

Dear readers,

Welcome to the last of your 2019 newsletters. We only publish three times a year but sign up at debeauvoir.org.uk (the link is on the About Us page) for a weekly emailed roundup of local goings-on. This newsletter reaches over 4000 homes but we'd love to have more delivery people.

It's good exercise and only takes about an hour for each delivery round. If you'd like to help, please email info@debeauvoir.org.uk.

Plans for the 2019 Christmas Fair on 30 November are in full swing. This is now so popular with sellers that we almost sold out of tables within 40 minutes of putting them on sale. See you there!

Hilary Mandleberg

DBA AGM



21 October 7:30pm, St Peter's Crypt

We look forward to seeing you at this year's AGM. It's where you can meet your current committee members, vote for new members and find out how to get involved. Dan Turner joined the committee last year and is not only still alive to tell the tale but has been a great addition to the team.

After the AGM, stay on to hear artist David Buonaguidi aka Hackney Dave talk about his work, his background and how De Beauvoir and Dalston have affected the art he creates.

The bar will be open.

Fifty years young



It's hard to believe that the De Beauvoir Estate is now celebrating its fiftieth birthday. But Cec Darker assures me that's the case and here she tells the story.

Fifty years ago, in 1969, the first residents moved into the brand new De Beauvoir estate designed by architects Burley Associates. (continued on page 9)

Called to the bar



The De Beauvoir Arms on Southgate Road

It's not always easy to get people to write articles for this, your lovely newsletter, but when I asked Dan Turner to write about our local hostelries, he jumped at the opportunity. In fact, he was so keen, he said he'd write about all of them – and I can tell you, we have a few. So watch this space. These are his first three.

Here in De Beauvoir we're fortunate to be blessed with a fine selection of pubs in which to eat, drink and socialise, but you can never have enough taverns (in this writer's opinion anyway), so the imminent opening of a new boozer on the site that was Dukes Brew & Que at 33 Hertford Road is welcome news. While there's some ambiguity regarding the name of the new establishment, what's not in doubt are the credentials of the people behind it. The new pub will be the latest offering from Barworks – an independent pub and bar chain based in Exmouth market – which already has 11 venues in its fast-growing stable, including the enduring Commercial Tavern in Shoreditch and the achingly cool Mare Street Market in Hackney. At the time of writing we

were unable to lay our hands on a food menu but all the signs suggest it's going to be pretty special, and the pub quite a place.

From the new to the old (er), and two established hostelries on 'The De Beauvoir Strip' that is Southgate Road. Firstly, The Rosemary Branch – or The Rosie as it is affectionately known by locals – which is located at the southern end of the road just across from the Canal. The Rosie has been owned by Cec and Jules Darker since 1993, when the couple acquired what was then a neglected building that had been taken over by squatters. Over the past 26 years the pub has been transformed, and under the Darkers' stewardship, it has become a home from home for many De Beauvoir residents. It is a place for all kinds of revelry – from Sunday afternoon sing-alongs around the in-house piano, to Tuesday quiz nights hosted by captivating quiz queen Alyssia, and rockin' blues gigs in the downstairs bar on the last Friday of every month. Esteemed actor and blues musician Cleo Sylvestre (aka Honey B Mama) and her dexterous band top the bill at these once-monthly shindigs – that are always raucous and free to attend.

However, what really sets The Rosie apart as a watering

hole with a difference is its second-floor 60-seat theatre, a cosy but high-spec auditorium, where the boards are trodden by a multitude of people, from professional theatre ensembles to am-dram collectives, local youth groups and regular members of the public willing to stump up the very modest hire fees. And it's been that way for a very long time. History suggests that there has been a theatre on the site for the best part of 150 years and rumours abound that the great Marie Lloyd, dubbed the 'Queen of the Dance Hall' and famed for her use of innuendo and double entendre, played The Rosie back in the early 1900s. In the 1970s, the venue was recognised as one of the key fringe theatres in London and it's still the case today.

In recent years, The Rosie has been voted the Best Theatre Pub / Bar in North London by offwestend.com and under the guidance of general manager David Stephens and joint theatre managers Scarlet and Anya, it continues to go from strength to strength. Which leads on nicely to this year's Christmas festivities. As per usual, The Rosie is going all out (see page 9 and www.rosemarybranchtheatre.co.uk for further details).

And like most pubs these days, The Rosie is big on food and it has a mouth-watering and always changing seasonal menu. All ingredients are sourced locally and there's something for everyone, whether you are a voracious meat-eater (the burgers are nothing short of outrageous) a fish connoisseur or a vegetarian. And of course, The Rosie is running a special Christmas menu throughout December. We've seen it, salivated over it, and tried it – and at £32.00 for three courses, it's more than good VFM.

The Rosemary Branch is open daily from 5.00pm Monday to Thursday, and from 12:00 midday, Friday, Saturday and Sunday. It is child- and dog-friendly.

So from one great pub to another and The De Beauvoir Arms, a proper, uncomplicated North London gastro-pub situated opposite the deli on Southgate Road. Chances are if you've lived in the area for any more than a couple of weeks, you've frequented this classy establishment, which, with general manager Gavin McHugh as its custodian for the past six years, has become a bonafide community tavern and central hub for De Beauvoir. The De Beauvoir Arms is an uncluttered, capacious room where the focus is on great food, great wines and interesting conversation, and McHugh has done a lot to foster the latter. There are no

wall-mounted TVs, no music and no table service, and there's very good reason for all of this. McHugh wants people to talk to one another, strike up conversations with fellow drinkers and make connections. It's why all the tables are big – so people have to share – and why he stealthily patrols the floor, occasionally stepping in to instigate meetings between like-minded punters and help put people together.

Like the convivial atmosphere at the pub, the food and drink are memorable, too. The menu is Mediterranean-based (as is the wine list) and it changes every three weeks. All of the dishes are made with fresh, seasonal produce and the pub's signature dishes are its bavette steak, aubergine gratin and various tapas plates. As summer turns to winter and the nights draw in, lighter plates will be switched out for heartier, more filling fare – think meaty stews and comforting British classics.



A familiar scene at The Rosemary Branch

While The De Beauvoir Arms isn't running any Christmas specials, it is a place to be seen and heard, this December and beyond. The £7.00 lunchtime offer is an enduring hit and will continue indefinitely, and if you do want to book a Christmas office lunch, the chef's table at the back is available (it seats circa 20 and is the only table that can be reserved). And . . . the New Year brings new beginnings, or new furnishings at least, as the pub is set to get an interior makeover in January.

The De Beauvoir Arms is open daily from 11:00am to 11:00pm Monday through Thursday, 11:00am to 12:00 midnight Friday and Saturday, and 11:00am to 10:30pm on Sunday. It is dog-friendly. For further information visit www.debeauvoirarms.com

Cupboard love



Two of Hilary's cupboards outshone by baby Aiden

Kate McFarlane loves researching people's family trees. When she was commissioned to research Hilary Green's family and visited Hilary at home, she stumbled across an unusual and fascinating new local business. This was definitely not a case of a wardrobe malfunction! Kate takes up the story.

Imagine my surprise, can you, when, on first meeting Hilary Green, I found in her living room two large models of what were unmistakably De Beauvoir Square houses. Was I seeing things? How had De Beauvoir Square come to Hilary's home in Prebend Street?

As I was to discover, Hilary is a talented cabinet maker and the De Beauvoir Square 'houses' were, in fact, children's wardrobes that she'd made. It started in 2018, when Hilary was pregnant and found there was a lack of good nursery furniture. 'What I was looking for,' said Hilary, 'were high-quality, handmade pieces that would be striking and unique.'

Hilary recalls, 'I quickly realised that so much of the furniture for the baby and children market is

totally generic and disposable. I know these stages of development are brief, but I wanted furniture that we'd love as a family and that would evolve with us. I also wanted a relevant design, something that had meaning.'

That meaning came from a visit years ago, when Hilary was taken to De Beauvoir Square by her mother in search of the home of a long gone dear family friend. 'I've never forgotten the gables and window details of the houses on the Square, and the roses in the gardens, of course. It's a very special place.'

And so her handcrafted London Lane Kids wardrobes were born. Hilary and a local tradesman designed a pair of wardrobes, taking their inspiration from our own De Beauvoir Square and from Lonsdale Square in Barnsbury. The wardrobes would be tall and narrow, like the De Beauvoir Square and Lonsdale Square houses, and they would double perfectly as playhouses.

Fast forward eighteen months and Hilary's London Lane Kids business is in full swing. As well as the fabulous wardrobes, Hilary is also planning a wider range of children's products – shelves, toys, play chests, and more – all modelled around a subtle London theme.

What is more, Hilary has partnered with the charity The Childhood Trust to donate five per cent of the company's profits to help fund safe housing for some of the capital's most vulnerable children. She also plans to get London Lane Kids involved with various community initiatives throughout the year.

London Lane Kids wardrobes are currently available online at www.londonlanekids.co.uk and there are various window pop-ups planned for the autumn and beyond at local shops, such as Olive Loves Alfie on Stoke Newington Church Street.

The cost is £960 per wardrobe with a ten per cent discount when you buy two in any style. They come in nine colours but Hilary also offers a bespoke colour-matching service. Keep an eye on Hilary's Instagram (@londonlanekids) for updates and offers, as there are sales throughout the year.

I challenge you not to fall head over heels in love with these beautiful designs, and if you are ever planning on buying a baby gift that will become a family heirloom, a London Lane Kids wardrobe surely fits the bill.

Secrets of the precinct

It's too easy to simply walk, drive or cycle past the diverse collection of businesses in the precinct around the Rose Lipman building. Kevin Miller decided instead to stop off there and explore. Here he tells us about some of what goes on and who is at work there.

First off, it was lovely to meet the charming Ila Patel who, with her husband Dinesh, runs the Asha Puri Store. Ila greets all her customers warmly as they pop in to buy their newspapers, confectionery, soft drinks and all kinds of groceries, not to mention Lotto tickets for anyone who wants to spend a few pounds for the chance of a million or two.

Ila and Dinesh started the store in December 2013 after getting bored with many years working in the restaurant business. You'll now find Ila and her gentle smile behind the counter most of the time in her seven-days-a-week role. Husband Dinesh is busy every morning delivering newspapers to us locals, and he also works hard bringing in fresh stock from the cash-and-carry.

Near neighbours to Ila and Dinesh in the precinct are Harry Burden and Emily Taylor, an engaging Australian couple who live with their daughter in Haggerston. In October 2014, they set up [FRAME], a company that specialises in high-quality – including conservation-standard – framing for everything from a Matisse etching to your child's precious first painting. Previously, Harry worked in the framing department of the Royal Academy and Emily worked in the Egyptian department

of the British Museum. It's not surprising then that their growing business is not only busy framing for local homes but also for museums and galleries. Over a welcome cup of tea, Harry and Emily explained to me that they aim to foster a family atmosphere for their team of craftspeople and they like to think of the end result of their work as 'furniture for the wall'. Recent work has included framing for the Tim Walker exhibition at the V & A, while unusual commissions have included framing a set of marathon-running gear, a Persian rug and a tied bunch of eyelashes!

Did I mention diversity? Well, since its opening in December 2018, we also have a Hindu temple in the precinct. The temple is devoted to Shirdi Sai Baba, an Indian spiritual master, who is regarded by his devotees as a saint, a fakir, a satguru and an incarnation of Lord Shiva and Dattatreya. The temple is open from 9am to



Our local Hindu shrine

9pm daily and offers meditation and yoga classes to people of any faith. You are also welcome to drop in for tea, coffee and food.

I received a warm welcome from Goby, who showed me round and told me about the Bhajan held every Thursday. Bhajan is a musical genre, which literally means 'sharing'. It consists of a free-form song or piece of music conveying a religious theme or spiritual ideas. The temple has a harmonium, Indian drums and other musical instruments, which those attending are encouraged to play together however they wish.

Well, here are three on-your-doorstep enterprises that will cater to your news and food needs, your yearning for artistry in your surroundings and your search for spiritual calm and community. But that's not all there is in this neck of De Beauvoir, so watch this space!



Harry and Emily of [FRAME]

The world through artists' eyes



Aude Hérail Jäger working on her 'Sentinels' series

We are so lucky to live in such a diverse and creative part of London. Aude Hérail Jäger and Caroline Griffith are just two of the artists who live and work in De Beauvoir. They were kind enough to let our roving reporter Becky Colls visit them in their studios to chat about their art and what inspires them.

Aude moved to De Beauvoir 17 years ago and is a conceptual artist, working out of an ACME studio on Orsman Road. Her work focuses on the obstacles in the way of 'reaching full potential'. Aude explains that by representing these obstacles in her work, she 'invites fresh understanding that in turn offers the possibility of change'.

A recent example of her work is a beautiful over-life-sized drawing on a vintage linen sheet entitled 'Je dois Dormir' of a French woman who was murdered in 1914. All around her Aude, who is French, has written, 'Je dois dormir, nuit de...' ('I must sleep, night of...'), with a date between November 1913 and August 1914.

The phrase comes from 96 of the murdered woman's recently discovered handwritten notes. The same sentence is written again and again, in different ink, on different scraps of paper, but it's always the same desperate plea for rest, for sleep to come.

Astonishingly, the woman was blamed for her murder by her family and society because of what they saw as her 'unreasonable behaviour'; in their eyes she had somehow brought violence upon herself. For Aude, there was another option; that this woman was suffering from insomnia and struggling to cope, whilst all around her the First World War was beginning to rage. 'She was already the mother of three small children, she probably had some kind of depression, but in those days, mental health was not well known and her illness got worse.' As her behaviour became more erratic, she fell into a bitter spiral of need and anxiety, which led to her eventual murder by a close relative – another story to be told in the future. By drawing her, Aude has resurrected her and transformed how her death is viewed. It's an attempt to right the injustice she suffered.

Aude shows me a video of the piece, which hung in the garden of St John's Church, Waterloo for over two weeks

last summer. As I watch the sheet billowing gently in the wind, it really looks as if, for a fleeting moment, this wronged woman is somehow free again.

Caroline works from home in a little studio she has made out of a back room that looks onto her garden. Caroline came back to art later in life and initially found it difficult to call herself an artist until she studied Fine Arts at City Lit, where 'they demanded it'.



Caroline Griffith in her studio

The course taught her 'that often you don't see what you know to be there... it affects the way you see everything, always'. Caroline is inspired to find beauty in the world around her, from amazing underwater images seen when scuba diving, to the canal at night and Northchurch Road under a moody winter sky. Her paintings capture the incredible colours in nature and she loves playing with combinations of colour and light. I especially liked her series of paintings in and around De Beauvoir. They really are for locals to enjoy – the cut-back plane trees in winter, the view up towards The De Beauvoir Arms, that cosy autumnal feeling of a glowing London sky as you make your way home, how the colours of the canal are intensified at dusk.

Both artists, despite their different styles, are driven to see the world around them more intensely, with an artist's sensitivity and heart. Aude spends hours drawing in museums and is saddened by the speed at which most visitors rush past an object. Caroline's paintings are of the things she sees and loves; she says through capturing them, they exist more deeply in her memory. It makes me think about how important it is to stop and

drink in a piece of art, feel what it stirs up in us, rather than glancing at it before racing on to the next piece. Also, how vital it is to carve out a bit of time to be creative, even if it's a 30-second doodle; it just feels good to express ourselves in some creative way.

Aude's on-going project is her large-scale 'Sentinels' series. These female figures are composed by blending different historical images of women that Aude draws in the museums. They are fearsome, protective and weaponised. They dance, draw, hold swords, or simply know themselves to be strong. They hang so they look down on the viewer. You may have come face to face with Sentinel XI at the Royal Academy of Arts Summer Exhibition this year, while Sentinel IX was selected by Sacha Craddock for the Creekside Open 2019. Aude's work can be viewed at www.audeherailjager.com and she would love you to subscribe to her newsletter via the website (click on her name, then 'Contacts').

Caroline is planning a local exhibition but meanwhile, if you would like to receive an invitation or see some of Caroline's paintings, visit www.carolinegriffiths.net or @MyDailyDrawingProject. Caroline also takes commissions, so maybe you could ask her to cast her artist's eye over your street or favourite view.



One of Caroline's canal images

New community kitchen



Hackney Chinese Community Services members arrive

The former public bath house at 12–14 Englefield Road, once home to the much-loved Huong Viet restaurant, has seen many changes over the years. Recently, it's been looking sad and derelict, and locals say squatters have been living there. Now its future seems to have been secured after a crowdfunding effort to reopen it as a community centre. Paul Bolding has investigated the story for us.

Hackney Chinese Community Services secured pledges that exceeded the target of £53,092 to fund a first phase of work to bring the building into use for all the borough's Asian communities. 'We aim to equip and repair the community kitchen as the first step to restoring this historical building to benefit local communities and beyond,' it said in its funding appeal. The Mayor of London provided £35,000 of the total to kick-start the fundraising and the organisers say Hackney Council, the landlord, has agreed to spend £400,000 on repairs to the building.

The group plans a 'modern and dynamic multicultural centre with a community kitchen – a first in London'. They also state that it 'will benefit the three largest minorities (Chinese, Vietnamese and Filipinos) in Hackney and regenerate the local neighbourhood, supporting many marginalised community members

... The resource centre will bring together knowledge, skills and expertise amongst East Asian communities to enrich the social, economic and civic life in Hackney, reduce isolation and encourage greater social cohesion amongst members and the local community'.

It plans to open the kitchen by May 2020.

But what of the building's past history? It originally opened as a public bath house and laundry in 1932 and was in use as such until the 1960s. Starting from the 1980s, it was run as a Vietnamese community centre and restaurant by the An Viet Foundation, which was officially wound up in March. The foundation was set up in 1982 by Vu Khanh Thanh, himself a refugee who arrived in Britain in 1979 and did much to help people from his country find their feet and start businesses in textiles, restaurants and nail bars. He was awarded the MBE for services to the Vietnamese community in the 2006 New Year honours.

Huong Viet, one of the first of what are now many Vietnamese restaurants in Hackney, closed suddenly at the end of 2014 for 'renovations'. An Viet recently agreed to hand the premises to the Chinese group on condition that it extend its services to the Vietnamese community and that Hackney Council, which owns the building, agree. Mayor Philip Glanville joined a ceremony to mark the handover at Chinese New Year/Tet in February last year, which featured a traditional Chinese lion dance and was also attended by a Chinese diplomat.



Vu Khanh Thanh, who set up the An Viet Foundation

Next year is the Year of the Rat in the Chinese calendar and in China, the Rat is respected as courageous and enterprising, and among the fittest of all the animals to survive almost any situation. Let's hope that the 2020 Rat can use its qualities to support the new kitchen and community centre.

(continued from page 1) Three years later, in 1972, it was fully occupied, with the Rose Lipman Library and Community Centre being the final part of the construction, completed in 1975.

Approximately 300 terraced houses plus workshops, shops, industrial units and a pub were demolished to make way for the five tower blocks interspersed with lower blocks and a few two-storey town houses.

Similar estates have long since vanished but De Beauvoir lives on and is gearing up for its next phase. Up to 200 new homes are being planned on underused areas to help address Hackney's housing problem. To mark the estate's fiftieth anniversary, a group of residents and others who live or work

locally are planning a variety of events. The first, on 21 October, will be a three-course lunch for senior residents at the Rose Lipman Centre, cooked and served by young people from The Crib, the youth centre in Balmes Road.

Guests, who will get handwritten invitations, will also be able to enjoy an exhibition illustrating the history of their area, and there will be live music and dance provided by the young people. Everyone will be asked to contribute their memories of living on the estate and how they arrived there, and this will form part of a bigger exhibition planned for 2020, when there will also be a cultural festival celebrating the diversity of the current residents. Expect some brilliant food and entertainment to take place on the estate at a date as yet to be confirmed next summer.

Around the town

The De Beauvoir Women's Institute is for all women of all ages. We meet on the first Thursday of each month, 7.30pm–9.30pm in the Crypt of St Peter's Church. New members welcome. Admission for non-members: £5.00

7 November: Dance Workshop tbc

5 December: Our popular 'Brainy Birds' Xmas Quiz

Contact us at: debeauvoirwi@gmail.com for more info. Follow us: www.debeauvoirwi.com
[Twitter@debeauvoirwi](https://twitter.com/debeauvoirwi)
[Facebook@debeauvoirwi](https://facebook.com/debeauvoirwi)
[Instagram@debeauvoirwi](https://instagram.com/debeauvoirwi)

De Beauvoir Gardeners (Hackney & Islington):

Meetings held the first Tuesday evening of the month in the Crypt of St. Peter's Church. A huge thanks to everyone who participated in the Flower and Produce Show. All the winners are listed on our website along with a gallery of images: debeauvoirgardeners.org.uk/flower-produce-show-2019.

Tuesday 5 November: In Our Soil

Fransisca Sconce of the Royal Entomological Society

will be talking to us about the science of insects and other invertebrates that live in and around soil.

Tuesday 3 December: Christmas Social

Cordwainers Grow will be leading a workshop-style evening. There will be mince pies and mulled wine. Follow us: www.debeauvoirgardeners.org.uk
dbgardeners@gmail.com
Twitter: @DBGardeners

The Rosemary Branch Theatre:

In keeping with the playful and risqué sense of humour of its owners, The Rosie will be staging four different adult-only shows throughout December, which will be perfect for office parties. The shows include 'The Best of the Dirty Thirty', a rip-roaring comedy extravaganza, where resident troupe Degenerate Fox covers 30 plays in one hour, and 'Clementine's Christmas Cracker', a charming and witty puppet cabaret, featuring the ever-glamorous Clementine, the living fashion doll.

People who book tickets to any of the Christmas shows online can get a Christmas burger (turkey or veggie), plus a glass of wine, beer or soft drink for £27.00.

Follow us: www.rosemarybranchtheatre.co.uk

Gardening: minimum effort,



Isabella Moraes (left) and Lola Laurence Coone

Here in De Beauvoir, many of us are fortunate to have a garden and we have a thriving Gardeners Club. Kate McFarlane has been to meet local garden designer and horticulturalist Lola Laurence Coone, owner of Black Dahlia Garden Design based on Benyon Wharf. Lola is passionate about creating gardens that 'look after themselves' and she encourages all of us to develop a natural ecosystem in our garden without the use of harmful substances. Even if you only have room for an indoor garden, do read on as there's news here for you, too.

I immediately warmed to Lola when I met her. For a start, she believes that a garden should, above all, be a place to rest and contemplate life, where the only choice you should have to make is whether to enjoy it with a cup of tea or a gin and tonic. She's definitely my kind of girl.

She also loves De Beauvoir, and I can relate to that, too. 'I feel very privileged to live, work and socialise here. It feels like a village. We're surrounded by mature trees, we have the canal with its fantastic wildlife – even bats – and an array of relatively rare birds, ranging from swifts, wrens and house sparrows to (possibly their deadly enemy) peregrine falcons.'

When it comes to the work a garden needs, she's of the school that believes you can work smart – gardening only as much as necessary and leaving nature to do the rest. She starts by talking about the soil, which is the basis for everything. 'Above all else, soil needs to have a good structure so that plants get established more readily. I mulch with farmyard manure, which encourages that structure and needs minimal digging. Think of a forest: the leaves fall in autumn and insects and other wildlife die there. All this creates a layer of compost with nutrients that will, in time, infiltrate the soil. Adding farmyard manure can create the same effect in your garden. You're simply harnessing the power of nature.'

Lola also stresses the need for us to be patient with our gardens. Newly planted gardens tend to reach maturity after three years, by which time plants will have become

maximum results

established and some may have self-seeded. So don't be in a rush to see results. The main thing is to choose your plants and trees carefully – right plant, right place is the rule to follow for success – and keep your garden watered and fed.

Generally speaking, healthy plants are better at fighting off pests and diseases, too. We're all aware these days of the need to curb the pesticides and fertilisers we use in our gardens. Doing this will help the environment and protect 'good' insect species, especially bees. So Lola obviously doesn't recommend the use of pesticides. 'I prefer to find ways to use nature to fight garden problems. For instance, in recent years, England has been devastated by the box tree moth, which first appeared here in 2008 from eastern Asia. If left

biological insecticide that you can spray on the leaves.' Lola also believes in the power of nematodes. These are microscopic multi-cellular worms and are used as a biological control on many plant pests, such as slugs, chafer grubs, vine weevils and sawfly. You can apply them any time of year but late summer is best. Buy them from any garden centre or online, then just mix them with water, apply according to the instructions and let them do their work.

Another great natural problem-solver is neem oil. This is an oil pressed from the seed of the neem tree that you mix with water and a tiny amount of washing-up liquid to emulsify it. Lola sprays it on to control mildew, black spot and rust fungi but also to control pests such as mealy bugs, leaf miners, aphids and other beautiful but annoying garden pests. Neem oil isn't harmful to bees, butterflies, ladybirds or pets, so you can spread it around with a clear conscience.

And Lola also reminds us that you can use certain plants as insect repellents. 'Plant some French marigolds and scented herbs like lavender and rosemary around your garden and they'll all help ward off insects. Once they're planted, there's no more work involved. What could be easier than that?'

Finally, accept that your garden won't always look at its best... just like us... but do enjoy it!

Recently, Black Dahlia has had increasing requests for house plants from corporate clients. So Lola has decided to team up with Isabella Moraes, a New York interior designer with a love of house plants (Isabella's house is a real jungle in the middle of De Beauvoir). 'Just because you don't have an outdoor space, doesn't mean you can't enjoy a green environment,' says Lola. 'Exeter University psychologists have concluded that indoor plants improve concentration and productivity by up to 15 per cent, reduce stress levels and boost your mood.'

So from November, a new division of Black Dahlia is launching, which will specialise in indoor gardens. Do get in touch with Lola and her team. We can all benefit from her help and advice, no matter how small our space.



A massive acanthus outstrips Lola

to its own devices, it can strip a box bush or hedge of all its leaves within days, but it's easy to fight off with pheromone traps or products such as XenTari, a

blackdahliagardendesign.com

Tel: 07968 356 189

Celebrating 5 years in business

We're a family-run business based in the heart of De Beauvoir, committed to conservation framing for the museum, gallery and home.



We specialise in conservation-standard framing techniques, which means that your artwork will be beautifully preserved for years to come. Our team is made up of highly skilled craftspeople, who are either artists themselves or have a history in the museum and heritage sector. Inspiration comes in lots of different ways at FRAME and we have grown our business through imagination, collaboration and the continued support of our local community of artists, galleries and friends.

We are partnered with The Whitechapel Gallery, The ICA and the V & A. To celebrate five years in business, we're offering De Beauvoir residents a 10 per cent discount during the month of October as a way of saying thank you for your support.

Please visit our website to see what we do:
framelondon.com

Or visit our **Instagram** to see what we've been working on recently such as:
Tim Walker at the V & A
Manga at The British Museum
John Flaxman at The Royal Academy of Arts
Kara Walker at Spruth Magers



**"Without a doubt,
THE best framer in London"**

Vicky Steer, Head of Editions,
The Whitechapel Gallery

10%

discount in October on
presentation of this advert

Please contact us to make an appointment
mail@framelondon.com
02034905155



FRAME London
61 Downham Road
N1 5AH
Open Monday to Saturday, 10am–6pm