedrooms directly opposite John Trundle Court. Unfurnished
£1,000 per week
EPC C

Berry Street, Clerkenwell EC1
Unique penthouse with wraparound terrace and panoramic views. Unfurnished
£1,000 per week
EPC C

Amwell Street, Islington EC1
A large one bedroom property close to Exmouth Market. Furnished
£450 per week
EPC C

Whitecross Street, Moorgate EC1
Last remaining unit in a new development with two bedrooms and quality finish. Furnished or Unfurnished
£695 per week
EPC A

Wilmington Square, Finsbury EC1
Charming garden apartment in Georgian building opposite a garden square. Furnished
£485 per week
EPC C
Personal Finance

Due diligence

Joe Coten warns that one should check the bona fides of any company or anyone offering financial advice and offers some advice on tax planning and the importance of having a properly drafted will and a Lasting Power of Attorney in place.

Visiting Bordeaux it is hard not be impressed by the Grand Theatre, home of the Bordeaux Opera and Ballet. With its neo-Classical façade lording it over the city centre it will command your attention. Its blue and gold wooden interior - one of the oldest surviving in Europe – is also a thing of great beauty. Watch out, however, if you pay good money to go and see a performance! I bought a ticket for the opera earlier this year and found I had no view whatsoever of the stage. There was no indication on the website and nothing on the ticket to forewarn me of this. When I complained to the management it was explained that it was my responsibility to check if a view of the stage came with the ticket before buying it. The person I dealt with (the top man apparently) was clearly either a knave or a fool, possibly a combination of the two. I picture Ronald MacDonald with a sense of humour failure.

When you buy financial products, there should be no unpleasant surprises but it is best to take nothing for granted. Firstly check the person you are dealing with is an authorised adviser. This can be done simply by going to the Financial Conduct Authority’s website or calling the FCA to check: [https://www.fca.org.uk/register 0800 111 6768] Needless to say, if you can’t find the adviser’s firm listed, you should treat this as a flashing amber light. Details of the firm’s FCA registration should appear also on the client agreement you should be given at the outset. Just by following these steps you could be saving yourself substantial loss, if not to say heartache. It’s a sad fact that virtually all Ponzi schemes are perpetrated by those with emotional ties to their victim, be it close friend or even family member. Doing a few basic checks will help prevent you from getting caught out.

When reading through product information you should check if the investment is regulated by the FCA and therefore covered by the Financial Services Compensation Scheme. If it isn’t steer well clear unless you are experienced in such matters. Again it may seem obvious but if you are being offered a guaranteed return, do check on who is offering the guarantee. A bank you’ve never heard of in Panama, for example, should not inspire confidence.

Before presenting you with any sort of recommendation, your adviser should spend anything up to a couple of hours with you, making sure that all details of your circumstances and objectives are fully recorded. Your adviser should in particular ask you for your views on investment risk, as this will determine the type of product that will be considered for your portfolio. The adviser should then present you with a customised report along with a personalised illustration and full product information.

You will need to take your time going through all of this paperwork and get your queries answered before signing off on the recommendations. You should certainly not be signing a cheque until the above process has been followed. All of this may sound time-consuming and laborious, which is because it in fact is.

Some of the most important planning you will typically need to do does not involve financial products necessarily. Having a properly drafted will is an essential piece of planning for a number of reasons. Your adviser should direct you to a solicitor who specialises in drafting wills. Most offer a no obligation introductory session and it is likely that the fees will be repaid many times over in tax savings and peace of mind. Your solicitor can advise on trusts, for example, which can save large amounts of inheritance tax. A further advantage of having a properly drafted will is that it will make your estate easier to administer for those left with the task. If there is no will your money and property are distributed according to the laws of intestacy. This may very well mean that your wealth ends up somewhere you wouldn’t have chosen, and also that you may be creating a tax problem for a family member.

Just as important is to have a Lasting Power of Attorney (LPA). This gives your appointed attorney -usually a close friend or family member – the authority to act on your behalf in all financial matters should you become mentally incapable. Even if you are relatively young it makes sense to put in place an LPA, as it doesn’t take effect until it is registered and can sit quietly in the background until needed. Again it is wise to employ a solicitor to ensure that the LPA is properly drafted.

An important point to bear in mind concerning LPAs is that once registered there is no longer the possibility of doing any trust planning for estate planning purposes. The principle involved is that the attorney can’t make a gift on your behalf if you are unable to confirm your intentions, which would be clearly defined in the case. When this situation arises and six-figure tax bills are looming, it can be a cause for concern. There are fortunately some types of specialist investment, however, that do cater for this scenario. Avid readers of my column will be unsurprised to learn that Business Property Relief has a role to play here and can be an effective planning tool in the right circumstances.

Joe Coten
is a member of the Personal Finance Society.
He may be reached on 0207 588 9626.
joe.coten@elem-inv.com
**Exhibition Review**

**Kate West’s** quarterly roundup of the local arts and exhibitions scene

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**Museum of London**

The Crime Museum Uncovered

Until 10th April 2016

For over 140 years the Metropolitan Police has amassed a vast collection of objects from real-life crimes in their Crime Museum. The museum, sometimes known as The Black Museum, has been used by the Met primarily to inform and train its newly-qualified detectives. Never opened to the public, barring specially invited guests, it is probably one of the most private museums in the world.

For the next few months objects from The Crime Museum are on show at the Museum of London in their new exhibition. For the first ever time, artefacts from some of the capital's most notorious cases, including those of Dr Crippen, The Great Train Robbery, Jack the Ripper and the Kray twins, are on display. There are some weird and wonderful exhibits on show including the death mask of Britain’s first railway murderer, a replica diamond used to foil Millennium Dome robbery and an array of hangman’s ropes used in executions in the 19th and 20th centuries.

What could have been a parade of ghoulish artefacts from horrific crimes has been made into something quite affecting and moving by the curators’ sterling efforts to put the focus of the exhibition on the victims of the crimes rather than the perpetrators. These victims of crime are at the heart of this exhibition, their stories have not been forgotten by the Metropolitan Police and they certainly won’t be forgotten by visitors to the exhibition.

Museum of London, London Wall EC2
www.museumoflondon.org.uk
Open: Daily 10am - 6pm
Admission: Adult from £10 online & Concession from £8 online

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**The Geffrye Museum**

Christmas Past
400 Years of Seasonal Traditions in English Homes

Until 3rd January 2016

The Geffrye Museum in Shoreditch is celebrating the festive season with its annual Christmas Past exhibition which explores many of our seasonal traditions and customs. As usual, the eleven period rooms are decorated in date-appropriate Christmas style, giving visitors the opportunity to see what Christmas would have looked like in middle-class homes over the past 400 years. The exhibition investigates the meanings and origins of many of our Christmas traditions such as kissing under the mistletoe, decorating the tree, sending cards, hanging up stockings, throwing cocktail parties and playing parlour games. The Geffrye’s ongoing original research into the history of Christmas adds a new dimension to the displays each year. This year the accompanying events programme will have a 17th century theme.

Seasonal festive food is served in the museum restaurant for the duration of the exhibition and unusual gifts, decorations and cards can be found amongst the eclectic mix in the museum’s excellent shop. Bringing the exhibition to a close is Farewell to Christmas, the Geffrye’s very popular annual Twelfth Night celebration, which includes carol singing, Epiphany stories, burning of the holly and the ivy and a taste of mulled wine and Twelfth Night cake. This year’s Farewell to Christmas is on Wednesday 6th January, 3.30pm - 5pm, free admission and remember to wrap up warm as the event takes place in the museum’s garden.

The Geffrye Museum
136 Kingsland Road E2
www.geffrye-museum.org.uk
Open: Tuesday - Sunday & Bank Holiday Mondays 10am - 5pm
Please check for details of Christmas closures
Admission: Free

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**Tate Modern**

Alexander Calder: Performing Sculpture

Until 3rd April

The father of kinetic sculpture, Alexander Calder (1898-1976), gets his largest ever UK exhibition at Tate Modern this winter. The Tate’s exhibition, Alexander Calder: Performing Sculpture, brings together around a hundred of Calder’s beautiful works to reveal how he transformed sculpture from a purely static object into the serenely elegant mobiles of his creation.

The exhibition follows Calder’s journey from his engineering training to his painting courses in New York, through his time in Paris between the wars to his later career spent between the towns of Roxbury in Connecticut and Saché in France. Calder was a central figure of modernism and mixed with the artist greats of his time including Duchamp, Joan Miró, Fernand Léger and Piet Mondrian.

The standout exhibit is Calder’s huge mobile Black Widow (c.1948)
which is being shown for the first time ever outside Brazil but there are so many other fantastic highlights in this show. Calder’s motorised kinetic sculpture A Universe (1934) reportedly held Albert Einstein transfixed when he first saw it but make sure to also look out for Aztec Josephine Baker (c.1929), Snake and the Cross (1936), and make a point of spending a few minutes in front of Calder’s wonderful Snow Flurry I from 1948.

Design Museum
Cycle Revolution
Until 30th June 2016

Interest in cycling is at an all-time high, both as a pastime and as a spectator sport, and this new exhibition at the Design Museum is devoted to both sides of the national biking obsession.

For Cycle Revolution the walls of the Design Museum’s galleries have been covered floor to ceiling with some of the world’s most iconic bikes. Highlights from the world of competitive cycling include Sir Chris Hoy’s Olympic Track bike, the Lotus Type 108 ridden by Chris Boardman at the 1992 Barcelona Olympics, Eddy Merckx’s 1972 Hour Record bike and Francesco Moser’s 1984 Hour Record bike, loaned for the exhibition from the personal collection of Sir Bradley Wiggins. From the more attainable side of everyday cycling there are BMX and Boris bikes, Bromptons and Pashleys and some familiar wheels from our childhoods such as the Raleigh Chopper.

Cycle Revolution looks at contemporary cycling by showcasing not only the machines themselves but also explores the people who ride them, cycling apparel and accessories and the bicycle makers and designers. As well as a recreation of a bicycle workshop, the exhibition also looks at the future of cycling with prototypes of new bikes, including some made entirely from wood and others created specifically for this exhibition.

The show ends with a great piece of film in which high profile cyclists including Lord Norman Foster, Sir Paul Smith and Dame Vivienne Westwood talk about what cycling means to them and their hopes for the future of one of the country’s most popular activities.

As a side note, Cycle Revolution will be the last ever exhibition to be held at the Design Museum’s present home in Shad Thames. After the exhibition closes on 30th June the Design Museum will move across London to Kensington, where it is set to open in its new home, the former Commonwealth Institute building, in late 2016.

Barbican Art Gallery
The World of Charles & Ray Eames
Until 14th February

British Library
West Africa: Word, Symbol, Song
Until 16th February

British Museum
Celts: art & identity
Until 31st January

Charles Dickens Museum
48 Doughty Street WC1
A Christmas Carol Reimagined
Until 6th January

The Curve
Barbican Centre
Eddie Peake: The Forever Loop
Until 10th January

The Foundling Museum
Brunswick Sq WC1
The Fallen Woman
Until 3rd January

Guildhall Art Gallery
No Colour Bar: Black British Art in Action 1960-1990
Until 24th January

National Gallery
Goya: The Portraits
Until 10th January

National Portrait Gallery
Giacometti: Pure Presence
Until 10th January

Whitechapel Gallery
Emily Jacir: Europa
Until 3rd January

White Cube
Bermondsey SE1
Gilbert & George
The Banners
Until 24th January
Many of our Barbican clients are concerned about the length of their leases.

The key to Stone King’s reputation is understanding clients’ needs, whether they are individuals or businesses, and providing practical, timely and efficient advice; yes, we give advice not just the options.

Many law firms describe themselves as client-focussed but Stone King is client-driven; if a home visit is more appropriate then we will suggest a home visit.

The team based in our London office has always provided advice to individuals who live in the Barbican and continues to do so through its new offices, which are only a few minutes’ walk away, at Boundary House, 91 Charterhouse Street.

So what are our Barbican clients’ needs at the moment?

Many properties in the Barbican have leases which have around 90 years remaining, depending on the tower or building, and the closer to the expiry date, the more expensive it is to extend the lease. This may impact on the value and marketability of the property. There is also the practical reality of how to fund the premium to extend; savings, pension or (re)mortgage?

We are inviting Barbican residents to a one hour review, without charge, at our Charterhouse Street offices where we will provide advice on your lease. Of course, if you have any other legal issues we will be pleased to help with those too.

Arranging the review is easy; please call Philip Askew or Charlotte Nayler on 020 7324 1538 and 020 7324 1528, or email philipaskew@stoneking.co.uk, charlottenayler@stoneking.co.uk

For an estimate without obligation, please contact Mrs Maureen Regan

Tel/Fax: 020 8458 4143
email: maureenannregan@yahoo.com

Our service and expertise is unbeatable

BAR-35 XMAS_proof  30/11/2015  11:04  Page 1
This Winter presents many gifts for Barbican residents who are lovers of all aspects of the performing arts. By the time you read this, the RSC will be well into their season of “Henry V”, running to December 30 in the Barbican Theatre.

In “Henry V”, Henry IV is dead and Hal is now King. With England in a state of unrest, he must leave his rebellious youth behind, striving to gain the respect of his nobility and people. Gregory Doran’s acclaimed production plays alongside “Henry IV” Parts I and II, which will be playing from 12 December to 29 January 2016. Shakespeare’s pair of plays shows a tragic, comic and brilliantly peopled sweep of England from the battlefields to the drunken taverns of London. In both parts Of “Henry IV”, Alex Hassell reprises the role of Prince Hal alongside Antony Sher as Falstaff, giving audiences another chance to see their critically lauded partnership.

Also, in an all-too brief return, David Tennant will reprise his much-praised performance as “Richard II”, for just a few days, only at The Barbican Theatre. King Richard is a monarch ordained by God to lead his people. But he is also a man of very human weakness. A man whose vanity threatens to divide the great houses of England and drag his people into a dynastic civil war destined to last a hundred years. Performances run from Thursday 7 to Sunday 10 January 2016.

As if all that weren’t enough the crowning attraction of this season occurs when from Tuesday 12 to Sunday 24 January 2016, the Barbican Theatre presents the Royal Shakespeare Company’s King and Country: Shakespeare's Great Cycle of Kings, a major theatrical event to mark the 400th anniversary of Shakespeare’s death. King and Country will see Richard II, Henry IV Parts I & II and Henry V performed in repertoire as a complete four-play season cycle. This is the only opportunity for audiences to watch the RSC’s tetralogy of History plays as a cycle in the UK prior to its international tour.

In the Pit from 17 to 30 December, Told By an Idiot presents “Get Happy”, a huge Christmas gift of fun and fantastic sights for everyone aged 4 upwards – wild, mischievous and strange. Enter a world of artfully controlled chaos. There’s a mysterious bag that drops from a height. Shoes have magical powers. And the strangest-ever egg sandwich is created before your very eyes! Physical comedy, live music, acrobatics, silly dancing and audience interaction all feature in this unexpected variety performance, bursting with quirky playfulness and off-the-wall humour.

January sees the return of the
London International Mime Festival, and with it an array of fresh and surprising treats. From Tuesday 19 to Saturday 23 January in The Pit BabaFish present the intriguing “Expiry Date”. Time is ever-present in this ephemeral retrospective of one man’s life, his scattered memories conveyed through acrobatics, movement, music and dance. Assisted by her inventor father, Swedish-born artist Anna Nilsson has devised a Heath Robinson-esque set, which provides a poignant backdrop for an abstract tale about time running out, characterised by four performers and their unpredictable mix of wordless acting, juggling, singing and an incredible hand-balancing act.

Then in the Pit, from Tuesday 26 to Saturday 30 January, Stereoptik (Romain Bermond and Jean-Baptiste Maillet) present the nerve-jangling “Dark Circus”. ‘Come for the show, stay for the woe’ - a sinister ringmaster invites the inhabitants of a dreary city to his circus tent, where he presides over catastrophic acts. The trapeze artist plummets, the animal trainer is devoured, the human cannonball is lost in space until a juggler strikes a discordant note, releasing the flash of colour everyone has been waiting for. Paper, ink, sand and silhouettes spring into being in the skilled hands of two visual artists who draw and play music live to build a big top universe, their wondrous and striking creations projected onto a large screen.

“Il Ritorno” by group Circa comes to the Barbican Theatre from Wednesday 27 to Sunday 31 January. Live opera fuses with the thrilling physicality of contemporary circus in a potently produced work that draws on history and mythology to tell a timeless tale of exile, displacement and longing for home. Out of the darkness, Ulysses returns from twenty years of wandering and war, hoping to be reunited with his wife Penelope. But can he reach her before she succumbs to one of her suitors? Driven by a score melding Monteverdi, traditional folk songs and original composition, Il Ritorno is sung in Italian and Yiddish.

Figurentheater Tübingen present “Wunderkammer” from Tuesday 2 to Saturday 6 February in The Pit. Three renowned German puppeteers welcome you to a cabinet of curiosities where rare artefacts and familiar objects, the wonderful and the mundane, come together in near-perfect equilibrium. One by one they mysteriously emerge: a pair of golden hands caresses human hair, long-limbed folk dance and sway, two miniature musicians comically duel it out, and an unfathomable creature floats in air and water.

To round out the Festival, Compagnie Yoann Bourgeois present “He Who Falls” (Celui qui tombe) from Wednesday 3 to Saturday 6 February in the Barbican Theatre. Ingenious staging meets a challenging redefining of movement as six performers appear to defy gravity, responding with strength and grace to maintain their balance when an imposing, suspended podium begins to spin, pivot, swing and elevate in this perilous, elegant dance of survival.

Multi-award-winning company and regular Barbican visitors Complicité make a very welcome return when they present “The Encounter” from Friday 12 February to Sunday 6 March in the Barbican Theatre. Simon McBurney traces the journey of National Geographic photographer, Loren McIntyre, into the depths of the Amazon rainforest, incorporating innovative technology into his solo performance to build a shifting world of sound. In 1969 McIntyre found himself lost among the people of the remote Javari Valley. It was an encounter that was to change his life: bringing the limits of human consciousness into startling focus. Using binaural sound technology, this exploration of nature, time and consciousness is bound to be a fascinating and richly rewarding event.

As part of Shakespeare 400, in an innovative and quirky Shakespeare tribute, Forced Entertainment bring Complete Works: Table Top Shakespeare to The Pit from Tuesday 1 to Sunday 6 March, in which each of Shakespeare’s 36 plays is condensed and presented on a tabletop using a cast of everyday objects. Salt and pepper pots are kings and queens, a spoon stands in for a servant and a candle the Friar, Macbeth becomes a cheese grater, Pericles a light bulb and Hamlet a bottle of ink. With artists from the company retelling each play over the course of a week, audiences can see one or as many performances as they like. Intimate and scaled down, the worlds created are vivid, accessible and often comic.

So much to look forward to!

Until next year, may we wish you, and those you love, a happy and memorable holiday season.
Health & Beauty in the City

Stephanie Ross and work experience student Alexandra Boothroyd report on some local fitness and beauty options.

New York’s SoulCycle redefined spin, elevating the popular cycling nightclub-style calorie-burner to a more sophisticated experience. This trend, boasting a cult following, has brought new boutique studios to the City.

1Rebel (St Mary Axe & Broadgate), offers a mix of high intensity “Ride” and full-body “Reshape” & “Rumble” classes. Alexandra tested Tiago’s 5.30pm Ride class.

1Rebel’s sleek interiors and pay-as-you-go pricing emphasize the desire to distance itself from mass-market fitness centres. Founder James Balfour says that eliminating traditional monthly memberships leads to an entirely different approach. The complete experience of visiting 1Rebel is treated as a product that must be enjoyable, effective and carefully tailored to keep the customer coming back.

Alexandra was given freshly cleaned cycling cleats. These improve range of motion and force glute and hamstring engagement. The 45 minute class was made up of 10 tracks of varied intensity. You’d be forgiven for assuming that slower tracks allowed for blissful moments of recovery. But no, slower tracks merely called for more resistance – think pedaling up a hill, and a steep one at that.

Every Ride class involves a short arm workout, using free-weights. By the time you’re off the bike, you’ve worked quite a few of the key muscle groups.


Soho’s Psycle, was next. Supposedly the original London spin-class, it boasts an international reputation, high profile clientele and an impressively widespread social media presence. Alexandra visited Kevin’s Wednesday morning class.

Psycle studios are smaller than 1Rebel, and focus uniquely on spinning (45 or 60 minute sessions). Walking into Psycle was like entering a posh spa – minimalistic and angelically white. Staff were helpful, and patient as Alexandra struggled to clip her borrowed cleats into the pedals.

The 9am class was full. The session was fast-paced, energizing and incredibly fun. Kevin was motivational rather than shouty, his playlist was varied. The arm workout with free weights was deceptively challenging. Change rooms are simpler than at 1Rebel and well stocked with Bumble and Bumble hair care, GHD hair dryers and straighteners and natural Ilia body lotion.

1Rebel and Psycle offer £20 pay-as-you-go 45 minute classes (book more classes, pay less). This approach works well for those with busy schedules, you’re not locked into monthly membership.

1Rebel and Psycle compare well. You’ll get an impressively comprehensive workout at either studio. It comes down to which approach you prefer. Both provided luxurious fitness experiences, varied, high intensity workouts and enthusiastic instructors. 1Rebel clearly caters to City workers, with lunchtime classes and a hardcore approach. Psycle takes things more mindfully. You can imagine much of the clientele practicing yoga and meditation when not spinning. The modern spin class is a winner for anyone looking to fuse high intensity cardio with low impact strength training using individually set resistance.

1Rebel, 63 St Mary Axe, London EC3A 8LE and newly opened Broadgate Circle, EC2M 2QS Psycle, 76 Mortimer Street, London W1W 7SD

Psycle

Pilates legend Anne-Marie Zulkabari, practices at Clerkenwellbeing, on the Barbican doorstep. Her professional lineage boasts “Pilates elder” Robert Fitzgerald - directly taught by Joseph Pilates himself - as her tutor. Her contributions to the Pilates practice include co-establishing the Pilates Foundation Ltd (key proponent of the Pilates method in the UK) and also the Pilates Foundation Teacher Training Accreditation (instrumental in ensuring standards of excellence in Pilates teaching).

Since 2011 sixty year old Anne-Marie, once-upon-a-time successful New York based dancer and choreographer, has directed the Pilates Yoga Movement studio, top floor, Clerkenwellbeing. She and her Instructors are known as knowledgeable experts with high standards and attention to detail, who make a real difference to their clients, including Sharon Pamell, who says: “Anne-Marie and her team have a truly unique approach. Every studio is different of course but there is something special about Pilates Yoga Movement, it is current, vibrant and forward thinking. At PYM...they’ve taken Pilates further.”

Clerkenwellbeing, 178 Goswell Road, EC1V 7DT Tel: 0207 566 6347 www.clerkenwellbeing.co.uk Special offer: £18 Fridays only

Sarah Joseph (member of the British Acupuncture Council) is based at 193 Whitecross Street. She specialises in male and female health for sub-fertility and menopause. 30% of sub-fertility remains unexplained in Western medicine terms. Clinical trials have demonstrated that acupuncture is significantly better than drugs at achieving pregnancy rates naturally, but when used alongside assisted reproductive technology, such as IVF, can almost double the rate of success. Research shows that acupuncture regulates fertility hormones and increases the blood flow to the reproductive organs. In menopause, acupuncture has been shown to reduce the severity and frequency of hot flushes and night sweats. There is also evidence for acupuncture in male fertility, by improving sperm motility and density. Sarah works attentively and sensitively with her patients to obtain the best outcome.

To find out more, or have a chat with Sarah, contact: www.AcupunctureAccess.co.uk info@AcupunctureAccess.co.uk, 07553 636841

The CityPoint Club, recently acquired by Nuffield Health, is benefitting from significant and ongoing investment. With 77 gyms, 66 specialist rehabilitation centres, 35 hospitals and over 200 corporate fitness and wellbeing gyms, Nuffield Health offers a full and robust package of fitness, prevention and care. Get and stay healthy with Nutritional Therapists, Health Mentors, Physiotherapists, Personal Trainers, Physiologists, Travel Clinic, Occupational Health and GP Services.

Members are also enjoying improvements to studio classes and equipment, plus brand new top of the range Life Insignia and
FREE Class for you and a friend at Nuffield Health Moorgate Fitness & Wellbeing Gym and whilst you’re there have a coffee on us!

We’re offering every Barbican resident a free class pass for you and a friend, plus any hot beverage by taking this voucher along. We offer a wide range of classes including Zumba, Pilates and Yoga so you can choose the right class for you.

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Have you ever felt overwhelmed with the amount you need to do? Are there more and more people asking for your advice, or wanting to spend time with you – just when you can’t squeeze another moment out of the day?

Does your day start off with you running through in your head all the things that you need to do, only to find that you’ve tensed yourself up before you even get started?

Are you fully aware of all the things that you could do in order to feel back in control of your time, and maybe you just aren’t doing them?

There are lots of different approaches that we can take and the best place to start is right at the beginning. By recognising why we are doing what we are choosing to do. To get back to our ‘Why?’

Knowing what we are doing it all for can be a great motivator in times of stress and pressure. Whether it’s to earn lots of money, to develop ourselves, to develop others, chances are if we take it back far enough it will strip down to us being happy. When we know what is driving us, we can put the spring back in our step. We are back in control, and sometimes knowing we have a choice, that we have chosen to take whatever it is on, has a calming effect.

Setting goals also helps to keep us motivated. Without goals, you can find yourself jumping from one thing to the next, not completing things and feeling overwhelmed. Goal setting is a great place to go to if you’re at a point where you have lots of ideas, but they are not in any order and they are not specific. Why? Because it gives you a vision for the long-term, so you know what your destination is and therefore what path you should be on. How else will you know when you have got there?

Of course, there are always those unexpected things that crop up that we can’t plan for. Or can we? Are there some skills for us to learn about setting boundaries or saying no?

When we look at the practicalities we can start by getting all the information out of our head and down onto paper. The act of writing helps us to clarify what we need to do. It’s also useful because we have started to pour out some of the ‘stuff’ and it turns everything from a tangled ball of confusion to a clear way of moving forward. It makes everything seem seem achievable.

We can get more structured and number our lists, so we know where to start and where to move onto next. It’s amazing the speed with which we get through things when we prioritise. We’ve got paper or digital organisers, where the beauty is that we don’t have to think about it in the moment, and we can then ‘do’.

Knowing what steals our time can be key. If we spend time on social media, on emails, on the phone, then whether for work or pleasure, let’s agree that these are some things that we are spending our time doing. If we review by a time log how we spend a day or week period, we can then start to schedule these activities into a specific time slot, then we can see the way forward to achieving everything we want to achieve.

Let’s be clear, there are 24 hours in our day and I’m afraid that we are not going to be able to magic up any more hours! What we can do is decide how to make the most of our time. So a final question that you can ask yourself over and over again is, “What specifically will I do in the next 24 hours that will take me one step closer to managing my time effectively?” Good luck!
Barbican Residents’ bulb planting and sowing meadow seeds

2015 is the third year residents have planted bulbs and sown seeds to help create a mass of spring and early summer colour in our gardens and to provide forage for bees and other pollinators. This year the warm autumn weather encouraged families to come and help in Fann Street and Thomas More gardens. In all over 50 adults, including Barbican Wildlife Group volunteers and 20 children came to the two Sunday morning sessions.

In Fann Street on 1st November grass was cleared to sow thirteen different types of wildflower seeds that will grow into perennial meadow plants, with intriguing names such as Ladies Bedstraw, Vipers’ Bugloss and Meadow Cranesbill as well as a general woodland edge meadow mix. Others planted out spring flowering bulbs such as native bluebells, winter aconite and snowdrops.

Fann Street and in fact all the Barbican Gardens are designated as a Site of Importance for Nature Conservation. The Barbican Wildlife Group looks after the Fann Street garden to ensure that the plants and trees provide a diverse and beneficial habitat for insects, birds and invertebrates. But where possible, the planting in all the gardens is selected to provide forage for pollinators and cover and food for birds.

The following Sunday attention was turned to Thomas More Garden. The narcissi and snow drops that residents planted last year and the year before are now well established and will flower again next spring. This autumn woodland tulips that will naturalise and continue to flower every year were added. Over the past three years well over 20,000 bulbs have been planted across the estate – not including those in the new Beech gardens.

Winter Indoor Gardening

The St Luke’s Community Centre at 90 Central Street is a great source of information and activities throughout the year. Here are some ideas about winter indoor gardening from Heather Stabler – the Centre’s gardening expert - and news about learning to cook what you have grown in the vegetable garden.

The traditional Christmas plant is the Poinsettia with its festive colours of dark green and bright red leaves (although technically the red bits are bracts, a specialised kind of leaf). These actually come from central America and in the wild they can grow up to 4 metres tall. However, in this country they are generally used as seasonal indoor bedding. Although they can be kept for a second display the following year this can be quite difficult to achieve and the results can be disappointing. Therefore just enjoy them whilst you can! Poinsettias need bright but not direct light and shouldn’t be overwatered. They will also last longer if you mist them regularly.

Other indoor plants to try include Hippeastrum (commonly known as Amaryllis) for enormous, showy flowers which can come back year after year and the Christmas Cactus with its lovely cheerful pink or purple blooms. Cyclamen also has delicate silvery green foliage and a variety of different coloured flowers from deep red through to pure white.

For a more permanent
contribution to Christmas you could try planting winter flowering and highly scented plants outside. If you are able to put these right outside your front door you can enjoy their wonderful fragrances each time you leave the house and return home through the dark winter months. Our favourite is **Christmas Box** which is very easy to grow, even in a container. It has shiny, evergreen leaves but from December to January small but incredibly strongly scented white flowers appear. These are replaced by small black berries which will then stay on the plant until it flowers the following year. **Growbag to Gourmets Cookery Class, ‘Learn to cook what you have grown’, Friday 8 January, 11am-1pm.** Start the new year with some healthy gardening and cooking activities in a friendly and informal atmosphere. The class is free but places must be booked in advance by contacting Heather on 020 7549 8197 or hstable@slpt.org.uk. For more information about joining St Luke’s gardening group and to book a place on the cooking class, please contact Heather on 020 7549 8197 or email hstable@slpt.org.uk.

**...and St Luke’s New Art Exhibition**

Cubitt Education and St Luke’s are very pleased to present a new art exhibition from five Artists in Residence at St Luke’s. The exhibition shows work from resident studio artists – John Close, Angela Conway, Rachel James, Sarah Lawton and Julie Rafalski – who work in a variety of media from textiles to inflatable sculptures. As part of their residency the artists contribute their skills to the creative life of St Luke’s by running community workshops, activities, exhibitions and open studios. The exhibition is being displayed in the dining room and will be open to the public until 29 February 2016.

**Broadgate Circle ice rink and winter terrace**

London’s longest running outdoor ice rink returns to Broadgate again this year; great for recreational skating, or to take part in a private lesson with one of Broadgate’s professional instructors, including recent coaches from ITV’s Dancing on Ice. Nearby, dining hub Broadgate Circle will be transformed into a magical winter terrace complete with cozy sheepskin rugs, outdoor heaters and a 25ft Christmas tree. The myriad of neighbouring restaurants, means that skaters can go from rink-side to restaurant in a matter of minutes. Whether its a winter warming cocktail, or steaming hot bowl of ramen at Shoryu, a protein-packed

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steak at Gaucho or a feast of Spanish tapas accompanied by a glass of Rioja at Jose Pizarro, there is a refuel option for everyone post-skate with over 30 restaurants to choose from.

Alongside Broadgate’s many shops, acclaimed Shepherds Markets will also visit Finsbury Avenue Square in the run up to Christmas, making Broadgate the perfect spot to pick up a last minute Christmas gift.

To keep up to date with all winter news and events at Broadgate go to www.broadgate.co.uk/winter, like Broadgate on Facebook (Broadgate LDN) or follow on Twitter and Instagram (@BroadgateLondon).

HouseProud Barbican

In 2016 HouseProud cleaning company (set up by sisters Kinga and Lisa Misior) celebrates fifteen years of working in the Barbican. HouseProud now has well over one hundred regular Barbican clients, contracts with local estate agents and a cosy podium office under Willoughby House. They do regular cleaning, carpet/upholstery steam cleaning, spring & end of tenancy cleans, ironing, taking laundry for dry cleaning and, as the testimonials on their website will show often go beyond the main services offered at no additional cost to their regular clientele.

As the company itself puts it “We are a small business based in the City, and we have been providing cleaning services to local flat owners for 10 years. We have a lot of satisfied customers”. The website – www.houseproudcity.co.uk has a number of testimonials – including from Barbican specialist Estate Agents who use them for end of
tenancy cleans, to confirm the above statement.

“We clean flats for people who have got better things to do with their time than vacuum, dust, mop and polish their homes. We also do “Spring cleans” for flats which are being let, and we have good relations with the main letting agents in the City,” says Kinga. “We provide well-priced and efficient cleaning services for all homes and offices. Please call us and we will be delighted to discuss your requirements.”

Kinga visits every flat to assess and discuss what is needed. For more information email Kinga at hpbarbican@gmail.com Houseproud, Ground Floor, Willoughby House, Barbican, London EC2Y 8ND Tel: 0207 256 2002

Computer Saviour

Neill Hoskins has been a visiting computer technician for nearly three years now. He travels all over north London helping with computer problems and has Barbican clients in Lauderdale Tower and Thomas More House who picked up one of his flyers and took it from there. He works primarily with Windows systems so does not really handle Macs at this stage. He fixes computer problems, and handles computer maintenance, repairs, upgrades, virus removal and networking among others. Neill comes from a customer service background originally so prides himself on getting on with his customers as well as fixing their computers. If you are interested in checking out his computer services email him on neillcs@hotmail.com or call 079 600 89528.

PMI Cabinets – Barbican work a speciality

If you can imagine it, we can build it says PMI Cabinets’ Robert Walters. His company – a long time advertiser in Barbican Life, plans, creates, supplies and fits bespoke designs, hand-finished to the highest standards. With its proven expertise and range of fine materials the company reckons that you get exactly what you want.

Clients can choose from a range of quality materials, including: solid hardwoods (sourced from sustainable forests); wood-based panels; veneers; laminates; metals; natural, reconstituted and acrylic stones and; sprayed or brush painted finishes.

Whether it’s your kitchen, bedroom, bathroom, office, or home study, or even a unique piece of free standing furniture, you choose the style, the materials, the finish, and the design details. So you end up with exactly what you want.

PMI has undertaken many projects in the Barbican which illustrate the success of its approach – indeed it has a whole webpage devoted to Barbican projects.

One of the company’s specialities is replacing the iconic Barbican kitchen with a kitchen based closely on the original design but with up to date fittings, or alternatively fit a modern kitchen which is sympathetic to the barbican ethos and advise on the Garchey and extractor systems.

However PMI can also remodel the whole apartment, create storage systems and wardrobes that make the most of the space...
We helped John get back in the garden again…

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Chocolate Father

Christmas are permitted because beneath the festive foil, the Ho! Ho! Ho!, the luxuriant white beard and the Coca Cola red coat, there might just lurk the remains of Nicholas, bishop, fourth century d.c. December. Saint of sailors, children, merchants, pawnbrokers and others. One account tells of how three girls were saved from prostitution by Nicholas throwing three bags of gold as dowry into their window at night. Variations confuse the bags of gold with children's heads evolving into some seasonal beheading, which is not nice. Other accounts tell how Nicholas brought to life three murdered children who had been hidden in a brine tub. Any miraculous interventions to get sailors, merchants and pawnbrokers out of similar tight corners are lost to posterity, which is a shame. Christmas celebrations could have turned out quite differently: “It’s wonderful to see the pawnbrokers’ faces first thing on Christmas Day,” or, “We’re taking the merchants to the pantomime.” Children you lucked in there when it was your turn. Sailors, merchants, pawnbrokers out of their window at night. There is no historical documentation to support Nicholas’ presence at the first general Council of Nicaea in 325CE. He may have flourished at ecumenical clergy gatherings, but it would be unfortunate to be distributing images of a saint – albeit in milk chocolate – who had dallied with the heresy of Arianism. There is a severe warning from a Roman Catholic: “If the church submits to pressures to be like the secular world, it will become ‘characterless and useless,’ a mere agency for promoting ethics. And before long, it will disappear.” In a characterful and useful frame of mind I have sourced some angels which, at 4cm x 2cm with harps, should do the trick. In seven languages, I learn that they are crafted from the finest milk chocolate. This is really beside the point, as in this case, appearance is everything.

They are cheerful and chubby – certainly not the sort to bring a difficult message to a young woman (Luke 1:26), frighten shepherds (Luke 2:9) or compel Joseph to sit up and take action (Matthew 2:13). These angels probably giggle in corners and mess around in harp practice. But they are angels and, unlike Brussel sprouts, are a constant presence in the bible from the one with a flaming sword in Genesis ensuring that Adam and Eve remain banished, to the concluding angelic presence in Revelation. Angels are also very busy participants in the telling of the Christmas story.

Dishearteningly, a Church of England survey has found that four in 10 people did not believe Jesus was a real person, with a quarter of 18 to 34 year olds believing he was a mythical or fictional character. This may account for our mutual bewilderment when planning some carol services with community groups.

We have our guidelines and helpful suggestions like, it is better to sing “I’m dreaming of a white Christmas” round the piano afterwards with mince pies and mulled wine rather than try to process in to it at the beginning of the service. The choir would come in swaying prettily which never gets anyone off to a business-like start. Just because you started with “Once in Royal David’s City” last year doesn’t mean that you have to avoid it for the next ten. Novelty isn’t everything. Kings’ College Cambridge has been doing much the same service for nearly 100 years. Yes, we too prefer carol services to contain some recognisable carols and a proportion of bible readings. It sort of keeps Christmas in keeping with Christianity.

I asked a friend who does lots of carol services what his house rules were. He replied, “We’re pretty strict on turning things down if we don’t like them.” I like that – no negotiation about texts; simple dislike will do. It’s the alternative ‘Inspirational’ readings that can be hard to accommodate with grace. I can concoct a convincing “Inspirational reading” having sat through the touching inspirational thoughts of many others. It is a simple recipe. Take a dollop of snow of the bright and crisp and even variety. A light coating of wet snow will not do, nor will a scenario in which the hot sun shines and Christmas Day is spent on the beach. We need some seasonal characters like the down-on-their-luck, so a poor man gathering winter fuel would do just fine. Now add some sort of initiative involving adventure by the up-on-their-luck: a person of wealth and rank fits the bill, preferably on a dark night in strong winds. A satisfactory outcome is desirable, for example: a feast of flesh and wine and pine logs. (Why pine logs? Not being a hard wood like oak or ash or beech they will not make the best firewood. Such a shame to burst the inspirational bubble with the wrong wood). Readings from the bible don’t let you down. Nor do angels.

An angel awaits you. Turn up to church at Christmas: the Crib Service on 24 December at 4.00pm; Sung Eucharist at 9.00pm or the Family Parish Eucharist at 10.00am on Christmas Morning. Chocolate angels, however, I’m afraid are just for Christmas.
At the start of 2015, there were an estimated 5.4 million businesses in the UK. They employed 25.9 million people with a combined turnover of more than £3,700 billion. Small and medium sized businesses (SMEs) accounted for 99.3% of all private sector businesses in the UK, 48% of private sector employment and 33% of private sector turnover. SMEs employed 15.6 million people with a combined turnover of £1.75 million.

So, small business is big business and with the biggest percentage increase in the number of businesses over the last five years occurring in London (up 36%), if you either own or are thinking about starting a small business you are part of an upward trend.

Structure
You need to be sure you have the right method of operating. Of all businesses, 62% are sole proprietorships (an individual operating on their own account). On the one hand, this could indicate as a nation when it comes to operating businesses, we are not risk adverse. However, if we want to prepare for the next downturn, protecting liability by incorporating as a company or operating as some form of limited partnership is probably wise.

Getting the right documents in place early on, whether that be an agreement between you and your partners (partnership or joint venture deed) or you and your shareholders (shareholders’ agreement), will ensure that you all understand the nature and extent of obligations and responsibilities you are taking on.

Contracts
With a significant amount of business done online, it is more important than ever that you put clear terms and conditions of supply of goods or services in place. Sometimes it can help to look at t&cs used by similar businesses, but resist the temptation to cobble together your own from a number of different sources: take a clause from one, a clause from another and you risk ending up with a document at best unclear and at worst so contradictory you cannot rely upon it when you most need to.

Engaging People
It has been popular in recent months to knock zero hour contracts as a means of engaging staff. You have a need for people but flexibility too: how do you best achieve that as between employees for whose tax you are responsible, take on a number of obligations but receive their exclusivity, or self employed contractors you can use on a more ad hoc basis.

Protecting your Assets
Quite early on, your business will attract its own goodwill or reputation. You may have registered a domain name for your website and if a company, enjoy basic protection of your trading name by that registration. But as you grow, you should be thinking about your on-going intellectual property –trademarks, patents and design rights in particular.

Carter Lemon Camerons LLP is your local firm of solicitors with a track record in advising upon various legal needs of SMEs. Contact Andrew Firman on 0207 406 1037 or andrewfirman@cartercamerons.com to discuss with him on a no obligation basis particular legal aspects of your business which you might need help with.

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www.cartercamerons.com
BARBICAN ASSOCIATION DISCOUNT SCHEME PARTICIPANTS

The following is a list of organisations which offer discounts or other incentives to Barbican Association members. If you are not already a member, make sure you join the Barbican Association to qualify – for most of these just one visit will more than cover your annual BA membership subscription cost – see application form which follows this listing for details. Local businesses who wish to participate and offer a discount to BA members should contact Lawrence Williams on 020 7588 0898 or by email to barbicanlife@gmail.com for further information.

FOOD AND DRINK

**Artillery Arms** 15% discount on food and drink on presentation of BA membership card. The Artillery Arms is at 102 Bunhill Row, EC1Y 8ND. Telephone 020 7253 4683 for table bookings. Website www.artillery-arms.co.uk

**Barbican Tandoori** 10% off food on presentation of Barbican Association membership card. Eat-in or take away. Delivery service available within the Barbican estate. 55 Aldersgate Street. Tel: 7600 4747 or 7796 4499

**Chiswell Street Dining Rooms** 20% off total food bill in the evenings Mondays to Fridays. To take advantage of the offer please bring proof of membership. Not applicable with any other offer. To view menu or to reserve a table visit the website www.chiswellstreetdining.com

**Coq d'Argent**: A complimentary glass of Champagne when ordering from the à la carte menu (up to 6 pax, not to be used in conjunction with any other offers). To redeem, Barbican Life members will need to mention ‘Barbican Life’ when making their booking or present their membership card on arrival. Coq d’Argent, No 1 Poultry, EC2R 8EJ Tel: 020 7395 5000.

**Fish Central** Bustling neighbourhood seafood restaurant serving the well known as well as the more exotic varieties of the freshest fish. 10% off the total bill – restaurant only. 149-155 Central Street, King Square, London, EC1V 8AP. Tel: 0207 2534 970

**Gatiss**: 10% of find bill in the evenings, Monday to Friday. To take advantage of the offer please bring proof of membership. Gatiss Restaurant, City Point, I Ropemaker Street, EC2Y 9AW. Tel: 020 7628 8375. www.gatissrestaurant.co.uk. Take-away and deliveries also available.

**The Judged Hare** British Gastro Pub with open kitchen and separate private events space on the corner of Chiswell Street and Silk Street. 20% off the total food bill Monday - Friday dinner and all day on Saturdays and Sundays. 49 Chiswell Street. London EC1Y 4SA. www.thejudgedhare.com

**L’atelier des Chefs**. Love cooking? Join us in our cookery school for a truly unique cook and dine experience! We offer a fantastic selection of hands-on, interactive cooking classes in London, ranging from 30 minutes up to 4 hours. Open Monday – Saturdays, upcoming classes can be viewed on our website www.atelierdeschefs.co.uk. Barbican Association members can get 10% off four classes and in our cookware shop. 10 Foster Lane EC2V 6HR, 0207 796 0110.

**London Wall Bar and Kitchen** Museum of London – podium level: A complimentary glass of Prosecco with a main course order. Residents will need to show their BA Card to redeem the offer, one glass per main course ordered, normal licensing laws apply, not valid with any other offer. For reservations call: 020-7600 7340.

**Moshi Moshi** Moshi Moshi is a calm, discreet place serving authentic Japanese sushi and izakaya-style dishes. It offers all Barbican Association Members a 10% discount on their total bill on presentation of the BA Membership card. Liverpool Street, Unit 24, Liverpool Street Station, London EC2M 7QH (above platform 1, behind M&S). Tel / Fax: 020 7247 3227

**Neo** 14-17 Carthusian Street, Tel: 0207 726 8925. Special pizza and drink offer for BA members - any Pizza and a glass of house wine or soft drink for £9.95. Neo’s pizza dough is made fresh every morning and only quality fresh toppings are used. Special offer applies from Saturday through to Wednesday.

**Pho - Vietnamese Cafe/Restaurant** 10% discount at all times. 86 St John Street, EC1M 4EH. Tel: 020 7253 7624. Email: info@phocafe.co.uk. Pho is open Monday to Friday from late morning to late evening and on Saturday evenings.

**Sabor Iberico, Spanish Tapas Restaurant**, 107 Whitecross Street.Hola! Come and enjoy our delicious range of Spanish tapas from Mon-Sat with a 10% discount for Barbican Association Members. Please do bring proof of membership and mention before seated. Book a table @ 02073746713 or saboribericoreservations@gmail.com. Hasta pronto!

**St Barts Brewery** New bar/restaurant on corner of Long Lane and West Smithfield. 20% weekend discount off all food and drink on production of Barbican Association membership card. Bookings not necessary but advised. 66 West Smithfield, EC1A 9DY. Tel: 020 7600 2705. To view menus see website www.stbartsbrewery.com

**The Well Gastropub** 20% off total food bill Monday to Friday on presentation of Barbican Association membership card. Please mention on arrival. The Well, 180 St John Street, Clerkenwell, London EC1V 4JY. Tel: 020 7251 9363

**Vecchio Parmi** Friendly Italian restaurant at the corner of Aldersgate Street and Carthusian street offers Barbican Association members a 10% discount on production of their membership card. 129 Aldersgate Street, EC1A 4QW. Tel: 0207 253 3240.

**Vino & Vino** Italian wine bar – wine shop – lunch – aperitivo. FREE Italian tapas with your wine from 5 pm. 15% off food on presentation of Barbican Association membership card. Open Monday-Friday, 10 am to 9pm. Over 60 carefully selected Italian wine labels to choose from, ham and cheese platters, large bruschettas and salads served daily. www.vinoandvino.co.uk. 16 West Smithfield, EC1A 9HY.

**Wood Street Bar and Restaurant** Mon to Wed 10% off total bill when sitting down to dine. Maximum of 6 people in a party. The Barbican Association card discount must be mentioned either when booking or when ordering to take advantage. Barbican Association membership card should also be shown to person taking order. Wood Street Bar and Restaurant, Cnr. Wood Street and Fore Street, Barbican, London EC2Y 5EJ. Tel 020 7256 6990.

SERVICES

**Abracadabra Services** 5% discount off regular weekly, fortnightly or monthly cleaning prices and a 10% discount off prices for one-off Spring and end of tenancy cleans. Contact Abracadabra Services Ltd., 10 Glasshouse Yard, Barbican, London EC1A 4JN or call Allan Lee on 020 7336 7686. Fax: 020 7336 7687. Email: info@abraserve.co.uk . Website: www.abraserve.co.uk

**Certax Accounting (EC London)** 5% off the first years Tax & Accounting services if you are looking to change accountants. Aimed at individuals, companies, contractors & landlords. Contact Marie on 07903 585959. 81 Rivington St., Shoreditch, EC2A 3AY. www.certaxaccountinglondon.co.uk

**Mail Boxes Etc, Barbican** 10% discount to BA members on any FedEx International Priority or UPS Express shipment. Members should show their BA membership cards and discount will be applied at time of purchase on the current FedEx or UPS retail price. Not valid with any other offer and only available at Mail Boxes Etc, Barbican. We are open from 8.30am to 6.30pm Monday - Friday. 128 Aldersgate Street, London, EC1A 4AE. Tel: 0203 3261116, email: info@mbebarbican.co.uk®

**Prince of Wales Dry Cleaners** Service includes, dry cleaning, laundry service, linen service. We also clean leather and suede, and do alterations.
and repairs. We also provide shoe repairs. Free pick up and delivery service. Special offer laundering 5 shirts for £7.50. Offering 10% discount on first orders and any bulk orders. 17 Prince of Wales Rd, London NW5 3LH Phone: 0207 671540 and 07590 377245

REtailoring: We are a local tailoring service offering both Bespoke and Made-to-Measure suits and quality alterations to all types of garments. We are happy to offer 10% discount on all items for Barbican Association members. REtailoring, 12 East Passage, London. EC1A 7LP. Tel: 020 7600 4600. Opening Hours 9:30 to 6:00 Monday to Friday, Saturdays by appointment.

Urban Locker Self Storage: Your stuff, close by at Paterson Court, Peerless Street, London EC1V 9EX. Tel: 020 3637 0850. Catering for all your storage needs. Business and Domestic, Safe and Secure. 10% Discount on any solution when presented with the BA membership card.

FURNISHING

Alma Home: 10% discount on furnishings. View at showroom at 8 Vigo Street, London W1S 3HN, or in Selfridges. See also website www.almahome.co.uk. Contact Tisha Richell on 020 7377 0762 or by email: tisha.richell@almahome.co.uk for further details.

Ligne Roset City: Contemporary furnishings. 10% discount available to Barbican Association members, but not available in conjunction with any other discount. See website: www.ligne-roset-city.co.uk for furniture details. 37-39 Commercial Road, London E1 1LF. Tel: 0207 426 9670

MAR-DEN: We source and sell a range of art deco, midcentury and modernist furniture. We already have fantastic clients in the Barbican and would now like to offer all residents a 10% discount. Please contact Frances on 07940 762885, or email info@mar-den.co.uk. Alternatively you can enter ‘barbican’ in the discount box and purchase items online. Please visit www.mar-den.co.uk

MILK Concept Boutique: Small furnishings, contemporary hand-crafted lighting, collectable porcelain, fragrances, travel accessories and exclusive fashion labels can all be found relaxing in comfort amid the whitewash Victorian and petite elegance of The Clerk’s House, beside Shoreditch church. BA Members offered discounts of 5% to 10% on all goods except Fornasetti and repairs. We also provide shoe repairs. Fee pick up and delivery service. Special offer laundering 5 shirts for £7.50. Offering 10% discount on first orders and any bulk orders. 17 Prince of Wales Rd, London NW5 3LH Phone: 0207 671540 and 07590 377245

MyDreamKitchen: 5% discount. Contact Spiro Nicholas, MyDreamKitchen, 708 Lea Bridge Road, London E10 6AW. Freephone 0800 018 5654. Email: spiro@mydreamkitchen.co.uk. Web: www.mydreamkitchen.co.uk

Health in the City: Formerly the Feelgood Centre and now moved to Room 57, 65 London Wall, EC2M 5TU, is offering Barbican Association members a 10% discount on a wide range of Therapies and Treatments which are available from specialist practitioners. For a full listing please check the website: www.feelgoodcentre.com. For booking or further information call 07946 084 848 or email feelgoodcentre@yahoo.co.uk. Web: www.healthinthecity.co.uk

Insight London: Counselling and Psychotherapy: 20% discount on the initial consultation for BA members. Fees for ongoing sessions are negotiable according to individual circumstances. Individual, couple and family sessions with a Chartered Clinical Psychologist. Consulting rooms in Golders Green, close to the Underground, 25 minutes from Moorgate. On-street parking is available. Website: www.insightlondon.co.uk. To arrange an appointment contact Marc Helster 07775 629 432 or email: info@insightlondon.co.uk

London Eye Optique: London Eye Optique Ophthalmists is offering Barbican Association members 10% discount on all complete pairs of spectacles. Terms and Conditions apply. London Eye Optique Opticians, 2a Cherry Tree Walk, Whitecross St, Barbican, London EC1Y 8NX. Tel: 0207 256 9778. To find out more about our services please email us on optician@londoneyeoptique.co.uk or alternatively visit our website – www.londoneyeoptique.co.uk

No74 Hair & Beauty London No 74 is delighted to give a introductory 30% discount for the first visit on a single service for all BA Members. Discount 30% off for the first visit, permanent discount 10% off on all hair and beauty services incl. YON-KA massage and facials, Sebastian, Wella & OPI treatments @ No74, 74 Compton Street, EC1Y 0BN. No-74.co.uk, info@no74.co.uk, Tel. 020 7498355, BA card required

Psychotherapy City: 10% discount on first four psychotherapy, counselling or coaching sessions to BA members on production of their membership card (5% to all Barbican residents). Practice at London Bridge. Contact: Amanda Fallon. Phone: 0777 557 0280. Email: amanda@psychotherapycity.co.uk. Web: www.psychotherapycity.co.uk

Registered Osteopath- Lucy Bracken 25% discount on the first three appointments 10% discount thereafter to all BA Members. Based five minute walk north of the Barbican. Drakes Gym, 1 Pardon Street, EC1Y. Call Lucy on 07712 647 282 or email lucybracken@mac.com

Shai Hair: Now teamed up with Glass Salon in Carthusian Street. Barbican Association members receive 10% discount upon showing their BA card - minimum spend over £25 and new customers receive 20% discount on the first visit (minimum spend over £25 not in conjunction with another offer).

Yoga with Olivia: Come meet your fellow residents at our Barbican yoga classes at St Luke’s Community Centre, Wednesdays 7-8pm. We also specialise in private one-to-one tuition. 50% discount on your first class upon presentation of your BA membership card, plus 10% off your first purchase of a group class pass or private lesson. For more information see www.yogawitholivia.co.uk or contact olivia@yogawitholivia.co.uk.
### 2016 MEMBERSHIP FORM

**Barbican Address**

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<th>Name(s)</th>
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**Mailing Address**

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**Member type:**

- Leaseholder / Corporation Tenant
- Sub-tenant

**Please block capitals please**

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- Leaseholder / Corporation Tenant
- Sub-tenant

**Please block capitals please**

**Membership fee £7 if paying by cheque OR £5 if paying by STANDING ORDER:** For addresses outside the Barbican add £3 for UK, £6 for Europe, £9 for rest of world to cover postage.

**Membership cards:** Membership cards are printed in batches either monthly or bi-monthly depending on the print run required.

We would prefer you to pay by standing order. It saves our volunteers much time. Please complete the attached form. Alternatively send a cheque payable to ‘Barbican Association’ with your address on the back.

Please return this form to

Roger Howorth, Assistant Membership Secretary, 63 Thomas More House, Barbican, London, EC2Y 8BT. E mail: roger@rogerh.com

The Barbican Association keeps a database of the names, addresses, telephone numbers and e mail addresses of Association Members. Information from the database is used by our General Council and Affiliated House Groups for maintaining and increasing membership, distributing our publications, managing and reporting on our finances and accounts, and carrying out other objects of the Association. We also disclose information about our membership to the Corporation of London (including the Barbican Estate Office) in order to maintain their recognition of the Association. By becoming a member of the Association, you consent to the use of your information for these purposes.

### STANDING ORDER

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**Beneficiary’s Name**

Barbican Association 27933660

**Amount of first payment**

- **£**

**Date of first payment**

Commencing

**Due date and frequency**

1 January annually

**Amount in figures**

- **£**

**Amount in words**

**Date of last payment**

Unless further notice in writing or and debit my/our account annually

**Name of account to be debited**

**Sort Code**

**Account Number**

**This replaces my/our previous standing order for the transfer of**

- **£**

**to the same account (cross out if not applicable)**

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### BLOCK CAPITALS PLEASE

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By all accounts the sales market for Barbican and local area properties has been strong through the third quarter, although may now be beginning to slow down ahead of Christmas. However the price improvement may not be affecting all sizes of property equally. The changes to stamp duty earlier in the year have particularly impacted the high end plus £1.5 million properties – which thus includes virtually all the higher up tower block flats and other larger units such as Lambert Jones Mews, Wallsie and The Postern. Indeed it may even put a cap on the pricing of some of the best two-beds on the Estate given the price levels Barbican properties have been reaching of late.

Now the Chancellor’s Autumn Statement has added a further 3 per cent stamp-duty premium on buy-to-let and second-home purchases which could affect sales and sale prices too, although one suspects that the number of potential buyers waiting in the wings, if one is to believe all the estate agents seeking properties to sell, would mean there’s still plenty of demand over and above buy-to-let and second home purchases. The Daily Telegraph comments that some predict, as a consequence of the Chancellor’s latest money raising efforts, a flurry of activity as buyers seek to secure property deals before the move takes effect in April, followed by a lull. On the other hand, people may hesitate to sell before they have bought elsewhere — having two properties while you search for the perfect downsizing pad or renovate a new family home could prove costly under the proposed new stamp duty scheme.

But, as always, there are some very mixed views on where property prices are headed. A recent report from Swiss bank UBS suggested that London House prices are in a bubble and, related to average income levels are among the highest in the world. It sees this as unsustainable thus predicting a housing price crash ahead. However this relies hugely on the estimate of average wages and critics of the report suggest that the UBS figures were based on an average wage of £29,57.50 for a skilled service worker whereas ONS data puts the average inner London wage 16.5% higher than the UBS figure which makes a big difference to the calculation. And given the price variations right across the capital from borough to borough, some see the UBS figures as somewhat irrelevant anyway.

As far as type of property is concerned, a recent report from estate agents Marsh & Parsons suggests that one-bedroom homes are now the most sought-after in Prime London, either as a starter home, buy-to-let or pied-a-terre, and have witnessed the largest increases in price in the past quarter. It says average prices for a one-bedroom property have risen 3.5% since Q2 2015, or £21,240 in cash terms. The trend is even more pronounced in Prime Central areas, with smaller one-bedroom properties appreciating in value by 5.9% in three months.

**BARBICAN SPECIALIST ESTATE AGENTS’ COMMENTS**

**SALES**

Nick Scott of Scott City: Activity in the sales market has been slower this autumn for two reasons, firstly a lack of Barbican...
Saintsbury Property staff stock although we are just seeing the signs of a little more property coming available and secondly the changes in stamp duty which were announced earlier this year have had an effect on sales between £1 million and £2 million. With clients being more aware of costs we are seeing higher demand for properties in good condition and situated in the better locations. The increased activity that we expected after the election in May didn’t materialise so we are seeing a more steady market without the craziness we experienced last year. As we approach 2016 we expect growth to continue but maybe not as steeply as we have seen over the past few years. www.scottcity.co.uk

Matt Gibberd of The Modern House: A friend of mine, who owns a chain of estate agencies in central London, recently described the market as “treacly”. He meant sticky rather than sweet. From our side we are seeing huge demand for properties under £1m, with sealed bids commonplace, but the upper end of the market remains a battle. www.themodernhouse.net

Tina Evans at Frank Harris: We are beginning to see the Christmas slowdown with buyers taking their time to make a decision. We still have a very long list of potential buyers who are frustrated by the lack of stock available, if you are considering selling this is actually a very good time with many of our buyers working locally and businesses generally slowing down they have time to view property.

The Blake Tower official launch and show flat opened on the 19th November, if any residents would like a personal tour please do let me know.

We would like to wish all the Barbican residents a Very Happy Christmas and a happy and healthy 2016. From all the Team at Frank Harris and Company. www.frankharris.co.uk

Glen Cook at Hamilton Brooks: This quarter is pretty much a mirror image of last September 2014, we have a reasonably healthy demand across all price bands, but within those prices bands you can have a surge in demand for certain types of units, almost a micro market within a micro market. Thus you need to consult an expert who knows apartment types to decipher which units are getting the demand and which ones are not and price accordingly, I have seen easily £100,000 difference between agents’ valuations, so be careful if you are a Solicitor, Executor or Law Firm giving out instructions. www.hamiltonbrooks.co.uk

Lisa Mason at Hurford Salvi Carr: We have a number of proceedable Barbican buyers currently registered looking to buy and have noticed that in the last year many of these are coming from outside the area. The new residential developments and regeneration taking place around The City have certainly helped underpin Barbican values, introducing a strong International buying public, unseen before in The Barbican. With the much anticipated opening of Crossrail playing a huge part in the Barbican’s future, buyers are motivated and keen, however there remains a shortage of good 1 and 2 bedroom apartment available. With the opening of our Aldgate, Islington and Shoreditch offices, we are able to offer Barbican sellers a much wider applicant database, working in conjunction with our Clerkenwell and City office which has been successfully selling in the Barbican for 20 years. www.hurford-salvicarr.co.uk

Alex Childs of AW Childs: We’ve found that buyers’ confidence this quarter has led to properties with realistic pricing being in high demand, leaving overpriced stock on the market for months, which is very unusual for the Barbican. We have also seen a surge of valuations within the estate, which will be coming to the market in early 2016. Good news for sellers, as it’s unlikely that the prices for 2016 will be affected due the demand for specific style of flats - in particular type 2Os, tower flats and large style studios. If you’re thinking of selling in the New Year, our advice is to get ahead of the competition and prepare early to get the best price for your home. We would like to thank the Barbican residents for the continued support, look forward to successful 2016. www.awchilds.co.uk

LETTINGS
Joe Davison at Scott City: The Rental Market in and around the Barbican is still seeing a good level of demand, with Studio and One bedrooms proving to be the most popular in terms of enquiry levels. With Christmas approaching, we would expect a slightly quieter period but so far this does not seem to be the case, especially with Barbican properties. The level of enquires are still High at this current time, with the only problem being not enough stock in the area.

Mark Scoging of AW Childs: We have seen strong demand for rental properties in the Barbican and values have increased over the past three months. This means that undervalued properties now need to be adjusted to current market rates to prevent landlords losing rent.

Glen Cook: We have seen new entrants of rental stock from Roman House to Heron Tower and to be honest demand for those is from a different sector of the market than the demand for the Barbican - those that would take one would not take the other. So demand is healthy for well-presented Barbican flats, as always.

Tina Evans: With the West End Christmas lights now in full illumination, the lights are beginning to dim slowly on the City rental market, which is a traditional occurrence for this time of year. However, with so many prospective tenants holding off their property search until January, now is the perfect time to take full advantage, if you are looking for a property to rent for the New Year.

As the nights draw in and the temperatures begin to decrease, it’s well worth remembering a few handy tips to bear in mind when it comes vacant properties this winter. Always keep the heating switched on: There is nothing worse for prospective tenants than turning up at a property to view a dark, lonely apartment that is also freezing cold. Always make sure the windows are regularly opened: Damp and condensation can occur regularly in properties at this time of year, as windows are usually closed at all times to combat the cold. However, this can lead to condensation and damp patches occurring if your property is not ventilated sufficiently.
CARER/COMPANION
Barbican resident male carer/companion - well qualified and experienced (dementia specialist) - seeks single/widowed individual for live-in or live-out delivery of long term care. CV, references and recent CRB report available. For further information contact Kerry on 07538 719 508 or email: spencer_pricekerry@hotmail.com

Experienced carer. Well known to Barbican residents, flexible working hours, short or long term care offered. Excellent references available, eminently trustworthy, reliable; very kind and sympathetic. Please contact Mary on 07958 203674

CHESS PLAYERS UNITE
If you are a moderate player (neither beginner nor wizard) and would enjoy the occasional game of chess, please contact: Berthewallis@gmail.com or telephone 0207 588 1665. We could meet in each other's homes for congenial afternoons or evenings.

DUPLICATE BRIDGE
Do you enjoy playing bridge? If so, do come along to the Barbican Bridge Club's duplicate evenings, which are held on the first Monday of the month (or second Monday if the first is a Bank Holiday) from 7pm to 10pm. We meet in the L tac Room, 02 level of Seddon House. New participants are always welcome. We charge £1 a head to cover cost of cards etc. and this has to be the best value one can get in the Barbican! For further information please ring Karolin Arnott on 020 7588 2668.

HOLIDAY LETS
Madeira 5 star. Timeshare junior suite apartment in 5* Royal Savoy hotel in Funchal available for 2 weeks – June 13th-27th. At cost of service charge. Please contact Hilarysunman@gmail.com, or call me on 07785 300862 for prices and availability.

La France Profonde – beautifully restored former mill house and barn for summer rents in the Lot valley. Private pool, large garden, sleeps 6 or 10. See www.moulindelatour.co.uk or contact Hiliarysunman@gmail.com, or call me on 07785 300862 for prices and availability.

Near Morzine/Portes de Soleil: luxury self-catering chalet with concierge service. Sleeps 12/14 in great comfort. Sauna, hot tub, log fire, books, games, antiques, fantastic views. See chaletquercet.com or email info@chaletquercet.com for more details.

Marbella Holiday Apartment to Rent - Lovely two bedroom, two bathroom, apartment with terrace to rent on a beautiful urbanisation just 15 minutes walk from the beach. 4 swimming pools, 2 tennis courts, 2 paddle courts and onsite restaurant set in picturesque gardens. Close to both Marbella and Puerto Banus. Discount for Barbican residents. For information please contact Louisadreja@yahoo.co.uk or call us on 07957 331388.

North Norfolk Coast. Beautifully renovated coach house with fflint walled garden owned by Barbican residents. Located a few minutes from the beach in the picturesque village of Cley, perfect for both short breaks and holidays. Visit www.manorcoachhousecley.co.uk or call us on 07957 331388.

St Johann in Tirol, Austria - all-year-round holiday house recommended 100% by Barbican resident. Well situated and equipped for older holiday-makers as well as for families or groups of friends. Very reasonable prices and easily reachable by train or hire car from Innsbruck airport. www.ferienhaus-aumayr.at

Paxos Greece. Waterfront apartment in stunning position in Loggos overlooking harbour. Top floor of old building renovated by us to good comfortable standard. Good sized completely private terrace. Large studio style with mezzanine floor and separate kitchen and wc/shower room. Top floor of old building renovated by us to good comfortable standard. Good sized completely private terrace. Large studio style with mezzanine floor and separate kitchen and wc/shower room. Sleeps 2 comfortably or 2 adults and 2 children in beds on mezzanine. Not suitable for toddlers or the infirm. 5 mins walk to beach. Wi Fi, air con, washing machine etc. Owned by Barbican residents and used as our holiday home for 15 years. Photos and more info available. Please contact alisonblears@gmail.com or 07947043323.

French Riviera (Antibes/Juan-les-Pins), stylish modern two bedroomed apartment set in an exclusive small private development. Very tranquil setting, yet just a short walk from the beach, shops and all local amenities. Attractive gardens and swimming pool. Ideal base for exploring the Riviera (Nice, Cannes, hill villages, art galleries) or simply lazing by the beach. Less than 30 minutes from Nice airport. Owned by Barbican resident. Please contact Andrew.kern@btinternet.com for more information and pictures.

Fabulous views from this well-equipped, slightly remote and very peaceful property. Located on the island of Yell in the Shetland Isles. Sleeps up to 6. See website for more details: www.herra.shetland.co.uk

Old Castle, Spain. XVII century converted barn. 2 bedrooms, 2 bathrooms, cozy kitchen and living room, and beautiful garden in the picturesque town of Medinael. Ideal for those looking for a quiet place to stay whilst enjoying the local Roman, Moorish, Romanesque and Gothic ruins the place has to offer. Beautiful landscape. Perfect for both short breaks and holidays. Owned by Barbican resident. Available for short breaks and holidays. Please contact Paula on 07906368584 or email at pgcneive@yahoo.es for more information and pictures.

2 bedroom apartment in La Cala which is between Malaga and Marbella. 150 metres from beach and 25 mins from airport. Pool and child pool in development and restaurants nearby. Suitable for young families, golfers and just relaxing. Reasonable rates. Barbican1@hotmail.co.uk for more info

MATHS TUITION
Maths Tuition, by an Imperial College Graduate. 11+, 13+, GCSE and A-level Pure models 1, 2, 3 and 4. CRB certificate holder. Call Daryl-Rhys: 07906411358 or email: dt_@hotmail.co.uk.

Expert maths tutoring from highly-experienced Cambridge maths graduates. 11+, 13+, GCSE, AS, A-Level, IB, Oxford Entrance papers, AEA and STEP all covered. Negotiable rates. 07757320901. bennetdonald@gmail.com

LANGUAGE TUITION
French tuition: Friendly, professional tutor with over 15 years experience. Personalised lessons for all levels: beginners to advanced. One-to-one or small groups. I am based in the Barbican. References available. Please have a look at my website: www.olivierpidoux.com and feel free to call Olivier on 07903 419 763 for any further information.

Languages for fun or business. If you want to brush up or start from scratch French, German, Italian (one to one or in group) just call 7638 4249

MUSIC TUITION
Piano: Highly qualified piano teacher available to give piano lessons in the Barbican. Telephone or text Alexander on 07929 059218

Guitar lessons offered by fully qualified Higher diploma graduate and 1st year Foundation student in Creative Musicianship. All ages taken, including beginners. Please call Lewis Taylor 07906674870 or email lewisdrewtaylor@hotmail.com.

Piano lessons offered by fully qualified (BMus, LRAM, DipRMus) Barbican-based teacher with over 20 years experience of teaching both children and adults of all levels. ABRSM Theory tuition up to
Grade S also on offer - a pass guaranteed! Please call 020 7588 2909, or email nicola.nokes@gmail.com

Piano lessons in the Barbican by highly experienced and qualified piano teacher. Member of EPTA (European Piano Teachers Association), enhanced CRB disclosure in place. All ages and levels welcome. If interested, please email yogaklavier@yahoo.es or phone 07906309897

Professional cellist, MA graduate from the Juilliard School, teaching at home in the Barbican. Highly experienced, will take all ages and levels, including beginners. Please call Laura Isaacson 07917 375 955 or email laura@cello-lessons.co.uk

SINGING LESSONS AND VOICE COACHING

Professional singer (GSMD graduate) and qualified singing teacher (teaching diploma from the Associated Board of Royal Schools of Music) offers singing lessons and voice coaching in the Barbican. All ages and levels, beginners welcome. Please email dolatim@yahoo.de or phone 07910587878.

BABY SITTER

Baby Sitter available. Just moved into Shakespeare Tower. Really enjoy looking after children and regularly babysit for neighbours. 22 years old and recently returned from travelling after finishing degree. Please contact Oona Berry: 07958360622

CLEANING

For a reliable and conscientious domestic cleaner who already cleans a number of Barbican apartments, call Garibel on 07949 768679. Light domestic cleaning and ironing undertaken. Also specialist cleaning of apartments pre- or post-occupancy. References from existing Barbican clients available.

Portuguese lady who has lived in UK for more than 20 years and runs own cleaning company will efficiently, undertake your cleaning and ironing. Available for cleaning apartments, offices, end of tenancy cleans, carpet cleaning, oven cleaning etc. Can make old Barbican baths sparkle! Highly recommended. Barbican and other references available. Call Maria Pinto on 020 7686 0085 or Mobile 0790 067 2005.

Bright, cheerful Filipina lady (Naturalised British) – has lived in England for over 30 years - will happily do your cleaning and ironing. Call Millie on 07411 642579 or email milliemiguel3@googlemail.com

DECORATORS

Thomas More House residents can recommend Anderson and Julio, who decorated their studio flat. They generally work at weekends and are very quick! Please contact Anderson Martins-Leao on 07344 04378; or to speak to resident phone 020 7588 5583.

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Afterthoughts

Dear Ann:

(Kevin Kiernan assumes the identity of his alter ego - Ann Drewes, Barbican’s own Agony Aunt!)

Dear Ann

As you may know the naming of podium highwalks has always reflected the name of a nearby block, not the name of the street below. Not so with Beech Gardens. I can fully understand why Defoe etc would not want to associate its name with the project management disaster of the decade. It took ages and the result is a little like a Curate’s Egg - bad in most parts. However to name it after the Barbican’s least favourite street is unfortunate. As a wilderness, it needs all the good PR it can get.

However can I, through your columns, suggest a compromise? The lengthy delay suggests it should be renamed Chilcot gardens or even Savile Gardens? These two noble lords can hardly complain that their names are associated with lengthy delays. Whether they are gardeners of course, is not so a question you should ask if you expect a quick answer.

Yours, Speedy Gonzales

Dear Speedy

Your letter is valuable to us and I am sorry I can’t reply straightaway but in the fullness of time and in due course……

Yours, Auntie Ann

Dear Auntie

Christmas and the groaning board is approaching. However we are all conscious of the figures we will cut on the beach at Clacton in 2016. Might I suggest a novel dieting method? Although Moorgate and Barbican stations are near, why not assume they don’t exist? Walk to Farrington or Liverpool St instead. It helps burn off the Xmas calories. And it’s not just tube stations - for example, although I live in Cromwell Tower my ‘nearest’ Waitrose is in St John St. The possibilities are endless.

Yours, Muffin Top

Dear Muffin Top

On a slightly different theme, pretending friends or relatives don’t exist is a good way of cutting down your Xmas card list.

Yours pennywise, Ann

Dear Ann

I am very conscious that we ought to fulfill the legacy of London 2012. As such, I have targeted a place in the GB Mixed Synchronised Swimming Team for Rio 2016. The trouble is getting in the practice. (How lucky Paula Radcliffe is in being able to go through her grinding daily routine on her own.) I did enquire at the national organization for the sport, SynSwim (not be be confused with SinSwim which, I found out, is an entirely different organization) but they said that my arm bands would get in the way. So I decided to go down to Golden Lane Pool and find a lady swimmer, stand near her and simply copy what she did.

I have now been banned from swimming pools in Greater London.

Yours in the deep end, Nautilos

Dear Nautilos

Perhaps you should try Morris Dancing and dance in the Rio Carnival?

Strictly yours, Auntie Ann

Dear Auntie Ann

Many of your older residents will know that one can easily get caught short, so knowing around the City where the nearest toilet is can be very helpful. I have invented an app called Sat Lav. You can have it on your smartphone.

No smartphone? No worries, there is a talking version which you can attach to your hearing aid. Both versions also include a database of office buildings where security is lax, and pubs which apply an open house policy to those who can’t keep it inside themselves. It even includes a free beer glass so you look more like a customer. The glass so you look more like a customer. The policy to those who can’t keep it inside themselves. It even includes a free beer glass so you look more like a customer. The glass so you look more like a customer. The glass so you look more like a customer. The glass so you look more like a customer.

Conveniently Yours, Spenda Penny

Dear Auntie Ann

Ever since my wife pointed out the flat we live in earns more money each year, in terms of the increase in property prices, than I do, I have felt strangely emasculated. She says that I earn as much as two of my older residents will know that one can easily get caught short, so knowing around the City where the nearest toilet is can be very helpful. I have invented an app called Sat Lav. You can have it on your smartphone.

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Dear Auntie Ann

Ever since my wife pointed out the flat we live in earns more money each year, in terms of the increase in property prices, than I do, I have felt strangely emasculated. She says that I earn as much as two cupboards and a bathroom.

Yours Frankly Harassed

Dear Frankly

At least you can point out that property prices can go down as well as up whereas your meagre pitance is always positive.

Yours economically, Auntie Ann

Dear Auntie Ann

Can you help? I am having trouble with my long wave radio so I subscribed to V FM which I assumed was a radio service. It’s expensive, I can’t find the dial and all it does is blink at me! Also what is this Spam from HMRC for unpaid back taxes which is greater than my annual salary.

Re your advice that at least my wage is always positive, I have just had a demand from HMRC for unpaid back taxes which is greater than my annual salary.

Yours in the name of cutting down your Xmas card list.

Yours pennywise, Ann

Dear Ann

I am very conscious that we ought to fulfill the legacy of London 2012. As such, I have targeted a place in the GB Mixed Synchronised Swimming Team for Rio 2016. The trouble is getting in the practice. (How lucky Paula Radcliffe is in being able to go through her grinding daily routine on her own.) I did enquire at the national organization for the sport, SynSwim (not be be confused with SinSwim which, I found out, is an entirely different organization) but they said that my arm bands would get in the way. So I decided to go down to Golden Lane Pool and find a lady swimmer, stand near her and simply copy what she did.

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Re your advice that at least my wage is always positive, I have just had a demand from HMRC for unpaid back taxes which is greater than my annual salary.

Yours in recession, Frankly Harassed

Dear Auntie Ann

I understand that there may soon be CCTV cameras dotted around the Barbican. I am a little worried that they have a Vampire in their midst. I have found that with a mixture of counselling, aromatherapy and homeopathy (surprisingly effective) – I can suppress my otherwise overwhelming blood lust. Indeed I am a regular attendant at the Tuesday Club with no undue incidents recorded.

Yours Bloody Mary

Dear Bloody Mary

How reassuring – even so I will opt out of the Tuesday Club Halloween Night.

Yours Ann.
UNDER OFFER

1 LAUDERDALE TOWER. Stunning refurbishment of this West facing 3 bedroom, 2 bathroom 3rd floor tower apartment. Private balcony/terrace. Master Bedroom with en-suite. New kitchen with Corian work surfaces. Family bathroom. Separate shower room with WC. Electric curtains and blinds. £1,650,000.

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