

# LODHA TIMES

HOLLAND PARK GATE

THE  
FAMILY  
*EDITION*







# FAMILY FIRST *at Holland Park Gate*

The moment the apartments at Holland Park Gate first went on sale, it became clear that – flying against the prevailing trend in most prime and super-prime new residential developments in London – this is a place where families want to live.

Prospective buyers, most of whom already live in central London, enquired about the best family-friendly amenities in the local area, the nearby parks and sports facilities. But most of all, they wanted to know about schools. Which are the best? How do you get there from Holland Park Gate? And how do you secure a place? They want to ensure their children have the best start in life. This gave us a laser-sharp focus to “make this the best place for families to live in London,” as Lodha’s co-CEO, Gabriel York, describes it. The location of Holland Park Gate - on High Street Kensington and opposite the main gates to Holland Park with its playing fields, woodland and sports facilities, is irresistible to active families.

“Having that green space on our doorstep immediately opens up many opportunities for families who live here,” says York. “Many of the Lodha team are parents too, and we know that the priority for families is having a healthy, happy home life. We examined how we could adapt our products and services to solve some of the challenges of family life and to make life here for a family the best it can possibly be.”

That process began by identifying the main causes of stress in family life and asking ourselves whether we could do anything about it, says York, such as managing the school run for multiple children who need to be in different places at the same time and – every parent’s bugbear – getting children off their phones and gaming devices.

“We want to remove the hassle for parents managing busy families,” York comments. “We make it easy for parents to sign their children up to local sports clubs. We can provide a venue and entertainers for parties. Parents can enjoy a Saturday morning lie-in while we arrange games and swimming lessons for their children. On Friday evening, you can give the concierge your school uniforms, and they will be washed and pressed in time for Monday morning. Living in a development such as Holland Park Gate also provides families with opportunities that don’t exist – or are hard to nurture – if you live in a traditional housing stock,” adds York.

“Here you have attractive and safe spaces where children will want to invite their friends after school, whatever their age. Younger children may play in the kids’ room and have a movie night together. Older teens may arrange to work out in the gym, play tennis, do yoga sessions in the mews garden, or simply hang out and relax,” he says. “It’s the antithesis of a life lived online. It’s about having a home that makes it easy to connect with people and live a healthy lifestyle.”



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# HELLO KENSINGTON

Located on a vibrant corner of High Street Kensington, Holland Park Gate offers an elegant solution to West London living. Kensington is the perfect place to enjoy a healthy family lifestyle.

You are never far from nature, with Holland Park's entrance directly opposite Holland Park Gate and the green expanses of Kensington Gardens and Hyde Park within walking distance.

Despite the property's proximity to green spaces, High Street Kensington's restaurants, shops and cafés are also on its doorstep. A four-floor Whole Foods Market in the iconic Barkers Building puts a healthy lifestyle within easy reach.

Historic galleries fill the surrounding neighbourhood, including iconic and family-friendly locations such as the Natural History Museum and the Design Museum.



**CULTURE**  
Natural History Museum  
Royal Albert Hall  
Saatchi Gallery  
Design Museum  
Harvey Nichols  
Harrods

**TRANSPORT**  
Holland Park Station  
High Street Kensington  
South Kensington Station

**GASTRONOMY**  
Wholefoods  
Zephyr  
The Ledbury

**HISTORIC GREEN SPACES**  
Holland Park  
Kensington Gardens  
Hyde Park  
Kensington Palace



# THE GREAT OUTDOORS

*“Happy kids,  
happy parents”*

Has long been a mantra for mothers and fathers striving to steer a smooth course through family life – and explains why so many family holidays, in the early days, are spent in soft play centres and water parks.

But happiness at what cost? For example, what if your child’s idea of happiness is sitting on their phone for hours every day? That is a price that goes far beyond the hefty price tag on the latest tech, according to Smartphone Free Childhood, a parent-led movement that is gaining traction across the UK. It points out that 97% of children in Britain have smartphones by the time they are 12, and these “distraction devices” risk robbing children of their childhood, triggering anxiety, depression and loneliness.

Dr Jonathan Haidt, an American social psychologist and author of *The Anxious Generation* – a book that is currently a staple on many a parent’s bedside table – adds, alarmingly, that smartphones are rewiring children’s brains. They are preventing young people from learning how to deal with real life relationships and situations, and all the other tools they need to mature into healthy, functioning adults. The US Surgeon General, Dr Vivek Murthy, has entered the debate too, saying that social media platforms should come with a cigarette packet-style health warning to alert users to the dangers to their health.

Cutting down on TikTok is just part of a bigger picture, though, when it comes to building healthy young minds and bodies. Sport, nutrition, spending time with friends and having calm spaces to study, play and relax, all play a crucial part in encouraging children to step outside their screen-reliant comfort zone and grab every opportunity that life throws at them.

Simply going outdoors in the fresh air can immediately help to decrease anxiety and boost our serotonin levels. Our minds and bodies instinctively relax when we are surrounded by beautiful nature and expansive views. Scientists

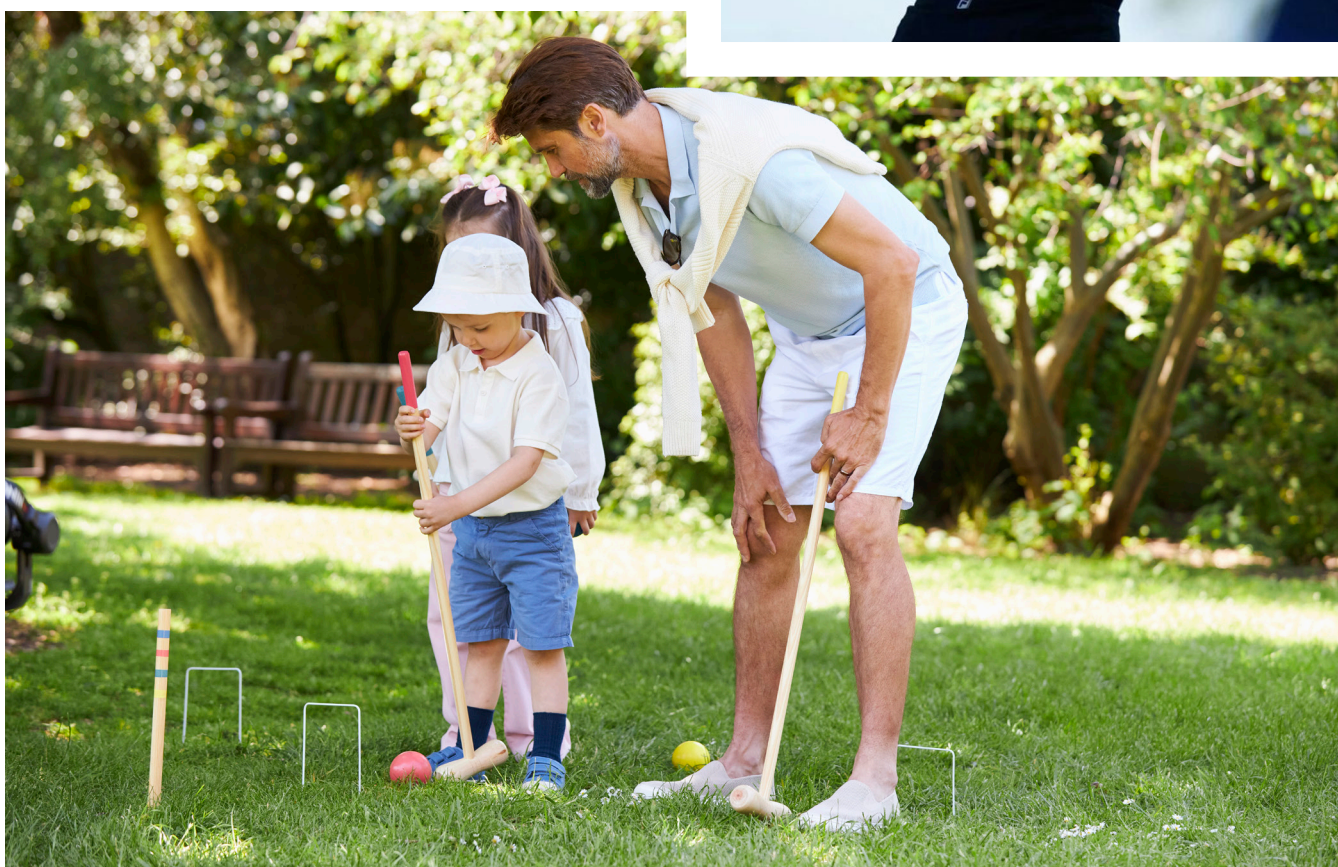
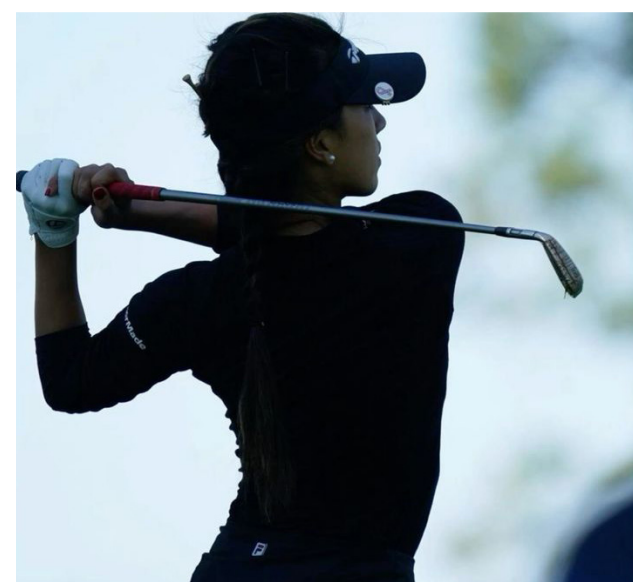
have recently discovered that children with access to green space near their home have stronger bones – leading to lifelong health benefits – than those without. Other research shows access to green space increases children’s IQ, emotional and physical wellbeing and lowers their blood pressure.

*“Without a doubt,  
access to outdoor  
life plays an  
integral part in  
both mental and  
physical health for  
children as well as  
adults.”*

comments Dr Zoe Graham, a Chelsea-based consultant clinical psychologist, who has specialised in working with young people and families for 25 years.

In an international meta-review, Suzanne Tillmann found significant improvements for children in stress and ADHD symptoms with increased time spent in nature. Health-related quality of life, concentration and resilience improved as well,” Dr Graham adds. “Access to exercise opportunities, in a common sense way, increases healthy living and helps reduce time spent on tech. Exercise lowers cortisol and leads to improved sleep, self-esteem and body image. It also encourages good physical milestones and social development in younger children.”

For those of us who grew up in an era where smartphones didn’t exist, and when free time meant climbing trees, riding bikes and playing with friends, it’s time to show our children just what they are missing.





# AN AFTERNOON *with* YOANNA HANBURY



Yoanna Hanbury, a mother of four young girls and an advocate for non-toxic living, shares some of her favourite memories of life in West London and her healthy living tips with readers of The Lodha Times.

## WHERE DO YOU CURRENTLY LIVE?

I live in Berkshire with my husband and four daughters; we moved there seven years ago, but I'm in and out of the city often and all my favourite spots are still in West London.

## WHAT MAKES WEST LONDON SUCH A GREAT AREA FOR PARENTS?

I previously lived in South Kensington and have many happy memories of my time there. I'm a strong advocate of non-toxic living and West London has a great selection of healthy restaurants, juice bars and stores that make balanced living that much easier when in the city.

The big Whole Foods on High Street Kensington is extremely convenient and has a great selection of organic products. Being able to spend time outdoors is very important to me and I love all the little squares and parks around this area.

## WHAT ARE YOUR FAVOURITE THINGS TO DO WITH YOUR GIRLS WHEN IN KENSINGTON?

Whenever I visit London with my girls, we always head straight to Kensington. We have lots of friends in the area, and I often meet them for a walk around Holland Park (it's great to get the girls outdoors) or catch the latest exhibition at the National History Museum or Victoria and Albert Museum which they love.

As a parent, the area has always felt safe and family-friendly, and there are plenty of family-friendly restaurants and coffee shops.



## WHERE ARE YOUR FAVOURITE HEALTHY EATING SPOTS AROUND KENSINGTON?

My favourite places in West London are the Santi Spa in South Kensington where I've been going for over 10 years. I also love stopping by Daylesford and always grab a drink and snack at The Good Life Eatery (they have delicious chocolate coconut bites). The girls love to go to Joe & The Juice after they have their haircuts at Trotters, next door to Happy Kids Dental Chelsea, which I cannot recommend more for young children.

*“Whenever I visit London with my girls, we always head straight to Kensington.”*



# FOOD FOR THOUGHT

“Healthy eating is a pivotal part of family life, but it’s not always easy when parents are busy and bombarded with conflicting information,” says Nutritional Therapist Daisy York, who specialises in family health.

“There is such a vast opportunity to support children in developing healthy habits that carry them through life with their best foot forward. How we nourish our children when they are young is so significant for how they cope day-to-day, but also for their long-term health outcomes. For instance, we know that inflammation in childhood is associated with mental health challenges in adulthood. For many families, this is a struggle. Some children are highly selective about what they eat. There is disingenuous health messaging from ‘big food’ companies to contend with and, of course, parental guilt about not doing enough!” says York, who practises at Nature Doc’s clinic in Chelsea’s Sloane Square and regularly helps children with issues relating to emotional regulation, their immune system or gut-related problems.

“Supporting parents with their child’s nutrition, particularly in the context of neurodiversity, immune health and emotional regulation, is immensely rewarding. Helping to address the root cause of why a child may not be thriving, working alongside their parents, and seeing a child truly flourish is simply the best job in the world,” says York. “When parents are time-poor, being your child’s gastroenterologist on top of doing your day job is hard,” says York. “It’s also confusing. What’s the enemy – is it eggs, or sugar, or gluten, or fat? Ask 100 people and you will get wildly differing answers, mostly incorrect, often gleaned from snippets of misinformation on social media.”

Once the underlying cause of a child’s behavioural or physical issues is identified, the results can be transformative. One mother recently thanked York for the difference in her seven-year-old son’s behaviour. “Since identifying the underlying imbalance, which was primarily related to his gut health, his mother has reported that he is now calmer, healthier and more focused. He has grown, the dark circles under his eyes have diminished and his appetite has improved,” says York.



## 1 PROTEIN AT BREAKFAST TIME:

“Every child in the world benefits from protein at breakfast—whether it’s a boiled or fried egg, a bacon sandwich or some biltong. Ask any teacher who they’d rather teach: a child who’s had a bowl of Shreddies or one who’s eaten a feta and spinach omelette?” York says. “Full-fat Greek yoghurt with seeds and blueberries is another great alternative. Don’t overly stress about what they eat at school. Focus on getting the pillars right—breakfast and dinner—and you’ll see better-performing children.”

## 2 DINNER IS KEY:

“A hungry child presents a great opportunity,” York advises. “When they’re hungry, their gastric juices are flowing, making them more able to absorb nutrients from food. Offering children a small ‘soup starter’ while they wait for their main meal can be a wonderful way to expand their repertoire of ‘yes’ foods. If they don’t like it, it can go back in the pot for adult lunches the next day (to avoid waste). But if they enjoy it and ask for more, it can be a hugely rewarding moment for parents.”

## 3 HAVE A HEALTHY SNACK CUPBOARD:

“Feel good about reducing ultra-processed foods at home and elevating the quality of your snack cupboard,” York advises. “You can still have chocolate—just opt for dark chocolate (70%+). Stock up on nuts, toasted seeds, full-fat yoghurt, hummus, cheese and biltong. Choose lentil chips and tortillas over regular crisps. Prepare Medjoul dates with a dollop of nut butter in the middle. Then, when your child asks for a snack, you can say, ‘Yes, help yourself,’ and feel confident in the nourishment they’re getting.”





HOLLAND PARK GATE  
LODHA

# Designed for Family Life



## Preferred by Parents

Holland Park Gate by Lodha is Kensington's favourite family development, preferred by parents for its proximity to many of London's top schools as well as Holland Park's 54 green acres. Enjoy a joyful, balanced and fulfilling family life with additional household amenities including:

- Kids' club for fun & education
- Dedicated house car for school runs
- Weekly school uniform laundry services
- Partnership with leading educational consultancy

@lodha\_uk  
hollandparkgate.com





# BRIGHT ACADEMIC FUTURES

*“Kensington is an amazing place to live to solve the conundrum of schooling. It’s a game-changer for families in opening up the educational landscape.”*

Whether parents are new to London or simply new to navigating the education system, the schooling landscape in the UK can be daunting for the uninitiated. Through our partnership with educational consultants, including Keystone Tutors, and with our in-house concierge service, Saint Amand, who are on hand to assist residents, much of the complexity is removed. From understanding the different types of schools to being prepared for entrance exams, the educational support system available at Holland Park Gate makes life easier for parents.

“Parents often approach us from cities around the world, saying that their children are currently at the best school there and they want the same for them in London. The British schooling system is convoluted and varied, so we help parents understand the process, what options they have, what assessment procedures their child will need to go through – and then we offer tutoring support face-to-face or online from our 65 professional tutors,” explains Ed Richardson, Managing Director at Keystone Tutors.

At Holland Park Gate, there are dedicated tutoring and homework rooms reserved for children after school every day and a music room for practice, lessons and storing instruments.

Private tutoring can play a greater role than simply boosting a child’s academic ability. “Academic anxiety often centres around unpreparedness. It’s the fear of the unknown,” says Richardson. “By helping students to control their learning process and give them academic confidence in the subjects they struggle with, we can help minimise that anxiousness.”

“Tutoring, like all things in life, is about moderation,” adds Richardson. “It is entirely possible to over-tutor and we often say no to parents if we feel the child is doing too much. Balance is important and the child’s wellbeing is crucial. Our tutors are empathetic and nurturing, which makes the child feel much more comfortable. They’re a friendly face to support a child as they navigate school.”

Parents, meanwhile, need not worry about how to juggle the school run with the demands of starting their own working days. Lodha operates a house car service that delivers children to local prep, day and senior schools and drops off children at dedicated stops in nearby Brook Green. Here, buses whisk pupils west out of London to private schools in the countryside, including Lambrook, where Prince William’s three children are pupils.

“Families may face the dilemma that they want to live in London but would like their children to attend an out-of-London school with acres of grounds and fantastic sporting facilities. It’s entirely possible to do both,” says Gabriel York, Lodha’s co-CEO. “Kensington is an amazing place to live to solve the conundrum of schooling. It’s a game-changer for families in opening up the educational landscape.”







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# A NUTRITIOUS *neighbourhood*

Kensington is home to some of London’s most exciting and pioneering places when it comes to healthy eating for families. Here are some suggestions.



## HIGH STREET KENSINGTON FARMERS’ MARKET, PHILLIMORE WALK

*Walking time from Holland Park Gate: 4 mins*

A Sunday morning and afternoon (10am-2pm) treat for those who prize their food freshly-made, organic and locally-grown- from fish, fruit, bread and meat to wild boar biltong, cucumber-flavoured macaroons and a stall entirely dedicated to tomatoes.



## URBAN GREENS, 261 KENSINGTON HIGH STREET

*Walking time from Holland Park Gate: 7 mins*

When you only do salads, you make sure they’re the best. That’s the motto – and these are “next level salads” that are all about fresh, healthy, locally-sourced and sustainable.



## THE IVY KENSINGTON BRASSERIE, 96 KENSINGTON HIGH STREET

*Walking time from Holland Park Gate: 8 mins*

A brunch, lunch or evening favourite that manages to be sophisticated and child-friendly, while offering an eclectic menu from British classics to Asian-inspired cuisine.



## WHOLE FOODS MARKET, 63-97 KENSINGTON HIGH STREET

*Walking time from Holland Park Gate: 10 mins*

Amazon loved this high-end, organic, eco-focused market so much they paid US\$13.7bn for the chain last year. Eat in or take-away. Kids will love the pizza and Genji sushi bars.





HOLY CARROT,  
156 PORTOBELLO ROAD

*Walking time from Holland Park Gate: 30 mins*

Plant-based, “vegetable-forward” dishes with a focus on fire and fermentation from chef Daniel Watkins. With international fashion boutique design firm Al-Jaward Pike behind the interiors, the Instagram crowd are all over it.



EVE,  
202-220 CROMWELL ROAD

*Walking time from Holland Park Gate: 9 mins*

With a menu and décor straight out of the rich and wonderful Eastern/Southern Mediterranean, Eve specialises in contemporary, all-day cuisine with biggest hits including its smoky almond hummus and roasted cauliflower with Yemeni-inspired Zhoug mayo.



ACAI BERRY,  
23 KENSINGTON HIGH STREET

*Walking time from Holland Park Gate: 12 mins*

Perfect, nutritious juices and superfood dishes that harness the power of the mighty Amazonian acai (pronounced ah-sigh-ee) berry.



FARM GIRL,  
8 EXHIBITION ROAD

*Walking time from Holland Park Gate: 28 mins*

Fun, vibrant Australian cafe whose eye-catching avocado toasts and petal-strewn coffees are guaranteed crowd-pleasers. Perfect brunch spot before you tackle the museums.



DAYLESFORD ORGANIC,  
208-212 WESTBOURNE GROVE

*Walking time from Holland Park Gate: 32 mins*

The reference point for farm to table, organic and sustainable eating. Born on a farm in the Cotswolds, Daylesford fuels West London families in its Brompton Cross and Notting Hill stores.





# HOLLAND PARK GATE

*The Penthouse*

From the creators of No.1 Grosvenor Square:  
The Penthouse at Holland Park Gate by Lodha UK

Services from Saint Amand  
Interior design by Studio Lodha

[HOLLANDPARKGATE.COM](http://HOLLANDPARKGATE.COM)

