



Marylebone Association

Dear Tim,

Happy New Year from the Marylebone Association Committee.

ASSOCIATION NEWS

Marylebone Association Rebranding

It has been 10 years since our last logo change and it was felt we needed something that was more legible on the various online formats that are now presently in widespread use.

So we have given our logo an update and hope you like it as much as we do - it has got a clean modern look while reflecting and developing on the one it replaces.

It is interesting to contemplate what our members will be reading in the newsletter in 10 years time in 2030 - and on what they will be reading it.

We are also in the process of updating our website given the virtual times that we live in. In the meantime please follow us on [Instagram](#).

Covid Cases in Marylebone Rocket





We have all read about record numbers of people testing positive for Covid at a national level so we thought we would analyse the number of local cases according to the Government data. We have combined two Upper Tier Local Authority areas which cover our patch, namely Bryanston & Dorset Square area and Marylebone and Park Lane. This is not an exact match for the Marylebone Association area but the best we could do with the available data at granular level. The graph however rather speaks for itself!

The data was obtained from here:

<https://coronavirus.data.gov.uk/details/interactive-map> if you want to compare it with other parts of London or the rest of the country.

Marylebone Association Covid-19 Help Group

As can be seen from our graph above, Covid-19 rates continue their relentless rise locally and we are presently in Tier 4 lockdown. Many more people are now becoming infected and others depressed and anxious. If you live in Marylebone and are having to self isolate and need help with shopping, pharmacy collections, or just a chat about Covid-19, our support group is there for you and has many volunteers ready to help. You can get in touch at Covid19@marylebone.org or phone: 07950 472916

One of our volunteers, [Agneta Lindberg](#), known to many of you through her counselling work and her fitness studio has designed an online Zoom workout to ease us through the pandemic. Agneta continues to offer exercise classes and counselling free of charge to those in need. (see Events section for details).

Agneta is also leading weekly walks in Regent's Park in 2021. For more details email Aggie at agneta@agnetalingberg.co.uk.

MA Interviews Nickie Aiken on her first year as MP

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The events of the last 12 months have brought the relationship between the individual and the state into sharp focus. Whether imposing restrictions on personal freedoms or offering protection to tenants to prevent evictions, the government has been at the centre of the Covid-19 conversation.

To better understand what has gone on, the Marylebone Association is speaking to some of the key political figures who will help determine Marylebone's future. We will also have conversations with our residents and business owners in the community to hear about their personal thoughts and journeys.

Our first interview is with Nickie Aiken our local MP and former Leader of Westminster Council and can be found [here](#).

MARYLEBONE NEWS

Marylebone Library - Vol 5.



On Monday 9 January 1854 the Marylebone Free Library opened its reading rooms for the first time. Situated at 27 Gloucester Place it offered free admission to anyone above the age of fourteen from 10 in the morning until 10 at night every day except Sunday. The Library was stocked with more than 3,000 volumes, comprising “works of interest and utility to every class of reader”. The library was an immediate success but in spite of its popularity it lacked sufficient funds to survive. Appeals for help in the summer and autumn of 1856 were ineffective and the local ratepayers refused to sanction a rate to support its activities and it closed the following year.

The citizens of Marylebone had to await the formation of Marylebone as a Metropolitan Borough and the subsequent adoption of the Public Library Act for their next free library, which arrived around the turn of the 20th century. In 1939 the library moved to the Sir Edwin Cooper designed cubic masterpiece on the corner of Marylebone Road and Upper Montagu Street.

There it stayed until in January 2007 when a decision was taken to move the

There it stayed until in January 2007, when a decision was taken to move the library, on a temporary basis, from the Council House Annexe to the rear basement of the Marylebone Town Hall while it underwent restoration.

However, Westminster never began the promised restoration of the Old Library, known as the Annexe, as recommended and highlighted in its "Cabinet Members Report – Temporary Relocation of Marylebone Library into the Council House". Instead, both buildings were sold off on a long lease to the London Business School in November 2012.

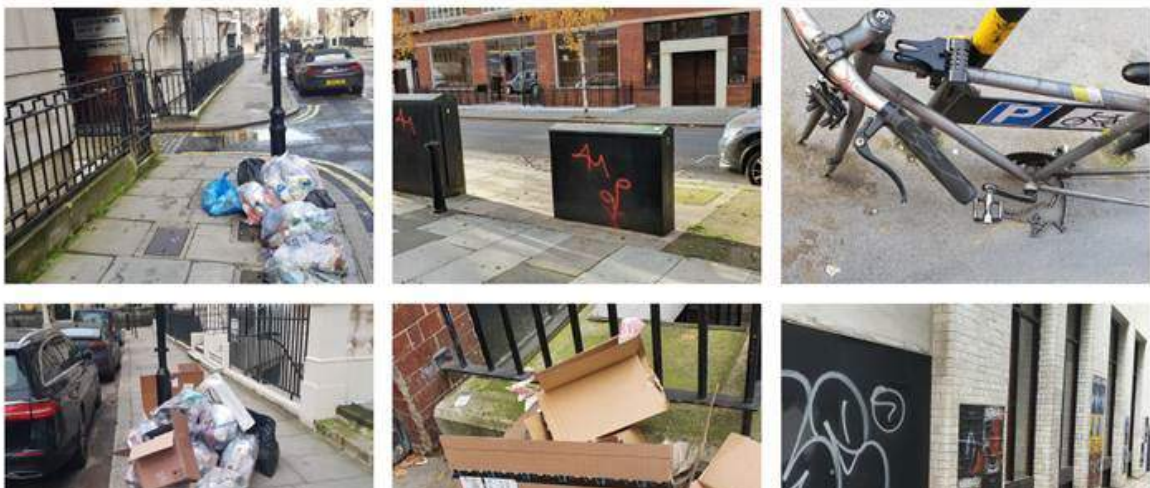
Meanwhile plans were drawn up to relocate the library to either Luxborough Street or Moxon Street car park. The community favoured Moxon Street but the Council believed there was a £8million land price difference between the two sites. It was also believed that development would take longer on Moxon Street, so Luxborough Street was chosen, despite considerable local opposition led by the Save Luxborough Street Playground Campaign. A ground and two basement level library was planned for the site with 9 private flats above which was intended to pay for the whole scheme. Eventually a dispute over the build cost ended up scuppering the whole project.

The failed project to open the library on the site was reported to have cost Westminster taxpayers more than £1,387,000. Meanwhile the lease on the second temporary library location on Beaumont Street expired and the library shrank once again to fit into its new and present location, a former curtain shop on New Cavendish Street.

This January will mark 13 years since our neighbourhood has had a library that we could be proud of. Westminster Council remain committed to the project and say they spend more on library services than any other Council in the country. It is worth remembering that Marylebone is one area that has contributed most to Westminster's Community Infrastructure Pot by all the development that has gone on locally. The Council also has now sold off three of our car parks and the Marylebone Town Hall / Library contributing well over £150m to the Council coffers. We would just like to know when the promises that were made will be honoured - and if and when the library finally does end up in the Seymour Centre - will it be a case of Build Back Better or Could Have Done Better?

It certainly could have all been done a great deal faster.

See it - Report it - WCC Sort it!





A number of locals have been working on ensuring their streets remain clear of unsightly problems and blights. Hopefully you too can help the neighbourhood by reporting dumped rubbish, broken pavements, defective street lights, abandoned bicycles, graffiti on [Westminster's Report It service](#).

The Report It tool can be used on your phone or computer where you can log the issue, its location along with brief details and photos to promptly eliminate problems.

You may also register here <https://www.fixmystreet.com/alert> for alerts on everything reported in your area (just use your postcode and it will offer you options).

Crime in Marylebone - violent robbery



Woman, 75, choked and knocked unconscious in violent robbery outside Marylebone home.

The Evening Standard reported: A “defenceless” pensioner was choked and knocked unconscious after being stripped of her jewellery in a brutal robbery outside her central London home.

The woman, 75, suffered “serious life-changing injuries” after the ambush by two men in George Street, Marylebone.

two men in George Street, Marylebone.

She was opening her front door after returning home when the pair approached her from behind. One of the men choked the victim while the other removed her watch and rings.

The victim was violently pushed to the floor and left unconscious. She was taken to a west London hospital where she was treated for her injuries.

Scotland Yard has now issued a CCTV still of two men detectives are seeking in connection with the robbery, which took place at about 4.30pm on October 20.

No arrests have been made. Detective Constable Will van der Reijden, said: "I'm interested in speaking with the men pictured in the CCTV footage in relation to the incident, and to anyone who may have information that could help progress this investigation."

"Look carefully at the images and contact us immediately if you recognise the two men pictured. We are working tirelessly to establish the circumstances of what happened and find those responsible. The offence was committed against an entirely defenceless victim, resulting in life changing consequences for her. It is imperative we find the person responsible."

Anyone who could assist the investigation is asked to contact police on 101 or tweet @MetCC and quote Cad 5709/20OCT20.

More minor criminal activity is also on the increase - there have been many incidents of phone theft by three cyclists around the Marylebone High Street area in the last few days, as well as in other parts of Marylebone and the surrounding neighbourhoods such as St John's Wood - so please be vigilant and extra careful.

In the United Kingdom, over 183 smartphones are stolen every day which means 66,795 smartphones roughly worth £27 million are stolen every year. Most of these thefts happen in London. Please always report crimes to the police (making sure you get a crime reference number). This can easily be done online and this website provides useful guidance <https://www.met.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

Dame Barbara Windsor dies





Dame Barbara Windsor, one of Marylebone's most famous residents, has died at age 83. She had been diagnosed with dementia and moved into the care home earlier this year after her Alzheimer's worsened during lockdown.

The diagnosis was revealed publicly by her husband, Scott Mitchell in 2018 who had been caring for her for a number of years.

Ms. Windsor was born Barbara Ann Deeks on August 6, 1937, in Shoreditch, East London. Her father, John, was a bus driver, and her mother, Rose, a dressmaker.

She first appeared on stage at the age of 13 and went on to star in many major roles on stage and screen.

She appeared in nine films in the Carry On series, plus Sparrows Can't Sing, for which she was nominated for a Bafta, as well as parts in Chitty Chitty Bang Bang and On the Fiddle with Sir Sean Connery. In the 90's and through to 2010, and beyond she created an on screen icon in Peggy Mitchell, the formidable Landlady in East Enders.

Dame Barbara was made an MBE in 2000 and a Dame in 2015 for services to drama. In 2019, she and her husband became the faces of Dementia Revolution – a joint campaign between Alzheimer's Research UK and Alzheimer's Society – as Charity of the Year for the 2019 Virgin Money London Marathon. The year-long campaign raised a record-breaking £4 million.

She had also, as a Marylebone resident, a keen interest in the area and was involved in a number local campaigns. Above is a photo of her at a tree planting ceremony in November 2010 in Weymouth Street - part of the W1W Tree Initiative.

Moxon Street Breaks Ground





The long awaited day finally arrived this December with the ceremony to Break Ground at the Marylebone Square Development Site, former Moxon Street Car Park (and once the proposed new library site- see article above). Amongst those in attendance were Christopher Murray, Co-Founder and Managing Director, of Concord London Developments, the Right Worshipful Lord Mayor of Westminster, Cllr Jonathan Glanz, Councillor Karen Scarborough and site contractors Kier, all pictured above.

The site was blessed by the Reverend Christopher G. Colven Rector of St James Roman Catholic Church at Spanish Place. Afterwards coffee and mince pies were enjoyed by all.

Everyone was pleased to see the work commence at last and indeed, Contractors Kier, having suffered from the considerable delay could barely wait to get going, from the sound of the heavy piling equipment revving in the background through the speeches.

On the subject of the works, Kier has an obligation to monitor noise and dust as part of the section 61 agreement. Kier is required to put in place measures to prevent and control noise and dust, such that it does not become a nuisance.

There are two noise and dust stations on site and one vibration station. The reports will be submitted on a monthly basis to the council. These will highlight any breaches, causes and action taken to prevent further breaches.

Residents are encouraged to raise any queries and in the first instance direct them to the site team. The details are as follows:

Trusha Dabasia - 07791714 890 - Trusha.dabasia@kier.co.uk

Dean Probert- 07791 719 080 – 7am to 6pm

Graham Potts – Graham.potts@kier.co.uk

Westminster Council can be contacted through: Dean Bermingham

–Westminster council highways officer - dbermingham@westminster.gov.uk

Kevin Mutimer –Westminster council environmental officer - kmutimer@westminster.gov.uk

The project is due for completion May/June 2023

Marylebone Forum AGM



The Marylebone Forum AGM was held virtually on Monday 14 December. The Marylebone Forum is the designated neighbourhood forum for our area, and is responsible for drafting policies for a Neighbourhood Plan, and

supporting applications for Neighbourhood CIL (Community Infrastructure Levy) funding from Westminster City Council.

Presentations were made by the first 3 successful applicants for Neighbourhood CIL funding: St Marylebone parish church (contribution towards updating community facilities); Marble Arch London (contribution towards Edgware Road Insights study to guide future planning policy); and St Marylebone CE High School (air filtration units in classrooms). The presentations highlighted the wide range of community infrastructure projects which can apply for Neighbourhood CIL - further information can be found at www.maryleboneforum.org.

An update on the current status of the Westminster City Plan was given by Andrea Merrington (Director of Planning at Howard de Walden Estate and Forum committee member) which has been through several stages of amendments, and is due to be adopted in spring 2021. Any policies drafted by Marylebone Forum have to comply with the City Plan, so this final stage will confirm the space available for neighbourhood planning policies.

A lot of questions were submitted about the delay to the refurbishment of Seymour Leisure Centre, due to include the much-delayed permanent home for Marylebone Library - the most significant local community infrastructure project in our area. Also raised was the significant cut to opening hours from December, and the impact on wellbeing, at this very difficult time for everyone. Cllrs Murphy and Arzymanov (Bryanston & Dorset Sqs), Cllr Lewis (West End) and Cllr Scarborough (Marylebone High St) all expressed their full support for the refurbishment, and will continue to press Cabinet members for progress, and reinstating longer opening hours when possible.

Marylebone Forum Officers elected were Yael Saunders (Chair), Simon Loomes (Secretary) and Ian Macpherson (Treasurer). A full list of committee members, together with draft AGM minutes will shortly be available on the website.

If you like to find out more, or get involved with Marylebone Forum, please email: contact@maryleboneforum.org

Reimagining Oxford Street





The continuing silence from Westminster Council regarding the future of the Oxford Street proposals has not deterred the Estates Gazette from re-imagining Oxford Street through the eyes of some of the key players. This December saw it featuring a double page spread looking at how to 'future proof' Oxford Street in light of the accelerated changes brought forward by the Covid-19 pandemic.

The article features comments from Cllr Matthew Green (Cabinet Member for Business and Planning) and his new Programme Director, some of the Savills retail team and Jace Tyrrell (Chief Executive of the New West End Company).

Councillor Green saw an "immersive" future for retail in the street, with far fewer high street stores and more concept stores with an interactive element, and "more pop ups, more smaller businesses working together to offer an experience". An intriguing if slightly unclear vision.

Undeterred by the future projections of a massive drop in footfall Jace Tyrrell of the New West End Company, as always, felt that more pedestrianisation was the answer.

Meanwhile the Savills office agency director appeared not to have even visited Oxford Street over the last 5 years - "One of the criticisms of the Street at present is that it is just bus after bus after bus". After over a decade of bus route removals and with a quarter of the traffic that is found on Wigmore Street which runs parallel to it, that is hardly any longer a realistic view of the Street and fails as a coherent criticism.

Elad Eisenstein, the new Programme Director for Oxford Street was rather more circumspect. "We are designing the city as an experience and our strategy will place people at its heart - focused on creating a more attractive public realm which delivers health and wellbeing benefits and leads to increased dwell time, social interaction and spend."

This may be deliberately opaque, it certainly does not reveal too much about where WCC is intending to take things. It depends somewhat on whether the people placed at the heart of the strategy are going to be the residents or the shoppers.

Portland Place Cycle Lanes to be reviewed

We have had a number of complaints about the new Portland Place cycle lanes. It appears that the problems that have emerged since the cycle lanes halved traffic capacity there are considerable - even although generally throughout Marylebone traffic is relatively light and well below its pre Covid levels. In addition, for much of the day bicycles are rarely sighted in these cordoned off lanes.

The scheme does seem to be an extremely inefficient use of available road space, particularly now the Crown Estate has built out all the pavements further down the road in Regent Street so that all the traffic, cars, vans, lorries, buses, bus stops and bikes all need to share just one lane in each direction, whilst what was the other lane is occupied with random boxes containing various examples of greenery. This means any cyclist taking the present spacious route on Portland Place south will run into substantial road sharing problems further down, which is probably why they don't bother. Another example of lack of joined up thinking it would seem.

The scheme was brought in with most cursory of consultations in a big rush at the start of the previous shutdown, on the basis of a temporary measure, but it is not looking so temporary now. We have not yet managed to get an address for the review on this, so if you have anything you wish us to pass on please write to us at: admin@marylebone.org.

WESTMINSTER NEWS

City Plan back out for Consultation

Following a year of public examination concluding in two weeks of public hearings this autumn the City Plan Inspectors have now proposed a number of alterations to it.

The City Plan 2019-2040, is a WCC policy document that will control land development in the city by setting out targets for housing, economic growth, and public open space and greenery. See article on [Fitzrovia News](#).

WCC, Councillor Matthew Green: "We feel that the plan sets out a sound strategic direction for growth in the city over the next 20 years. From transforming our high streets to creating more affordable housing, it addresses every aspect of the built environment, while preparing our city for the future. The independent Inspectors examining the Plan concluded at the public hearings that it can be found sound with modifications and as such the formal consultation on the Schedule of Main Modifications is now open for comment".

The schedule of Main Modifications and accompanying sustainability appraisal are available to view at www.westminster.gov.uk/cityplan2040 where you will also find details on how to respond.

Consultation will remain open until 18th January 2021. At this stage of the process the Inspectors only invite comments on the modifications in the schedule, not the submitted Plan. Please make it clear by reference to the Main Modification number assigned to each modification which you are commenting on.

New Busking Policy approved

On 9 December Westminster's Busking and Street Entertainment policy was presented to Full Council where it was discussed and accepted.

There will now be a new licensing scheme for all busking which will cover the whole of the West End, including Marylebone as far as Euston Road.

There are many desirable changes in the new policy particularly, and most importantly, the proposals are now West End wide with pitches for busking heavily restricted and amplification in the key pitches to be banned.

The amenity of those residents and businesses affected by busking will be greatly improved by these proposals.

Where there is a Will there is a Way

Earlier this month, when we still had shops that were open, Communities Secretary Robert Jenrick, at a stroke of the pen, allowed 24 shopping for December and January, which appeared to also allow a 24 hour free-for-all on deliveries. Fortunately he permitted local councils to have a final say on this, although the Secretary of State issued "an unambiguous request to councils to allow businesses to welcome us into their glowing stores late into the evening and beyond if wish".

He suggested such changes would help, "free our small business people to get on with earning a living."

A few days after this statement, our small business people were once again prevented from earning any sort of living as they were peremptorily shut down completely when London was put into Tier 4 lockdown. This of course rendered the whole relaxation totally obsolete, at least for the present.

But there is a lesson to be learned from this, in that when the government wants it, legislation can be pushed through on the nod, by the dictate of one Secretary of State. This is worth bearing in mind when long-standing issues that plague our area, such as begging and pedicabs can apparently not be controlled - because it is so difficult and complicated for central government to regulate them - but other major changes can, as we have seen, be bought in virtually overnight.

Where there is a will there is a way- obviously!

Nine Elms bridge scheme on hold due to impact of Covid-19 pandemic

Plans to build a controversial footbridge bridge across the River Thames at Nine Elms have been put on hold as Wandsworth council rethinks its options in light of the Covid-19 pandemic.

The council has decided to put the scheme on hold until after the pandemic has been brought under control.

The footbridge has been designed by Robin Snell and Partners and Danish practice Bystrup Architecture Design and Engineering, which won the job following a competition win in 2015. The bridge was set to link new London housing developments in Nine Elms and Battersea to Westminster. Funding for the bridge had been sourced via £36m of developer contributions, with the total cost estimated at £57 million. It was never popular with residents on the Westminster side of the river.

Parliament to continue with Home Working

Plans to move hundreds of parliamentary staff to Westminster City Hall have been put on hold as a result of home-working arrangements, with much of the office space now set to be sublet instead.

Parliament signed a deal last year to lease the lower 10 floors of Westminster City Hall on Victoria Street, which were earmarked for up to 1,000 workers during a planned £4billion restoration of the Palace of Westminster.

More Phone Scams

Scammers have sunk to a new low this Christmas with more schemes to rob the old and vulnerable.

Some thieves are attempting to contact those over 75 asking them to pay for a new TV licence or apply for a free one.

TV licensing will only ask you to pay using the following options:

TV Licensing

Darlington

DL98 1TL

Online at <https://www.tvlicensing.co.uk/>

By phone 0300 790 6165

If you are contacted and asked to pay for your TV license using a different phone or address or website - then it is a scam.

TV licensing NEVER attends in person to collect the license fee so anyone who claims to be doing this is a scammer.

Another scam to be alert to - fraudulent calls and text messages offering the COVID-19 vaccination. In some cases, people are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine. Doing so is likely to result in a charge being applied to your phone bill. In other cases, callers are offering the vaccine for a fee or asking for bank details.

The vaccine is only available from the NHS and the NHS will contact you

The vaccine is only available from the NHS and the NHS will contact you when it is your turn. At present, appointments are only being offered to the public over 80 years old.

The NHS will NEVER ask you to press a button on your keypad or send a text to confirm you want the vaccine, and NEVER ask for payment or for your bank details.

If you receive a call you believe to be fraudulent, hang up. If you believe you have been the victim of fraud or identity theft you should report this directly to Action Fraud on 0300 123 2040.

BUSINESS ANNOUNCEMENTS

Royal College of Physicians Unseen

Don't miss this forthcoming online exhibition presented by the Royal College of Physicians museum

The history of medicine as you've never seen it before! The Royal College of Physicians has been collecting fascinating and extraordinary objects, stunning works of art, recorded interviews, rare books and diverse documents for over 500 years. In 2021 – at a moment of unparalleled interest in all matters medical - the college is showcasing some of its most remarkable unseen riches for the very first time in a new online exhibition.

Other treasures take in some of the earliest printed books in Europe, a beautiful silver box that once contained a bezoar stone (of Harry Potter fame), and works of art by Sir John Everett Millais, John Singer Sargent, William Hogarth, Thomas Rowlandson and James Gillray, amongst others.

From 18 January 2021 online at the Royal College of Physicians museum [website](#).

Openings and closings

Nobu restaurant - Portman Square





Nobu opened its doors mid December and is a fun place to go with friends and makes you feel like you are in another world!

KOL Seymour Street Restaurant Review



With Mexican inspiration and British ingredients the food and warm calming atmosphere and ambiance is exceptional. I cannot compare it to any other restaurant as it is so unique.

The food is incredible and the spices and kick you get is a welcome surprise with every dish. Each dish flows and compliments the next and you could spend hours here without feeling the time pass. The service was amazing. Siobhan was great and very informative. 10/10

New Wine Bar on Devonshire Street





Guess how many corks on the ceiling of the new wine bar on Devonshire Street?

Coming Soon - Chameleon

Chameleon is taking over One Marylebone, which was mainly used as an events space - and one with a pretty impressive interior as you can see above (it's the imposing building right opposite Great Portland Street station on the Euston Road). Billed as "a multi experiential space" Chameleon will have a restaurant, club, cafe, market space and more.

The restaurant is going to be mainly an outdoors venture, making it handy for our on-off lockdown times. The restaurant is formed of nine outdoor greenhouses (seating between four and 30) which will all be redesigned with the seasons (hence the name Chameleon). For the food, Ghaleb's brought in Israeli chef Elior Balbul, who also has restaurants in Tel Aviv - Blue Sky and Tatit before working in New York. It's billed as a "Tel Avivian gastro sharing style restaurant".

Sadly Closing - Roganic

Simon Rogan's Michelin-starred Roganic restaurant, located on Blandford Street sadly will not be reopening in its current location. Plans to relocate the restaurant, which opened three years ago and won a Michelin star within a year, have been in discussion since 2019, but were put on hold as a result of

the pandemic.

EVENTS

Association Events

Covid-19, as we all know, has put a temporary rein on Marylebone Association social events but our last 'virtual walk' of 2020 again proved how popular they are.

London Christmas lights, Customs and Celebrations provided us all with the opportunity to explore London at a magical time of year. We saw the best of the lights and heard about both well-known and lesser known Christmas customs. We learned about the author of a much loved Christmas tale, the writer behind one of our favourite Christmas carols, how Christmas lights came to the capital, the growth of popularity in sending Christmas cards and the Victorians' love of the Christmas tree. En route we saw the lights of Marylebone and Bond Street, wonderful shop window displays and much more en route to Trafalgar Square. Most of all we were reminded what a wonderful city we are privileged to live in and – hopefully soon – will one day enjoy again 'for real'.

We hope to line up some more 'virtual walks' for next year – details to be confirmed.

Book Club - Tuesday 5 January 2021

Members normally meet at The King's Head pub in Westmoreland Street – but since this is not possible right now meetings are via Zoom. Anyone who is interested in joining in should contact Liz Queenan. Meetings on the first Tuesday of each month at 6.30 – but our Zoom meetings start at 5.

This month's choice is The Red Notebook by Antoine Laurin.

All books read are available on paper and on e-readers. For more information contact Liz

Pub Evening, Coffee Mornings and Scrabble Club

Sadly all cancelled until further notice

January Party

Again, it is with great regret that we have had to cancel this event which had been booked to once again take place in the Oriental club.

Marylebone Events

Marylebone Families

The Marylebone Mums & Dads group are unfortunately unable to hold their

The Marylebone Mums & Dads group are unfortunately unable to hold their regular meetups but continue to be very active through their multiple social media channels. As well as friendship and fun, they provide support, advice as well as sharing information and recommendations for parents and carers in Marylebone. New members welcome!

Find us @MaryleboneMumsDads on Instagram, on Facebook at <https://www.facebook.com/groups/marylebonemums> and on Twitter @MaryleboneMums. They also have various Whatsapp groups of interest to parents - email MaryleboneMums@gmail.com for more details.

Agneta Lindberg Studio

[Agneta Lindberg](#), known to many of you through her counselling work and her fitness studio has designed an online Zoom workout to ease us through the pandemic. This 30 minute session is suitable for any fitness level, and is designed to warm up the major joints of the body, get you ready for the day. You will learn exercises to strengthen and mobilise and you are welcome to work at your own pace and comfort. No prior experience is required, no equipment needed and as long as you are pain and injury free you are very welcome to join in.

If you are looking for a more energetic workout Pilates or fitness classes