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# SW

including SW Property



## Susan Hampshire

actress and Fulham resident, talks to SW

**Inside:** Restaurant directory ● News and views ● children and education



### South African clinic

Award-winning design specialists Kitchen Clinic have expanded from their Lavender Hill base and opened their first international studio. Located in Cape Town's most fashionable waterfront area, Kitchen Clinic's bright new 1500 sq ft, off-style studio showcases an exclusive range of modern Italian kitchens, a selection of fine locally manufactured kitchen furniture and the latest word in appliances. For more information, email [info@kitchenclinic.com](mailto:info@kitchenclinic.com). Kitchen Clinic, 149 St John's Hill SW11 (020 7924 7877)

### Fooling the bill

If you're experiencing knee, leg or back pain on running or cycling, the root cause may well lie in your feet. And luckily for locals, Anne-Marie O'Connor, based at Clapham's Balance Performance Physiotherapy clinic, is one of London's finest podiatrists. She assesses sportsmen/women such as runners from the British team, England cricketers and Premier League footballers but she's just as fond of the social athlete, child or adult, and knows just how to ease your pain. Using video analysis, she'll uncover the source of the problem and provide the knowledge and specialised treatment to overcome it. A recognised expert on footwear, she advises on all types of shoes and can prescribe the right ones for your needs, whether you're an endurance runner or a mountaineer. Balance Performance Physiotherapy incorporates gait, running and cycle analysis, shoe laboratory and accompanying experts for every sporting need, concern and discipline. If you've got sore feet, it's time to get some specialist advice instead of just pampering them. *Balance Performance Physiotherapy, 113 Gauden Road SW11 (020 7527 2368)*

### Mediation measures

Everyone knows that relationship breakdowns are painful. When a relationship breaks down and the only thing both parties can agree on is that the next step should be divorce or separation, the traditional route is via a solicitor. And then, as her solicitor speaks to his solicitor, people find themselves in an adversarial process which can become expensive and conflicted. But there is another, kinder way:

mediation. Mediation is a process that led by one person. The couple works together with the mediator to reach negotiated and fair solutions for all aspects of the separation. The whole thing is non-combative, transparent and usually much cheaper. Local mediator Gill Sanders can support couples through the entire mediation process until a satisfactory and legal ending is reached. Contact her on 020 7924 1243 or visit [www.divorceandmediation.co.uk](http://www.divorceandmediation.co.uk).



Claire Brynteson of Buy Time

### Reclaim the hours

If you are swamped by tasks you haven't got time to organise or just don't want to do, Buytime can help. Whether it's handling repairs in the home, organising social events or sourcing the perfect present, buy time will take it off your hands and give you the freedom to get on with your life. Just hand them your to-do list and get on with the things you really want to do. With no joining fees or monthly subscriptions, buytime works by the hour or the day or you can create a plan to suit. Just buy time when you need it and enjoy the freedom it brings. [www.buy-time.co.uk](http://www.buy-time.co.uk) (020 7498 7934)