

# THE PENINSULIST

Nº21



*Nicholas Daley. Image by Adama Jalloh*

## Art & design

The pandemic-inspired design partnerships that could change our world for good and how the creative industries are tackling diversity

## Wellness

Change your habits and transform your productivity with expert advice on how to reset your working-from-home routine

## Entertainment

Get into the festive spirit with incredible traders and makers that you'll want to support – plus, a DIY guide to gin-infusing

## Culture

Meet the group of rollerskaters who have turned a Peninsula art installation into their favourite London skate park

# Directory

## Return to Slygo: Nicholas Daley



### Coming soon to NOW Gallery

This year's fashion commission at NOW Gallery will be curated by the London menswear designer Nicholas Daley. A tribute to his passion for music and inspired by his Jamaican and Scottish parents, it charts the evolution of his collections and celebrates the incredible community of artists with whom he collaborates.

■ [nowgallery.co.uk](http://nowgallery.co.uk)

## Christmas At The Peninsula



### Online and around the Peninsula

The festive season may look a little different this year but get into the spirit with the Peninsula's programme of digital workshops and events. From learning how to make your own Christmas wreath to shopping on our digital marketplace. Keep your eyes peeled for some surprises popping up across the Peninsula, follow online for regular updates.

■ [greenwichpeninsula.co.uk/whats-on](http://greenwichpeninsula.co.uk/whats-on)

## Eat Out At Ardoa



### The Tide, Upper Riverside

Great wine and incredible food are the perfect antidote to dark nights and winter weather, so head straight for Ardoa and treat yourself to tasting plates of flavour-filled Basque cuisine. Their seasonal menu is updated every month, so there's always a reason to come back! Please check the website and social media for current services and opening times.

■ [ardoabyvinothecompass.com](http://ardoabyvinothecompass.com)

## The Peninsulist Presents: On Demand



### Online

Staying in doesn't mean you have to miss out. From mesmerising live performances, to masterclasses in hula-hooping and noodle-twiddling, The Peninsulist Presents series can be enjoyed on demand, wherever, whenever, however you want it. Let us know your favourites by tagging @thepeninsulist on social.

■ [thepeninsulistpresents.com](http://thepeninsulistpresents.com)

# The Community Issue

2020 hasn't panned out the way that any of us planned. The troubling times have, though, had one positive outcome: the incredible and instant coming together of neighbours, community groups, businesses and brands, who have teamed up to help each other and those around them. Collaboration and community are at the heart of this issue of The Peninsulist, too. You can read about the joyful, multi-generational group of rollerskaters who have found the perfect polished concrete floor to skate on at the Peninsula. We look at how designers from different disciplines have put their thinking caps on to solve urgent needs, and how that philosophy could continue in a way that positively impacts us all. And how, from interior designers to architects, some of the creative

industry's biggest names are working to ensure that the people designing the spaces that surround us come from as diverse a pool as possible. You can take notes from Peninsulist resident Ena Celoiu on how to make your home a serene and stylish place to live and work, and find out how her flair for interiors has connected her with her neighbours over the past few months. We introduce you to some of our favourite independent traders and makers so that you can track down the perfect gift while supporting small businesses. And, to make navigating the winter months a little easier, wellness expert Jazz Sandhu shares her advice on making working from home as productive as possible. And if that's not enough to keep you calm, we also have a how-to guide on infusing your own gin.

## Winter 2020

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Editor: Emma Sells. Sub editor: Vicky Haswell. Editorial contributors: Fedora Abu, Ben Connors. Photographic contributors: Phill Taylor, Piczo, Adama Jalloh, Justine Trickett. Art director: Ashwin Patel

# Let's stay together

WORDS BY EMMA SELLS

The past few months have sparked a system-changing wave of innovative, exciting and unexpected collaborations across the creative industries. How can we continue to make the most of those opportunities in a future, post-pandemic world?



Work by Morag Myerscough. Commissioned by In Good Company

It's hard to find silver linings among the overwhelming uncertainty and adversity that 2020 has thrown up but reading through the projects championed by Collaborative Change is a good place to start. The site highlights the inspiring explosion of communities and groups that have sprung up over the past few months to help get food to those who need it, problem-solve emergency medical needs, and support businesses that are struggling to survive. These are truly creative and uplifting partnerships, from Morag Myerscough's billboard takeover with In Good Company in Leeds, and Studio 55's social-distancing signage for the city of Paris, to the transformation of shipping containers into medical pods by an eclectic team of engineers, graphic designers and medical consultants, led by architect Carlo Ratti. And, scrolling through them, what's immediately striking is how cross-disciplinary so many of them are, as individuals, brands and organisations rip up the old rulebooks and adapt in order to fix immediate and urgent problems.

"What we saw during lockdown was an outpouring of changing the system because there were people in real need," says Lara Kinneir, co-founder of Collaborative Change and Design Cities Leader at the London School of Architecture. "Everyone put on their thinking caps in different ways and thought, OK, we can do things differently. I really do believe that if we're going to sustain those opportunities, we have to stop working in our siloed industries, because people aren't siloed; people are about social, economic, spatial and environmental issues. So, the more that we can bring those different approaches together, the more we will have proper, significant impact."

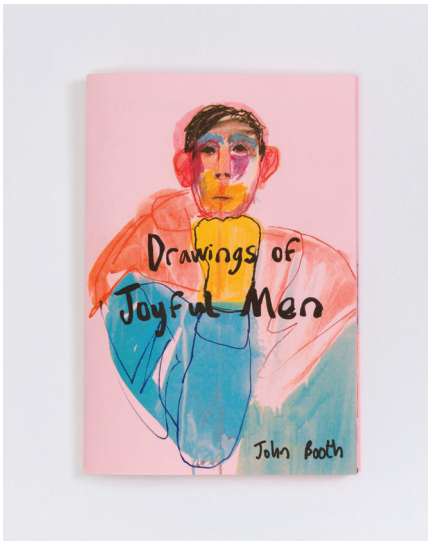
Collaboration has long been the bread and butter of the creative sector, but navigating it in a virtual world, and in the midst of a global pandemic, has opened up new possibilities and sparked a more instinctive and reactive approach. Kenjiro Kirton is the co-founder and creative director of HATO, a practice that encompasses a design studio, printing press, publishing house and – opened just two days before lockdown started in March – a physical concept store. HATO's



Hato store



Riso from Home kits



John Booth, Drawings of Joyful Men



John Booth risograph

whole ethos is rooted in community; since it launched in 2007, it's been building an ever-growing network of illustrators, animators, furniture designers and more to call upon for its projects. "We're very collaborative," says Kirton. "We've always tried to design with people as opposed to organisations or brands. We take a very human-centred approach." The pandemic has given them time to both widen and support their network, as well as doing more to champion the charities and movements they believe in. They've launched monthly zines with baker and artist Lexi Smith and artist Melanie Dautreppe-Liermann and offered

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free design and printing services for Black Lives Matter protest posters. "Those things have always been there," says Kirton. "But in some ways, we felt that our engagement had to increase over this period when everyone is disconnected, yet so heavily connected by the internet, and there are different initiatives that we thought it was responsible to ensure we were keeping up. We've used it as an opportunity to connect to more people."

While it's encouraging to see how much can be achieved virtually, it's hard to deny the desire for the kinds of organic connections and interactions that are only possible when you meet people face to face, especially now that Zoom fatigue has set in. "We're at a stage where we need to continue digitally but work out what are those really special moments when we do come together, and how can we come together," says Kinner. "We're human beings after all, we're not robots, so face-to-face contact is really critical, making sure that you have those moments for the conversation in the coffee queue, on the way to the loo or as you're walking past someone's desk. That you can still enable that knowledge exchange to happen is the dilemma everyone's trying to work towards at the minute." That means, in a post-pandemic world, heading back to the office at least some of the time, while hopefully not slipping back into the old, rigid ways of thinking and working.

And a hybrid of working from home and face-to-face office time will surely

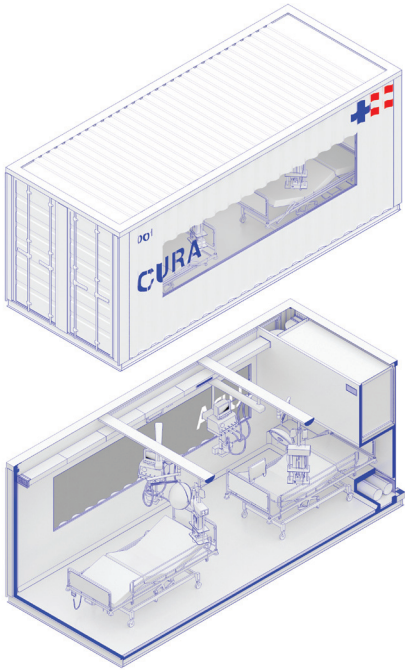
be the sweet spot that many creatives will be hoping to hit. "I think there will be loads of flexibility," says Kirton of what the future holds for his team. "We were thinking about four-day weeks and flexible hours prior to this anyway, so I think it's been a catalyst to making transitions as a practice, and the working hours or how we work are one of those." At Greenwich Peninsula's Design District, the transformation of creative work lives has spurred director Helen Arvanitakis and her team to develop a new On/Off leasing system, which will allow individuals and businesses to rent serviced offices for one to four days a week. The idea is that it will offer designers and their practices some financial breathing space while still being able to creatively connect, both within their own teams and with whoever may be working around them. "Even before the pandemic, we were very aware of the growing demand for flexible office spaces and the increasing popularity of remote working," says Arvanitakis. "Lockdown only underlined this. We knew that, on the other side, many creative businesses would be looking for new ways of working that allowed them to retain the freedom and flexibility of remote approaches while enjoying the benefits of human-to-human communication and collaboration in a shared physical space. The On/Off Office is an attempt to offer the best of both worlds at Design District – a new model for a new normal, at a rate designed to help businesses build themselves back up again."

It's worth remembering, too, that working outside the office is just as grounding and essential to perspective as those water-cooler interactions for anyone who is designing the spaces that we live in. "We've all hugely benefited from being more local, getting to know our communities and neighbourhoods more," says Kinner. "And that in itself is feeding our work, feeding how we think creatively about things, making sure that we're more in touch with society and with life. I think that makes you a better designer."



Helen Arvanitakis, Director at Design District. Image by Taran Wilkhu

The Design District's workspaces will open in 2021. Find out more about becoming a tenant at [designdistrict.co.uk/workspace](https://designdistrict.co.uk/workspace)



CURA cross-section images



CURA in Turin, Italy. Image by Max Tomasinelli

# Community, craft and culture

Menswear designer Nicholas Daley has always used his label to support and champion musicians and artists. He tells us why it's more important than ever that his upcoming NOW Gallery exhibition does the same

WORDS BY EMMA SELLS

Winter 2020



Nicholas Daley AW20 collection

How do you ensure that your London Fashion Week show – in a Covid-free world when such things can happen – is up there with the most-wanted tickets on the schedule? You need to nail the clothes, obviously; in the case of menswear designer Nicholas Daley, that's a coolly clever blend of quietly subversive tailoring, colourful utilitarian staples and traditional British knits and crafts. But getting the music right is crucial, too, and that's something that Daley has down to a fine art. His most recent show back in January starred a live soundtrack by London-based musicians Rago Foot, Kwake Bass and Wu-Lu; the previous season, jazz group Sons of Kemet not only played, but walked the runway

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while doing so. And then there are the parties. “I feel the afterparties are just as significant as my shows,” says Daley. “Obviously the shows are about being a fashion designer and having a business,



but I think the community and the energy that you create through music is just as important because, for me, garments and clothing are the glue to stick things together. I'm using my fashion brand as a way to bring in many different worlds and creatives.”

Those shows, and the collections too, have given him enough fashion standing to be more than enough to carry him through an era when the industry is, by necessity, more digital than physical. It's five years since Leicester-born Daley, 30, founded his eponymous label and, since then, he's earned himself a dedicated following and an impressive roster of international stockists, as well as a sought-after place on the shortlist of this year's prestigious LVMH prize. He's a prolific collaborator, too, creating capsules with big-name brands like Fred Perry and Adidas, as well as enlisting a rolling cast of emerging artists, illustrators, photographers and musicians to work on his collections.

He credits his parents, Jeffrey and Maureen, for both his deep-seated love of music and his drive to use it to build communities. The couple met in 1970s Dundee, where his mother grew up and his Jamaican father was stationed with the Royal Marines, and for four years they ran a reggae club together. “To be honest I didn't pay that much attention to it until my girlfriend [DJ and producer Nabihah Iqbal] interviewed my parents for a show on NTS Radio and said, ‘Your parents are so cool!’” says Daley. “My sister and I had seen all the memorabilia that they had kept, but we never appreciated and understood what they did. They did it when there wasn't any social media; they used to book bands and have them come all the way up to Scotland not knowing if they were going to turn up, and they dealt with a lot of abuse – it wasn't



easy. But I think them distilling that idea of bringing people together through music and the power of music passed on to me.”

That memorabilia – the original club night t-shirt; a shirt that his dad wore first in the military and then in

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the club; family photos and more – will play a starring role in Daley's upcoming exhibition at the NOW Gallery, *Return to Slygo*. Like everything that Daley works on, the exhibition is deeply personal, as well as highlighting the three things at the heart of his label: community, craftsmanship and culture. So, alongside lookbooks, mood boards and materials from his studio, you'll find images and films charting the evolution of his collections: a totemic speaker stack surrounded by brightly coloured rugs made from upcycled selvedge yarns by a group of Leicestershire knitters; a film celebrating his family's heritage of knitting and craft; and the windows of the gallery will be wrapped in a colourful mural, designed



by illustrator Gaurab Thakali, of a crowd featuring everyone from Daley's parents to legendary DJ Don Letts. Even the name of the exhibition, *Return to Slygo*, is a nod to his heritage: IMan SLYGo was the name of his dad's sound system, and there are villages called Sligo in both Jamaica and Ireland, where each side of his family have their roots.

“My brand's Nicholas Daley, I didn't call it XYZ,” he says. “It's kind of like, this is me, this is my world, this is the language I speak, this is my community. Sometimes it does feel quite draining because obviously I do put a lot of myself out there, but at the same time I feel so blessed because I'm able to do something that I really believe in. I work for myself and I have the opportunity to do something positive.” Right now, that means trying to do his bit to champion the culture that he's so passionate about; he's just launched a music grant with Fred Perry and is reaching out to local community groups. “I've always had really strong values and things I wanted to focus on. I've tried not be one dimensional and to be diverse with the creative outlets within the brand,” he says. “Over the last few months with the pandemic, I've been looking at the landscape and thinking about what I can do on an individual basis to help and promote things that I feel are really significant. I think that the NOW Gallery exhibition will be an extension of that: celebrating and supporting all the things that I love during a time of great difficulty.”

**Return to Slygo by Nicholas Daley. Coming to NOW Gallery soon. Check website for updates**  
■ [nowgallery.co.uk](http://nowgallery.co.uk)



Image by Piczo

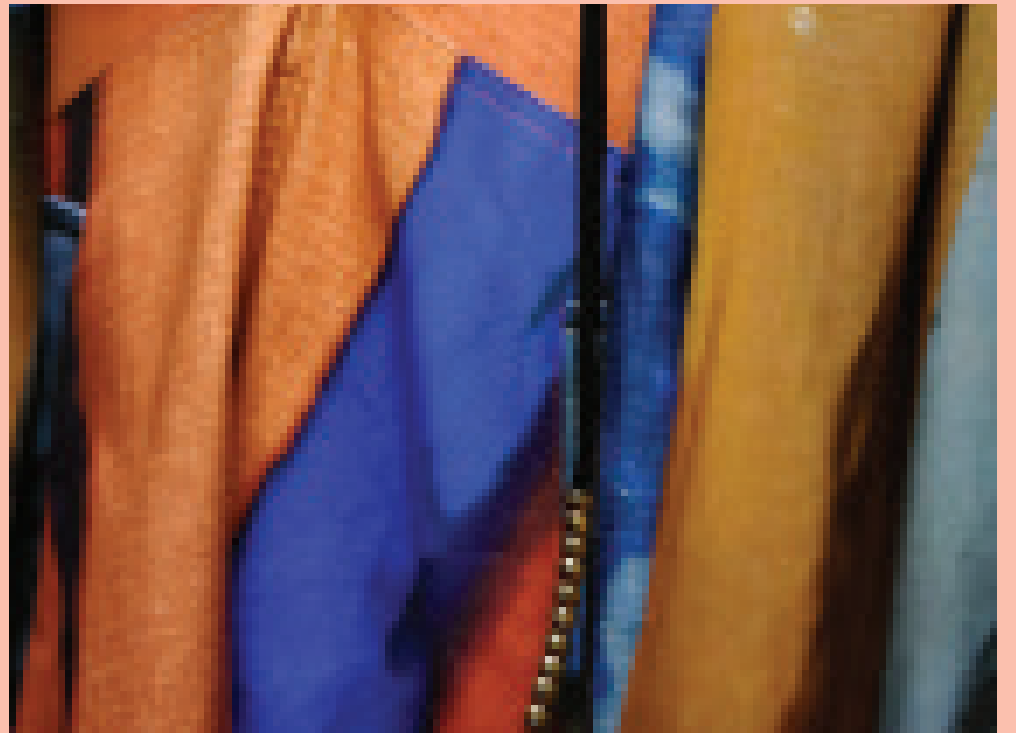


Image by Adama Jalloh



Nicholas Daley. Image by Adama Jalloh



Image by Adama Jalloh



Image by Adama Jalloh

# Making design an industry for all

Over the past few months, the design world has rallied to address its lack of diversity and inclusivity. We explore why it's so important that more people have a say in designing the spaces we live in

WORDS BY FEDORA ABU

Winter 2020

From her days as a mature student at KLC School of Design to her current role as a visiting tutor there, interior designer Alexandria Dauley has found one thing to be noticeably consistent. “When I studied there, I was the only Black person on the course,” she says. “I’ve since gone back, and people of colour are still few and far between.” It’s an experience of isolation that’s echoed by many interior designers of colour – often the only one in the room at fairs and networking events, not represented in glossy home magazines. Flip through the November issue of *House & Garden*, where ‘the very best interior designers’ are photographed for the prestigious Top 100, and the lack of diversity feels almost jarring. The truth is it simply holds a mirror up to a whitewashed industry.

The design world has long paid lip service to ‘diversity’, but the reality is that many of those at the top of the industries, designing the spaces around us, are drawn from a narrow pool, with the knock-on effect that they speak to one style or are designed to appeal to one group of people. In architecture, for example, only 1% of the workforce is Black – and, as *The Guardian* reported in July, not a single firm led by a Black architect was among the 100 chosen to compete for Southwark Council’s New Architect Design Framework (Black people make up a quarter of the borough’s residents). As Elsie Owusu, a RIBA trustee and the first chair of the Society of Black Architects, said in her TEDx talk this year: “The buildings that we build, the homes that we live in, the cities that we plan, are for everybody – so everybody, everyone, should have a say in designing them.”

This year’s Black Lives Matter protests have reenergised the conversations around the lack of inclusivity and, more importantly, led to action. A number of initiatives have sprung up over the past few months hoping to make the sector more representative: Design Can, whose steering committee includes leaders from the V&A, Design Council and Design Museum, is striving to make the industry more inclusive by showcasing the work of underrepresented designers and laying out practical steps that companies and individuals can take; there’s the Black in Fashion Council, addressing systemic racism in the fashion industry; and Black Disabled Creatives and Hire Black Female Creatives, both of which offer talent directories. In some sectors it’s tricky to see what kind of playing field they’re starting from – the British Institute of Interior Design, for example, currently keeps no data on the ethnic breakdown of its members and has only recently put out a survey – but the reality is starkly obvious to designers like Dauley, who has been inspired to launch her own programme, United in Design, alongside fellow interior designer Sophie Ashby, that will offer an apprenticeship, work placements and mentoring.

Dauley believes that the answer starts with school outreach: educate and encourage a broader range of students to follow a creative career path and there will be a much more diverse pool for both agencies and clients to choose from. She hopes, too, that it might make taking on an interior designer feel more accessible to a wider spectrum of clients; even though she has chosen to stay in ‘mid-level residential’ to make her work more accessible, she’s found the majority of her clients are white.

The huge cost barrier that often excludes disadvantaged students needs addressing, too; fees for the most highly sought-after courses are eye-wateringly expensive and design firms have a long-established habit of offering London-based internships, meaning those who don’t live in the city, or whose parents can’t afford to support them financially, are automatically shut out. Meanwhile, an industry that is largely built on contacts and referrals is, by nature, less accessible to outsiders. Even a junior-level position in interior design requires at least a year of experience – yet with few formalised routes, just getting into the door of a studio can be difficult unless you know the right people. Edinburgh-based Salsabil El-Awaisi of SE Interiors, who was born in Palestine, grew up in Scotland and studied in Syria, found it tough to break in after graduating and moving back home. “Internships are not really a big thing in Scotland, so I just sent emails and went into studios and I never got anything,” she says. She was eventually hired as an interior-design consultant for a high-street home improvement retailer, and then decided to set up her own studio after having her son, building up a portfolio by doing work for friends and family.

Dauley believes that initiatives like United in Design will not only make the industry fairer but will also bring “huge richness” courtesy of a diversity of thought, skills, ideas and points of view. It’s evident from the incredible work by designers already using their fresh frames of reference to create exciting spaces. In interiors, one of the few non-white faces who’s a fixture on the Top 100 lists is Iranian-born design legend Alidad, whose distinctive, opulent style draws heavily on Persian culture. And in adjacent sectors, architect David Adjaye and multi-disciplinary artist and designer Yinka Ilori have created striking, award-winning work that’s often influenced by their West African heritage. “Looking at an image from one perspective is very 2D,” says El-Awaisi. “Someone like me, who has experienced [Palestinian, Scottish and Syrian] cultures, is going to bring something new to the table.”

“  
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”

# FIGHT THE POWER

Illustration by Kevin Adams, Fine Acts

# Grab your

Winter 2020

Joseph Sailsman, 54, explains how the one of the Peninsula's art installations has become a hub for London's rollerskating community



Images by Phill Taylor

# Skates Skates Skates

I started skating in April last year in a pair of £10 second-hand skates that I bought at Deptford Market. When I take something up, I'm all in; I skated every day and, between YouTube and help from other skaters, I progressed quickly. No matter how old you are, when you start, you wear the full gear, from helmet to wrist guards, and cool skaters do it with nothing, so you want to get good fast!

Initially I skated in Greenwich Park before a friend suggested trying the Peninsula. We met there one wintry Sunday and I immediately loved it. Best of all was the polished concrete surface of Studio Weave's 33; we can't find another spot in London with such a beautiful floor. A group of four of us started meeting there regularly over the summer and news soon spread throughout the community of this great spot. Within weeks we had more than 30 skaters packing out the space every Friday, with people from all the city's big skate groups joining us.

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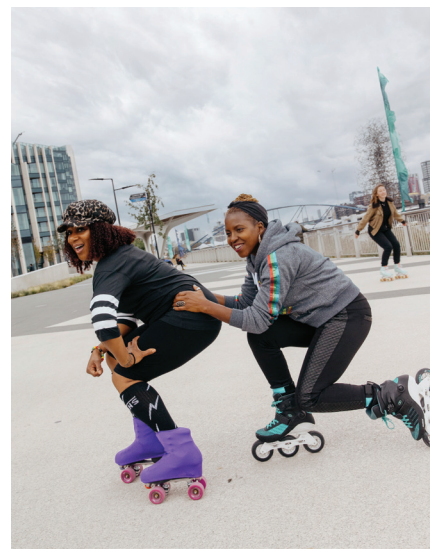
Skating during the pandemic has helped so many people in so many ways, myself included

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As a group, we range from kids as young as five to nearly 60-year-olds – three generations, all sharing a passion for skate. It seems to bridge age gaps and connect people like nothing else I've done before, with experienced skaters helping absolute beginners and everyone embracing the philosophy of each one teaches one. Our Facebook group has grown to 200 members, some of which are Peninsula residents who have seen us skating, come over to chat and got themselves some skates. It's such a beautiful sight when we've lit up the place with fairy lights and the music is playing and we're skating around and dancing. Anybody who sees us will always think the same thing: wow, that looks cool, I wish I could do that.

It's hard to find a good spot to rollerskate in London. Every borough is spending money on skate parks and bowls but we just want a flat surface. There are basketball courts, tennis courts, football pitches, and a lot of them have surfaces that would be perfect for us, but because they've been designated as for another group, we don't get to use them, even though our wheels are soft and don't damage surfaces. We really hope that this can be a permanent spot that can benefit both skaters and the local community.

With the current restrictions in place we're no longer able to meet as we did, but I'm still skating, either going alone or in small groups. Skating during the pandemic has helped so many people in so many ways, myself included. Maybe it's because you're concentrating on not falling over, but as soon as you put your skates on, you forget everything else that's going on and your head clears of all the drama, no matter how bad your day was.



Images of Tony Williams, Karl Jackson, Carol Brown, Tamara Atkin, Stewart Campbell, Karen Gasper



Image of Joseph Sailsman



*Image by Phill Taylor*



## For stylish loungers

Young Double is the go-to for cool slogan sweatshirts and t-shirts that are perfect for anyone, big or small, with a hankering for leisurewear. All muted shades and relaxed fits, they're handprinted and dyed in London on ethically produced cotton.

■ [youngdouble.co.uk](http://youngdouble.co.uk)



Winter 2020

# All they'll want for Christmas

Do your bit to support London's designer makers and independent traders, and earn yourself a well-deserved reputation as the festive season's best gift-giver in the process



## For kind-hearted bread lovers

If there's a greater gift in existence than a bread subscription then we're yet to find it. Breadwinners is a grassroots charity that supports refugees and young people seeking asylum by offering them work and a supportive community, so do your bit by signing someone (or yourself) up to a weekly delivery of artisanal loaves, cinnamon buns and Fair-Trade coffee.

■ [breadwinners.org.uk](https://breadwinners.org.uk)



## For discerning drinkers

O'Donnell Moonshine serves up delicious-sounding flavoured liqueurs – Roasted Apple, Sticky Toffee, Bitter Rose – in prohibition-style mason jars. There's even a moonshine-filled advent calendar in the line-up, which would definitely make getting through December a little easier.

■ [odonnellmoonshine.co.uk](https://odonnellmoonshine.co.uk)



## For strong girls and powerful women

Illustrator Sakina Saidi creates irresistibly colourful prints interwoven with empowering slogans that are uplifting and mood boosting as well as the perfect finishing touch for any wall. A percentage of the profits is donated to Plan International UK, too.

■ [heyimsakina.com](https://heyimsakina.com)



## For plant obsessives

Satisfy your green-fingered friends and family courtesy of South East London's Bam Botanics. Stock up on handcrafted, graphically painted pots and kits for making macrame hanging holders, as well as an exotic array of houseplants to put in them.

■ [bambotanics.co.uk](https://bambotanics.co.uk)

## For fun-loving magpies

We defy anyone not to fall for Kate Gwilliam's irresistibly sequin-heavy ornaments. The embroidery designer will whip up everything from ketchup bottles and cacti to personalised initials to order, and if you're feeling crafty she has kits for creating your own colourful rainbows and embroidered letters.

■ [kategwilliam.com](https://kategwilliam.com)



## For playful pet owners

Pet Hates Toys' tongue-in-cheek dog and cat toys are styled as caricatures of some of Britain and the US' most notable pawliticians – sorry, politicians. From Boris Johnson to Keir Starmer and newly added Donald Trump and Joe Biden offerings, there's enough timely silliness to satisfy every political leaning.

■ [pethatestoys.com](https://pethatestoys.com)



Shop more of our favourite traders at  
■ [greenwichpeninsula.co.uk/digital-marketplace](https://greenwichpeninsula.co.uk/digital-marketplace)

# At home on the Peninsula



Images by Ena Celoiu

Since she moved into her Upper Riverside apartment, Ena Celoiu has been fine-tuning her streamlined, serene style



Ena Celoiu. Image by Justine Trickett



Ena Celoiu lives in a seemingly perfect oasis of calm. A quick two-minute scroll through her Instagram feed, @littl.haus, will make your shoulders drop, filled as it is with dreamy shots of the apartment – cream and white, clean-lined and light-filled – that she shares with her boyfriend. It’s peppered with inviting textures, carefully considered furniture, beautifully designed glassware and occasional pops of colour courtesy of objects and art. “Everything in my flat is chosen with care; I only buy things that I really love,” says Celoiu, 28. “I’ve always rented in the past and when you’re moving pretty regularly from flat to flat and living in flat shares, you don’t always invest in things to last you a lifetime. You’re looking for convenience and things that can do their job in the moment. But when I moved here, I had been in London for about nine years, and it was time to choose the things that I absolutely loved.”

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Celoiu bought the apartment off-plan three years before it was completed, so she had plenty of time to mentally map out the space, but didn’t commit to buying anything until she moved in. “I knew I wanted a Jonathan Adler ‘Ingmar’ chair and a big white sofa, so those were the first major pieces I bought,” she says. “I wanted a marble [dining] table, too. I was debating building an island instead, but having grown up in a family where dining,

talking, and everything happening around the table, I was drawn towards having one. It's more inviting to sit down."

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Before I decide to purchase something, I run it in my head, maybe a million times. I have to have a vision for it

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Once those key pieces were in place, Celoiu took a break and lived with them for a while to see how they fitted in, how much space she had left and what she wanted to put around them. She's constantly on the lookout for interesting and daring objects that will help change the mood or the colour scheme in the flat, alongside standout pieces of art; she bought her first pair of paintings – now hanging above her bed – on a trip to Italy, has recently commissioned another artwork after finding an artist on Instagram, and has even painted some canvases herself. She's thoughtful rather than impulsive when it comes to the things she buys and not just because she wants her love for them to last. "I admit I'm a very indecisive person," she says. "Before I decide to purchase something, I run it in my head, maybe a million times. I have to have a vision for it."

Like many of us, Celoiu has been spending a lot more time than usual at home over the past few months, swapping a daily commute to the City, where she works as a product manager at an investment-

research firm, for remote working from her much-loved Jonathan Adler chair in a cosy corner of her living room. She's relished the opportunity to really take in the space she's so carefully curated, and it has inspired her to make some changes to the previously all-white décor: she painted one wall in the office – her boyfriend's preferred workspace – an aquamarine shade inspired by a Studio Ashby-designed project. "I started reading a lot about colours that create a mood for concentrating and being productive, and it seemed that blues and greens are those colours, so I picked something in-between," she says. "My boyfriend inspired me to do it; he said, you have colours from nature in the flat so why not bring in a bit of green, which is colour but still a natural tone."

The first time Celoiu visited Greenwich Peninsula, she was hooked by the architecture, its growing, vibrant creative hub and the incredible views of the Thames. Her Upper Riverside apartment looks east over the river and she has a small balcony populated with plants, where she likes to sit and drink coffee and eat dinner during the warmer months. She loves the strong sense of community amongst the residents, too, and her flair for interiors has recently connected her to the budding creatives among them. "I did a takeover of the Peninsulist's Instagram stories and started getting a lot of questions from residents who were also furnishing their flats, exploring ideas and looking for experiences that people might be able to share," she says. "So, I created an interior-design WhatsApp group that anyone is welcome to join. It's such a great place to talk about what we're interested in, as well as things we want to know or get help with; we exchange ideas, advice and inspiration. We're not designers, but we're design-passionate."

See more of Ena's apartment @littl.haus and find the latest local news and events @thepeninsulist



If the novelty of working from home has well and truly worn off, now's the time to reset your routine – especially with winter approaching. Wellness expert and founder of The Hour, Jazz Sandhu, shares her tips for changing your habits and your productivity for the better

# Working Well

**Have a change of scene**

It's not healthy to sit in one space for nine hours straight, particularly if it's the same place that you sleep in. Rotate desk spots so that you work in your bedroom in the morning, say, and the living room in the afternoon, and make sure that everyone in the house is getting enough daylight. The change will improve your productivity and focus and stop you – and anyone you live with – going stir-crazy.

**Carry on commuting**

The stress of squeezing onto the Central Line may be gone but it's important to physically and mentally separate your home and work life, as well as getting some fresh air and exercise, so bookend your working day with a 20-minute walk.

**Write a workday diary**

Chart your daily routine – when you get up, how much coffee you're drinking and when, what time you finish answering emails – and then note down your moods and energy dips to find out what's not working and why. You'll probably find that an obvious change in habit will improve your energy levels and productivity.



Jazz Sandhu

“

Empty your thoughts at the end of the day by journaling. Keep a notebook and pen beside your bed and write down what's on your mind

”

**Movement is non-negotiable**

That doesn't mean going for an hour's run or doing a 45-minute online yoga session; stretching and mobility is more important, especially if your job is sedentary. When you wake up, take five minutes to move and warm up your body and notice where you're feeling tightness or stiffness. Then take a five-minute stretch break every couple of hours, standing up, squatting next to your chair, expanding your chest by spreading your arms, or doing an online stretch video.

**Take mindfulness breaks**

Practice breathing exercises for two minutes after your stretching, last thing at night, and whenever you notice you're particularly stressed or lacking focus. Inhaling through the nose for four and exhaling through the mouth for six will naturally lower your heart rate and blood pressure and immediately calm you.

**Set some boundaries**

Whether you're living with a partner or flatmates, it's important to be flexible and respectful about sharing spaces but clear about when you need quiet. Put a Post-It note on the door when you have a call that can't be interrupted, but let others know if you're happy to be interrupted, too.

**Have a dedicated lunchtime**

The best thing about working from home is that you don't need to use the shared microwave in the office and eat at your

desk, so give your lunchbreak the time it deserves and don't dilute it with work. If you can, aim to prepare your food yourself, step away from your computer when you're eating, and try to go outside for a while. And always remember to stay hydrated.

**Round off your day**

At the end of the day tick off your to-do list and, before you close your notebook, write down a few things that you need to do tomorrow. That simple act means that

you'll be able to put it out of your mind and get on with your evening.

**Invest in your sleep habit**

Empty your thoughts at the end of the day by journaling. Keep a notebook and pen beside your bed and write down what's on your mind, whether it's your stresses and worries or three things that you're grateful for. Keep your bedroom decluttered, too, and you'll find you sleep better; when you go to bed, take five minutes to keep your line of sight nice and clear.

# Holiday spirit

A home-infused gin is the perfect way to spice up Aperitivo hour, it's fun to make and it's the perfect DIY gift to give this Christmas. Urban Growth's Orsetta Hosquet shares her recipe for success

## Ingredients and materials

- 1.5 litre bottle or jar
- An assortment of small, sterilised bottles or jars (*Sterilise bottles or jars by washing them and placing them on a baking tray in a warm oven, about 140 °C, for 15-20 minutes to dry*)
- Labels, coloured pens and ribbons
- 1 bottle of vodka
- 100-150g of juniper berries
- An assortment of fruit, herbs and spices: coriander seeds, black peppercorns, sloe berries, allspice, bay leaves, rosemary, cinnamon stick, lemon or orange zest, fennel seeds, chillies, edible blossoms like lavender, rose and chamomile

## Method

Gin is essentially a neutral alcoholic base flavoured with juniper berries and other botanicals, so you can either head to your nearest supermarket for a bottle of gin to flavour, or start from scratch by adding the juniper berries to a bottle of vodka and leaving to infuse for at least 24 hours.

Use a funnel to decant the gin into a large jar or bottle and add your choice of fruit, herbs and spices. For ease, remember that you'll want anything you add to be big enough to easily sieve out. For example, peppercorns should go in whole, chillies

can be chopped. Experiment with different combinations of seasonal flavours: in winter, orange peel, peppercorns, cinnamon and rosemary all work really well.

After a few days, sample your gin and check that you like it. Once you're satisfied with the strength of flavour, sieve out the fruit, herbs and spices.

Decant the sieved gin into your sterilised bottles or jars (the size will depend on how much you like the friends you plan to give them to). Depending on the flavour you've made, add some fruit or herbs for decoration – a few sloes, a sprig of rosemary or a sprinkle of chamomile flowers. Add hand-drawn labels and ribbons to make them look suitably pretty.



Winter 2020

Sign up for Orsetta's online workshop and explore more of Urban Growth's winter programme of events at [greenwichpeninsula.co.uk/urbangrowth](https://greenwichpeninsula.co.uk/urbangrowth)



## Make a Christmas wreath

Hosted by Orsetta Hosquet  
4 December

Get into the festive spirit with some DIY decorations to spruce up your front door. Just grab an armful of evergreen foliage and some ribbons and decorations, and craft your own festive wreath with the help of Orsetta.



## Introduction to vertical gardening

Hosted by Nina Simoes  
6 November

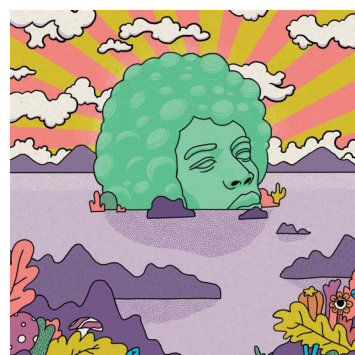
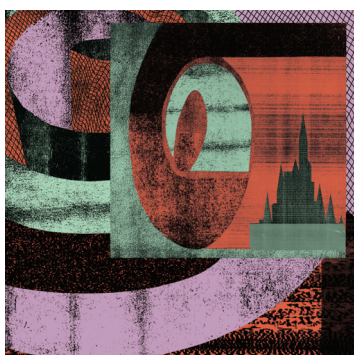
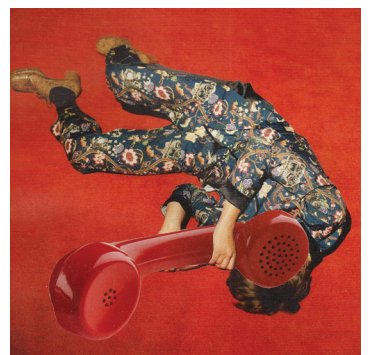
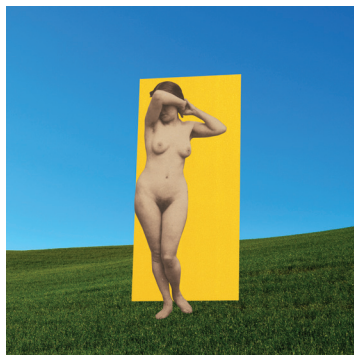
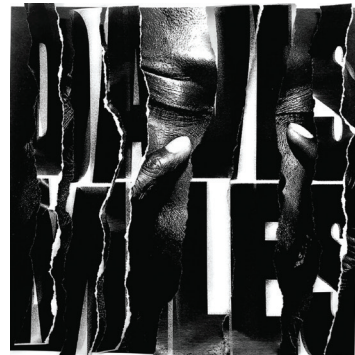
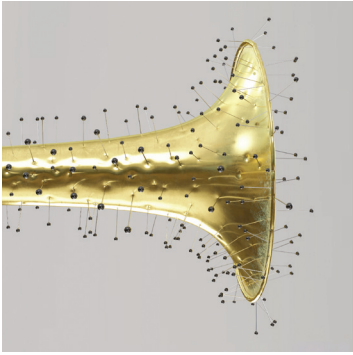
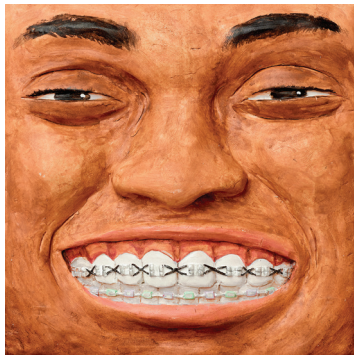
Lacking in outdoor space but keen to put your green fingers into practice? From which plants work best to what systems you should use to keep them alive, make the most of what you have by learning how to grow a living wall.



## #NatureIsTherapy: How nature can support wellbeing

Hosted by Dose of Nature  
28 November

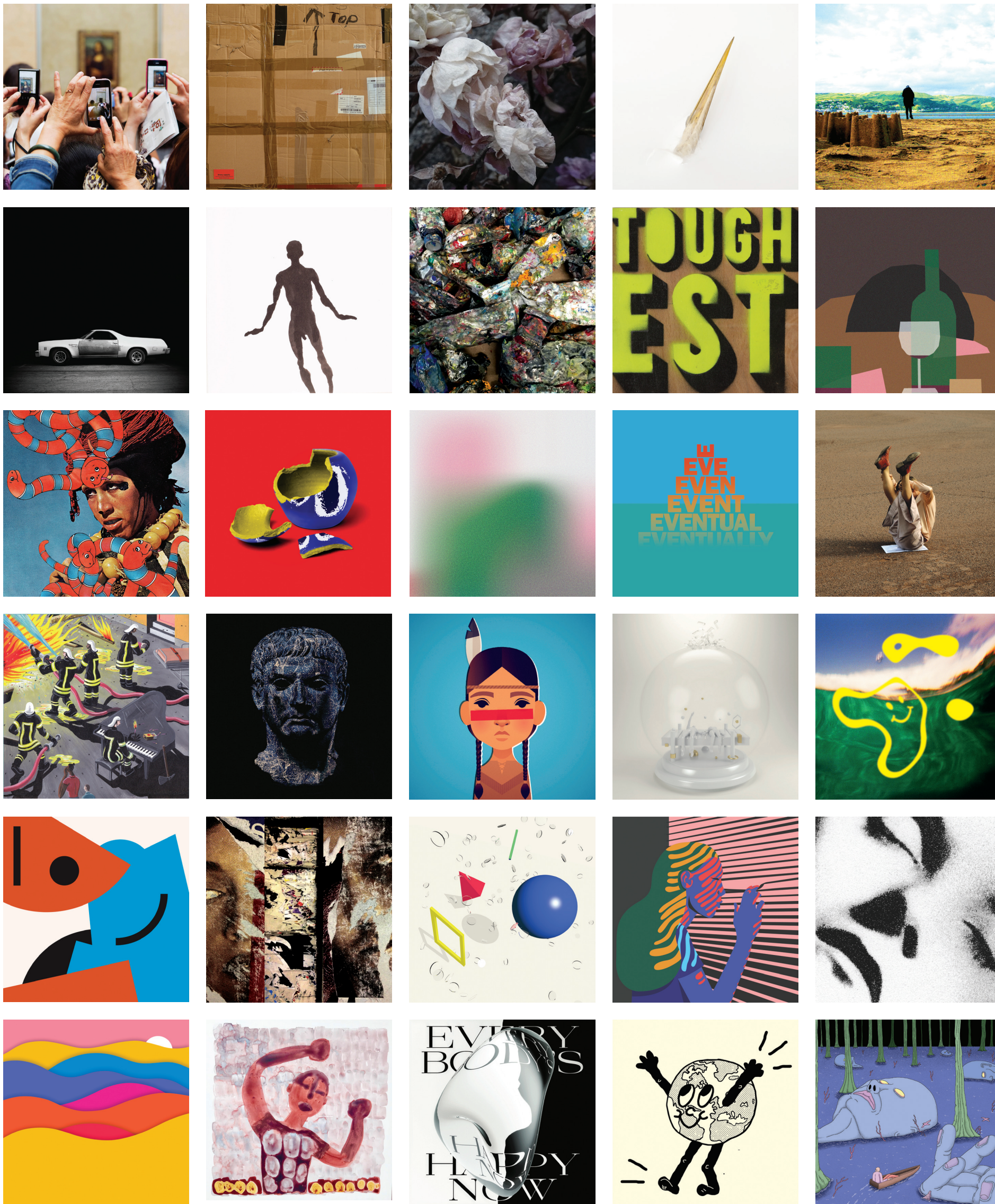
Has the pandemic given you the opportunity to reconnect with nature? Learn about the elements that calm your brain when you step outside and the science behind how they improve mental health and wellbeing.



All images courtesy of the artists

# Secret 7"

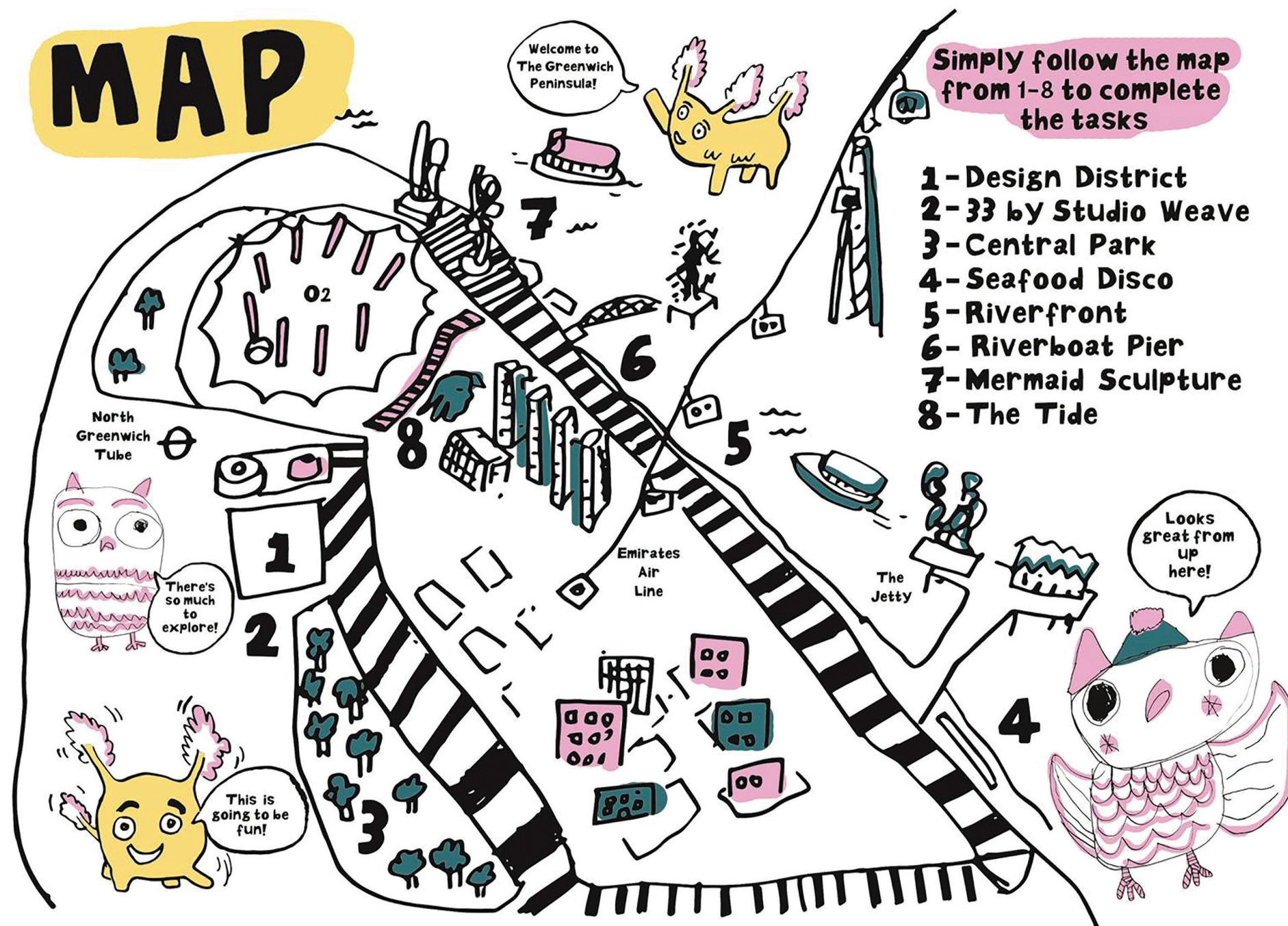
For the past seven years, Secret 7" has been raising money to help refugees by taking seven tracks from seven incredible musicians – this year's line-up included Bob Dylan, Foo Fighters and Koffee – and pressing each one 100 times onto vinyl. The project's last ever exhibition and auction of 700 records has just closed at the NOW Gallery.



# greatest hits

We say so long with a celebration of some of the best works of art created for the record sleeves by the likes of Tacita Dean, Jeremy Deller, Shona Heath and more. All proceeds from the sale of record sleeves was donated to Help Refugees.  
 You can still make a donation via the Secret 7" website: [secret-7.com](http://secret-7.com)

# MAP



## Get everyone involved

Whether you're heading out around the Peninsula or finding ways to have fun at home, gather the whole family together and use your imagination to get creative with these awesome activities.

Created by artist Ben Connors and his daughter



**2** Pick a shape from 33 by Studio Weave and Draw it.

**1** Make your own stripy pattern using the colours you can see on the floor on Phoenix Avenue.

Draw or take a photo of a boat on the river.

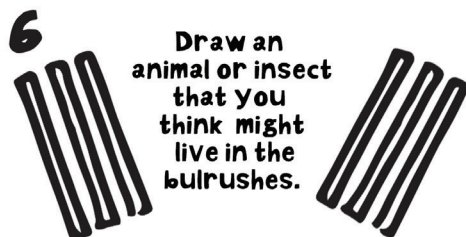
**3** Find a Beautiful Leaf Draw it Or take a photo.



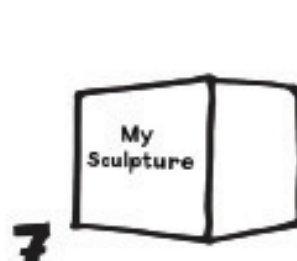
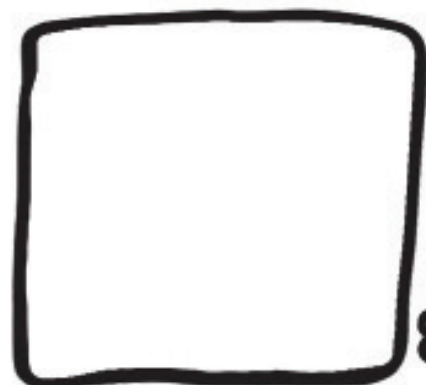
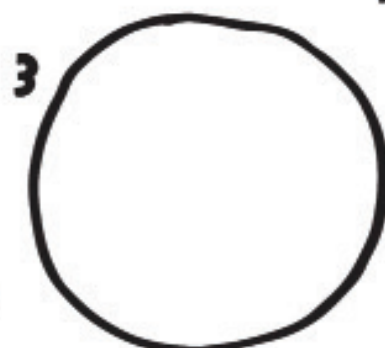
**5** Write down or record a sound you can hear.

Design your own sculpture for the riverfront.

**8** Draw or Photograph a self-portrait of your head blowing in the wind.



**6** Draw an animal or insect that you think might live in the bulrushes.



Peninsula

Wordsearch



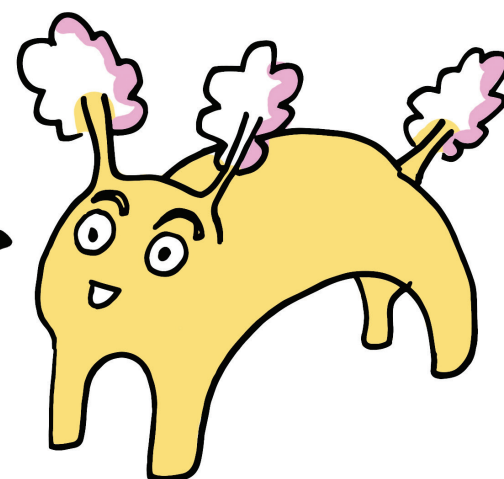
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THAMES  
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Hi I'm Wich,  
remember to  
share your  
creations on  
social media or  
via email.



Tag @ThePeninsulist on Instagram, Facebook and Twitter or email hello@greenwichpeninsula.co.uk to be in with a chance of winning an awesome goody bag full of great prizes for the whole family.

Competition closes Monday 30 November

# UPPER RIVERSIDE

GREENWICH PENINSULA

# LIVE LIFE



# BY



# THE RIVER

Upper Riverside has arrived.  
London's newest riverside neighbourhood with residents' club,  
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