# ST. DAVIDS SQUARE AND ISLE OF DOGS HANDBOOK

**Who is the SDSRA?** A group of St. Davids Square residents who love the development and are committed to making it an even better place to live.

**What do we do?** We relay news and updates to the community about St. Davids Square and the Isle of Dogs. We engage with First Port to ensure our interests as residents are represented. We maintain the Facebook group which is a key part of our community.

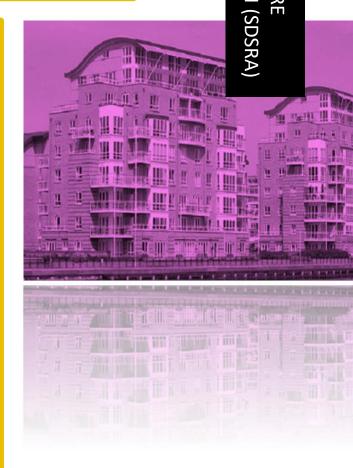
**Thank you** for being a member of the SDSRA. Your annual contribution provides important funding for the association's activities.

#### What is the St. Davids Square and Isle of Dogs Handbook?

It is a collaborative document, created and updated by volunteer residents for SDSRA members.

### We cover the following categories:

- 1 Eating & Drinking Out
- **2** Family Friendly
- 3 Classes, Activities & Fitness for Adults
- 4 Beauty & Grooming
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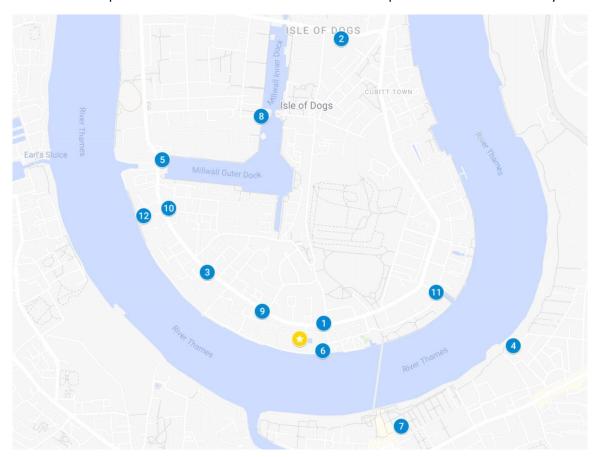
We have tried to add as much as detail as we can but if you'd like to add anything to the handbook or get involved in the next issue, we would welcome your contribution.

The handbook was put together on a best-efforts basis so if anything is out of date, we would be grateful if you could let us know.

Please contact Amelie or Jill (amelie.chowna@gmail.com/jill@jilldebene.com) for more details.

# Eating & Drinking Out

Here are our local partners and some of our residents' favourite spots to eat and drink nearby.



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#### **Local Partners of the SDSRA**

#### 1. The Old Millwall Fire Station Restaurant



A St. Davids Square staple, they have fantastic Turkish food and offer an attractive discount to SDSRA members (you will need to show your membership card):

- 12.5% of discount on food only and in the evening (does not apply for breakfast, lunch or set menus).
- 20% discount on takeaway (collection only) after 4pm.

# 2. <u>La Nina Caffè in Skyline Village</u>

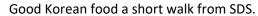


Delicatessen, shop, restaurant, cooking classes and even birthday parties for kids. They offer a 10% discount to SDSRA members (you will need to show your membership card):

- 10% discount is applicable in the coffee shop for breakfast, lunch and dinner (drinks and food).
- 10% discount on your first grocery shop (minimum spend £30).

#### **Residents' Favourites**

3. 3KOBROS Korean Restaurant



4. The Cutty Sark

Riverside pub, the little riverside terrace is a great place for a drink in summer.

5. **Docklands Sailing and Watersports Centre** 

Whilst the bar only serves snacks, it's a lovely place for a summer drink by the docks.

6. Kinkao

On-site Thai restaurant with discounts for collection.

7. The Old Brewery

Situated in the grounds of the Old Royal Naval College, this pub has plenty of space for kids and dogs.

8. Pepper Saint Ontiod

Serves roast on Sunday, and does great burgers the rest of the week.

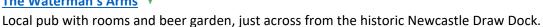
9. The Ship

Known for their excellent pizzas, and a great location to watch the London Marathon.

10. The Space

Our local performing arts and community centre with a bar in the old church vestry, the terrace is lovely in the summer.

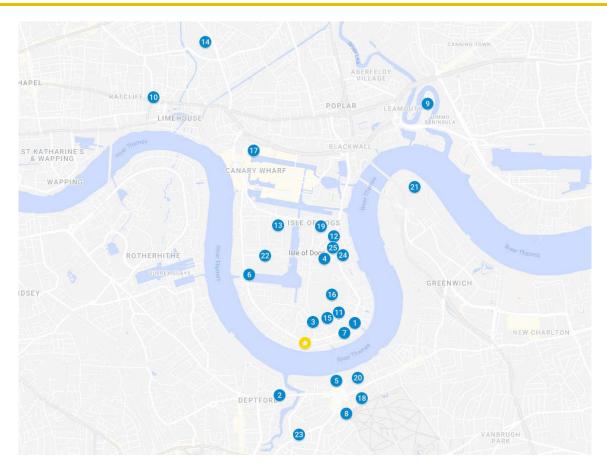
11. The Waterman's Arms



12. Yokoso Korean & Japanese Restaurant

The bibimbap and katsu curry are recommended, lots of people have Korean BBQ too.

# 2 Family Friendly



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### **Local Family Friendly Venues and Activities**

- 1. Bach to Baby Concerts
- 2. Big Little Fun

A popular soft play and children's party venue.

- 3. <u>Canary Wharf College East Ferry</u>
  - Tang Sou Dao martial arts sessions. Monday and Thursday.
  - Concert Canary Saturday Music School
- 4. Cubitt Town Library

Free and great! Register your kids with their own cards as you don't get late fees. You can borrow up to 12 books per child and for 3 weeks. You can also renew your loans online. Join the story telling sessions, which are free and a great way to introduce kids to reading.

- Cutty Sark
   Often has shows for kids.
- 6. A Docklands Sailing and Watersports Centre

# 7. George Green's School

- Miss Nina Ballet
- Kekoa Football
- Knythmic Gymnastics Isle of Dogs
- Theatre Life Academy
- Docklands Taekwondo

## 8. Greenwich Theatre

This theatre on Greenwich High Street sometimes has the same productions as in the city, but at a fraction of the price.

### 9. Gymboree Play & Music Docklands

# 10. Half Moon Theatre

Nice little theatre for smaller kids.

- 11. Isle of Dogs Children and Family Centre (Millwall Park)
- 12. Island House Community Centre
- 13. **S** London Parkour School

Run by fellow SDS residents.

### 14. Mile End Park Leisure Centre and Stadium

- Swimming with pool with moveable floor for kids

# 15. Millwall Park

Millwall Rugby Club has various youth teams that are open to both boys and girls ages 3-15 and welcomes children of all skill levels.

# 16. Mudchute Park & Farm

Good to feed the animals (approved animal feed) and decent café. Nice walks around the farm where you can also cycle with kids. Can get muddy!

## 17. Museum of London Docklands

Children's gallery (<u>Mudlarks</u>) for children under 8. The soft play area is free and great, but gets very busy and needs to be booked. It also has some water games if the soft play area is too crowded.

#### 18. National Maritime Museum

For kids 7 and below. You can book tickets to <u>Ahoy! Children's Gallery</u> (free during weekdays). The grand map on the first floor has a cafe and some space for kids to run around on rainy days.

### 19. La Nina Caffè & Mercato

Offers a variety of packages for kids' birthday parties.

## 20. Old Royal Naval College

<u>First Sundays: 500 years of history for £5.</u> Storytelling sessions on the first Sunday of each month. Also see the Painted Hall.

# 21. Soxygen Freejumping at the O2



The 25m, 5-lane swimming pool offers lane swimming as well as Better Swim School lessons and pool parties. Toddlers World sessions for 6 months to 5 years take place in the studio and there is also an onsite soft play area.

23. Roos Academy of Performing Arts

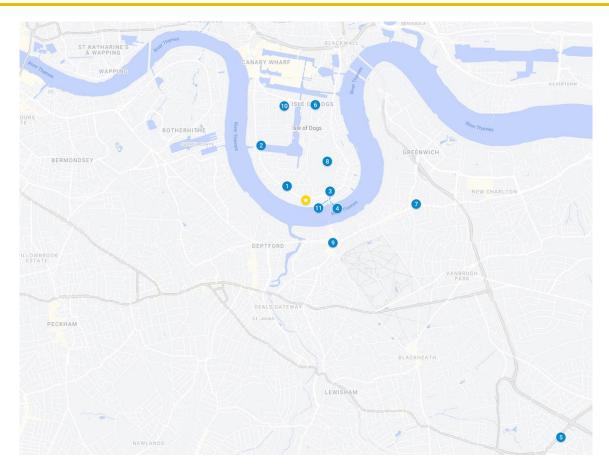
## 24. Samuda Community Centre

- Docklands Judo Academy
- 25. St John's Park Tennis Courts

### **Further Afield and Inspiration**

- <u>Little Angel Theatre</u> Slightly further afield in Islington.
- Stratford Circus Art Centre
   Home to the Circlets children's theatre programme.
- Visit the Lavender Fields in the summer (e.g., <u>Castle Farm</u>, <u>Hitchin Lavender</u>). Farm websites will give updates on how the season progresses and details of seasonal opening times.
- Visit local farms (e.g., <u>Stanhill Farm</u>) for pick your own, including strawberry or raspberry picking. Again, visit individual PYO farm websites for details on what is in season and PYO opening times. Some farms let you bring a picnic and sell other produce, which is cheaper and much nicer than that in supermarkets!
- Gruffalo trail
   Situated in Brentwood. You can take bikes and cycle around the forest or just walk around the Gruffalo trail for younger children. There's a small but convenient café on site.
- Broadstairs
   Kent is further than one hour, but priceless on a sunny day. The beach is great for kids as it's a cove rather than open water.

# 3 Classes, Activities & Fitness for Adults



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- 1. Aspyr Fitness Personal Training, Yoga & Massage
- Docklands Sailing and Watersports Centre
   Includes open water swimming in Millwall Docks.
- 3. E14 Yoga Coach
- 4. East London Pilates
- 5. El Recreo Spanish
- 6. European College of Dance

Dance classes (ballet, hip hop, flamenco, acrobatic dance) at the European College of Dance at Skyline village with classes for children and adults.

- 7. Greenwich Cycle Workshop
  Great shop for fixing bikes.
- 8. <u>Isle of Dogs & District Allotment Society</u>

  There is a current waiting list for allotments, but they also organise gardening sessions at Crossrail Place in Canary Wharf.
- Market Studios Pilates & Wellness
   Pilates studio located in Greenwich market.

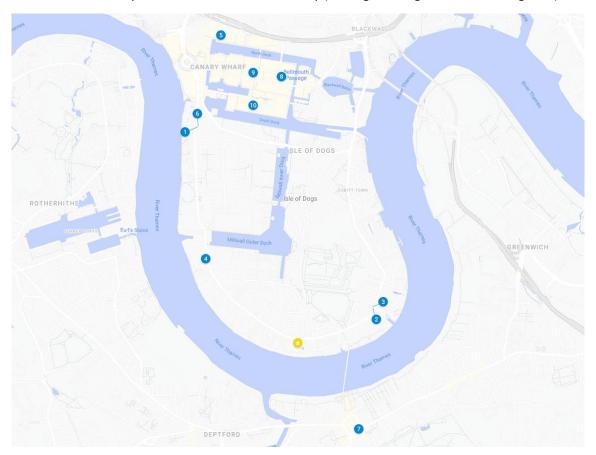
- 10. Parkour Generations London

  Parkour School run by SDS residents.
- 11. Poplar, Blackwall & District Rowing Club Currently with a waiting list.

There are also lots of seasonal events and pop-up activities such as ice skating, table tennis, basketball, mini golf and more in Canary Wharf as well as over the river in Greenwich.

# 4 Beauty & Grooming

A few of our favourite places for hair, nails and beauty (waxing, massage, facials, tanning, etc.)



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	Name	Hair	Nails	Beauty
1.	Dastan Unisex Hair Salon	✓		
2.	GLOW ?		✓	✓
3.	Hair E14 💡	<b>✓</b>		
4.	Loveth Love Beauty & Hair Salon	✓	✓	✓
5.	Kleins Hair and Beauty	✓	<b>√</b>	✓
6.	Rejoice Nails and Beauty Studio	✓	✓	<b>√</b>
7.	Rush Hair Greenwich	✓		
8.	Third Space Canary Wharf		✓	✓
9.	Toni & Guy Canary Wharf	<b>✓</b>		
10.	seanhanna Canary Wharf	<b>✓</b>		

# 5 Local Charitable Donation Points

1. Toy Library at Christ Church

Mondays, 9 - 11am.

2. Toy Library in Lewisham

Takes toy donations (except fluffy toys).

3. Northumberland Wharf Recycling Centre

Clothes and shoes donations in the recycling centre or close to the Barkantine Practice.

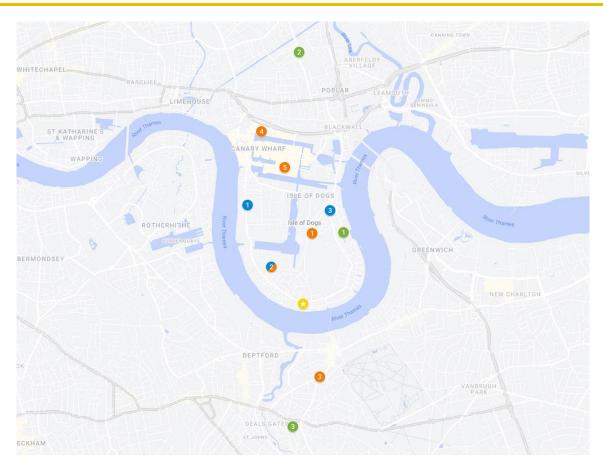
4. iCollectClothes

Collection service. You can select a charity, and arrange a convenient pickup time for items to be collected from your home.

- 5. Salvation Army clothing banks closest to SDS:
  - a. Tesco superstore in Lewisham (SE13 7PA)
  - b. Asda in Charlton (SE7 7ST)
- 6. The Exchange Project Docklands Settlement, Calders Wharf

Wednesdays from 9.30 - 12pm (term time only). Clothing exchange for toys, clothes, prams, etc. Bring some unwanted items and exchange them for something else. All clothes are washed beforehand. You are also welcome to donate rather than exchange.

# 6 Health & Wellbeing



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#### Doctors and Dentists

- 1. The Barkantine Practice
- 2. **Docklands Medical Centre**
- 3. Island Medical Centre

#### Dentists

- 1. Damira Dental Studios
- 2. The Dental Suite @ Docklands
- 3. Greenwich Dental Practice
- 4. Platinum Dental Care
- 5. <u>Smilepod Jubilee Place</u> Recommended for children.

#### Vets

- Best Friends Isle of Dogs
   Not currently accepting new patients (as of May 2022).
- 2. Poplar Vets
- Vets4Pets Blackheath
   Located inside Pets at Home, especially good for exotics.

# 7 Local Services & Tradespeople

## **Transportation**

• Carrot Cars

### Painter/Decorator

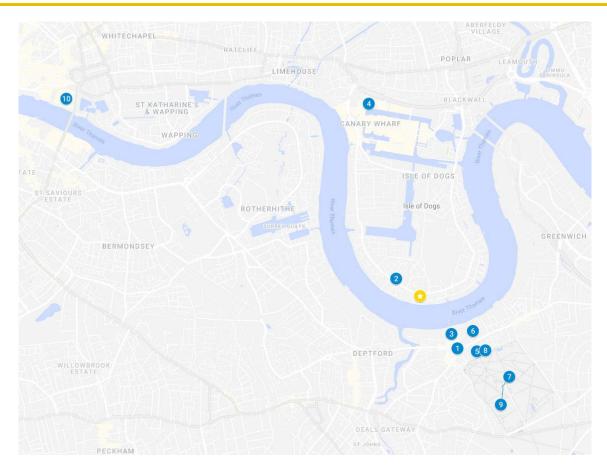
• Tony 07950 487054

#### **Plumbers**

• George 07990 891271

• Bill 07807 765293 (Precision Plumbing Solutions)

# Museums, Art & Culture



Click here to view online

The Ben Oakley Art Gallery



# Craft Central

Artist studios, co-working spaces and desks to rent in The Forge. Stunning gallery space available for hire. Craft Central also organise markets and fairs where you can meet the makers and get inspiration.

# Cutty Sark

### Museum of London Docklands

The Docklands site of the Museum of London is packed with artefacts and reconstructions of life on the Isle of Dogs throughout history. They have a gallery for kids (Mudlarks) that needs to be booked in advance.

- **National Maritime Museum**
- **Old Royal Naval College**
- Peter Harrison Planetarium
- Queen's House
- **Royal Observatory Greenwich**





Entry for just £1 for Tower Hamlets residents. Show your IDEA (library) card for discounted entry.

# 9 Music, Events & Festivals

Here are a few of the regular events you can look forward to around the Isle of Dogs and local area.

- Fireworks in Blackheath in November.
- Kids fair in Blackheath during school holidays.
- Summer Lights (Jun Aug) and Winter Lights (Jan) festivals in Canary Wharf.
- Tall Ships Festival in Greenwich/Woolwich in September.
- Seasonal events at Crossrail Place in Canary Wharf.

# 10 Cycling

#### **Cycling with Kids**

- Take the Thames Path up the island, then around the docks. Pret near South Quay makes a good place to stop for coffee and a snack.
- Greenwich cycle lanes from The Shipwright (power station) to Enderby House. You can stop for coffee at River Gardens Café.
- Look up the National Cycle Network on the <u>Sustrans website</u> for details of loads of cycle routes around London.
- From St. Davids Square, Route 13 is the river path for bikes and will take you to Tower Bridge if you go west, and to the estuary if you go east. Tower Bridge is just over 4 miles away so an ideal route for the whole family.
- If you take Route 1 from Canary Wharf you can follow this all the way through the wonderful Mile End Park to Hackney Wick for Victoria Park and Queen Elizabeth Olympic Park. This can be 7 miles of more depending on how much of the parks you explore. We recommend The Hub café in Victoria Park for coffee.

### **Commuting and Further Afield**

• If you want a fast route into Central London, the CS3 is the best one. Pick this up by following the cycle path Routes 1 or 13 to Canary Wharf, and then follow the signs for CS3. Basically, cycle over the inlet at Limehouse Basin and then the road bends to the right (past the fabulous 'The Narrow' pub/restaurant) and you take a right turn up a cheeky short hill. Through a small park and across the road at the traffic lights, and then it's a blue cycle route all the way to Tower Bridge. At Tower Bridge you can remain on CS3 and follow the river to Putney Bridge.

If you follow signs to Route 4, you can continue all the way to Bristol! Whilst you don't have to go that far it is a great route that will take you to Thatcham just past Reading in 84 miles and you can get the Elizabeth Line all the way back to Canary Wharf (change at Paddington). Or just go as far as Richmond Park which is about 35 miles.

# 11 Walking

A few of our favourite walks around the local area. This is a work-in-progress and we will continue to add more walks in subsequent issues and on the website.

## Staying on the Island

All the walks in this section start from St. Davids Square. As you face the skyscrapers of Canary Wharf there are basically three ways to go if you want to remain on the island – left (west), right (east) and straight up (north).

The only public toilets are in the various Canary Wharf malls.

#### C1: Circle the Outer Dock

Distance	3.7km (2.3mi)			
Steps	~5800			
Time	50 mins			
Terrain	Flat			
Directions	<ol> <li>Walk up East Ferry Road and turn left onto Spindrift Avenue.</li> <li>Just after the road bends, and after Undine Road, there will be a signpost pointing to "South Quay". Turn right and take the short footpath to Millwall Outer Dock.</li> <li>You can walk either direction around the dock. Going clockwise, walk past the developments on your left until you reach Westferry Road and the Docklands Sailing and Watersports Centre.</li> <li>Go around the sailing centre (i.e., walking on the main road for a short distance) and just before you reach the Westferry Printworks, turn right, back towards the dock.</li> <li>Follow the path around until you reach Pepper Street/Glengall Bridge. You have the choice here of turning right onto the bridge or going straight up to South Quay DLR (for more steps!) and turning right onto Marsh Wall and back again to the footpath at Harbour Exchange.</li> <li>Follow the footpath past the moored canal boats, keeping the dock to your right.</li> <li>Follow it around until you reach the point where you started at the dock and turn left back to Spindrift Avenue.</li> <li>Retrace your steps back to East Ferry Road and St. Davids Square.</li> </ol>			
History	Millwall Docks			
Other links	Going around the Millwall Dock (from Isle of Dogs Life)			



# 12 St. Davids Square Information

## **Concierge Office**

For on-site issues, contact the management team:

Concierge (24 hours)	lockeswharf33102@firstport.co.uk	020 70932455
Development manager (Robert Williams)	robert.williams@firstport.co.uk	020 75179078

#### **Residents' Portal**

For parcel and key collections, etc.:

https://stdavidssquare.london/

### St. Davids Square Residents' Association

E-mail:

stdavidssquare@gmail.com

Membership:

https://membermojo.co.uk/sdsra

Website:

https://stdavidssquare.uk/

#### **Tower Hamlets Council**

For council tax, bulky waste collections, reporting antisocial behaviour and more:

https://www.towerhamlets.gov.uk/

### **FirstPort Property Management (site management)**

For service charge payments:

https://www.firstport.co.uk/

### **Freehold Managers PLC (freeholder)**

For freeholder consent for alterations, pet consent, etc.:

https://www.fmplc.co.uk/

# 13 Thanks

Thanks to all the St. Davids Square residents that have contributed to this handbook:

- Flo
- Marz
- Olesya
- Sally
- Sherry

Thanks also to SDSRA Committee members Amelie and Jill for organising the creation of the handbook.

If you have any suggestions on places you'd like to see included in the handbook or have any questions or comments, please contact Amelie (<a href="mailto:amelie.chowna@gmail.com">amelie.chowna@gmail.com</a>) or Jill (<a href="mailto:jill@jilldebene.com">jill@jilldebene.com</a>).