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EYE ON LONDON

KENSINGTON & CHELSEA

International News Debate
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‘Library of Things’ opens in Kensington

A library that lends household items including drills, carpet cleaners, and kitchen appliances has opened in Kensington Leisure Centre. The Library of Things in North Kensington offers handy items such as drills, kitchen appliances, and gardening equipment for a few pounds a day. This service is part of plans to help people save money and reduce waste. It promotes a circular economy as part of the council’s “plans for a greener, fairer borough.”

The library will offer over 30 items which people can hire from as little as a few pounds a day by reserving online and collecting from the lockers at Kensington Leisure Centre on Silchester Road in North Kensington. Residents can sign up for a concession rate and get a further 25 percent

off. To reserve an item, visit the website and follow the steps.

Items include everything from carpet cleaners and drills to sound systems and ice cream makers. Or you can borrow something you may not need every day but could be handy for DIY, gardening, or entertainment.

Library of Things was founded in 2016 and launched its first self-service lockers in Crystal Palace two years later. It now boasts over a dozen locations across London, through which over 11,000 people have hired nearly 20,000 items. This has saved them around £640,000 through not buying and helped save approximately 110 tonnes of waste from landfill and 228 tonnes of CO2 emissions.

Rentale-bike parking is being introduced throughout Kensington & Chelsea with 128 new painted spaces and 40 ‘virtual’ bays which are highlighted on the app but not marked. The spaces will make the borough one of the highest densities of rental e-bike parking in London.

The parking spaces are designed to boost visibility and hope to encourage more people to take a rental e-bike for short trips rather than using their car. This would cut emissions and improve air quality throughout the borough. It will also give more cycle hire options for the north of the borough which has fewer Santander bike hire locations than the south.

“Rental e-bikes are really handy for people making short trips and are a

great alternative to taking the car or the tube,” Cllr Cem Kemahli, lead member for planning, place and environment, said. “However, abandoned rental e-bikes obstruct pavements causing real problems for pedestrians, people with disabilities and parents with children in buggies. Our new parking bays and action by providers to remove abandoned bikes will help us keep our pavements clear, making Kensington and Chelsea greener, safer and fairer for everyone.”

The spaces are for rented e-bikes not individually owned e-bikes which should be locked securely when parked. If you hire a bike from Tier, Lime, or Forest, you can park in the designated spaces



Rental e-bike parking introduced



Chelsea Flower Show comes to Latimer Road

A garden built as a display for the Chelsea Flower Show has been rebuilt by the entrance to Latimer Road Station. This hopes to give the plants “a second lease of life.” The display is “a celebration of sustainable gardening and the important role it plays in people’s lives.”

It will be maintained by the non-profit organisation Energy Garden and local community members from the North Kensington-based group Brownbaby.

The container garden was developed by landscape designers Amelia Bouquet and Emile Bausager and contains plants chosen for their hardiness, drought tolerance, and

pollution absorption. These include strawberries and Cotinus, known as smoketree, a beautiful purple tree that will “return in full glory” next year.

The council is working with residents and partners to transform Notting Dale into a 21st century eco-neighborhood. Communities are getting involved in gardening and planting across North Kensington with a prairie and kitchen gardens at the nearby Lancaster West Estate. A community kitchen garden in Edenham Way has had a boost in funding as well.

This project is funded by the Mayor of London’s Future Neighbourhoods 2030 programme and supported by the Council.

News



Mayor announces more funding to rewild London



Image: Fahad Redha

The Mayor has committed an additional £710,000 towards projects that will help rewild the capital. The third round of the Rewild London Fund is now open for applications for schemes that improve biodiversity in London and create more habitats for wildlife to thrive, making the city more resilient to climate change.

This brings the total investment to rewilding London to £2.3 million, which includes £750,000 from Amazon's Right Now Climate Fund. This has helped to create or restore around 250 hectares of wildlife habitat, the equivalent of nearly 310 football pitches, across the capital bringing nature back into the city for all to enjoy.

Past projects include supporting the reintroduction of water voles to the Hogsmill river in Kingston, where 101 water voles were released in August 2022. There was also the installation of floating rafts on the Wapping

Ornamental Canal, Tower Hamlets to create ecosystems for nesting birds, fish and aquatic invertebrates. New wildlife corridors were created linking Buckthorne Cutting Nature Reserve in Lewisham to its surroundings including ancient woodland. And improvements were made at The Grove, Hillingdon for the restoration of wet meadows supporting amphibians and native wetland plants.

"This funding will support many more rewilding projects in the city and will ensure that Londoners can spend time in stunning outdoor spaces while connecting with nature," The Mayor of London, Sadiq Khan said. "By working closely with community groups and organisations we are turning London into a wildlife haven, as well as making the city more resilient to the effects of climate change. This is a key part of my vision for a greener and cleaner London for everyone."

London leads England for pub closures

More pubs closed down in London over the first half of 2023 than anywhere else in England, a study has found. The capital has seen 46 pubs shut down by the end of June according to data from real estate analysts Altus Group.

Across the UK as a whole, 383 pubs closed over the same period, nearly matching the whole of 2022 when 386 shut down. The government has pledged to help venues by providing 50 percent business rates relief as well as freezing alcohol duty rates.

In the first three months of 2023, an average of 51 pubs closed every month, rising to

77 a month between April and June.

Wales lost the most throughout the UK as a whole with 52 pubs closing their doors for good.

The most recent London Assembly pub audit found that the number of venues has declined overall for the past 20 years in most boroughs. However, employment in the sector has increased with the average pub becoming larger. Employment in pubs increased by 12 percent in London, more than anywhere else in the country and beyond the average across the UK of 3 percent.



e-Scooters trial reaches second phase

TfL, London Councils participating, and e-scooter operators Dott, Lime, and Voi have launched the second phase of the rental e-scooter trial in London. The operators were selected in the summer after their ability to meet strict safety requirements and high operating standards was carefully assessed.

The next phase of the trial will look to build on the success by gathering more data to inform policy on rental e-scooters

and trial further innovations. This includes new technologies such as AI to improve parking compliance, and exploring the use of pavement riding detection technology and audible vehicle alerts.

The next phase in the trial will see an expansion in coverage, including to the south of Lambeth with around 190 new parking bays later this year. Safety will remain at the core of the trial with rental scooters offering safety benefits over private e-scooters.



London Home Football Traffic Watch

Compiled & edited by Fahad Redha

Women's
October 11, Fulham v Dulwich Hamlet, 19:30
October 11, Tottenham v Reading, 19:30
October 14, Chelsea v West Ham, 17:30
October 15, Arsenal v Aston Villa, 14:00
October 15, Crystal Palace v London City Lionesses, 14:00

October 15, Fulham v Enfield Town, 14:30
October 22, Chelsea v Brighton, 14:00
November 5, Arsenal v Manchester City, 14:00
November 5, Tottenham v Everton, 14:00
November 12, Crystal Palace v Lewes, 14:00
November 12, Tottenham v Liverpool, 14:00

Men's
October 21, Chelsea v Arsenal, 17:30
October 23, Tottenham v Fulham, 20:00
October 27, Crystal Palace v Tottenham, 20:00
October 28, Chelsea v Brentford, 12:30
October 28, Arsenal v Sheffield United, 15:00

November 1, Chelsea v Blackburn Rovers, 19:45
November 4, Fulham v Man Utd, 12:30
November 6, Tottenham v Chelsea, 20:00
November 8, Arsenal v Sevilla, 20:00
November 11, Arsenal v Burnley, 15:00
November 11, Crystal Palace v Everton, 15:00

N News

Dozens of MPs and peers have joined a campaign for an “immediate stop” to the use of live facial recognition surveillance by the police and private companies. The former cabinet minister David Davis, Liberal Democrats leader, Sir Ed Davey, Green MP Caroline Lucas, and former shadow attorney general Shami Chakrabarti are among the 65 members of the House of Commons and House of Lords calling for an end to the use of this technology. The campaign is being led by privacy advocate Big Brother Watch and has the backing of 31 groups including Liberty, Amnesty International and the Race Equality Foundation.

Police have deployed live facial recognition at large-scale public events including the King’s coronation.

“We hold differing views about live facial recognition surveillance, ranging from serious concerns about its incompatibility

with human rights, to the potential for discriminatory impact, the lack of safeguards, the lack of an evidence base, an unproven case of necessity or proportionality, the lack of a sufficient legal basis, the lack of parliamentary consideration, and the lack of a democratic mandate,” the statement said. “We call on UK police and private companies to immediately stop using live facial recognition for public surveillance.”

This comes after policing minister, Chris Philp, announced plans to make British passport photos searchable by police. Metropolitan police commissioner Sir Mark Rowley predicted that facial recognition could transform criminal investigations as much as DNA testing.

However, Big Brother Watch director Silkie Carlo is not convinced. “The UK’s reckless approach to face surveillance makes us a total outlier in the democratic world,” she said, “especially against the backdrop of the EU’s proposed ban.”

Cross party call for halt to facial recognition



Cornwall “set to bloom” as National Trust begins rewilding efforts

Clifftops as well as fields throughout Cornwall are set to be turned into thriving wildflower meadows. This is thanks to a new three-year conservation project by the National Trust. The scheme will create 250 hectares of “species-rich grasslands” at sites all over the county in an effort to help rare and threatened coastal wildlife including solitary bees, skylarks, swifts, and common lizards.

97 percent of species-rich grassland has been lost since the 1930s in the UK. The remaining 3 percent is fragmented across the country, making it harder for wildlife to spread. Climate change is compounding the issue for native species, causing more

extreme weather and shifting seasons.

Trust staff, volunteers, a local tenant farmer, and members of the public began sowing the first of the grassland at the Trust’s Lanhydrock estate, near Bodmin. Four and a half hectares of neutral grasslands will be turned into a meadow that provides benefits for local wildlife and a spectacle for the many visitors to the site for years.

Seeds have been collected from healthy ‘donor’ meadows throughout the UK thanks to a partnership with Natural England, Cornwall Council, Meadow Match, private landowners and the National Wildflower Centre. They will be spread across National Sites all over Cornwall.

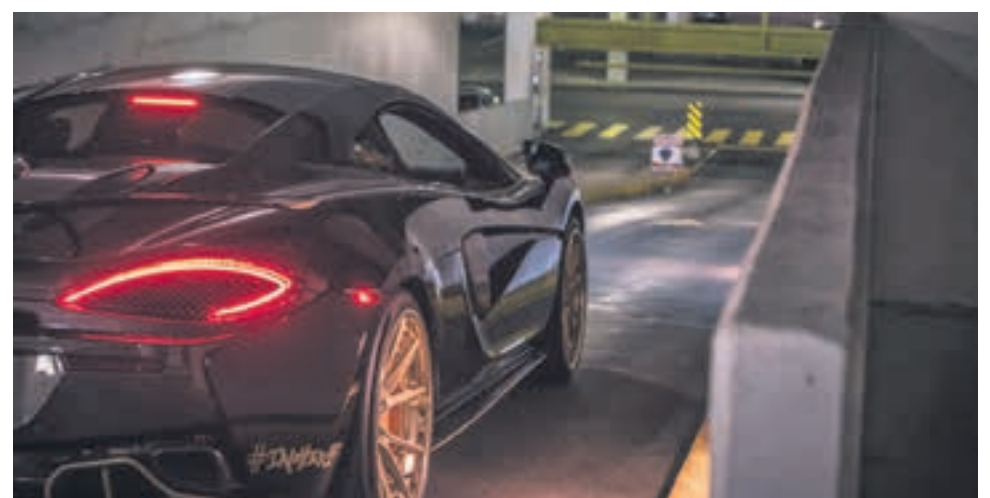
Airport parking costs more than return flight

A week’s parking at an airport could be more expensive than a return flight to a number of European destinations over the half-term holidays. That’s according to research from YourParkingSpace.co.uk which lists driveways available to rent near airports. It found that between the 26th October and the 2nd November, airport parking can cost up to £275 for seven days.

Gatwick is charging that much for a

week at its North Terminal facilities, the closest to the terminal which offers slightly larger bays. Other options at the North Terminal include a short stay for £186, valet parking for £82, and a long stay for £69.

Meanwhile, return flights from Gatwick to Paris over the same period can be had for as little as £79 from some budget airlines including EasyJet. That makes it less than half the most expensive parking option.



International News



Debate reignited over ECHR

Debate has been rekindled regarding the European Convention on Human Rights (ECHR), a topic that has seen ongoing contention for more than a decade within the Conservative government. The government's stance has consistently leaned towards advocating for the UK's withdrawal from the ECHR, citing concerns about its impact on national sovereignty and its perceived hindrance in dealing with foreign criminals. Conversely, proponents of the ECHR argue that it serves as a vital safeguard for important rights and liberties.

The recent resurgence of this debate stems from a decision by judges associated with the European Court of Human Rights, also known as the Strasbourg Court, which is responsible for enforcing the ECHR's rulings. These judges have controversially halted a proposed plan to relocate asylum seekers to Rwanda.

Supporters of the ECHR contend that it plays a pivotal role in safeguarding the rights of all 47 member states of the Council of Europe. This intergovernmental organisation was established in 1948 with the primary goal of promoting democracy and the rule of law, particularly in the aftermath of World War II. The ECHR is seen as a cornerstone in this effort, as it "guarantees specific rights and freedoms and prohibits its unfair and harmful practices." These rights encompass freedom from torture

and slavery, as well as the preservation of freedom of expression, as outlined by the Equality and Human Rights Commission.

Opponents, on the contrary, assert that the European Convention on Human Rights (ECHR) undermines national sovereignty. They point to instances such as its rulings on prisoner voting and the cases of Islamic extremists like Abu Hamza and Abu Qatada. In both cases, extradition to the US and Jordan respectively was blocked due to concerns about torture.

With the escalating issue of migration, some argue that the convention only adds complexity to the situation. Former Home Secretary Theresa May argued in 2016 that withdrawing from the ECHR would grant British courts more effective powers in deporting foreign criminals.

Nevertheless, there are those who contend that there is no need for alarm. Ciaran Zanna of St Andrews Law Review asserts, "The UK will still be bound by the United Nations International Bill of Human Rights." He adds that there's nothing preventing the UK from reintroducing the legal content of the ECHR in the form of a 'Bill of Rights' after exiting the Convention. This could also involve strengthening protections for freedom of speech and additional rights like those related to abortion and same-sex marriage.

Critics argue that the Strasbourg-based court's decisions often boil down to an

interpretation, raising concerns about the distance of its judges from the UK. Daniel Hannan, a Conservative peer who was an MEP, opined that ECHR judges frequently interpret rights based on what they believe the law should say, rather than what it explicitly states. He emphasised that the more remote this interpretation becomes, the harder it is to rectify when it deviates from the plain meaning of the words.

Supporters, however, caution against the perils of leaving the ECHR, likening it to the risks associated with leaving the European Union. Rashmin Sagoo, Director of the International Law Programme, asserts, "It would also be inconsistent with the UK's Integrated Review Refresh, which underscores the UK's commitment to the rule of law, respect for the fundamental principles of the UN Charter and international law, and universal human rights that underpin our democracy." Such a departure would diminish the UK's ability to champion international law, influence states with a history of human rights violations, and run counter to UK strategic priorities, including addressing aggression from Russia and China, supporting multilateralism, and maintaining global legal leadership.

"All the loss would be 'for little gain'," she emphasises, stressing the need for a comprehensive understanding of the concerns surrounding the ECHR and their scrutiny.

Barrister and editor of the UK Human

Rights Blog, Adam Wagner, reflects on the potential consequences of the UK's withdrawal from the ECHR: "It is a testament to how much of an outlier the UK would become if it withdrew from the court's jurisdiction that we don't really know what the legal and political effects would be."

Other concerns persist as well. Notably, while cases like that of Abu Hamza garnered significant media attention, numerous others received far less notice. Wagner cites an example where "three campaigners accused GCHQ of violating the privacy of millions in the UK and Europe in the wake of revelations from whistleblower Edward Snowden regarding mass surveillance."

Furthermore, the peace in Northern Ireland has emerged as a crucial factor due to the Good Friday Agreement's mandate for the UK government to integrate the ECHR into domestic law. Some argue that leaving the ECHR could necessitate a renegotiation of peace agreements.

In recent years, the debate surrounding the ECHR has become increasingly polarised, presenting a complex challenge with no straightforward solution. Exiting the ECHR would have profound implications for the UK's legal system and its relationship with other European nations. Nevertheless, as she notes, for opponents of the ECHR, "this is a price worth paying to restore sovereignty to British courts."

DIGITAL ASSETS

EU USHERS IN LANDMARK CRYPTO REGULATION, SETTING GLOBAL STAGE FOR REGULATORY CONVERGENCE

In a landmark move, the European Union (EU) has ushered in a comprehensive regulatory framework for markets in crypto-assets (MiCA) aimed at bringing much-needed oversight to the rapidly evolving world of digital currencies. Adopted in June 2023, MiCA focuses on regulating crypto-asset markets, with a particular emphasis on stablecoins.

Stablecoins, which pledge a 'stable value' against official currencies or values, have become a focal point of the regulation. The MiCA framework introduces stringent transparency and governance rules, mirroring those applied to traditional financial institutions, alongside prudential rules to ensure financial stability. This multifaceted approach is expected to bolster citizens' protection, foster financial stability, drive innovation, and promote financial inclusion.

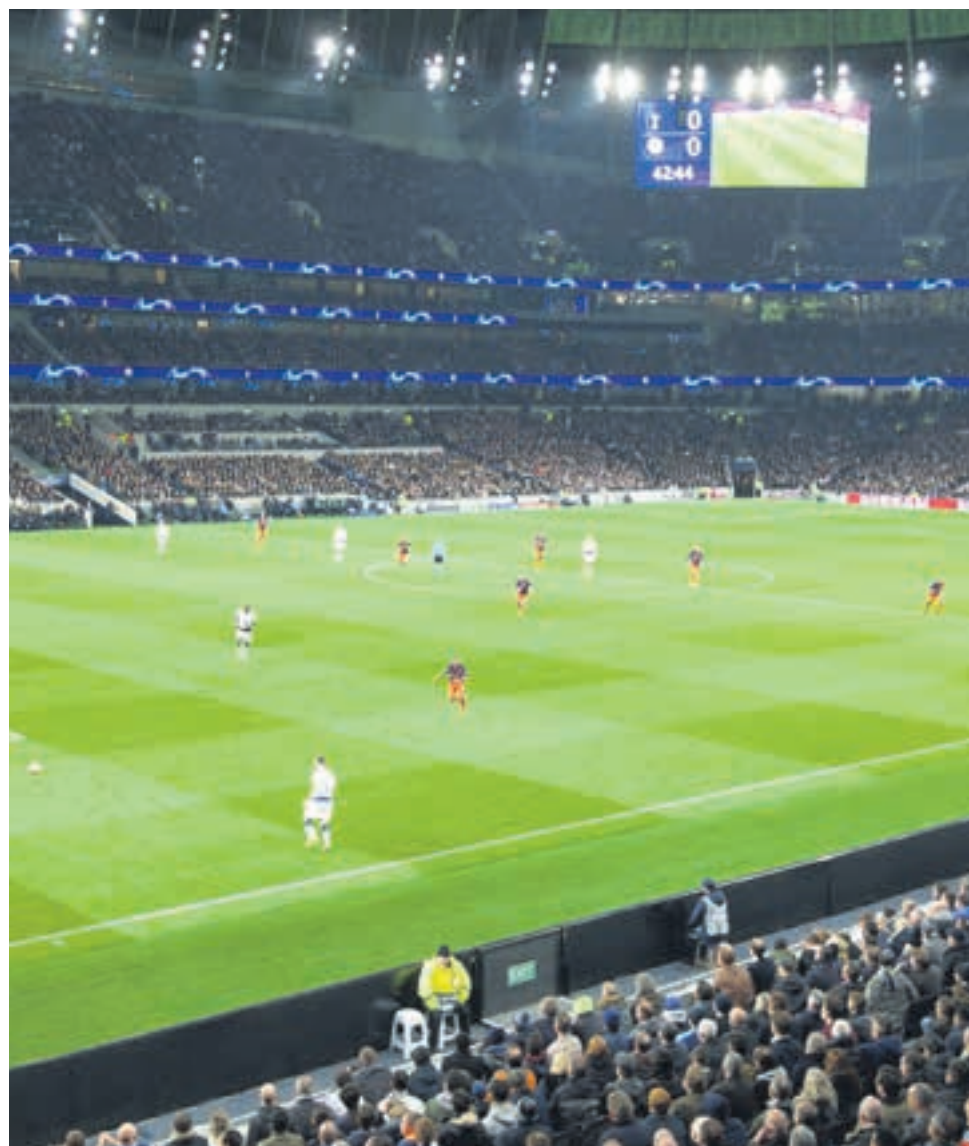
EU Commissioner Mairead McGuinness expressed concerns over potential threats to financial stability stemming from the lack of regulation in countries not in the EU. While the MiCA framework positions the EU at the forefront of crypto regulation, the Commissioner stressed the need for global cooperation to mitigate risks arising from regulatory disparities.

Across the Atlantic, the United Kingdom has positioned itself as a

potential 'crypto hub' by enacting comprehensive legislation on crypto-assets. However, the new law delegates detailed regulation to national financial authorities. In the United States, crypto-assets fall under the purview of the financial markets supervisor if deemed securities. Yet, varying qualifications and legal uncertainties persist, prompting calls for more robust regulatory measures.

International debate and concerns raised by academics and organisations highlight the potential instability of stablecoins and emphasise the necessity for stringent transparency requirements and effective global coordination. The EU's move towards tighter regulation is viewed as a positive step in addressing these concerns, although potential adverse effects on the development of crypto-asset markets, compared to less regulated third countries, cannot be ignored.

While the EU's regulatory action is anticipated to have overall positive effects, experts argue that complementary measures at the global level are essential to fortify financial stability. The evolving landscape of crypto regulation indicates that a balance between oversight and market development is crucial, making international cooperation imperative for the sustained growth and stability of the crypto-asset markets.



Premier League side Tottenham Hotspur has taken a step into the world of blockchain and fan interaction. The club has launched its dedicated fan token, \$SPURS on the Chiliz Blockchain.

The North-London team will issue its fans the token through Socios.com, a fan

which auctions jerseys worn by players in matches, and authenticates them on the Chiliz blockchain.

\$SPURS Fan Token will be integrated into the club's membership scheme. One Hotspur+ Members and season ticket holders aged 18 or over will receive five

TOTTENHAM LAUNCHES DEDICATED FAN TOKEN

engagement platform built on that blockchain. Chiliz is distinguished by its robust security measures and scalability. It supports over two million user wallets and accommodates a daily user volume of over 60,000. It is a blockchain platform that facilitates the management of over \$400 million in revenue from various sports teams and leagues since 2018.

Socios.com has drawn in various major sports teams around the world and enabled them to issue and manage fan tokens, digital collectibles, and real-world rewards.

This move brings Tottenham in line with other football clubs including Manchester City, Arsenal, Barcelona, Paris Saint-Germain, Juventus, Inter Milan, AC Milan, Atlético Madrid, and A.S. Roma. All of them have adopted blockchain technology to enhance fan engagement.

\$SPURS token holders will be able to take part in on-chain voting on various matters related to the team including potential kit changes. The club will also collaborate with MatchWornShirt,

free fan tokens while One Hotspur members will be given one free token. These have been available for redemption since the 4th October, through a voucher code sent via email.

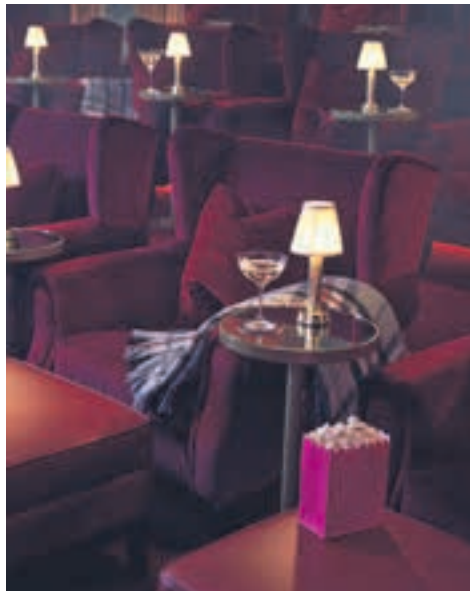
The non-transferable free tokens give instant access to club related activities including polls, predictors, quizzes, and competitions. Fans can then unlock rewards and experiences through these activities.

\$SPURS can be bought for \$2 (£1.64) each and will later be added onto major global exchanges making them accessible to fans worldwide

"We're pleased to be able to provide fans worldwide with a new range of Club-related rewards and experiences," Tottenham Hotspur's commercial sales director, Ryan Norys. "Our Fan Token will build on the many benefits of our existing membership scheme. The partnership is another example of how the Club is working to create additional recurring sources of revenue to reinvest in our football activities."



Partner Content



Retirement can mean many different things to many different people. Sometimes, it's leaving the city for the country or the coast. Other times, it's wanting to stay living and working in a thriving neighbourhood that you know and love.

A fresh take on later living, Riverstone is revolutionising retirement for people over 65, so that they continue to enjoy interesting and active lives right in the heart of London.

Many residents choose Riverstone because they love living in a desirable, cultural area like Kensington, or the peaceful riverside charm of Fulham, are keen to 'right size' their home or move closer to family, or they simply seek a place that they can lock up and leave whenever they please, knowing it's safe in the hands of a 24/7 concierge.

The luxury designed apartments in Kensington and Fulham offer exceptional

amenities and a vibrant community. This collection of beautifully appointed one, two, and three-bedroom apartments for sale all come with a private terrace or balcony, and many overlook seasonally landscaped gardens by RHS award winner, Andy Sturgeon, and herb beds by Jekka McVicar, VMH.

Residents make the most of the exceptional amenities and services on offer. Whether that's inviting the grandchildren

in the Espresso Bar, or hosting the family for Sunday lunch in the all-day Restaurant and Bar, Maria G's.

When you become a resident, you automatically become a member of The Riverstone Club, which offers access to some of the top cultural institutions, such as the Saatchi Gallery, Royal Albert Hall, Royal Philharmonic Orchestra, English National Opera and Glyndebourne. So, there's no need to travel far to indulge

Club, Bridge, Coffee Mornings, excursions and exclusive talks with special guest speakers.

With a proactive approach to health and wellbeing, Riverstone also work with residents to understand their priorities and offer wider health support through selected expert partners and care through The Good Care Group, should they need it.

Riverstone: For a Life Less Retiring in the Capital

over to watch a movie in the Cinema with popcorn, taking a dip in the Swimming Pool and relaxing in the Sauna or Steam Room, catching up with friends over coffee

your love of art or music, or to discover a new hobby or passion.

Residents also enjoy a wide range of informal groups and clubs such as Book

To book a viewing of the show apartments and a tour of the amenities, please call 020 8017 6166. riverstoneliving.com

Study Reveals Retirement Communities Foster Healthier and Happier Lives

In what marks the most extensive and comprehensive examination of retirement communities in the United Kingdom to date, researchers have unearthed compelling evidence that underscores the myriad benefits of residing in these specialized senior living environments. The study, a collaborative effort between ProMatura International, a globally renowned leader in data and consumer insights for the senior housing industry, and ARCO (the Associated Retirement Community Operators), the prominent trade association representing the UK's retirement community sector, involved the participation of 2,799 residents hailing from 81 retirement communities, representing 15 different operators. Additionally, 1,111 individuals contemplating a move to a retirement community took part in the research.

The findings of this extensive investigation illuminated a multifaceted picture of improved well-being for residents of retirement communities in comparison to those who had yet to make the transition. Key revelations from the study included enhanced physical health, increased social engagement, heightened security, and overall greater life satisfaction among those living within retirement communities.

Notably, residents of retirement communities experienced better health outcomes over a more extended period, as well as greater levels of physical activity and reduced feelings of loneliness. Additionally, they reported a heightened sense of security, improved privacy, and an overall increased enjoyment of life compared to their counterparts who had not yet chosen to make the move.

A staggering 90 percent of current residents expressed the sentiment that they had chosen the perfect moment in their lives to relocate to a retirement community, while a mere 6 percent indicated they should have done so sooner. Importantly, over 70 percent of residents viewed their decision to move as an opportunity to forge new friendships, indicating a robust social component to the retirement community experience. Furthermore, residents reported feeling more empowered and in control of their lives.

Retirement communities offer an array of high-quality housing options tailored to the needs of older individuals, coupled with specialized support services. Residents have the flexibility to rent or own their accommodations, thus maintaining their privacy and independence. The reassurance of round-the-clock on-site staff, communal facilities, and optional care and

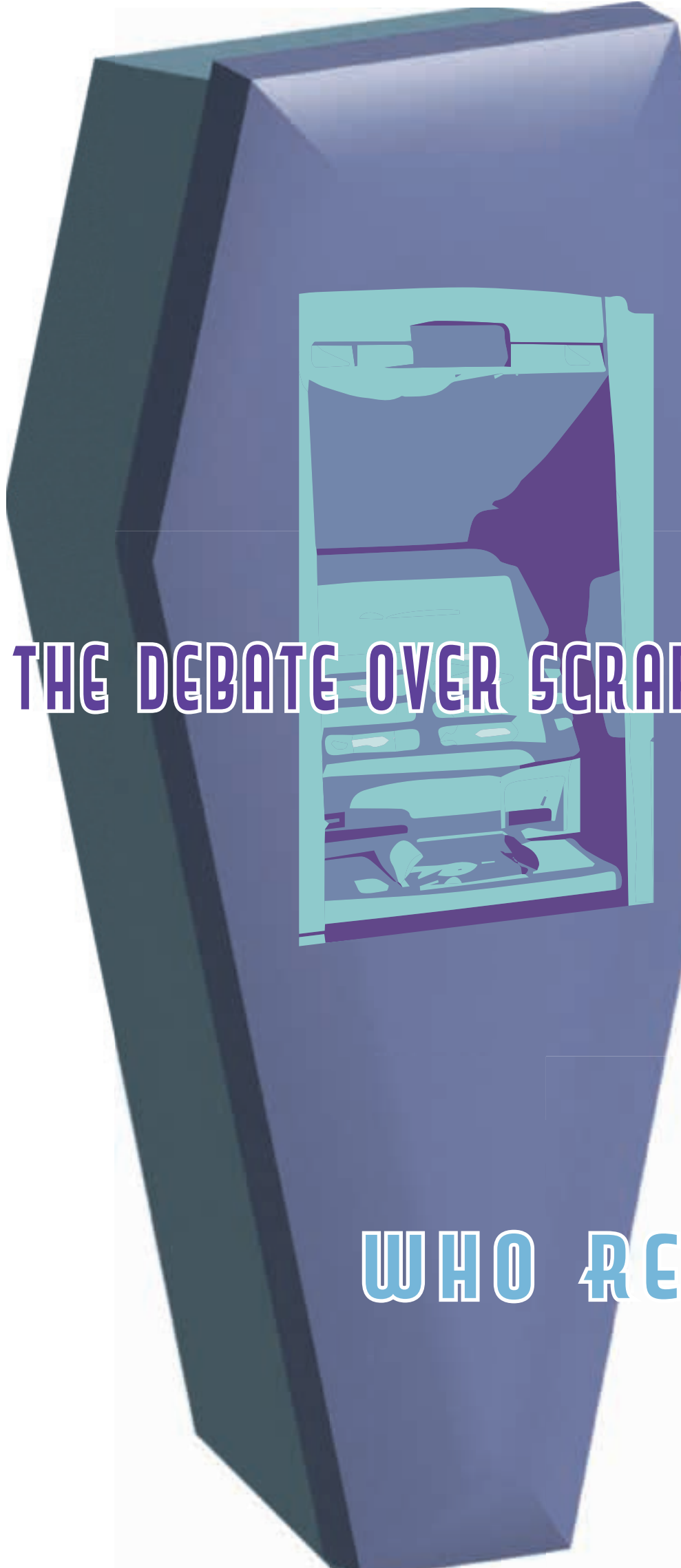


support services, as needed, contribute to the overall sense of security and peace of mind that retirement community residents enjoy.

This study corroborates the findings of a separate investigation conducted by Lancaster University and commissioned by the ExtraCare Charitable Trust. That study

revealed that residents of retirement communities exhibited higher levels of physical activity, a decreased risk of falls, reduced anxiety, and a notable reduction in feelings of loneliness. Moreover, residents reported improved memory and even an increase in walking speed as a result of their retirement community living experience.

THE BOTTOM LINE



The common claim that Inheritance Tax (IHT) is inherently unfair is one of those issues that is hard to deny: it's a tasteless affair, kicking your accumulated capital in the teeth during a period of extreme grief, taxing wealth that represents a lifetime of taxed savings. The poor don't pay it. What the rich pay is so easily avoided the tax is almost voluntary. The perception is that the moderately affluent middle class suffer the most from a tax, which was designed to water down the landed estates after the First World War, not Acacia Avenue in Twickenham. Those shouting loudest for IHT's abolition should be wary of what they wish for. The suggestion that IHT be replaced by a gift tax is positively creepy. I earn money of which you take half and then you want to tax my daughter's half of what I give them? There seems to be so little emphasis on making the poorer members of society richer with all our focus on how to make the rich poorer.

benefit individuals with estates valued at more than £2.1 million. This statistic underscores the skewed distribution of benefits that would result from eliminating the levy.

According to the IFS report, if inheritance tax were to be abolished, the wealthiest 20% of donors would, on average, bequeath a substantial £380,000 to each of their children. While this might seem like an attractive prospect for wealthier families, it's essential to consider the bigger picture. These families would only pay an inheritance tax equivalent to about 10% of this substantial amount, further exacerbating wealth inequality.

On the flip side of the coin, the least wealthy 20% of parents would leave significantly less—less than £2,000—to each of their children. This glaring disparity raises questions about the fairness and equity of such a tax reform. Is it morally justifiable for the wealthiest to benefit disproportionately from a change in tax policy while those with fewer resources continue to struggle?

A spokesperson for the Treasury offered a counterargument, stating that "More than 93% of estates are forecast to have zero inheritance tax liability in the coming years." This assertion highlights the fact that the vast majority of Britons would not be directly impacted by the tax. However,

THE DEBATE OVER SCRAPPING INHERITANCE TAX:

In a recent revelation, economists have pointed out that the wealthiest 1% of Brits would be the biggest winners if inheritance tax (IHT) were to be abolished. This contentious topic has sparked debate and concern across the nation, as it carries significant implications for wealth distribution and public finances. In my opinion, the wealthiest would be the biggest winners from scrapping IHT. However, the question that looms large is, at what cost to the rest of society?

Currently, inheritance tax is levied on the estates of deceased individuals, and it applies to estates valued over a certain threshold. Fewer than 4% of estates currently meet this threshold, contributing to the tax's image as a charge applicable only to the ultra-wealthy. However, forecasts indicate that by 2032, this percentage is expected to rise to 7%. This potential increase is a cause for concern among policymakers and economists alike.

it's important to consider that inheritance tax generates more than £7 billion annually to fund public services that millions rely on daily.

The debate over inheritance tax is undeniably complex. While scrapping it might seem like a tempting proposition for the wealthiest individuals and their heirs, the potential consequences for public finances and wealth inequality are undeniable. The findings from the IFS report highlight the need for a nuanced approach that takes in to account the broader implications of such a tax reform.

Inevitably there are ethical considerations. It's a tax on what presumably was taxed savings. Tax as a means of redistributing wealth doesn't seem to have worked. There is something inherently vindictive about a tax that causes pain and complications at the worst time of the taxpayer's life. There are so many dreadful anomalies including the surviving sibling being taxed out of a shared house. It's seductive

WHO REALLY BENEFITS?

The Institute for Fiscal Studies (IFS) has been at the forefront of the discussion on the consequences of scrapping inheritance tax. Their recent report, titled "Reforming Inheritance Tax," sheds light on the intricate details of this issue. One of the most startling findings is that 47% of the savings generated from abolishing the tax would

that the wealthiest pay the most but surely inequitable for the wealthy to bear all the burden. Scrap it now. It's a horrible tax and the really wealthy find out plenty of ways to avoid it anyway.

Health & Wellbeing

Link between lifestyle and depression found

Research has found the link between a healthy lifestyle and the risk of depression. Research published in the journal *Nature Mental Health* by an international team of researchers, including from the University of Cambridge and Fudan University studied a combination of factors including lifestyle factors, genetics, brain structure and our immune and metabolic systems to find any underlying mechanisms that could explain this link.

The World Health Organisation (WHO) estimates that around one in twenty adults experiences depression and the condition poses a significant burden on public health worldwide. The factors that influence the onset of depression are complex and comprise a combination of biological as well as lifestyle factors.

To better understand the relationship between these factors and depression, the team looked to the UK Biobank, a biomedical database and research resource that contains genetic, lifestyle and health information about its participants. By examining the data from almost 290,000 people followed over a nine-year period, of which 13,000 had depression, the team was able to find seven healthy lifestyle factors that saw a reduced risk in depression. These were moderate alcohol consumption, healthy diet, regular physical activity, healthy sleep, never smoking, low-to-moderate sedentary behaviour, and frequent social

connection.

Out of all of them, a good night's sleep, between seven and nine hours a night, seemed to make the biggest difference, lowering the risk of depression including single depressive episodes and treatment resistant depression by 22 percent. Frequent social connection reduced the risk by 18 percent and was the most protective against recurrent depressive disorder. Moderate alcohol consumption lowered the risk by 11 percent, a healthy diet by 6 percent, regular physical activity by 14 percent, never smoking by 20 percent, and low-to-moderate sedentary behaviour by 13 percent.

Healthy lifestyle factors were sorted into one of three groups, unfavourable, intermediate, and favourable. Those in the intermediate group were 41 percent less likely to develop depression compared to those in the unfavourable group. Those in the favourable group were 57 percent less likely.

They also examined the DNA of the participants and found that, among those with a lower genetic risk, they were 25 percent less likely to develop depression compared to those with the highest score. This showed that depression had a much smaller impact than lifestyle.

This means that a healthy lifestyle can cut the risk of depression. The research underlines the importance of a healthy lifestyle regardless of genetic risk.



Brazil's Diversity Could Help Create Global Stem Cell Transplant Biobank

A biobank through which someone could find a bone marrow donor for a stem cell transplant is one of the major goals for stem cell science. Repositories of cell lines that could be a match for most patients are successfully materialising in some countries with homogenous populations including Japan. However, for a more diverse country such as Brazil, researchers need far more distinct cell lines to cover 95 percent of the country's population.

"Considering the possibility of creating a global network of induced pluripotent stem (iPS) cell banks, we hypothesise that, given the admixture of African, Indigenous, and European ancestries in Brazil, our genetic diversity might provide iPS cells that may cover other countries," write the research team, led by Antonio Carlos Campos de Carvalho of the Federal University of Rio de Janeiro and Marcio Lassance Martins de Oliveira of Brazil's National Institute of Cardiology, Ministry of Health.

Donor compatibility reduces the chance of a patient rejecting a stem cell transplant. For some where a transplant is needed, such as those with blood diseases, family members are the first to offer a donation of their bone marrow. But only 12 percent of relatives end up being a match. A global biobank could

relieve the pressure but the amount of samples needed to provide an adequate diversity of cell lines is unknown.

To find an ideal number of donor cell lines within Brazil, the team used data from the Brazilian National Registry of Bone Marrow Donors (REDOME). Nearly 2,000 cell lines from over 4 million donors were identified that could act as potential universal donors. They calculated how many of them would be a match for the majority of the country's population, estimating that 51, 157, 267, and 559 cell lines would provide 50%, 75%, 85%, and 95% coverage, respectively. They also predicted that they would need over 4 million individuals to be tested to cover 99 percent of the population. Just 30 cell lines however would be enough to be a donor match for nearly 40 percent of Brazilians.

"This discrepancy between different populations shows the importance of an initiative to constitute a World iPS Bank, to which Brazil could contribute considerably," the researchers write. "We hope that the publication of the current data will entice the existing bone marrow donor registries to share data that would allow more precise calculations of the dimension of a global iPS cell bank to supply the world population with this important source of advanced therapy for regenerative medicine."



Enquiring Minds

Compiled & edited by Fahad Redha

Adult Education Courses

Arts

Calligraphy evening course

City Lit

Learn the basics of calligraphy whilst studying Italic hand. Learn how to form lowercase and capital letters and experiment with layouts to produce a finished piece. This course will also help to develop your creativity and will give you a lot of ideas for future personal projects. Suitable for beginners, but improvers with a special interest in Italic are welcome.

citylit.ac.uk

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city-academy.com

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Introductory law courses provide a good understanding of the law in a modern and historical context. You'll gain the knowledge to build a career in a wide range of fields and have solid grounding if you later decide to study law at a higher level. These law short courses have helped individuals progress in their careers, change jobs or simply build a solid and useful understanding of the legal system.

city.ac.uk

Digital Transformation: 5 Game-Changing Technologies for Business

Imperial College Business School

The nine week online programme draws on expertise from Imperial College Business School faculty, industry experts and case studies. You will also draw on the expertise of your peers and explore how to use technologies to implement digital transformations across your organisation. You will experience live online teaching sessions, video lectures, interactive activities and assignments whilst receiving personal support from a dedicated Learning Team. You will finish the programme prepared to implement your learnings, and with a verified Digital Certificate from Imperial College Business School Executive Education.

imperial.ac.uk

Starts November 9

Culinary

Mexican Street Food

The Jamie Oliver Cookery School

Hop on over to Latin America with this crash course in vibrant Mexican street food. Get stuck in making hand-pressed corn tortillas, that you'll load up with an incredible sticky, smoked chipotle chicken. Plus, you'll also make three delicious salsas to enjoy on the side: smashed guacamole, a chunky tomato salsa, and a roasted corn salsa. Just don't forget to kiss it all with a good squeeze of lime for some real Mexican spirit. Lessons can be adapted for vegetarian and vegan diets and for those who cannot consume gluten.

jamieolivercookeryschool.com

Middle Eastern Class

The Avenue

This Middle Eastern Class will take you on a delicious voyage of discovery through Middle Eastern cuisine, leaving you with all the skills & techniques in order to whip out an incredible array of meze for the whole family to indulge in. You'll be learning your Tatbelah from your Tabbouleh, while enjoying an evening full to the brim with mouth-watering tastes and smells.

theavenuecookeryschool.com

See website for dates

Science, Technology, Engineering, & Maths

Amateur Astronomy for Beginners

Royal Observatory

A perfect course for those looking to turn astronomy into a hobby. This course provides information on everything from how to choose and use telescopes, to identifying targets and planning observing activities. The course will have a strong focus on developing a solid observational understanding of the night sky and how it changes throughout the year, but will also cover setting up and aligning telescopes, how to choose observing locations and plan observing sessions, amateur contribution to scientific research and a brief introduction to astronomy photography.

rmg.co.uk

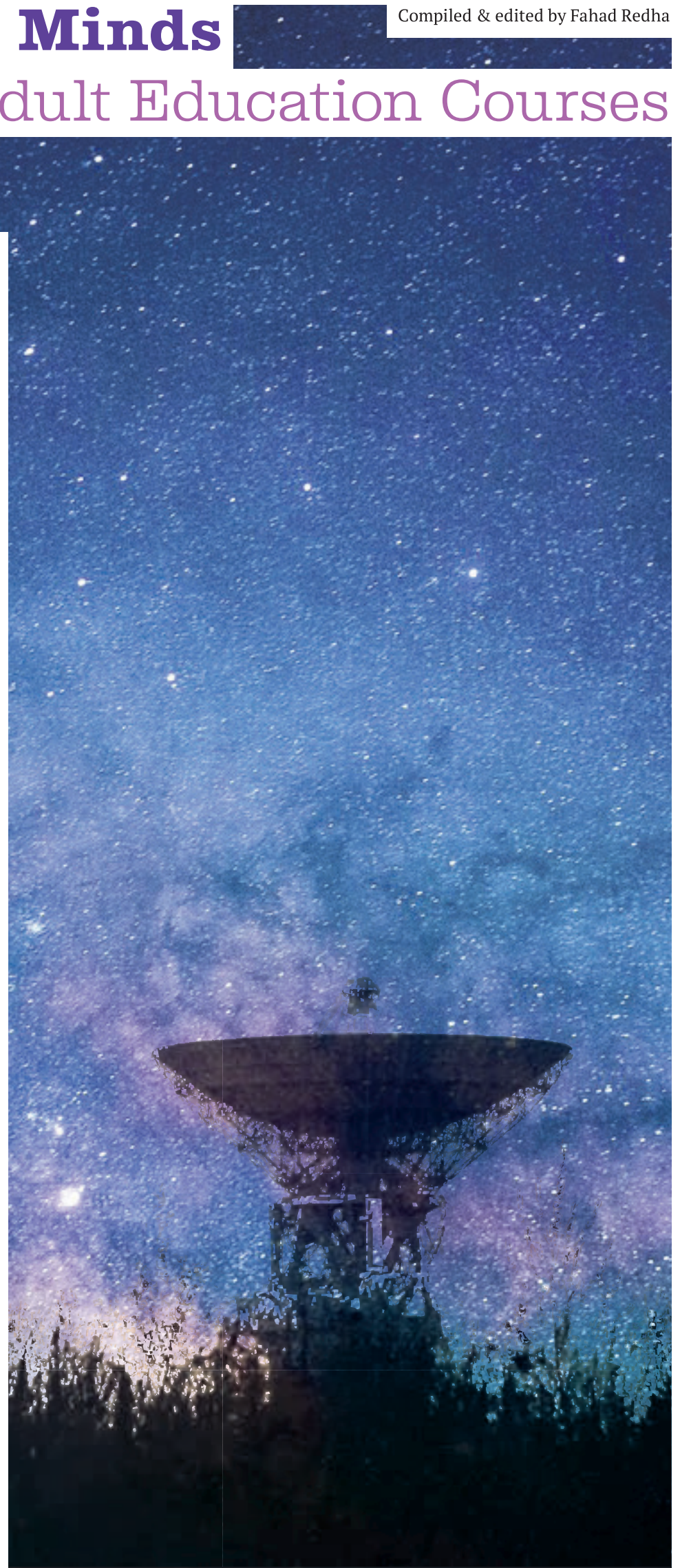
Sport & Fitness

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During the 10 week course, you'll learn the skills necessary to deal with common threats and attacks and use effective counter attacks when necessary. You'll also learn about prevention, to be aware of potential dangers and deal with situations before they escalate. Over the 10 weeks, you will not only learn some realistic self-defence skills but you will improve your fitness too. The school also runs an optional women-only foundation course - this is the same content taught by a female instructor with a few extras, designed specifically for women.

londonkravmaga.com





The Nottingham Christmas Express

Thursday 23rd November 2023

Join us for a main line steam run from west London Ealing Broadway to Nottingham. The added attraction will be the popular seasonal Nottingham Christmas market. Nottingham’s Winter Wonderland is a traditional German-style market with all the wonderful Christmas food, mulled wine, handmade gifts and decorations that you would expect to see in a German Christmas market.

Join us from London Ealing Broadway, St Albans, Luton, Bedford and Kettering to visit Nottingham.

There are three classes available:

- Premier Dining** includes a full English breakfast and four course dinner freshly prepared on board and silver served at your seat.
- First Class** includes morning tea or coffee with a bacon/breakfast roll and a muffin and an afternoon service of tea or coffee with a savoury of the day followed by a scone with butter and jam.
- Standard Class** includes a reserved seat usually at a table for four.



Fares	Adult	Junior	Family	Have a great day – The Safe Way – your welfare is our priority. Our travel procedures are available on our website. Refreshments available to purchase on board. Tables for two can be guaranteed in First/Premier for a £30pp supplement subject to availability. Organised by The Railway Touring Company.
Premier	£295	£205	£898	
First	£195	£135	£593	
Standard	£115	£85	£358	

The Railway Touring Company

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Saturday 18th November

Join us from London Kings Cross, Stevenage, Huntingdon and Peterborough to visit York.
- ### Cardiff Christmas Express

Tuesday 21st November

Join us from London Victoria, Staines, Ascot, Reading and Didcot Parkway to visit Gloucester or Cardiff.
- ### Manchester Christmas Market

Wednesday 29th November

Join us from London Euston, Watford Junction, Milton Keynes, Northampton, Rugby and Nuneaton to visit Manchester.

- ### Bath and Bristol Christmas Express

Saturday 2nd December

Join us from Three Bridges, Haywards Heath, Preston Park, Hove and Worthing to visit Bath or Bristol.
- ### Christmas Sussex Belle

Wednesday 6th December

Join us from London Victoria to visit Eastbourne.
- ### Lincoln Christmas Express

Saturday 9th December

Join us from Kings Cross, Potters Bar, Stevenage and Peterborough to visit Lincoln.



For more information please visit railwaytouring.net or phone 01553 661 500

The Railway Touring Company

The Old Stables, Estuary Road, King’s Lynn, Norfolk PE30 2HL

Events

DANCE & OPERA

Karen Ruimy presents: House of Flamenka

Peacock Theatre

House of Flamenka returns to Peacock Theatre due to phenomenal demand. Created and directed by dance royalty Arlene Phillips (Grease, Guys and Dolls, Strictly Come Dancing), and starring renowned flamenco dancer Karen Ruimy, this fusion of contemporary dance, flamenco, passion, and high drama is the best night out this autumn! Featuring an ensemble of internationally acclaimed male dancers, with an intoxicating mix of contemporary, pop, Latin and flamenco music, with a glittering set, lavish costumes, red-hot choreography that bursts with drama and emotion to create the ultimate night of theatre.

Rosebery Avenue, London, EC1R 4TN
sadlerswells.com

October 17-28

Lolanthe

London Coliseum

It's a topsy-turvy worldview, typical of Gilbert & Sullivan, in which life in the fairy world and Parliament is reversed. Phyllis and Strephon (half man, half-fairy) wish to marry, but as Phyllis is a ward of court, she requires the Lord Chancellor's permission. The Lord Chancellor, however, wants her for himself. Sullivan's ever-melodious musical score matches Gilbert's libretto in satirising the vanities and egos of the peers of the realm. And, just for good measure, Lolanthe targets the celebrity culture of the

day. There are thinly disguised portraits of the good and the great of late Victorian society. There are side swipes at Queen Victoria, John Brown (her personal servant and 'close companion'), Lord Randolph Churchill (reformist Tory) and William Gladstone (the serving Liberal PM).

St Martin's Lane, London, WC2N 4ES

eno.org

Until October 25

EXHIBITIONS

Thamesmead Codex

Tate Modern

From 2019–2020, artist Bob and Roberta Smith interviewed people who live in Thamesmead, southeast London. Built in 1968 to alleviate London's housing shortage, Thamesmead was one of many modernist large-scale housing projects constructed across Europe after the Second World War. Smith talked to a number of local residents, from some of its very first occupants to young people growing up during the Covid-19 pandemic. He then turned their conversations into the 24 painted placards you can see here. 'Codex', from the title Thamesmead Codex, is an ancient term for a manuscript or book. Here, the artist presents a modern-day version. The work documents the histories and identities of Thamesmead and its communities.

Bankside, London, SE1 9TG

tate.org.uk

Until October 29

What, When October - November

Microsculpture by Levon Biss

British Library

Levon Biss' photographs reveal the unexpected and often breathtaking beauty of insects and the many intricate evolutionary adaptations to their form – what entomologists call microsculpture. Using optical microscopes and camera lenses, Biss captures the ridges, pits and engraved meshes that make up the unique shapes and colours of insects. After selecting specimens from the Oxford University Museum of Natural History's vast collection of over five million insects, Biss carefully mounts and photographs the insects at high magnification, capturing some of the most vibrant and intense colours in nature.

96 Euston Road, London, NW1 2DB

Until November 27

FAIRS & FESTIVALS

Frieze London

Regents Park

The fair is one of the world's most influential contemporary art fairs, focusing only on contemporary art and living artists, and takes place each October in The Regent's Park, in the heart of London. The 2023 edition marks the 20th anniversary of Frieze London, with a dynamic programme and special initiative Artist-to-Artist, where eight world-renowned artists propose a counterpart for a solo exhibition at the fair. The fair's exhibiting galleries represent some of the most exciting artists working today, from the emerging to the iconic; and a team of world-leading independent curators advise on feature sections, making possible performance-based work and ambitious presentations by emerging galleries. The fair focuses on living artists and innovative practice. The 2023 edition of the fair is the most international edition of the fair to date.

frieze.com

Until October 15

Winter Arts & Antiques Fair

Kensington Olympia

Be captivated by a premier showcase of the finest, established, and knowledgeable art and antique dealers, offering a wide range of the world's high-quality antiques at the Winter Art & Antiques Fair. Discover timeless pieces covering a vast array of disciplines from ancient to contemporary. From 20th-century jewellery to art deco and scientific instruments to fine glass, admire exquisite collections guaranteed to meet your taste. Located in the Grand Hall Upper Gallery, this level is set to shine with diamonds, glass, silver, and mirrors. Whether they are Lalique, Matisse, Meissen, Cartier or unnamed, you will be sure to uncover genuine one-off pieces. Every piece for sale is vetted by experts to ensure you can buy with confidence.

Olympia Way, London, W14 0NE

olympia.london

October 30 – November 5

FAMILY & CHILDREN

Chelsea FC Women v Liverpool FC Women

Stamford Bridge

Adult tickets are from £15 and concessions from £7.50. The game kicks off at 13:30. The last meeting saw Chelsea finish as 3-2 winners thanks to a hat-trick from Sam Kerr. Along with Lauren James. At the time of writing, Liverpool currently sit second in the league behind only Leicester City but anything could happen in football. This is certainly not one to miss.

Fulham Road, London, SW6 1HS

November 18

Behind the Scenes: Making The Secret Life of Reptiles and Amphibians

London Zoo

The nights may be drawing in, but work isn't slowing down on London Zoo's main lawn. If you've visited recently, you may have noticed the building work going on next to the Diana monkeys and mangabeys. By spring next year the Terrace Restaurant, Zoo Shop and Giants of the Galápagos will share Barclay Court with London Zoo's newest major exhibit: The Secret Life of Reptiles and Amphibians. The new exhibit will house 26 species and use the latest technology to bring to life eight different habitats – from the steamy forests of South America to the mountain jungles of Asia.

Outer Circle, London, NW1 4RY

londonzoo.org

From October 21

FILM & PHOTOGRAPHY

Astronomy Photographer of the Year

National Maritime Museum

Glittering stars, shimmering galaxies, fiery suns and silver moons – wherever you are in the universe, don't miss Astronomy Photographer of the Year 15. Astronomy Photographer of the Year is an annual competition featuring the world's greatest space photography. Photographers from across the globe compete to take home the prestigious title. Now it's your chance to see their spellbinding work. Over 100 photographs are on show in a special exhibition at the National Maritime Museum, displayed at their best on brilliant lightbox displays.

Romney Road, London, SE10 9NF

rmg.co.uk

Ongoing

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en, Where? November '23

MUSIC

Music of Today: Ana Sokolović

Royal Festival Hall

Born in Serbia and based in Quebec, Sokolović is a major voice in Canadian contemporary music. She is a prolific composer for the concert hall, the opera house, theatre and film. In the four contrasting movements of *Jeu des Portraits*, Sokolović pays homage to four Canadian composers of the 20th century. *Ciaccona*, dedicated to her parents, is a thrilling display of virtuosity, rooted in the glittering, asymmetrical rhythms of the Balkans. In *Vespertine*, by fellow-Canadian Jocelyn Morlock, flutes and harp conjure up a mysterious twilight world of night-blooming plants and nocturnal creatures.

Southbank Centre, Belvedere Road, SE1 8XX
southbankcentre.co.uk

October 19

John Williams Music from Star Wars

Royal Albert Hall

Celebrating the iconic music of Star Wars. Calling all Ewoks, Jedis, and Star Wars fanatics! In this sci-fi inspired concert, the Royal Philharmonic Orchestra presents a futuristic performance, filled with John Williams' classic and enduring musical scores, performed at the one-and-only Royal Albert Hall. Find yourself venturing through timeless pieces including: *Star Wars®: Main Theme*, *Imperial March*, *The Force Awakens: Suite*, *The Return of the Jedi: Parade of the Ewoks*, *The Empire Strikes Back: The Asteroid Field*, *Anakin's Theme*, *Princess Leia's Theme* ... and many more.

Kensington Gore, South Kensington,
London, SW7 2AP

royalalberthall.com

October 22

TALKS, TOURS, & WALKS

Queer in Translation Book Group: Fever by Jonathan Bazzi

Foyles

Jonathan is 31 years old, living in Milan with his boyfriend of three years when, on a day like any other, he gets a fever. But unlike most, this fever doesn't go away. A series of blood tests, anxious visits to hospitals, and repeated misdiagnoses ensue, until the truth is finally revealed: Jonathan is HIV-positive. In the vein of Édouard Louis and Virginie Despentes, *Fever* is at once a deeply personal story and a searing examination of class, poverty, prejudice, and opportunity in modern Europe. The Foyles Queer in Translation Book Group is scheduled at two-month intervals, and focuses on queer perspectives and stories from around the world. The book group is led by fiction bookseller Gary Perry.

107 Charing Cross Road, London, WC2H 0DT
foyles.co.uk

October 18

Speak Shakespeare's Ghost

Brompton Cemetery Visitor Centre

A two-hours long workshop with voice coach Matthew Collins for you to explore Shakespeare's Ghosts by Speaking Them aloud. Explore Shakespeare's Ghost by Speaking Them for Halloween. Have fun with the witches in *Macbeth* and the gravedigger in *Hamlet*. And all the time you're exploring these characters, you'll be exploring your voice. The workshop includes a fifteen minute

break in the chapel.

Fulham Rd, London, SW10 9UG

matthewcollins.co.uk

October 28, 31

THEATRE

Meetings

Orange Tree Theatre

Suited, booted, and stuffed with American burgers and fries, Hugh walks out of a meeting and buys a mango on the street. To the bemusement of his high-flying wife Jean, Hugh becomes obsessed with the foods of his Trinidadian childhood and hires a cook, Elsa, to indulge his nostalgic passion. Mustapha Matura's razor-sharp comedy is about identity, belonging and the cost of progress. Martina Laird plays Jean. Martina is a familiar face from TV shows including *Casualty* and *Dreamland*, alongside notable theatre credits for the RSC, Shakespeare's Globe and Donmar Warehouse. She is joined by fellow RSC star Kevin N Golding as Hugh and Bethan Mary-James (*Trouble in Bute-town*) as Elsa.

1 Clarence Street, Richmond, TW9 2QE
orangetreetheatre.co.uk

October 14 – November 11

Compiled & edited by Fahad Redha

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Antiques & Art



Those who are familiar with the BBC's *Fake or Fortune?* (Series 11 started on 26th September), presented by Fiona Bruce and London art dealer Philip Mould, will be aware of the significances of a painting's provenance. Often the story behind the work of art can be as alluring as the work itself.

If a painting or in fact, any object, has a connection with a celebrity, there seems to be hundreds

of consumers willing to do battle over the piece. We were reminded of this on the evening of 6th September when Sotheby's proffered 59 of Freddie Mercury's most intimate personal effects. On the rostrum was Oliver Barker, a master at cajoling buyers to part with more money than they anticipated. To one bidder he articulated: "Come on, it's worth the price. It's Freddie's!"

Such enticement resulted in Mercury's 7cm

silver Tiffany moustache comb commanding a hair-raising £152,400, against an estimate of £400-£600 and a silver snake bangle worn by him in the mid-1970s fetching £550,000, over 60 times its top estimate. The only anticlimax was Freddie's Yamaha Grand Piano. Sotheby's placed a bullish appraisal of £2,000,000 to £3,000,000 on it but the new owner had to part with a more modest, £1,742,000

When I was a teenager (oh, that's over 60 years ago!) my favourite commercial art gallery was the **Fine Art Society**. Established in 1876, the gallery occupied a magnificent space at 148 New Bond Street where it pioneered one-man exhibitions, one of the most notable being in 1880 of James McNeill Whistler's etchings of Venice. The New Bond Street space closed in 2018, however, the firm is now entrenched at 25 Carnaby Street (entrance on Marlborough Court), W1F 7DE – best to make an appointment as, from time to time, the gallery is unmanned. Set over three floors of an elegant Georgian townhouse, their current show, simply entitled, *20th Century*, runs until 10th November and tenders an eclectic mix ranging from *Macduff*, a fine etching of 1922 by James McBey (1883-1959) to Will Maclean's (b. 1941) mixed media construction of 1995, *Coastal Sistra*. Among the other highlights, I particularly covet the robust, painterly brushwork of *Pumpkin on bowl and Marrows*, two arresting oil paintings by Imants Vecozols, who was born in Latvia in 1933.

series of paintings and works on paper by LA-based artist, Christina Quarles (b. 1985). Her vibrantly coloured, textured compositions feature distorted, often naked, human forms and frequently capture couples in erotic and somewhat implausible poses!

Another American artist, Avery Singer (b. 1987), mounts her first UK solo outing at the baronial space of **Hauser & Wirth**, 23 Savile Row, W1S 2ET. Taking place until 22nd December, Singer reflects upon her personal experience of the 9/11 terrorist attacks on New York's World Trade Centre and in her large-scale paintings she combines manual and digital airbrush techniques, liquid and solid masking and complex layering processes.

The American artistic invasion currently taking place in Savile Row continues at **Waterhouse & Dodd**, 2nd Floor, 16 Savile Row, W1S 3PL (viewing by appointment only) with the work of Jon Schueler (1916-1992). Born in Milwaukee, he started painting in 1954 and in 1957 visited Scotland, where he later set up a studio near Mallaig,

Having surveyed these diverse exhibitions, why not be extravagant and have lunch at **Sartoria** (Italian for tailor), 20 Savile Row, W1S 3PR. Opened in 1998, this stylish restaurant serves classic and contemporary Italian dishes, inspired by Calabria and the surrounding areas of Italy. Like the street's bespoke suits, it's not cheap but, as they say, "You get what you pay for."

Of course, the capital's most important 'art hub' is Cork Street, just metres from Savile Row. Founded in 1923 the **Redfern Gallery**, 20 Cork Street, W1S 3HL has been in the Street since 1936 and currently presents two displays. *Centenary Exhibition: Part 2 The Red Studio* (ends 27th October), features work by gallery artists, includes *The Hand Mirror* (£3,500), a fine tempera painting by David Tindle, RA (b. 1932) and Catherine Kurtz's (b. 1969) oil on board *Red I* (£2,000). The other, continuing until 26th October, coinciding with the publication of *Norman Stevens: The Complete Prints*, proffers prints by Stevens (1937-1988), a lifelong friend of David Hockney.

Who knows of an artist born in 1931 called Rose Phipps? I suspect not many.

1989 she joined David Messum and up to 2018 held 15 solo shows at Messum's Cork Street gallery. Since her death in 2019, there has been a considerable resurgence of interest in Rose Hilton's oeuvre and until 27th October **David Messum Fine Art**, now trading from 12 Bury Street, St. James's, SW1Y 6AB, present 99 creations from the Artist's Estate. Prices for her arresting, joyful pictures start at £685 for drawings and top £38,500 for her large oils on canvas.

Another female artist whose paintings are in high demand is PJ Cook (b. 1945), who returns for her sixth solo show with **Panther and Hall**, 11-12 Pall Mall, SW1Y 5LU. Using tinted gesso, Cook's highly idiosyncratic paintings have been purchased by the likes of Jackie Collins, Billy Connolly, Peter Gabriel, Billy Joel, Nicholas de Rothschild and Toyah Willcox. On view until 20th October, her images (£1,850-£18,850) are not only skilfully painted but have thought provoking messages – *Fire in the Forest* (£4,850) relates to the many wildfires generated by climate change, while *Talking Heads* (£18,850), encapsulates a large crowd of people of every colour, gender and size – Cook's desire for all humans around the world to have a loving dialogue with each other.

Finally, I am frequently asked, which auctioneers can I recommend? That's difficult because there are quite a few. However, one is **Chiswick Auctions**, who have two London salerooms – Barley Mow Centre, W4 4PH and Roslin Square, 1 Roslin Square, Roslin Road, W3 8DH. They have over 20 specialist departments and hold around 80 sales per year. Forthcoming sales include *Interiors, Homes & Antiques* (24th October); *Asian Art* (6th & 7th November); *Watches* (14th November); *Worldwide Stamps & Postal History* (23rd November); *19th & 20th Century Photographs* (30th November); *Modern British & Irish Art* (12th December). Every Tuesday and Thursday between 10am-4pm the firm hold valuation days at 1 Roslin Square.

Anthony J. Lester, FRSA
lesterartcritic@eyeonlondon.online

The significances of a painting's provenance

Carnaby Street, of course, was the birthplace of Swinging London in the 1960s with independent fashion designers such as Mary Quant, Sally Tuffin and the "King of Carnaby Street", Glasgow-born John Stephan, opening shops there. Such is the street's notoriety that in 1966 The Kinks released "Dedicated Follower of Fashion", which contains the line "Everywhere the Carnabetian Army marches on, each one a dedicated follower of fashion."

Now, take a brisk walk to Savile Row, Mayfair, and you enter a very different fashion chronicle – high-quality bespoke tailoring for men. Built in the 1730s and named after Dorothy Savile, who was married to the architect Richard Boyle, it was in the late 18th century that tailors started business in the area, initially in nearby Cork Street, then in the early 19th century in Savile Row. Firms such as **Gieves & Hawkes** (1 Savile Row), who have held a Royal Warrant since 1809 and **H. Huntsman & Sons** (11 Savile Row), who, in 1886, earned a Royal Warrant as Leather Breeches Maker to HRH the Prince of Wales (later Edward VII) remain masters of their craft. However, Savile Row offers much for the art connoisseur too.

Situated in a former townhouse built in the 1730s, **Pilar Corrias**, 2 Savile Row, W1S 3PA, mount, until 4th November, new paintings by Shanghai-based artist Cui Jie (b. 1983). In this, the artist's second solo show with the gallery, Jie presents large, bold acrylic compositions inspired by the glass and steel façades of iconic superstructures around the world.

Born in Tokyo in 1969, Pilar Corrias, opened her first gallery in London in 2008 and has now expanded with an impressive, new, 5000sq.ft. flagship space at 51 Conduit Street, W1S 2YT, on the corner with Savile Row. The gallery's inaugural exhibition runs until 16th December and offers a resent

on the northwest coast. On view until 5th November, Schueler's vibrant, gestural skyscape cloud paintings created between 1956 and 1990 are priced from £7,000 to £50,000.

A short walk away **Ordovas**, 25 Savile Row, W1S 2ER, present *Endless Variations*, the first exhibition dedicated to the work of two artistic icons of the 20th century – Francis Bacon (1909-1992) and Pittsburgh-born, Andy Warhol (1928-1987). On display until 15th December, it includes four painting by Bacon and three by Warhol, including his first seminal self-portrait, executed in 1963-1964. Complementing these are rare photographs and archive material, together with an illustrated catalogue.



Carpe Diem, tinted gesso on wood (£8,850) by PJ Cook (b. 1945), Panther & Hall



Burden Of Yer Own Making, 2023, acrylic by Christina Quarles (b. 1985), Pilar Corrias & Hall

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Arts & Culture



Sarah Lucas, *Red Sky Can*, 2018 (c) Sarah Lucas, courtesy Sadie Coles HQ, London

The exhibition was to be called simply *Sarah Lucas* until, late in the planning, Lucas rang co-curator Amy Emerson-Martin to say, “It’s going to be called *Happy Gas*” - on the one hand joyful, the artist says, and on the other slightly sinister, which sums the works up very well.

Happy gas is, of course, nitrous oxide, also laughing gas, much used by dentists as a mild anaesthetic, but also controlled under the Psychoactive Substances Act 2016 because for some it creates euphoria, and the government has considered banning it.

Well, there may not be euphoria in Sarah Lucas’s work, but in this exhibition the fun certainly outdoes the baleful. And it’s personal, which is a trope Lucas gave to the rest of the Young British Artists that turned visual art upside down in Damien Hirst’s exhibition *Freeze* in 1988, which thrust the YBAs under our noses, and the RA show *Sensation* a decade later. Lucas said her work was made according to how she felt, not what she thought other people might like.

The YBAs include Hirst, Lucas, Cornelia Parker, Tracey Emin, Gary Hulme, Angus Fairhurst, you know them, and they didn’t so much as give permission to contemporary artists to think beyond the norm, they seized and flourished it at the world in triumph. They are often called “irreverent”, but that misses the point. Reverence is never a legitimate part of an artist’s approach, and though they might be shocking sometimes the YBAs are never disrespectful, as some critics of *Sensation* 25 years ago accused them of being.

The daughter of a cleaner-cum-gardener and a milkman, Sarah Lucas was born and brought up on a Holloway housing estate,

left school at 16, became pregnant and had an abortion, before hitchhiking around Europe for a year or so, then returning to London and, for want of a better idea she says, studying art at the Working Men’s College, followed by the London College of Printing before joining Goldsmiths in 1984. She now lives with her partner Julian Simmons in the former home of Benjamin Britten and Peter Pears at Aldeburgh.

This exhibition is not just a survey of an artist’s career, though. It’s an account of a movement through one of its most influential muscles. A group that looked to each other rather than outside for approval, that under the tutelage of Michael Craig-Martin were unapologetic about their unconventionality, that eschewed traditional materials to create their work, that developed a reputation for entrepreneurialism.

The YBAs are 60 now, as is Lucas, and this is an account of her life’s work through 80 pieces, from the earliest series of photographs of her provocatively eating a banana at the viewer (taken by Hume) to 16 new works; the latest being another photograph of her, *Stooks*, among some hayricks.

Lucas works with everyday found objects that are often shaped and used to challenge a predatory, objectifying male gaze – the first piece in the first room is *The Old Couple*, two wooden chairs on the seat one of which is a crudely modelled wax penis and on the other an equally crude set of dentures. After Goldsmiths she discovered, almost to her own surprise, that she is a feminist.

To your right as you enter is *Bunny*, a pair of black stuffed tights arranged over another wooden chair, spread in an abandoned, exhausted sprawl over a dining chair; an early signifier of her style. And on the wall are three enlarged front pages

from 1990s tabloid papers shouting out from the walls in all their gormless puerility. “I didn’t give feminism much serious thought until my mid-20s” she says, which was when she discovered Andrea Dworkin’s books *Intercourse* and *Pornography* in which the author trawled through the awful history of misogyny. “At that point I started using tabloid newspapers” she says “and I really didn’t have to add any comment. I just blew them up and put them in a gallery”.

Feminism is a constant undertone, but there are other themes in Lucas’s work. The body, how it works, hers and more often others’, is ubiquitous, most often in comically grotesque shapes made by balloons or kapok in tights giving - depending how you see them - slightly pornographic perceptions of (mostly) female figures. “There’s no substitute for genitalia in terms of meaningfulness and a bit of edge” she says, which is another of the YBS tropes.

Cigarettes and smoking appear all the time, sometimes disguised as a patterned fabric, as in the main piece in the final room. There’s a cat, Tit Tom, that appears three times through the exhibition, and latterly Lucas has taken to making giant sandwiches or giant marrows from cement, and toilets seem to have been a theme in her life. The only piece in the exhibition that is from the Tate’s own Lucas holdings is *Inferno*, a glowing lavatory pan with a cigar poised between two walnuts balanced on the seat.

However, the principal framework for her pieces is a chair, a chair of all kinds. “The purpose of chairs” Lucas says “is to accommodate the human body sitting. They can be turned to other purposes. Generally, as a support for an action or object. Changing light bulbs. Propping open a door. Posing. Sex”. Chairs displaced, like the 2023 piece, Lucas photographed by Simmons sitting casually on a chair in the middle of a hayfield, seen next to a 1995 black and white image by Fairhurst, of her sitting on a broken armchair on the pavement outside a junk furniture shop; chair disguised, as in *Mummum* in which hundreds of breasts provide a wonderful upholstery for a hanging seat.

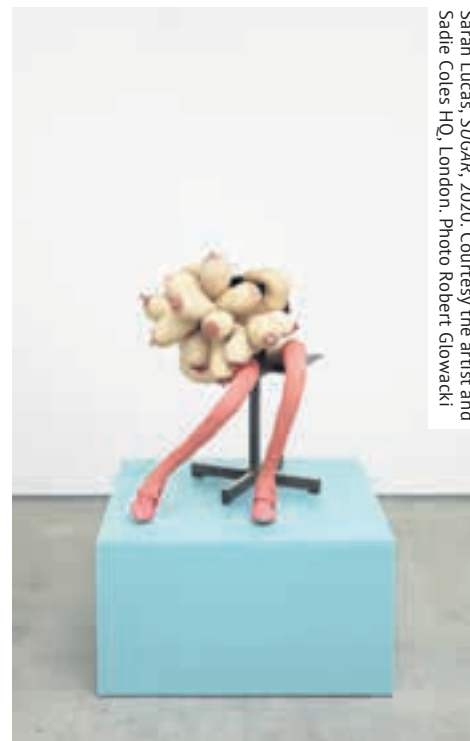
In her latest work the Bunnies are back, a little more mature, a little more explicit, all involving chairs, and she has moved along to making plaster casts of her friends’ and her own body parts in an acknowledgement that, like it or not, this is who we are. Incidentally, there is a nice parallel with another female artist who has had a lot of attention this summer though exhibitions, Gwen John; they both have had a significant influence but relied on a wide circle of close friends and family for subject matter and practical advice.

The most complex piece is the climactic *This Jaguar’s Going to Heaven* of 2018, a car cut in half with the front half more or less intact and the other burnt out. The seats are thrown out but undamaged, of course, and are covered in an intricate white and yellow pattern which turns out to be made of Marlboro Light cigarettes.

“When I first started using cigarettes in art it was because I was wondering why people are self-destructive,” she says. “But it’s often destructive things that make us feel most alive”.

Simon Tait

Sarah Lucas, *Happy Gas*, Tate Britain Until 14th January



Sarah Lucas, *SUGAR*, 2020. Courtesy the artist and Sadie Coles HQ, London. Photo Robert Glowacki



Sarah Lucas, *Exacto*, 2018. Courtesy of the artist and kurimanzutto, Mexico City New York



Sarah Lucas, *CROSS DORIS*, 2019. Private collection

Classical Music

Roughly halfway between Geneva and Lyons, in the enormous region of France that merges the Auvergne with Rhône-Alpes, there is a small hilltop town which at first sight is unexceptional. The hilltop is not very high, there is no railway station, only a very demure handful of places to eat and drink - none of them rising to serious heights of French provincial cuisine. Ambronay is not much more than a pleasant and rather sleepy country settlement of a few thousand. The local wine, Bugey, is mild and delicious - its sparkling variety not as sharp as Champagne and with none of the aftertaste of some other similar wines, its red not dissimilar to Beaujolais. The grapes are grown in the neighbourhood of the River Ain, a tributary of the much more significant Rhône. The Ain Department has towns like Bourg-en-Bresse and Ambérieu-en-Bugey, the Rhône has Geneva, Lyons, and flows on to the Med via Avignon and Arles.

On the other hand, Ambronay has its Abbey and that, in an unobtrusive way, is spectacular. It is no longer clerical, except for the Church itself, but it hosts an extraordinary centre for early music - early not necessarily by date but performed on instruments current at the time of composition and in styles that are the best approximation to what the composers might have expected in their own time. The experience is never quite authentic, of course - for a start, the audiences are listening in completely different circumstances and conditions - and the musicians are no longer treated as servants (at least most of the time).

The main buildings of the Abbaye d'Ambronay now harbour a concert room

and plenty of still Spartan but en-suite accommodation for visiting artists in what were the monks' cells. At night the outside is lit by an abstract colour show projected onto the walls and silence is banished by a sound sculpture of nocturnal bird-song.

There is an ad-hoc refectory in the unrestored rooms of the Abbott's house and a shop selling books about the music and CDs of the groups that perform there.

Central to all the activity is the annual festival, held in the last three weekends of September and the first in October. Spreading the concerts over weekends is an unusual but successful concept. It recognises that many of the listeners have weekday jobs in Lyon or Geneva and have weekend homes in the rolling countryside - very home counties - of the upper-Rhône valleys. The church holds 800, so to fill it the festival has to attract listeners from much further afield than the locality of Ambronay. It clearly does, on the evidence of the three days I spent there - the second weekend of this year's festival (22 - 24 September). In that brief time there were nine concerts, spread between the abbey's Salle Monteverdi, the local school hall (augmented with temporary banks of theatre seating) and the church.

Ironically for a festival devoted to historically informed performance practice, the complex itself has been restored in a way that suits its current function but is a long way from its monkish origins. It is worth remembering that 250 years after Henry VIII and Thomas Cromwell

dissolved England's monasteries, Napoleon did the same in France, though he had the good sense not to destroy all the buildings, unlike T. Cromwell's puritanical vandals. Nonetheless, the abbey's church, with its round Romanesque pillars and Gothic

One of the great joys of the Ambronay Festival is the range of young performers it gathers through its emerging ensembles programme, which has been running for nine years and offers the musicians residencies, mentoring advice and recordings as well as concerts. While I was there three remarkable groups were on show. Ensaladas might suggest Spanish salads but they also refer to a very early 15th century form of

Ambronay Festival:

Early Music and Authentic Wine

arches above, is remarkably plain for a Catholic church. There are no frescoes or gaudy side-chapels; in fact precious little decoration at all. It would feel perfectly at home, in fact rather severe, in an Anglican context. The jolliest additions were the stage lights and TV paraphernalia brought in by Culture Box, the streaming service of French television.

These days it functions as the parish church, towering over the less imposing town hall. What the festival performs inside has to be negotiated with its resident priest who is said to prefer programmes that are either impeccably respectable (Brandenburg concertos, for example) or not too secular. So when tenor Paul Agnew led a group from the Paris-based (but multinational) Les Arts Florissants in William Byrd's Mass for Five Voices, complete with plainsong, it might have been thought totally in context - except that Byrd wrote it in the 1590s when such Catholic music was outlawed in England and would have been an act of private political resistance, performed in illegal chapels by people who would have been fined and probably tortured if discovered.

opera, of which the master was Mateo Flecha the Elder. Now the superb Catalan group Cantoria is reviving the music: lively and lots of fun. Cantoria's soprano is the gifted Ines Alonso and she was one of five first class young singers to be heard over that weekend. Clémence Niclas, as part of a trio called Apotropaïk, sang with glorious clarity early troubadour songs connected with the Tristan and Iseut legends - songs that were probably familiar in the region 700 years ago. At the other end of the time spectrum were another trio, this time a close harmony group of three women, Les Itinérantes, who acted out a tour of songs from around the world in 16 languages, sounding pretty convincing in all of them.

If an autumn weekend in the rolling country of Eastern France, with a homely feel and unpretentious but excellent wine sounds appealing, then a sojourn at Ambronay's beguiling festival is well worth the trip - and at least in future the train ride from Geneva is unlikely to be made cringeworthy by a horde of English rugby fans heading for a World Cup match in Lyons!

Simon Mundy



© Bertrand Pichène



LOVE LIFE via BFI Distribution



Past Lives via BFI Distribution



LOVE. MEMORY. OLD AGE.

Love Life

Love Life is when your love life's previous partners return to haunt you, while your current in-laws turn-out to scold you.

Director, Kôji Fukada, sets-up a story concerning a young married couple, bringing-up a deaf six year-old son, and an expert player of a board game called Othello. *Love Life* is a movie born of masterful storytelling. Screenwriting at its finest. A French-Japanese co-production. It recalls the post war Italian and French existentialist cinema of 'neo-realism'. Old school films tinged with darkness, yet underlying hope, amid tales of 'socialist despair'. Fused here with aspects of classical Japanese filmmaking in a contemporary tale.

In the film's opening scenes a couple are viewed amid preparations for a 65th birthday party for young wife Taeko's father-in-law. Husband Jiro's parents live directly opposite in a claustrophobic replica apartment. Ensuing in-law recriminations towards Taeko are undermined due to her kindness. There are surprise gifts, along with pre-planned Parkside birthday stunts. All to honour this grumpy old man. This sets-up a bittersweet family situation. Soon to be turned on its head when their six year-old disappears to play in their tiny bathroom. Off-camera, we hear him slip. There is a dull thud and a splash. Followed by a long lingering silence. The boy's life ends there and then.

We soon discover that the boy is, in fact, the son of Taeko's previous partner who had deserted her. Now homeless, the estranged deaf Korean suddenly returns out of nowhere to slap Taeko's, full face. This is

publicly done in front of her husband, Jiro, and the deceased boy's funeral entourage. How he had discovered the whereabouts of the funeral parlour is later revealed. All in a multi-layered tale of partner betrayals.

Taeko, who works for the social services, holds no grudges. She endeavours to rehabilitate her ex in order to deal with her loss and guilt-ridden pain. This comes with her husband's blessings. A related scene is revealed by a trick of sunlight via a reflective hanging CD. It catches a sunbeam to shine its light towards Jiro's parents' now empty apartment. The place where Taeko has secretly allowed her ex to temporarily reside. The CD's reflection spotlights Taeko and her ex while lampooning on the apartment's balcony. This catches Jiro's attention. So he climbs a series of fire escapes to find out more.

Later, in the dead of night, an Earthquake Warning Alarm triggers a robotic voice on Taeko's mobile phone. Taeko runs around the apartment while the whole building shakes and items fall. She rushes to a corner of a room to pick-up a game of Othello. The final game that she'd played with her son before his demise. Balancing the board, she retains the in-place pieces. A pertinent feat.

In a sequence before the end - leaving-out much of the storyline, so as not to spoil the wider plot - there is a touching scene that is stunningly well placed. Taeko randomly decides to log-on to an online game of *Othello* that her son had not concluded. The gamer speaks to Taeko. He'd seen the funeral newspaper notices and, as a consequence, had posted a short obituary, proclaiming her son to be an 'Othello

champion'. She sees the scan of the newspaper report that she'd previously missed. This story led to the boy's father - her Korean ex - finding the funeral location in the first place. Thereby triggering this *Love Life* journey that you, the audience, are about to watch in this new movie of many surprises.

Check out Kôji Fukada's films at *BFI Player*

Past Lives

Past Lives is a love story of immense depth. The film tells the story of three main characters. The film's opening shot lingers on an unheard conversation as witnessed from the far side of a Manhattan bar. Seen from the point-of-view of overheard, but unseen voyeurs. The observers muse as to who the male and female South Koreans and a bearded New Yorker might be, pondering as to whether they are in a relationship, or not, and - more pointedly - with whom?

This touching story is the semi-autobiographical debut of writer-director, Celine Song. A *Sundance Film Festival* 'Audience Award' winner *Past Lives* is steeped in regret for the loss of a childhood love between Na Young aka Nora (played by Russian Doll's Greta Lee) and her first love, Hae Sung (Teo Lee). Having emigrated from Seoul to Canada with her parents when aged 12, a decade later Nora becomes reconnected online with her childhood sweetheart, discovering that he too had been searching for her. Now a playwright, Nora eventually breaks off the online dalliance to concentrate on writing. She soon meets a fellow writer at an American countryside retreat,

and moves in with him.

Twenty years later, Hae Sung, comes to New York to seek out Nora in person. Here we become involved in scenes of incredible intensity, of love lost, and regret. The acting is electrifying. The chemistry between the on screen characters? Hypnotic! The performances reduce inner thoughts to facial gestures, and telling glances. Never since Liliana Cavani's 1974 film *The Night Porter* has acting been this sophisticated and subtle.

In an early childhood scene in the labyrinthian back streets of Seoul, we are told of the Korean term In-Yung, which means providence, or fate. This is the central core of the narrative. Perhaps also a nod back to Alain Resnais 1977 film *Providence*, which was also steeped in memory, and equally subtle acting - albeit in a very different movie.

As Kimberley Sheehan, Film & Events Programmer at *The BFI Southbank*, surmises, "Shabier Kirchner's cinematography is a divine cinematic experience, this is what we go to the movies for!" The camerawork is breathtaking. Whereas so many movies are steeped in self-conscious trickery, here we have single take shots that we do not expect. Such deftly crafted scenes bear repeated viewing. You just cannot believe what is captured here in key single-take scenes.

This is a love story for our times. it is born of internationalism, tenderness, and kindness. The best film I've seen this year.

This *StudioCanal* release is currently screening at *PictureHouse Cinemas* and at *Curzon Cinemas* in London, as well as online.

Re-Release of the month



Yasujiro's Ozu's final film *An Autumn Afternoon* (1962) is a window on Japan in transition. An insight into old age, the inevitable loss of one's daughters into marriage, and a single father's ensuing solitude.

This film has you immersed in incredible scenes of wit and laughter, one second, and then leaves you in tears moments later. Ozu's Tokyo Story is heralded by *Sight & Sound Magazine* as 'The 4th Best Film' of all time. For my money, however, this film is better. *An Autumn Afternoon* is Ozu's touching masterpiece. A time capsule filled with human dignity and compassion. Simply one of the finest films ever made.

This film can be seen online at *BFI Player* now.

Henry Scott-Irvine

grandappetites

Tucked away just off The King's Road, where Sydney Street intersects, you'll uncover a charming courtyard discreetly nestled behind a flower stall. As you descend the stone steps, you'll find a covered courtyard, known to the Chelsea set but few outside the area. Amidst vibrant blossoms and graceful crane sculptures, reminiscent of Annabel's in its prime, you'll encounter a floral spectacle. The vision of Elizabeth Fleming, celebrated for her book "Too Many Flowers," who adorned this Chelsea sanctuary, complements the owner's ambition to establish it as a hub of The King's Road.

The restaurant bears the name of 28-year-old Hugh Stanley who looks to attract residents of SW3. Stanley's holds personal meaning for this young entrepreneur. His journey began in his teenage years, organising parties at the iconic Tonteria in Sloane Square while attending Stowe School. Following that, he honed his

skills during an apprenticeship at Tramps and later managed The Sydney Arms, known as London's unofficial horse racing pub—a fitting choice, given the fact his parents and uncle, the Earl of Derby, bred racehorses and are heavily involved in the sport in the UK. Despite hailing from a family with a significant presence in the horse racing world, it is clear that Hugh is determined to establish himself independently in the restaurant industry and is clearly succeeding!

Stanley's

The atmosphere at Stanley's is friendly and as you step into the courtyard, warm greetings are exchanged with staff and

customers alike. Seated outside under a canopy of flowers, it's clear that the locale has become a favourite meeting place for Chelsea's social circles. Nearby conversations buzz with enthusiasm as fellow diners eagerly share their thoughts on the delicious dishes, whether it's the potatoes or the pork, introducing their friends to this charming hideaway.

The menu holds promise, intriguingly examined with enthusiasm. The wine list strikes a harmonious note—no need for an

available at £42 or by the glass for £13.

Chef Tomas Kolkus, has breathed new life into a traditional British seasonal menu. His contemporary twists often leave diners impressed. According to the 'Chelsea smart set' in the vicinity, his culinary skills shine through. Achieving potato perfection every time is more than a talent; it's a culinary art.

Our server, David, presented us with a Stanley's Elderflower Collins cocktail, which also offers a virgin version at £12. As we savoured the lemony notes, our 'small plates' arrived at the table. These included Islington Saucisson with caperberries and mustard pickle for £10, British Burrata with beetroot, chicory, sour cherry vinaigrette, and buckwheat at £14, and Cornish Mackerel with kohlrabi remoulade, green apple, and pine nuts, also priced at £14.

It's evident that careful thought has gone into crafting the menu; seasonality, freshness, and adaptability as the year unfolds. For mains, the options include Gloucester Old Spot pork with Hispi cabbage, butter sauce, and mustard pickle for £28, or Scottish Pollock with sweetcorn velouté, spinach, and peas at £26. Additionally, enticing choices like Black Bream and Hereford Rib Eye beckon. Notably, the sides of runner beans and Agria Potatoes with green garlic are cooked to perfection and have earned the neighbouring table's weekly pilgrimages to Stanleys, priced at £6 each.

Dessert lovers will find delight in the somewhat limited yet undeniably tasty choices. The Choux Bun with apple curd, raspberry and Westcombe ricotta ice cream, priced at £10, is a winning pastry, leaving just enough room for a soothing herbal tea or a strong coffee to awaken the senses.

Stanley's stands as a Chelsea gathering spot. It is efficient and has an inviting atmosphere. Savouring that eye-opening coffee and experiencing an unforgettable dining journey, you'll crave another sip and want to return for more. Being here, amidst the vibrant ambience and lively crowd, briefly immerses you in the Chelsea social scene, making you feel like an integral part of it. Don't wait too long to make your reservation and savour the experience for yourself!

Philip Ashby Rudd



You bring the party. We raise the bar!

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Few experiences can rival the exhilaration of encountering a wild creature in its natural habitat, especially when it catches you by surprise. It's a moment that stirs your soul, leaving you breathless and forever changed. In our ever-herectic world, wildlife-focused holidays have surged in popularity, offering a unique escape into the arms of nature, away from the chaos of everyday life.

With a plethora of wildlife adventures beckoning from every corner of the globe, choosing the perfect destination and animal encounter can feel like an exciting challenge. That's why this month's *EyeOnLondon* team has curated a list of some of our favourite wildlife experiences, scattered across various remote wilderness locales. And the best part? Luxurious accommodations are never too distant, ensuring your journey is as comfortable as it is thrilling.

So, embark on these unforgettable escapades, let the wilderness captivate your heart, and revel in the sheer joy and wonder that travel can bring.

Dare to Discover

Africa's Big Five

The Serengeti in Tanzania needs no introduction. It's the wildlife, especially the 'big five' that draws visitors from all over the world. These animals "define that ultimate African safari experience" and seeing them in the wild should be on any traveller's bucket list. The cape buffalo, elephant, leopard, lion, and rhino roam freely here, protected from poachers. Today, they are shot only with cameras! The term "big five" was actually coined by big game hunters, but not because of the animals' sizes. It was actually because they proved immensely challenging for them to hunt, as their ferocity kept poachers on their toes.

Excursions: G adventures has a number of adventure safaris in Tanzania, Kenya, and some neighbouring countries, including a trip to Kilimanjaro.

Hotels: Kirimu Hotel, from £325, Serengeti Safari Lodge, around £291 gadventures.com

Tigers in India

In 1900, there were around 100,000 tigers in the wild. Today, there are fewer than 6,000. Conservation efforts have seen their numbers bounce back and India, out of all seven countries where tigers can be found, is home to the largest number of these magnificent carnivores with around half of all the world's wild tigers being there. But you will need patience and perseverance to track these elusive beasts. Multiple parks and tours throughout India offer the chance to see these animals. The months between November and April are the best time to see them as the dry season sees tigers venture out of the forests in search of food.

Excursions: With Hayes & Jarvis, you take on the role of an explorer as you track the world's largest cat through India's national park.

Hotels: Aahana Resort, around £174, Kipling Camp, around £296 Hayesandjarvis.co.uk

Tortoises in the Galapagos

Between two and three million years ago, the giant tortoise made its way to the Galapagos from mainland South America. The islands themselves derive their name from an ancient Spanish word signifying "tortoise," underlining the deep connection between these creatures and the archipelago. Over countless millennia, these tortoises have diversified into more than a dozen distinct species. Regrettably, due to hunting and the introduction of invasive species, their numbers have dwindled to around ten species today.

The Santa Cruz Highlands and Alcedo Volcano on Isabela Island serve as the primary strongholds for these giant tortoises, hosting populations year-round. Although their activity levels (keeping in mind their inherently leisurely pace) vary, you can generally observe them being most active around midday during the cooler seasons, while in the hotter months, they tend to be more active early in the morning or late in the afternoon.

Excursions: Naturetrek offers the chance to take a tailor made holiday exploring the famous island and its iconic tortoises.

Hotels: Semilla Verde Boutique Hotel, around £117, Pikaia Lodge around £1380

naturetrek.co.uk

Whale Watching in Iceland

Iceland has rapidly risen to become one of the world's most sought-after destinations, owing much of its appeal to its breathtaking natural wonders. Among the multitude of enchanting experiences, embarking on a whale-watching expedition stands out as an absolute must. These captivating adventures are accessible throughout the country, offering daily departures not only from the Old Harbour in the capital but also from various towns in the west and north.

These tours provide a rare and awe-inspiring opportunity to witness these majestic creatures in their pristine natural habitat, regardless of where you choose to embark. Humpback whales, minke whales, orcas, fin whales, sperm whales, and even the magnificent blue whale, the largest creature to have ever graced our planet, are frequently sighted during these excursions. Keep an eye out for the playful white-beaked dolphins, graceful harbour porpoises, and the occasional sighting of seals and magnificent basking sharks, all adding to the enchantment of this remarkable adventure.

Excursions: The Reykjavik Whale Watching Tour sets sail and takes visitors on a once-in-a-life time opportunity to see whales in their natural habitat.

Hotels: Fosshótel Húsavík, around £60, Apotek Hotel, around £160 visiticeland.com



Image: Eric Kilby from Somerville, MA, USA

Wolves in Yellowstone

Once feared and relentlessly hunted, wolves have revealed their true nature as creatures of profound family ties, hunting with remarkable coordination in packs. Much like all apex predators, they fulfil a critical role within their ecosystem, effectively regulating the herbivore population. In Yellowstone National Park, the wolf population has been on a steady rise, with the park's official website proudly proclaiming the presence of over 3,300 of these majestic creatures roaming its expanse.

Yet, even with this remarkable resurgence, Yellowstone National Park in the United States remains a premier global destination for observing these wolves in their untouched natural habitat. Embark on a guided tour, offered by numerous experienced excursions, and delve into the intricate lives of these carnivores while surrounded by the pristine beauty of the wilderness.

Excursions: Yellowstone Wild Tours offers a range of packages allowing you to get close (but not too close) to some of America's largest and most iconic animals including winter wolf tours from December until March.

Hotels: Old Faithful Inn, around £328, Three Bear Lodge, around £220

yellowstonewildtours.com

this beautiful central Asian country is also home to many more besides. The Przewalski's horse was once thought to be extinct in the wild but today can be found at the Hustai National Park along with the Mongolian Gazelle. Head over to the Altai mountains to find the snow leopard in its natural habitat.

Excursions: Wildlife Tours Mongolia runs a 12 day excursion led by an experienced wildlife guide.

Hotels: Terelj Luxury Hotel, around £260, Shangri-La Ulaanbaatar, around £248

wildlifetoursmongolia.com

Marsupials in South Australia

Australia's prolonged isolation over countless millennia has left it with an extraordinary variety of wildlife, and South Australia stands as a prime example of this natural richness. In this region, the landscape feels like an unfenced zoo, where kangaroos bound across the outback and koalas rest in treetops. Along the beaches, watch for the presence of sea-lions or, if you're daring, experience the thrill of an underwater shark cage encounter, coming face to face with an apex predator. This is another country that offers an exceptional opportunity for whale watching, where you can witness the world's largest creatures in their



Earth's Wild Side

Penguins and more in Patagonia

From the lakes and glaciers to the mountain peaks, Patagonia is one of the most unique places on earth. This area is home to penguins as well as Darwin's Rhea, a large flightless bird related to the emu and cassowary. Venture into the lush forests to catch a glimpse of the elusive puma, the largest predator in this region and the southernmost feline on our planet. With hunting restrictions in place, their population has rebounded, capitalising on the favourable terrain to flourish. Surrounding waters teem with a diverse marine ecosystem, hosting whales, dolphins, seals, and sea lions. Keep a vigilant eye out for the endangered marine otters as well, adding to the region's ecological intrigue.

Excursions: Patagonia Wildlife offers multiple tours and trips from Puma tracking to King penguin encounters.

Hotels: The Singular Patagonia, Puerto Bories Hotel, around £340, Arakur Ushuaia Resort & Spa, around £278

swoop-patagonia.com/tours

Snow Leopards in Mongolia

Mongolia is home to the second-largest population of the very rare and elusive snow leopard and this has made it one of the prime places to see them. Its mountainous terrain is ideal for these predators who prefer to hunt wild goats among the rocks and cliffsides. However,

native habitat. Keep an eye out for emus, too, among the planet's largest birds, dashing across the prairies. South Australia ranks among the premier destinations for encountering this unique and unparalleled wildlife that exists nowhere else on Earth.

Excursions: There are multiple excursions on the South Australia website and one of the most unique is a chance to swim with sealions aboard the MV Calypso Star.

Hotels: Arkaba Hotel, around £110, The Franklin Hotel, around £135

southaustralia.com

Antarctica

The seventh continent boasts one of the harshest and most unforgiving climates on our planet. Nevertheless, life in the polar regions has managed to adapt and flourish in this extreme environment. Several companies now offer cruise expeditions to explore the polar tundra, providing activities that allow you to make the most of this extraordinary, once-in-a-lifetime opportunity unlike any other. Getting to this remote destination presents a formidable challenge, but these specialised cruises have made it attainable.

Among these excursions, the MS Roald Amundsen Cruise Ship stands out, offering a week's worth of unforgettable activities. This hybrid vessel is dedicated to minimising its environmental impact, making every effort to ensure a green journey for its passengers.

antarcticacruises.com



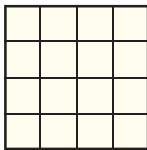
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	12		1		4	6	24	11	12	18	20	14

1	2	3	4	5	6	7	8	9	10	11	12 T	13
14	15 E	16	17 Z	18	19	20	21	22	23	24	25	26

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

SAGA OF STATION GIG

Using all 16 letters of the phrase above, form four words each of four letters which will fit in the grid to form a magic square in which the words can be read both horizontally and vertically.



1. How many times does a sheet of paper have to be folded in two to make eight leaves?
2. Transylvania, the legendary home of Count Dracula, is in which country?
3. What is the name of a poker hand which contains cards of only one suit?
4. What natural substance provides the raw material for the fibre rayon?
5. Scottish DJ Calvin Harris collaborated with which female singer on the 2011 chart-topping song We Found Love?
6. In the Jules Verne novel *Twenty Thousand Leagues Under the Sea*, what was the name of the submarine?
7. What was the venue for the final of the UEFA Euro 2016 football tournament?
8. The cartoon character *SpongeBob SquarePants* lives in an underwater home shaped like a what?
9. Paneer, Limburger, Havarti and Monterey Jack are all types of what?
10. What name is shared by one of the large Balearic islands and a SEAT car model?

Y	E	I
S	L	N
E	C	R

How many words of four letters or more can you make from this Nonagram? Each word must use the central letter, and each letter may be used only once. At least one word using all nine letters can be found.

Guidelines:
24 Good; 29 Very Good;
34 Excellent.

Any word found in the Concise Oxford Dictionary (Tenth Edition) is eligible with the following exceptions: proper nouns; plural nouns, pronouns and possessives; third person singular verbs; hyphenated words; contractions and abbreviations; vulgar slang words; variant spellings of the same word (where another variant is also eligible).

Spell out a 15-letter word or phrase by moving from one chamber to another within the pyramid. You may only enter each of the chambers once and may only proceed through openings in the walls. The first letter may appear in any chamber.

ST	UR	GI	EA	DR
TH		HN		RE
AR	RU	OD	DM	AY
FO		EU		EC
BF	OI	XL	TE	HR

Here are two miniature five-square crosswords using the same grid – but the letters have been mixed up. You have to work out which letters belong to which crossword.

1		2		3			4	5		6		7
					8							
9							10					
11										12		
	13	14					15					
16												17
18				19						20		
21						22						
23							24					

1. Second American farm to divide in two (6)
4. Spade in southern hut (6)
9. Point to one on his knees with a sprinkler (7)
10. Diver disturbed opera composer (5)
11. Skilled boatswain? (9)
12. A number gained, we hear (3)
13. Molest office worker who won't look at the keys? (5-6)
18. Lustreless rug (3)
19. One keeps stocking up (9)
21. Weaken a French chap (5)
22. Comparatively poor, but born to ride around (7)
23. Moderate one's bad mood (6)
24. Point of view of a quiet group outside (6)

1. Halve part that is dry inside (6)
2. Vessel carrying vital stuff from China or Taiwan (5)
3. Vault I see and hear is veiled in obscurity (7)
5. South Coast port lacks new harbour (5)
6. French department promises to pay several (7)
7. Toiler unusually will hang about (6)
8. Playfully presenting things (11)
14. Work it out with mother to be the most favourable (7)
15. Lady entitled to a seat (7)
16. The whole sum supplied by the odd man out (6)
17. Medic has short time to reverse decay (3,3)
19. From that time on it was an offence to the church (5)
20. Doctor and I have energy (5)

Easy Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. **Hard**

Easy

Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Hard

	7						4
		4		7	8	1	6
8	1				3		2
					7		8
	2				6	9	
5		7		1	4		6
	4	5					9
7	8					3	
	3	1		8	9	7	5

						6		
3	8				5			
			9		7		3	
	1		5					
2	7				6			8
	9				1		6	
6			1			7	5	
						1		
	2	1		8		9		

	6		9	
5	○	3	○	7
	4		3	
6	○	2	○	5
	3		2	

Perform the first calculation in each line first and ignore the mathematical law which says you should always perform division and multiplication before addition and subtraction.

To try our new puzzle,
Zygolex, go to
www.zygolex.com



PZ1P5369

1		2		3		4			5	6		7
							8					
9							10					
						11						
	12		13		14		15					
16					17		18					
19		20		21			22		23			
				24		25						
26					27		28		29			
				30								31
32						33						
34					35							

1. Apprehension (8)
5. Stylish (4)
9. Land area (7)
10. Of the ear (5)
11. Sleep (inf.) (3)
12. Erase (6)
15. Spectrum
maker (5)
17. ---- vera (4)
19. Public speaker (6)
22. Gaol (6)
24. Arrived (4)
26. Moral principle (5)

27. Unobserved (6)
30. --- and downs (3)
32. Distend (5)
33. Booth (7)
34. Long journey (4)
35. Disclosed (8)

1. Thin wooden strip (4)
2. Woollen fabric (5)
3. Uplift (5)
4. Israeli currency (6)
6. Bombast (7)
7. Soothing lotion (8)

8. Spruce (6)
13. Destiny (3)
14. Girl's name (4)
16. Southern county (8)
18. Unobstructed (4)
20. Accomplish (7)
21. Supernatural (6)
23. Anger (3)
25. Bodily tissue (6)
28. Curved sword (5)
29. Distinguish oneself (5)
31. Curve (4)

[illegible]

CRYPTIC CROSSWORD:

U	20	N	21	U	22	W	23	U	24	M	25	S	26
B	8	D	9	V	10	H	11	L	12	T	13	L	14

MAGIC SQUARE:
fast; agile; sing;
toga;
WORD PYRAMID:
Early settlement
EQUILISEE:
Clockwise from top
left – multiply;
subtract; add;
divide. Total: 8.

PUDDOKU

HARD SUDOKU

5	7	4	5
1	3	6	3
9	2	8	2
3	6	4	5
3	1	8	2
6	3	1	4
7	9	1	7
2	8	3	5
4	2	8	3
1	6	3	9
2	7	4	5
8	1	6	4
9	3	5	7
3	5	6	4
6	9	1	7
4	8	3	5
9	7	2	1
6	3	1	6
5	9	7	8
2	3	1	6
7	8	9	5
2	3	1	6

CROSS CODE

1	R	2	
3	K		
14	G	15	E

ZINÒ

France; 8 Pineapple; 9 Cheese; 10



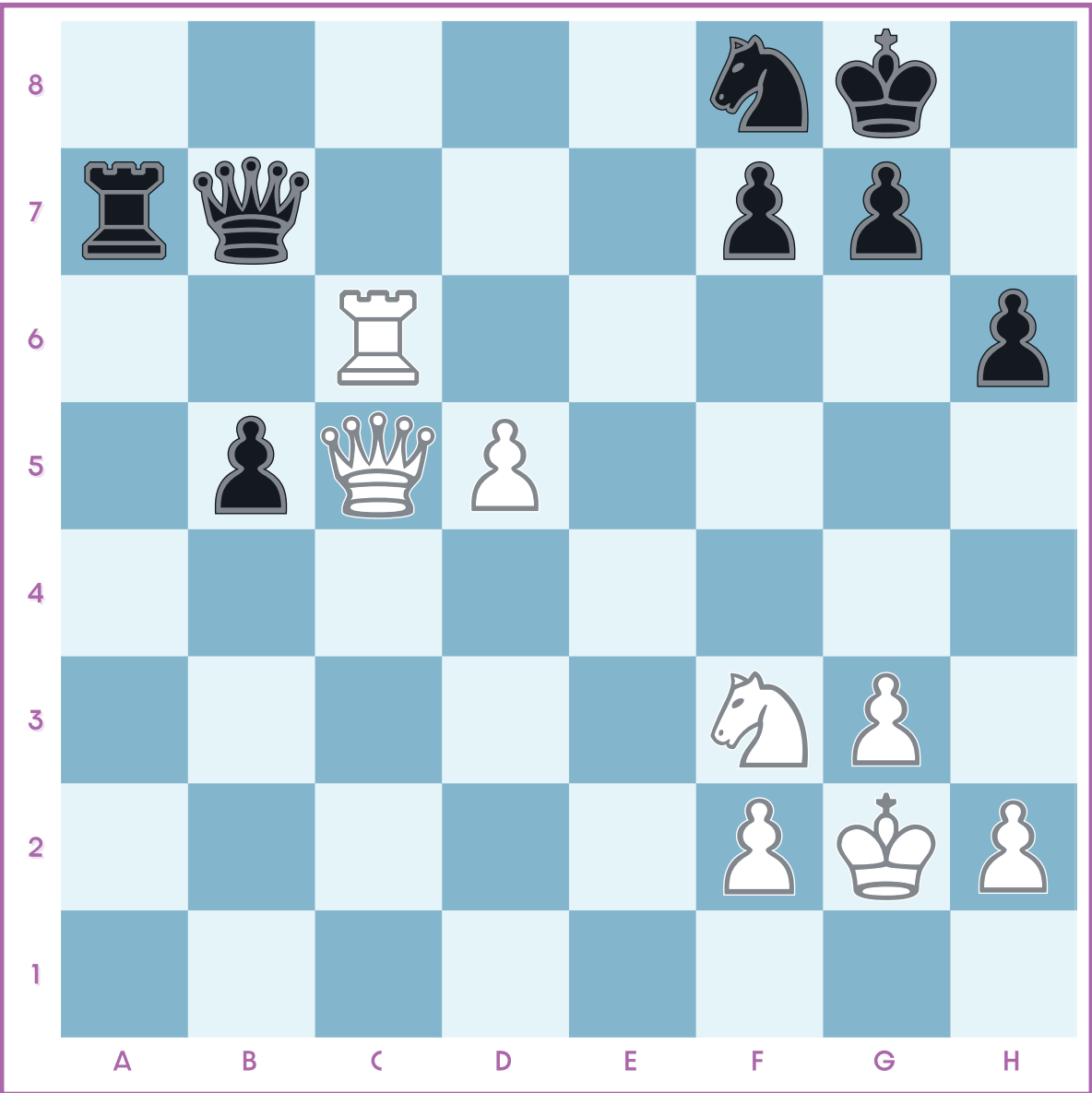
CHESS

By Barry Martin

Mating nets,
not quite Casanova

In the recently concluded A1 Cup Champions Tour, Magnus Carlsen, in the third game against Ian Nepomniachtchi, achieved a beautiful win trapping his opponent in a mating net. This decided the outcome of the competition and was a double blow for Nepo, as in a speed Chess Championship played out earlier in the year, Carlsen didn't just win the match but dominated it, in all three time controls. The A1 Cup was a chance to redress the balance for Nepo and although the other games were finely fought and drawn by both players, the game mentioned above, decided in Carlsen's favour. The Magnus Carlsen v Ian Nepomniachtchi game above forms the chess puzzle for this month's article.

Mating nets and pattern recognition are very much a part of professional and club players training, and those taking up chess will at some stage be introduced to its study. In the meantime, I give a few definitions of the Mating Net followed by a very useful publication that can be downloaded free and which is a compendium of checkmate patterns published in 2022, by New in Chess and written by Raf Mesotten, entitled, 'The Check Mate Patterns Manual. The Ultimate Guide to Winning in Chess'. It is a valuable learning tool and every mating net (30 in total) is given its own chapter and name, such as Arabian Mate; Double Knights Mate; and even Blind Swine Mate. Further chapters are headed, Lawn Mower Mate; Damiano's Mate, and so on. Every section includes diagrams to help readers grasp the concept and execution of each checkmate pattern or net. This book serves as a valuable learning tool, offering exercises suitable for beginners, casual players, intermediates, and advanced enthusiasts. You can download it for free at <https://www.newinchess.com/media/wysiwyg/productpdf/9148.pdf>. Some definitions of the Mating Net can



be defined in the following ways. A position where the King is trapped and will soon face a checkmate. The area of the board where the King is tied down is often like a net closing tighter and tighter; where a sequence of forcing moves that will result in checkmate against all possible defences; a mating attack that leads to mate with correct play, no matter what the enemy does; a situation where a King is attacked by enemy pieces and eventually cannot escape the mate threat! Celebration of age and accomplishment seems to be currently in the air at the moment as this month, The Royal Automobile Club in Pall Mall, London, celebrates the Centenary of the Hamilton Russell Cup. A very special and historic celebration of Frederick Gustavas, Hamilton Russell and the London chess clubs, which have partaken in this chess league. On the question of ageing and the ways in which it may be celebrated The Daily Telegraph, Saturday, 30-9-23, contains a double page spread on well-being headed, 'Seven ways your brain (and life) gets better with age'. The writer, Boudicca Fox-Leonard, poses the question 'when do mental powers peak?' She suggests seven ways in which our peak may still be ahead of us. Among the seven listed is Verbal prowess, age 65 plus, 'If you are a wordsmith who loves to learn new

words, then you may not yet have reached your lexical peak.' A 2014 study by psychologist Timothy A Salthouse used cross-sectional and longitudinal data to confirm that age-related declines in measures of the quantity of word knowledge begin around the age of 65. A similar study by Hartshorne and Germine, who included a vocabulary test to measure crystallised intelligence in their study of cognitive peaks, similarly found that vocabulary peaks in the late 60's or 70's. Other topics of the seven listed include 'Mathematical ability' Age 50; 'Physical Endurance' Age 45; but heading the list at number 1 is, 'Chess Mastery' Age 40! An age at which chess players make the most optimal moves, according to a study of more than 1.6 million chess moves! This section goes on to state that in 2020 the results of a 125 year-study of 24,000 chess games from 1890-2014 found that players made the most optimal moves at about 40 years of age. Performance started to decline from about 45, but not to a statistically significant degree. "We know chess uses long term memory rather than short term memory", says Brann. "Training and the accumulation of experience seem to confer a lasting advantage". (Amy Brann works with companies to show how we can apply this principle to other areas of our

work and personal lives. 'Ask what are the skills I need and how can I practise and focus to get better at them?' She is the author of 'Neuroscience for coaches and is the founder of 'Synaptic Potential'). The Telegraph article is dense in parts and paints an inclusive picture of the ageing process, punctuated with learned excerpts from scientific analysis from academia to contemporary gurus, respected in their particular subject areas. It is well worth a read as cognitive function in the ageing area usually understood as a slow decline has been shown in more recent scientific research to be a more complex and malleable process than 'we anticipated'. I cite the above, as good news reaches us about our ageing English chess players, who have played excellently in the recent World Senior's Chess Championships. The team aged 65 and above achieved remarkable results, winning 8 out of 9 matches and finishing second in the men's section, narrowly trailing their long-lasting adversaries, the German Lasker Schachstiftung GK team. In the 50+ section, England secured a 4-0 victory over the Shen Zhen Chinese Women's team in the final round and earned a second-place finish, with the USA's very strong team claiming the top spot. Michael Adams, a Grandmaster, earned the individual gold medal on board 1, while Tony Kosten clinched gold on board 2 in the 65+ section. These achievements clearly demonstrate that our distinguished chess players over the age of 65 defy the conventional notion that optimal moves peak at the age of 40.

Well done our senior chess players in making such outstanding results in international contests!

Barry Martin

The Challenge

This month's puzzle arose in round 2, game 3 between Magnus Carlsen and Ian Nepomniachtchi, A1 Cup Champions Chess Tour. Their first two games were drawn with two to go, and if after 4 games still drawn a play-off would be played. We join the game where Carlsen as White has played 34.Qc5....., see diagram. What was Nemo's response and how did the game progress very much in Carlsen's favour?

The answer is opposite.

The Solution

34.Qc5,Nd7. (see note below). 35.Rc8+Kxh7. 36.Qc2+g6. 37.Qc3,Nf6. 38.d6,b4. 39.Qxb7,Rxb7. 40.Qxb7,Kxg6. 41.Rc7,Rb5. 42.Rxf7+Kxg6. 43.d7,Rd5. 44.Ne5+Kf5. 45.Ng4i,Kxg4. 46.Rxf6,Kh5. 47.h3,.... the Black King is trapped in a mating net, whilst his Rook is attempting to cover the White pawn about to promote! Note, after 34.Qc5,Nd7, safer was: 34....Ra8. 35.Rc7,Qa6. 36.Qe7,Qg6. 37.Nd4,..... After this Carlsen win Nepo had to win the 4th game to stay in the match and despite a valiant effort he could only draw and Carlsen won their match.

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