

APRIL AT A GLANCE

DANCING IN HIGH HEELS

Former Pussycat Doll Ashley Roberts talks about balancing life between south west London and Los Angeles, and tells us about her new shoe venture.



How's living in London compared to LA? I love both for such different reasons. LA I've got my beaches, sunshine and outdoor activities. My family is close by and replenishes my soul. But London is my creativity playground. I love the city. And I've also made such amazing friends. They both feel like home.

Where are your favourite places in the area? I have two loves – eating and exercising. I tend to run around Battersea Park, it is a great 6km run and you don't feel like you are in central London. If I work out, I head to Kobox; it's this awesome boxing gym on the Kings

Road. The Dairy in Clapham Common is totally delicious and The Queenswood in Battersea is a great healthy eating place as well.

Is there a notable difference in sense of style in London compared to LA?

Absolutely. LA peeps got style. But London ups the level. Brits are eclectic and eccentric. Plus everyone is outside. So the streets are your runway. I'm always inspired by British fashion.

You've recently launched your own shoe range 'Allyn' through Larizia, how did it all come about?

I have been thinking about setting up my own business for some time. I love shoes, I collect them and have pairs from every moment in my career. I can safely say that I have hundreds of pairs. It was about two years ago that I decided I wanted to make my dream a reality. I have this beautiful pair of shoes and I couldn't wear them anymore. I saw a shoe brand on Instagram that I had always loved and sent their creative team a message, and everything went from there.

In the Pussycat Dolls, you had to dance in high heels – did this make you work harder to create extra comfortable shoes?

OMG absolutely. Dancing in heels can be a killer. I think we've created one of the most comfortable high heel shoes out there. We worked with a premium Italian factory and the footwear is really high end. We have thought about all the tiny details.

■ **Allyn shoes are available online or instore at www.larizia.com**



Well-known delicatessen and gourmet food store Bayley & Sage will be opening their fifth store on Northcote Road in Battersea this month. Expect their usual mouthwatering offering of artisan breads and pastries, an extensive cheese selection, seasonal fruit and vegetables, smoked fish, charcuterie and olives, and ready-to-eat dishes. Their Wimbledon Village store is also celebrating its 20th anniversary this year, just like *Time & Leisure*. Happy anniversary!



The Bayley & Sage store in Parson's Green

EDITOR'S PICKS

VISIT

On Saturday 20 May Thomas Pink, the official outfitters to the Lions, will transform the White Horse pub in Parsons Green into The Pink Lion Rugby Club for a family festival of rugby



celebrating the upcoming Lions Tour. Parents can put their children forward for a rugby masterclass with Lions legends as well as some Lions picked for the 2017 Tour to New Zealand. MasterChef winner Phil Vickery will be flipping Kiwi burgers on the club BBQ and there will be a Q&A with the rugby stars.

■ www.pinklionrugbyclub.co.uk/article/festival-of-rugby

CELEBRATE



Royal Trinity Hospice (RTH) in Clapham, the UK's oldest hospice, which has provided end of life care for over 125 years, has been granted £107,000

from City Bridge Trust to expand its Community Dementia Service. The hospice provides skilled compassionate care and support to people with progressive, life-limiting illnesses and their families. The funding will enable RTH to expand its Community Dementia Service to Hammersmith and Fulham and provide a dedicated permanent service in Kensington and Chelsea. City Bridge Trust is London's biggest independent grant giver and the charitable arm of the City of London Corporation.

■ www.royaltrinityhospice.london

VOLUNTEER



Leading social and therapeutic horticulture charity, Thrive, is looking for volunteers in Battersea Park. The charity uses gardening to bring about positive

change in the lives of people who are living with disabilities or ill health, or are isolated, disadvantaged or vulnerable. Thrive is offering a series of volunteer taster sessions on 21 April, 23 May and 22 June 2017, between 12noon and 2pm. For more details call 020 7720 2212 or email Battersea@thrive.org.uk.