

MY *guide* STRATFORD



A DEVELOPMENT BY

Lend Lease *LCR*

Contents

02 Foreword



05 Well Connected



13 Leisure & Recreation



21 Arts & Culture

03 Introducing The International Quarter



09 Parks & the Great Outdoors



32 Retail Therapy



29 Education



38

Food for Thought



52

Directory of Services

Foreword

By Kristy Lansdown
Project Director, Lend Lease



I truly believe that Stratford can now rival anywhere else in London for shopping, culture, travel and going out. The area has literally blossomed in the wake of the London 2012 Olympics and I feel honoured to have witnessed the transformation.

There is something here for everyone from high street staples and neighbourhood favourites to hidden gems and historic treasures.

Places that are easy to find and others that you need to look for a little more closely but are well worth the trouble.

Whether it's enjoying the breathtaking views from The Olympic Viewing Gallery, enjoying a drink at the King Eddie, shopping at the iconic Westfield Stratford City or enjoying a show at Theatre Royal Stratford East. Stratford has it all.

This guide offers a flavour of what the area has to offer and some of the great places we recommend to visit. Stratford is forever evolving – there are new places popping up all the time and that is what makes it so exciting.

Use this guide as your starting point, then go and explore it first-hand. I challenge anyone not to fall in love with Stratford.



Download and launch the App.
Hold your phone over this page
to bring the content to life.

Introducing The International Quarter

The International Quarter Stratford is Europe's largest new urban development, built on the foundations of the successful London Olympics it successfully embraces the past, present and future to create a new vibrant neighbourhood in London.

Located at the gateway to Queen Elizabeth Olympic Park, The International Quarter offers it all: 4 million square foot of work space, 330 new homes, 3 acres of new open spaces, a hotel and extensive retail space. The International Quarter will be a dynamic social, commercial and cultural hub, a place with a strong sense of community, a place of endless possibilities.



Our vision is for The International Quarter to become London's most dynamic and innovative commercial district with health and wellbeing of all who work and live there at its heart.

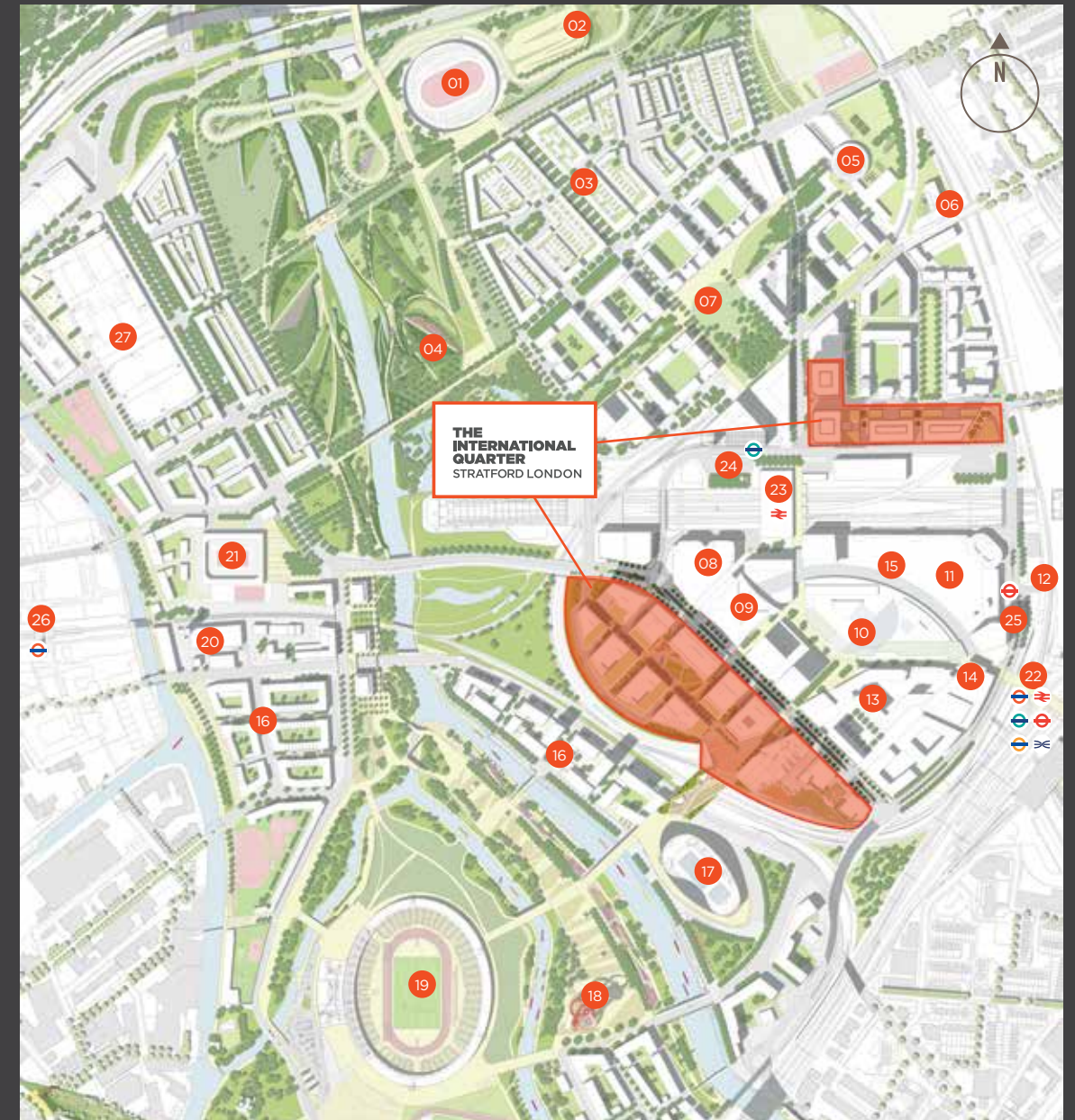


With the best of London on its doorstep, Stratford has all the ingredients required for the perfect lifestyle. Stratford is quite literally going places with unbeatable transport connections to the centre of London and beyond and the opening of Crossrail is just around the corner.

The International Quarter is a place to thrive, a place that redefines urban living.

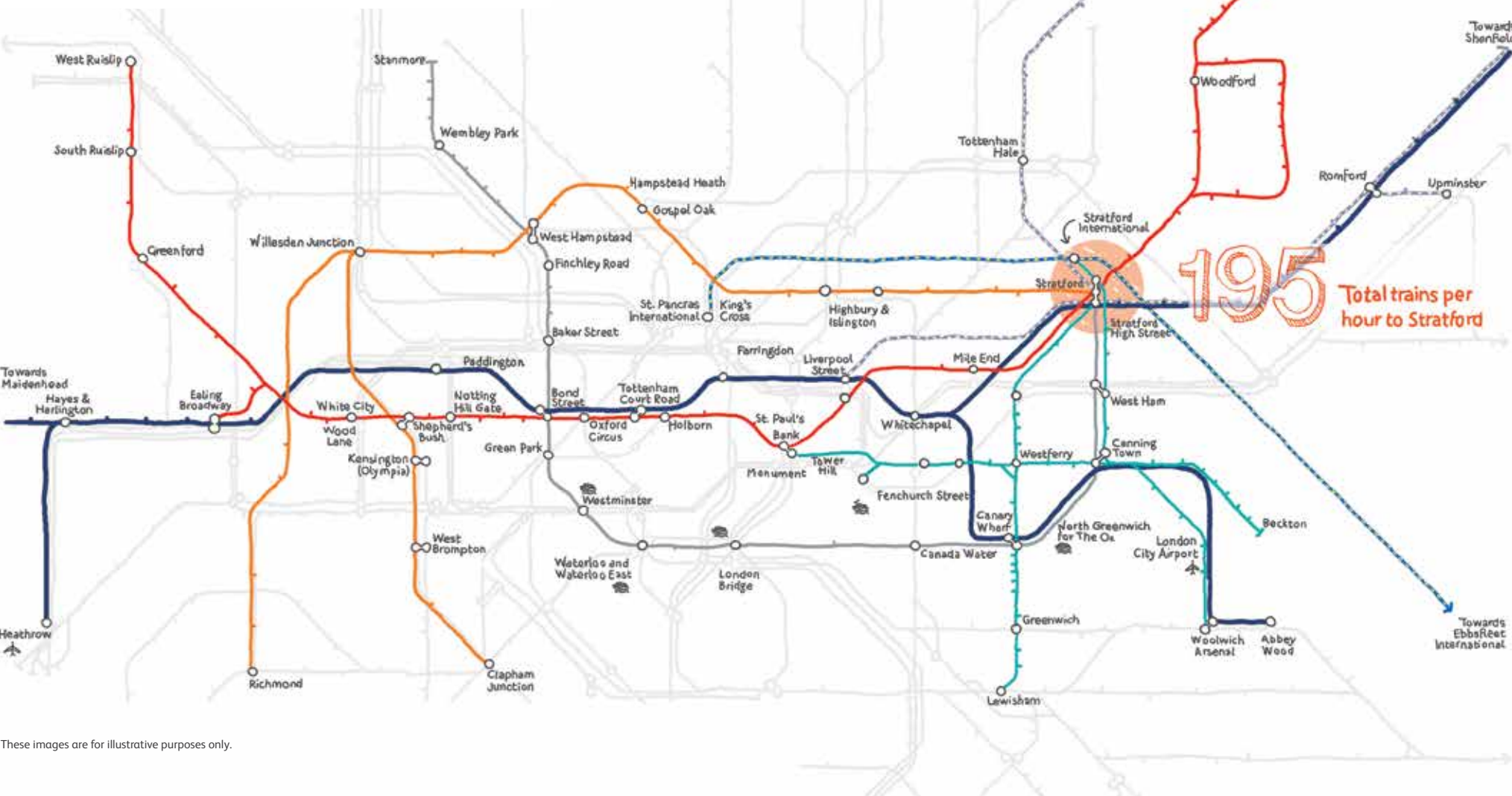


View from The International Quarter looking south east, 2013



- | | | | |
|--------------------------------------|-----------------------------------|--|-------------------------------------|
| 01. Velodrome | 07. East Village (residential) | 15. Apple Store | 23. Stratford International Station |
| 02. Velopark and cycle circuit | 08. Multi-storey car park | 16. Legacy Development Zones (residential) | 24. Stratford International DLR |
| 03. Chobham Manor (residential) | 09. John Lewis | 17. Aquatics Centre | 25. Stratford City Bus Station |
| 04. Queen Elizabeth Olympic Park | 10. Vue Cinema | 18. ArcelorMittal Orbit | 26. Hackney Wick Station |
| 05. Chobham Academy | 11. Westfield Stratford City | 19. Stadium | 27. i-City |
| 06. Health Care and Community Centre | 12. Stratford City Energy Centre | 20. Kings Yard Energy Centre | |
| | 13. Holiday Inn/Staybridge Suites | 21. Multi-use arena | |
| | 14. Marks and Spencer | 22. Stratford Station | |

Well Connected



These images are for illustrative purposes only.

With nine different tube and train lines and 195 trains an hour (more than London Victoria or Waterloo), Stratford offers easy, fast and direct links to key destinations. By 2019 Crossrail will provide a 24-trains an hour service at peak times in each direction between Whitechapel and Paddington. Trains will then run across or connect with the National Rail network on three branches. And it is proposed that the Jubilee and Central line will run 24 hours a day from Friday to Sunday in 2015. You're just 8 minutes from the City, 15 minutes from London City Airport and less than an hour from London Gatwick, Heathrow or Stansted airports.

Road links to central London are also excellent and the car club service is so convenient. But why bother with the car? There are plenty of brand new cycle routes to enjoy, an abundance of buses and black cabs, the scenic routes along the River Lea canals by foot and bicycle and by boat along the Thames using the Thames Clipper from Greenwich.

Tube and train lines

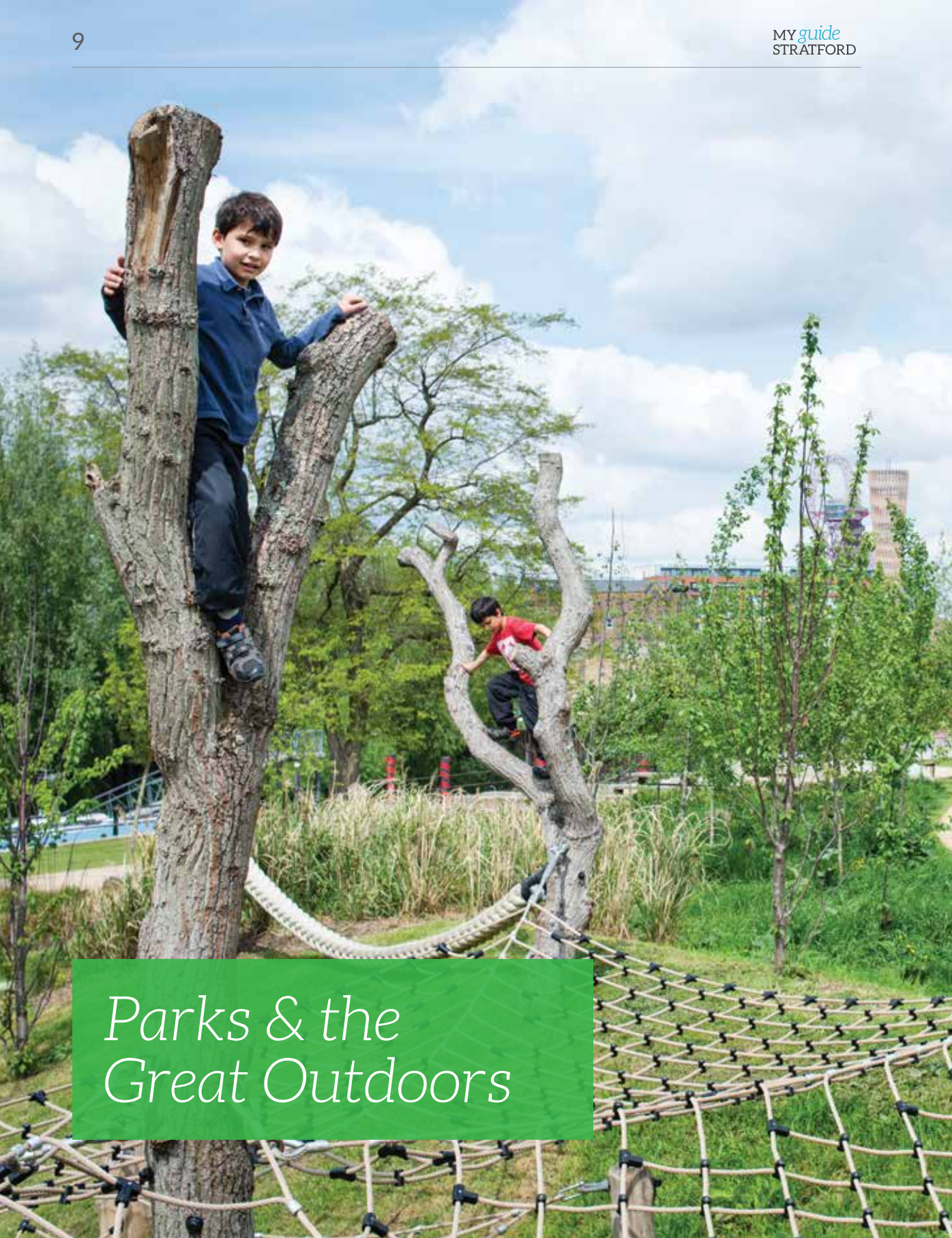
- Central Line
- Jubilee Line
- Docklands Light Railway
- National Rail (Greater Anglia)
- Eurostar International / National Rail (South Eastern HS1)
- Overground
- Crossrail (2019)



Travel by tube and train (from Stratford)

| | |
|--|---------------------------|
| King's Cross St Pancras International 7 mins | Covent Garden 24 mins |
| The City 8 mins | Piccadilly Circus 24 mins |
| Canary Wharf 11 mins | Trafalgar Square 24 mins |
| London Bridge 15 mins | Victoria 26 mins |
| Waterloo (South Bank) 18 mins | Paddington 31 mins |
| Oxford Circus (West End) 19 mins | |

East London –
Everything's here
on your doorstep



Parks & the Great Outdoors

Victoria Park

Grove Road, Bow, E9 7DE

Commonly known as 'Vicky Park' or 'The People's Park', this beautiful park is well worth a visit. As well as a variety of open spaces from decorative gardens to wild nature areas there are two impressive playgrounds, a skatepark and two cafes.

T: 020 7364 2494



Hackney Marshes

Homerton Road, E9 5PF

Famous for being the home of Sunday league football, over 100 matches are played here on a typical Sunday. This area of extensive grassland (one of the largest areas of common land in Greater London) also features a bird hide and a conservation area.

T: 020 8986 7955



Langthorne Park

Birch Grove, E11 4YG

Opened in summer 2000, this relatively new park features excellent outdoor sports and fitness facilities including a climbing wall and streetball court.



Photo by Dave Marley



Wanstead Flats

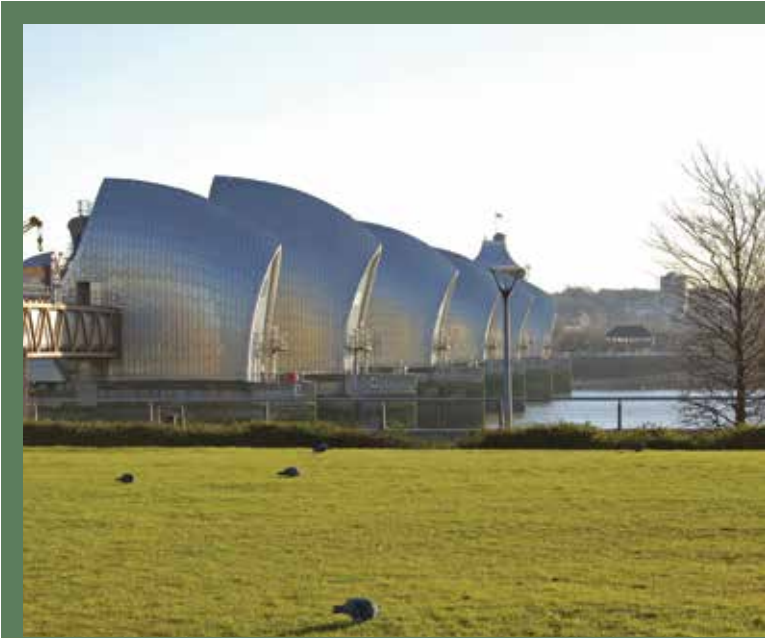
Epping Forest, E11 2LT

Wanstead Flats is a large area of open space, which forms the southernmost point of Epping Forest. Largely made up of grassland, the Flats also feature a number of small woods and three usually permanent open waters (their presence reliant on drainage from the grasslands).

Wanstead Park

Epping Forest, E11 2LT

This grade II listed park once formed part of the grand park and gardens, which surrounded Wanstead Manor. The park retains some of its treasured historical features such as The Temple and the Grotto within its backdrop of grasslands and attractive ponds. A must-see is the spectacular bluebell wood in Spring.



Thames Barrier Park

North Woolwich Road, E16 2HP

This award-winning park borders the River Thames and offers spectacular views of the Thames Barrier and features wild flower meadows, fountains, a children's play area and a café as well as the intriguing The Green Dock created by renowned horticulturalists, Alain Cousseran and Alain Provost.

Three Mills Green

Three Mill Lane, E3 3DU

This is the first completed part of a project to create the Lea River Park – a series of outdoor spaces connecting the Queen Elizabeth Olympic Park with the River Thames. Wild Kingdom is located here, an innovative children's play space with swings, trampolines and an abundance of natural materials for den making.



Olympic Park Viewing Gallery

Holden Point, Waddington Road, E15 1QN

Built in 2005 as part of London's bid to win the 2012 Olympic and Paralympic Games, this viewing gallery offers spectacular views overlooking Queen Elizabeth Olympic Park and beyond. Tours are priced on an individual and group basis and need to be booked in advance of a visit.

T: 020 3373 0421
www.opvg.co.uk

Leisure & Recreation



Boleyn Ground West Ham United Football Club

Green Street, E13 9AZ

This is the home ground of West Ham United a premier league club and known amongst their fans as 'The Irons' and 'The Hammers'.

T: 020 8548 2748
www.whufc.com

Newham City Farm

Stansfeld Road, Beckton, E6 5LT

From Shire horses and alpacas to rabbits and chickens this popular city farm is home to a wide variety of rare breeds and farmyard favourites. A great place for a family day out, there is also an orchard, children's play space and a picnic area.

T: 020 7474 4960
www.newhamcityfarm.co.uk



The House Mill

The Miller's House, Three Mill Lane, E3 3DU

Originally built in 1776, The House Mill is a grade I listed tidal mill set in a beautiful riverside location and is the largest existing tidal mill in the world. The Miller's House Café serves snacks and light refreshments during mill opening hours.

T: 020 8980 4626
www.housemill.org.uk



Lee Valley Ice Centre

Lea Bridge Road, Leyton, E10 7QL

This fantastic ice skating venue is only one of a handful in the London area that is open throughout the year. Its international sized ice pad has capacity for 800 skaters and can accommodate up to 760 spectators. Private and group skating lessons are available and all-inclusive birthday parties can be hosted here.

T: 020 8533 3154
<http://www.visitleevalley.org.uk/go/iceskating>

Leyton Orient Football Club

Brisbane Road, E10 5NF

This is the home ground of Leyton Orient a professional club playing in Football League One, known amongst their fans as the 'O's'.

T: 0871 310 1881
www.leytonorient.com



Hadleigh Farm

Castle Lane, Hadleigh, SS7 2AP

Hadleigh Farm was the host venue for mountain biking during the 2012 London Olympics. Surrounded by lush countryside this popular farm offers an unbeatable rural experience from scenic walks, to a rare breeds centre, renowned tearoom and a farm shop.

T: 01702 426 260
www.hadleighfarm.org.uk

Spotlight

Kerry Michael

Artistic Director, Theatre Royal Stratford East



“Stratford is a vibrant growing place with a huge diverse population that gives it a real depth of fusion and creativity.”

Kerry has lived and worked in Stratford for over 10 years. He is Artistic Director of the renowned Theatre Royal Stratford East.

What is your favourite outdoor space in the area?
The new Queen Elizabeth Olympic Park has some great wild plant life and there's some great events taking place in the park since the Olympics that have drawn people from across the country.

What is the best thing about living and working in Stratford?
Stratford has a high level of cultural and social events with two cinemas, a theatre, an arts centre, a children's educational play centre, bars, night clubs, markets – indoors and outdoors – and a variety of shops.

Theatre Royal Stratford East
Gerry Raffles Square, E15 1BN

T: 020 8534 0310
www.stratfordeast.com



Download and launch the App. Hold your phone over this page to bring the content to life.

The Olympic Legacy

Stratford was placed on the International and, to an extent, the London map during the London 2012 Summer Olympics. Previously, it had been an area in East London largely overlooked by the rest of the city and as a result somewhat neglected. All this changed seven years ago when London won its bid for the 2012 Summer Olympics and work began to transform the area into one fit to host an event of such international importance.

The Olympics has been and gone leaving behind a strong legacy, a newly invigorated neighbourhood with improved infrastructure, housing and amenities. On top of this Stratford now boasts some of the most high-class and advanced sporting facilities in the country within a 560-acre park.

QUEEN ELIZABETH OLYMPIC PARK

This exciting new London attraction provides 560-acres of park space encompassing event venues, play areas, recreational facilities and wildlife areas. Art and culture features highly with artworks combined within the architecture and landscape, this includes the UK's tallest sculpture the ArcelorMittal Orbit, which was designed as a lasting commemoration to the London 2012 Olympic and Paralympic games and extends 114.5 metres from the ground.

The Timber Lodge and Tumbling Bay Playground is located to the north of the park and offers a place for visitors to the park to relax and unwind.

Unity Kitchen Café at the Lodge serves light bites and hot and cold drinks throughout the day, which can be enjoyed on the terrace whilst enjoying activities and entertainment taking place in the nearby community space.

WITHIN THE PARK

01 The Stadium

This iconic arena, which hosted the track and field events during the Olympics as well as the opening and closing ceremonies is now a world-class events venue. It will soon become the home of local football club, West Ham United, who will be taking up residence in 2016. It is also earmarked to host the Rugby World Cup in 2015 and the IAAF World Athletics Championship in 2017.

02 Aquatics Centre

Designed by architect Zaha Hadid, the Aquatics Centre's contemporary wave-like roof covers two 50-metre swimming pools and a 25-metre diving pool and with a seating capacity of 2,500 will host future world-class swimming events.

03 The Copper Box Arena

This flexible indoor arena – the third largest in London – hosted the Handball, Modern Pentathlon Fencing and Paralympic Goalball during the Olympics. Now it will feature a daily programme of recreational and sporting activities and will also host big-ticket pop concerts and sporting events.

04 Lee Valley Hockey and Tennis Centre

This dynamic sports centre comprises two hockey pitches, four indoor tennis courts and six outdoor tennis courts and will be open to the public throughout the day and evening. The 2015 Eurohockey Championships and 2014-16 NEC Wheelchair Tennis Masters are due to take place here.

05 Lee Valley VeloPark

This award-winning VeloPark is the first venue in the world to offer road racing, track cycling, BMX and mountain biking under one roof. This will be the hub where world-class cyclists train and compete but it will also be a community facility providing a programme of cycling activities for schools, clubs and local community groups.



East London Dance

Stratford Circus, Theatre Square, E15 1BX

From high-energy street dance classes for adults to Get up & Groove sessions for people with learning disabilities, East London Dance offers plenty of opportunities to take part whatever your age or ability.

T: 020 8279 1050
www.eastlondondance.org



East London Canals and the Greenway

Explore Stratford and the surrounding area by taking a canal walk and soaking up over 200 years of history. The local canal network is a peaceful, traffic-free environment and a haven for wildlife. Sights include the Bow Locks, Old Ford Lock, Three Mills Island home to The House Mill, the largest tidal mill in the world, and the Queen Elizabeth Olympic Park. A recommended walk is along the Greenway a 6-mile green corridor that links Hackney to Beckton and which, due to its high level, provides panoramic views of the city.

Lee Valley White Water Centre

Station Road, Waltham Cross, EN9 1AB

This great leisure attraction offers canoeing, kayaking and white water rafting within a world-class slalom centre, purpose built for the 2012 London Olympics.

T: 0845 677 0600
www.visitlee valley.org.uk/go/whitewater



Fitness First – Leyton Mills

1st Floor, Unit 6, Leyton Mills Retail Park, Marshall Road, E10 5NH

A trusted high street fitness centre, Fitness First offers a range of facilities including a gym, cardio centre and studio classes offering everything from Pilates to Bodycombat. The sauna, steam room and beauty rooms provide a chance to unwind after a class.

T: 0844 571 2894
www.fitnessfirst.co.uk



Arts & Culture



Newham Bookshop

747 Barking Road, E13 9ER

This thriving independent bookshop has been trading for 35 years and has a loyal base of customers. The shop stocks a variety of titles but specialises in literary and academic books plus half the shop is dedicated to children's books.

T: 020 8552 9993
www.newhambooks.co.uk

Stour Space Gallery

7 Roach Road, E3 2PA

Stour Space is a socially minded project offering part-subsidised work studios for local artists and enterprises to enable them to develop and grow their business. Alongside the studios the gallery hosts regular exhibitions, a monthly designer market and has recently opened SHOP selling exclusive one-off pieces from resident artists including jewellery, sculpture and photography. The Counter Café on-site serves a selection of delicious homemade food throughout the day – Read The Counter Café review on p46.

T: 020 8985 7827
www.stourspace.co.uk



Stratford Picturehouse

Theatre Square, Salway Road,
E15 1BX

The Picturehouse is a luxury 4-screen cinema showing the latest big releases as well as British and International art-house films and children's films. The bar is a great place to spend time either before or after the film to enjoy a coffee or a glass of the locally brewed Meantime Pale Ale or Wheat Beer.

Box office – 0871 902 5740
www.picturehouses.co.uk

Spotlight

Dominic Voyce

General Manager, Stratford East Picturehouse

☺☺
You'll find
everything you
need to live,
work and play
right on your
doorstep!
☺☺



Dominic moved to Stratford in 1999 when he began working at the Stratford East Picturehouse and he has lived and worked here ever since.

What are your top 3 neighbourhood favourites in Stratford?

Three Mills Green – A lovely oasis of calm just a stone's throw from the busy High Street.

Newham Bookshop – This is an independent bookshop with massive community spirit.

Dane's Yard Kitchen – A relative newcomer to the area but already establishing itself as a local favourite.

What do you like best about Stratford?

I like the fact that Stratford's community spirit has grown and developed with the developments of the area, embracing change and remaining positive.

Stratford East Picturehouse

Theatre Square, Salway Road, E15 1BX

Box office – 0871 902 5740
www.picturehouses.co.uk

Theatre Royal Stratford East

Gerry Raffles Square, E15 1BN

The Theatre Royal plays a key role in Stratford's arts scene and has been producing 'plays for the people' since it began in 1884 and is renowned for championing new writers and plays. Originally home to Joan Littlewood's Theatre Workshop this is the place that debuted 'A Taste of Honey' in 1958 by Shelagh Delaney, a play that was later adapted into an award-winning film and also 'Oh, What A Lovely War!' Recent productions include Angelic Tales and Dick Whittington.

T: 020 8534 0310

www.stratford-east.com



Stratford Circus

Stratford Circus, Theatre Square, E15 1BX

From a trapeze act to a cabaret show, Stratford Circus is a flexible creative and performing arts venue showcasing talent in dance, theatre, music, comedy, literature and circus. The varied events programme includes children's theatre and a selection of classes and courses from street dance to Pilates. The open-plan café and bar further enhances this truly collaborative arts space.

T: 020 8279 1001

www.stratford-circus.com



Bow Arts

The Nunnery, Open Studios
& Carmelite Café – 'Bow Arts Lane',
181 – 183 Bow Road, E3 2SJ

Bow Arts is a community engagement enterprise for local artists and operates through a number of sites. Its studios at Bow Road and Taylor Place contribute to nurturing local talent by providing affordable workspace for artists. The annual summer Bow Arts Open provides a platform for the 400-strong artist community to showcase and sell their work.

Visit Bow Arts contemporary gallery space, The Nunnery, which regularly holds events and exhibitions and then enjoy a cup of coffee afterwards at the gallery's Carmelite Café.

T: 020 8980 7774

www.bowarts.org



The Yard Theatre

Queen's Yard, E9 5EN

A contemporary 130-seat theatre venue made from recycled materials, with the emphasis on showcasing diverse and eclectic productions. The Yard's highly regarded bar and kitchen runs an innovative programme of chef residencies allowing the restaurant's menu to remain fresh and varied.

T: 07914 413 440
www.theyardtheatre.co.uk

Discover – Children's Story Centre

383-387 Stratford
High Street, E15 4QZ

From workshops with authors and illustrators to story telling sessions, this inspiring and magical creative literacy centre caters for 0-11 year olds and their families, carers and teachers and is the first of its kind in the UK.

T: 020 8536 5555
www.discover.org.uk



Photo by Tim Mitchell



View Tube

The Greenway, Marshgate Lane, E15 2PJ

Located on The Greenway this innovative viewing gallery built using recycled shipping containers offers panoramic views over the Queen Elizabeth Olympic Park and is open seven days a week.

T: 07530 274 160
www.theviewtube.co.uk

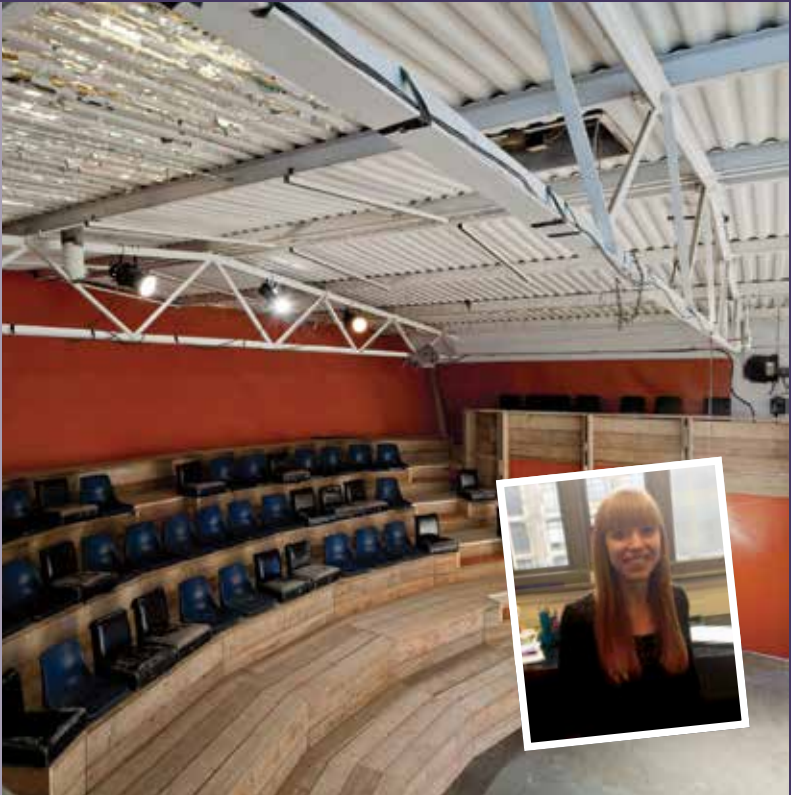
Spotlight

Lucy Oliver-Harrison Executive Producer, The Yard Theatre

“

There is a
vibrancy to East
London unlike
any other part
of the city.

”



Lucy has lived in East London for four years, she joined The Yard Theatre as executive producer in January 2013.

Why did you choose to live and work in the area?
There is an inspiring community feel in the area and it's full of great places to eat, drink and share new experiences.

What is the best thing about living and working in the area?
You are part of the exciting changes taking place in a growing area of London. There's something for anyone and everyone.

The Yard Theatre
Queen's Yard, E9 5EN

T: 07914 413 440
www.theyardtheatre.co.uk

Spotlight

Clare Connor

Director, Stratford Circus



Clare is the Director at Stratford Circus and has lived and worked in the area for over 20 years.

What are your top 3 neighbourhood favourites in Stratford?

Stratford Circus – We love our cultural neighbourhood with Theatre Royal Stratford East, Stratford Picturehouse and University Square.

The Greenway – It enables you to 'surf' through East London on foot or on your bicycle.

The Railway Tavern Hotel – It represents the very best of Stratford and East London.

What do you think is the most important change that has taken place in Stratford?

The Olympics have left an indelible mark in the area – it's been a 'game-changer' for East London.

Stratford Circus

Theatre Square, E15 1BX

T: 020 8279 1001

www.stratford-circus.com

Rosetta Arts Centre

1 Hamilton Road,
E15 3AE

The Rosetta Arts Centre offers various initiatives to encourage community engagement and has been instrumental in ensuring that art and culture has been at the forefront of the regeneration of Stratford. The Centre's varied programme of events caters for all sections of society from local artists to school children and includes the Children's Saturday Art School and exhibitions at its flagship gallery space, the Rosetta Windows Gallery.

T: 020 7511 1117

www.rosettaarts.org



Elevator Gallery

Queen's Yard, White Post Lane, E9 5EN

A former chocolate factory in Hackney Wick is the unlikely location for this contemporary art venue, showcasing exhibitions and performance evenings as well as film and club nights.

T: 020 8533 6082

The Cre8 Life Style Centre

80 Eastway, E9 5JH

This versatile venue within a historic Art Deco building regularly hosts events from pop up art exhibitions to a Christmas market. The on-site café serves a tempting selection of cakes, teas and coffees, which can be eaten in the pretty community gardens.

T: 020 8533 1691

www.cre8lifestylecentre.org.uk





Education

Spotlight

Jason Baigent Principal, Chobham Academy



“The community spirit is amazing, dedicated and committed parents wanting excellent education and aspirational young people who work hard and are focused 100% on success. The feeling of community spirit and working together is a joy to be involved with.”

Jason Baigent is the Principal of Chobham Academy, an independent school in Stratford that is free to attend.

What is the best thing about living in Stratford?
Stratford is an exceptional location – everything you could wish for is either in Stratford (great shops, restaurants, park lands, canals) and with the transport links available you can be anywhere in London within minutes!

What has been the most significant change to take place in Stratford?
The community pride. The developments pre, during and now post Olympics have enabled the community to really sense tangible transformation and regeneration and with that has come tremendous community spirit and pride.

Chobham Academy
Ulysses Place, Stratford,
E20 1GJ

www.chobhamacademy.org.uk



Download and launch the App.
Hold your phone over this page
to bring the content to life.

Schools & Colleges

Nursery

Ronald Openshaw Nursery School
Henniker Road, E15 1JP
020 8534 6196
Ofsted GOOD

Primary

Colegrave Primary School
Henniker Road, E15 1JY
020 8534 0243
Ofsted GOOD



Carpenters Primary School
Friendship Way, E15 2JQ
020 8534 4759
Ofsted GOOD

Park Primary School
Mathews Park Avenue, E15 4AE
020 8534 4065
Ofsted GOOD

West Ham Church Primary School
Portway, E15 3QG
020 8534 3904
Ofsted GOOD

Maryland Primary School
Gurney Road, E15 1SL
020 8534 8135
Ofsted GOOD

Manor Primary School
Richardson Road, E15 3BB
020 8534 2238
Ofsted GOOD

Gainsborough Primary School
Gainsborough Road, E15 3AF
020 74763533
Ofsted GOOD

**John F. Kennedy School,
Special School**
Pitchford Street, E15 4RZ
020 85348544
Ofsted GOOD

Secondary

Sarah Bonnell School
Deanery Road, E15 4LP
Ofsted GOOD

School 21
Pitchford Street, E15 4RZ
020 8262 2121



Chobham Academy
Ulysses Place, E20 1GJ
www.chobhamacademy.org.uk

Higher Education

University of East London (UEL)
Stratford Campus, Romford Road,
E15 4LZ

University of East London (UEL)
Docklands Campus, University
Way, E16 2RD
020 8223 3000
www.uel.ac.uk

**University Square Stratford (UEL &
Birkbeck, University London)**
1 Salway Place, E15 1NN
www.universitysquarestratford.ac.uk



Further Education

Newham Sixth Form College
Prince Regent Lane, Plaistow,
E13 8SG
www.newvic.ac.uk

**Newham College for Further
Education**
Stratford Campus, Welfare Road,
E15 4HT
020 8257 4000

London Academy of Excellence
Broadway House, 322 High Street,
E15 1AJ
020 3301 1480
www.excellencelondon.ac.uk

British Academy of New Music
Sugar House Yard, Sugar House
Lane, E15 2QS
0800 281842
www.accessstomusic.co.uk



Retail Therapy



Queen’s Market

Green Street, E13 9BA

This historic street market is open seven days a week and specialises in African, African-Caribbean and Asian foods including fresh fruit and vegetables and herbs and spices. The market comprises 80 stalls and 60 local shops and also offers toys, flowers and household goods.

T: 020 8472 4730

Columbia Road Shops and Flower Market

Columbia Road, E2 7RG

Open every Sunday from ‘8am ‘til 3’ish’ this famous flower market fills this London street with colour with every type of flower imaginable from small bedding plants to trees. Columbia Road is also home to 60 independent shops selling everything from jewellery to vintage as well as art galleries, delis and restaurants.

T: 020 3417 0252
www.columbiaroad.info



Walthamstow Market

High Street, Walthamstow, E17

Walthamstow Market is the longest outdoor street market in Europe and sells an abundance of food, clothes and household goods. Numerous cafés and stalls serve up food to eat on the go with everything from Caribbean fare to pie and mash and jellied eels on offer.

www.walthamstowmarket.com



Roman Road Market

Roman Road, E3 5LU

This lively street market is open every Tuesday, Thursday and Saturday and is the place to go to pick up fashion and accessories at bargain prices. Super Saturday takes place every week throughout the summer and showcases the best in crafts, home and garden, antiques, food, fashion and books against a backdrop of street performers from jugglers to stilt-walkers. There is a Farmers Market on the first Saturday of every month.

T: 020 7364 1717

The Ginger Pig

99 Lauriston Road, E9 7HJ

Established over 20 years ago The Ginger Pig has built up an excellent reputation for its quality meats and ethical philosophy. The shop on Lauriston Road sells meat and poultry, pies and scotch eggs, hot sausage rolls and the range of 30 homemade chutneys including rhubarb and ginger jam and piccalilli.

T: 020 8986 6911
www.thegingerpig.co.uk



Skinny Eric’s Cycleworks

16 Felstead Street, E9 5LT

This independently owned bike shop offers a hire service, repairs and a broad selection of bikes and accessories for sale.

T: 020 3417 0252
www.skinnyerics.co.uk



New Spitalfields Market

23 Sherrin Road, E10 5SQ

This is the number one wholesale market in the UK offering a wide range of exotic fresh fruit and vegetables from around the world. The market is open Monday to Saturday from 12am to 11am.

T: 020 8556 1479
www.wholesalefruitvegetableflowers.co.uk



The Stratford Centre

54a Broadway, E15 1NG

A popular shopping destination for stocking up on everyday essentials this mall comprises 62 stores including WHSmith, Boots the Chemist, Sainsbury's and Mothercare as well as a selection of fast-food outlets and coffee shop chains. There is also a market open Monday to Saturday.

T: 020 8536 5350
www.stratfordshopping.co.uk

Westfield Stratford City

2 Stratford Place, Montfichet Road, E20 1EJ

This impressive urban shopping centre is one of the largest in Europe and has been a key feature in the regeneration of the local area.

Set over three floors, Westfield has become the go-to destination for shopping offering many of the popular designer and lifestyle brands from jewellery and fashion through to sports wear and home furnishings.



Marks & Spencer and John Lewis are the centre's two anchor stores, both are impeccably designed and showcase brands and ranges that are exclusive to Westfield.

Such is the prestige of Westfield Stratford City that many brands have actively sought out retail space here. David's Bridal, America's leading wedding retailer, has opted to open its UK flagship store here, selling its vast range of affordable wedding gowns and occasion wear.

It's not just the shopping that makes Westfield such an exciting place to visit.

Dining out features highly here with an abundance of restaurants and cafés serving food from all four corners of the world. Restaurants are scattered throughout the site and there is a concentration of eateries in the World Food Court and The Great Eastern Market.

Westfield is also home to a 17-screen Vue cinema, luxury bowling at All Star Lanes and Aspers, the UK's first super casino.

T: 020 8221 7300
www.uk.westfield.com/stratfordcity



Spotlight

Anja Jane

Print Designer



Anja Jane is a print designer who designs textile prints for the fashion industry, she has many high-profile clients including Topshop, Urban Outfitters and Anthropologie. She also designs and manages a range of homewares including hand pulled screenprints and cushions. Her design studio is based at Stour Space in Stratford.



[I chose to live in Stratford] for the art community, Hackney Wick has so many creative artists and designers.



www.anjajane.com

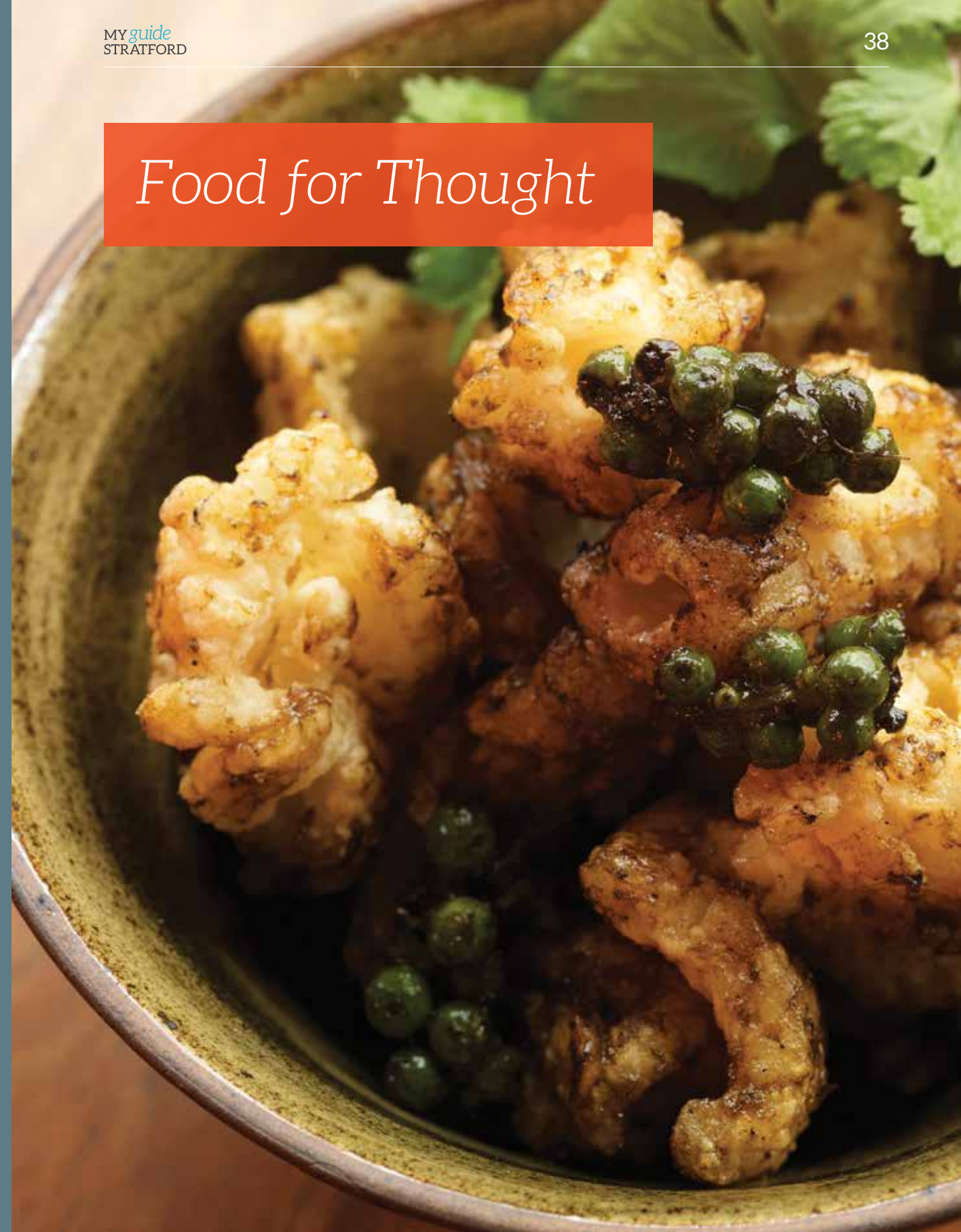
What are your top 3 neighbourhood favourites in Stratford?

Crate Brewery – A perfect spot in the summer, great pizza and locally brewed beers overlooking the canal

Stour Space – Another hot spot there is always something new and exciting taking place from yoga to theatre productions and exhibitions

Victoria Park Village – Has a lovely villagey feel with an amazing selection of pubs, restaurants and shops.

Food for Thought



Spotlight

Lance Forman

Owner of Formans

Lance Forman owns Formans the world's oldest producer of smoked salmon, this fourth generation family owned business has been based in Stratford since 1905. The business now includes a restaurant and bar, online deli and events venue.



[[

[Stratford] is forever changing which makes it an exciting place to be.

]]

What is your favourite outdoor space in the area?

Old Ford Lock. The contrast of new and old, an as yet, undiscovered gem. It's peaceful for now and you would never guess you are so close to the city.

What do you consider to be the most important change that has taken place in Stratford?

The demolition of a manufacturing zone to a beautiful park.

Formans Restaurant and Bar
Stour Road, Fish Island, E3 2NT

T: 020 8525 2365
www.formans.co.uk/restaurant



Download and launch the App.
Hold your phone over this page
to bring the content to life.

Pubs

The Red Lion

640 High Road, Leytonstone, E11 3AA

The emphasis is on the beer at this friendly neighbourhood pub, with ale from local, regional and micro breweries showcased here. 10 handpumps serve up beers from the UK and then there is an extensive range of craft beer from around the world. The pub also boasts one of the largest pub gardens in Leytonstone.

T: 020 8988 2929
www.theredlionleytonstone.com



The Lauriston

162 Victoria Park Road, E9 7JN

More than just a pub The Lauriston offers a varied programme of events from live music on Sundays to a weekly karaoke session. Renowned for its homemade stone baked pizzas, it also runs the 'Lauriston Pizza in the Park' delivery service on the weekend and Bank holidays (weather permitting), collecting orders from visitors in the park and then delivering the pizzas on the deli bike.

T: 020 8985 5404
www.thelauriston.com



The Railway Tavern Hotel

131 Angel Lane, E15 1DB

This traditional British pub has been run by the same family for four decades and is a favourite with the locals. The restaurant serves up homemade food with a focus on locally sourced ingredients and a recent refurbishment has seen the addition of a 9-bedroom hotel.

T: 020 8534 3123
www.railwaytavernhotel.co.uk



The Morgan Arms

43 Morgan Street,
E3 5AA

This popular pub focuses on serving up delicious Modern European food within relaxed surroundings. The décor is shabby-chic with big comfy sofas and mismatched tables and chairs making this a perfect place to unwind with friends.

T: 020 8980 6389
www.morganarmsbow.com



King Edward VII

47 Broadway, E15 4BQ

The King Eddie is a traditional 19th century British pub and retains much of its original character and features including tiled walls and open fireplaces. The pub serves a wide range of unusual British beers and the food menu offers pub classics such as sausage and mash to more modern dishes like salt and pepper squid.

T: 020 8534 2313
www.kingeddie.co.uk

The Cow

4 Chestnut Plaza, Westfield Stratford
City, Montfichet Road, E20 1GL

This modern British pub is the perfect place to unwind with a drink whilst enjoying the impressive views of The (Olympic) Stadium. The food menu offers a broad choice of dishes from roast duck to lobster sandwiches as well as a roast on Sundays.

T: 020 8291 8644
www.geronimo-inns.co.uk/thecow



Spotlight

Jan Dooner

Proprietor, The Railway Tavern Hotel



Great restaurants, great market, theatre, canal walks, shopping centre, excellent transport links, great sporting facilities, Olympic Park, what more can you want?

Jan has lived and worked in Stratford for most of her life and The Railway Tavern Hotel has been in her family for over four decades. Janet took over the running of the pub from her parents in 1985.

What is best thing about living and working in Stratford?

Apart from the community it is the transport connections, they are the best that anyone can ask for and with Crossrail coming within the next few years it will make Stratford an even better connected place to work, live and stay.

What is your favourite outdoor space in the area?

The Queen Elizabeth Olympic Park, why? Just go and visit and see what transformation has taken place from what was there.

The Railway Tavern Hotel

131 Angel Lane, E15 1DB

T: 020 8534 3123
www.railwaytavernhotel.co.uk



Download and launch the App. Hold your phone over this page to bring the content to life.

Ye Olde Black Bull

13 Broadway,
E15 4BQ

Recently refurbished, Ye Olde Black Bull is a traditional pub serving great beer and a reasonably priced menu.



Leyton Technical

265b High Road,
E10 5QH

Located in the old Town Hall this former pop-up bar launched for the 2012 Olympics proved so popular that it is now open on a permanent basis. Attracting a young crowd the venue serves an impressive range of beers, wines and spirits and regularly hosts live music and events.

T: 020 8558 4759
www.leytontechnical.com



Cart & Horses

1 Maryland Point,
E15 1PF

Credited as having been the birthplace of rock legends Iron Maiden, this long-established pub attracts a lively crowd especially for its live rock events on Friday and Saturday nights.

T: 020 8519 8230
www.cartandhorses.co.uk

Royal Inn on the Park

111 Lauriston Road, E9 7JH

Located at the entrance to Victoria Park this large Victorian pub offers a broad choice of beers, wines and spirits and a varied pub menu including a roast on Sunday.

T: 020 8985 3321
www.royalinnonthepark.com



Cafés



Pie Crust Café

273 High Street, E15 2TF

The shabby exterior and misleading sign may not be the most enticing but this typical 'greasy spoon' café by day serves up delicious Thai food at night and has long been a favourite with the locals.

T: 020 8534 2873

Londek Café

198 The Grove, E15 1NS

This Polish restaurant serves a good range of homemade meals as well as a selection of cakes and biscuits. Food can be eaten in the café although space is limited otherwise a takeaway service is available.

T: 020 8270 0063
www.londekrestaurant.co.uk



Café Mondo

3 West Ham Lane, E15 4PH

Credited as having introduced the cappuccino to Stratford this Italian restaurant is a family-owned business and is a firm neighbourhood favourite. Expect your usual Italian fare from stone baked pizzas to signature pasta dishes. Takeaway fish and chips are available from iFratelli (formerly The Brothers Fish Bar) that operates at the rear of the restaurant.

T: 020 8519 4013
www.cafemondo.co.uk



Spotlight

Tony Zeolle

Owner of Café Mondo



Tony was born in Stratford and has worked in the area for 17 years. His family opened a fish and chip business in 1966 and now Tony runs his own Italian restaurant that has become a 'local treasure' and is credited for bringing the first cappuccino to Stratford.

What is your favourite outdoor space in the area?

The new Queen Elizabeth Olympic Park and the River Lea. Takes you away from the hustle and bustle of a big city like London – great!

Café Mondo

3 West Ham Lane, E15 4PH

T: 020 8519 4013
www.cafemondo.co.uk



Great transport links, good shopping and great leisure and outdoor facilities.



The Counter Café

7 Roach Road, E3 2PA

The Counter Café is independently run and based in Stour Space, the canal-side artist community in Hackney Wick. The café's exposed brick/no frills décor is the ideal space to savour a lazy brunch, a homemade pie or a cup of delicious coffee.

T: 07834 275 920
www.thecountercafe.co.uk



Elbows Café

103 Lauriston Road, E9 7HJ

An attractive independently-owned café near Victoria Park serving up the usual fare from sandwiches to tea and cakes.

T: 020 8986 2466



Caribbean Scene Quick

Westfield Stratford City,
Lower Ground Floor

Award-winning authentic Caribbean food served up at this branch of Caribbean Scene. Choose from favourite dishes such as jerk chicken, curried goat and rice and peas.

T: 020 8555 4216
www.caribbeanscene.co.uk/quick

Restaurants & Bars



The Hackney Pearl

11 Prince Edward Road, E9 5LX

This laid back café cum restaurant has a distinctly bohemian feel with its mismatched furniture and arty crowd. Food is homemade and tasty and includes light meals and a good range of cakes and baked goods. Plenty of outdoor seating takes the pressure off at its most busy.

T: 020 8510 3605
www.thehackneypearl.com



Crate Brewery

The White Building, Queen's Yard, E9 5EN

Crate is Hackney Wicks first craft brewery producing a range of five beers, Crate Lager, Golden Ale, India Pale Ale, Best Bitter and Crate Stout, the latter recently voted best beer at the Leyton Orient Beer Festival. The Craft brewery serves up its own beers as well as other craft beers and also a selection of stone baked pizzas to nibble alongside your pint.

T: 07834 275687
www.cratebrewery.com



Busaba Eathai

Westfield Stratford City, E20 1GL

London-based restaurateur Alan Yau, is the mastermind behind Busaba, a fuss-free modern Thai eaterie, offering a range of salads, noodles, stir fries, sharing dishes, fresh juices and smoothies. As well as the delicious food the restaurant is worth a visit for the floor to ceiling panoramic views of the Aquatics Centre that it offers.

T: 020 8221 8989
www.busaba.com

© Alessandra Spairani



Franco Manca

Unit 2003, The Balcony, Westfield Stratford City, E20 1ES

Franco Manca is one of London's leading pizzerias serving up authentic Nepalese wood-fired sourdough pizzas to a discerning crowd. The popularity of this pizza joint is such that tables can't be booked and turnover is rapid so this is not the place to linger over a bottle of wine. Takeaway is available.

T: 020 8522 6669
www.francomanca.co.uk

Wahaca

6 Chestnut Plaza, Westfield Stratford City, E20 1GL

Co-founded by 2005 Masterchef winner, Thomasina Miers, this restaurant serves up Mexican inspired street food from Tacos and Quesadillas to Burritos and Churros.

T: 020 3288 1025
www.wahaca.co.uk



Danes Yard Kitchen

133 High Street, E15 2RB

Danes Yard Kitchen is a brasserie serving up contemporary British cuisine and delicious cocktails. Open for breakfast, lunch and dinner with separate menus for each including a varied Sunday roast menu.

T: 020 8803 0003
www.danesyardkitchen.com





Dar Marrakech

403 High Street, E15 4QZ

Authentically decorated and with food to match this Moroccan and Lebanese restaurant is a popular neighbourhood ‘gem’ and is particularly renowned for its cous cous. The restaurant caters for special events and the restaurant, terrace and garden can be hired out for parties.

T: 020 8221 0113
www.darmarrakech.co.uk

Formans Restaurant and Bar

Stour Road, Fish Island, E3 2NT

Formans was established in 1905 and continues to be a family-run business. The restaurant serves its world famous London Cure smoke salmon as well as other seasonal British food such as warm smoked eel fillets and Cornish brill with buttered brown shrimps. Voted as having the best view of The (Olympic) Stadium by a popular British newspaper the restaurant also features a viewing gallery into the smokery.

T: 020 8525 2365
www.formans.co.uk/restaurant



Sky Bar at Aspers

Aspers Casino Westfield Stratford City, 312 The Loft, Montfichet Road, E20 1ET

This glamorous bar has an open roof terrace and offers unbeatable views across the Queen Elizabeth Olympic Park and beyond. The drinks list is extensive and includes fine wines, premium champagnes and a selection of classic and signature cocktails.

T: 020 8536 5636
www.aspersstratford.co.uk/bars.html



Tap East Microbrewery & Bar

Westfield Stratford City, 7 International Square, Montfichet Road, E20 1EE

A must for beer lovers this brewpub features many of Tap East’s own creations including its East End Mild and Coffee in the Morning as well as a broad range of other British and International cask beers.

T: 020 8555 4467
www.tapeast.co.uk



Theatre Royal Bar

Gerry Raffles Square, E15 1BN

This is a great place to relax with a drink before a show or to spend a night with friends sampling the award-winning Caribbean food and the live events and djs that are a regular fixture. All bar events are free and there is a happy hour on food and drink every day between 5pm and 6.30pm.

T: 020 8279 1161
www.stratfordeast.com/theatre-royal-bar

Moka East at The View Tube

The Greenway, Marshgate Lane, E15 2PJ

Recently extended, this is a great place to relax after visiting The View Tube to sample some locally roasted coffee or a sticky homemade pastry.

T: 07506 870 837
www.theviewtube.co.uk



The Empress

130 Lauriston Road, E9 7LH

Chef Elliott Lidstone, has 12 years experience in Michelin starred kitchens under his belt and serves up quality locally-sourced food at reasonable prices. Expect dishes such as baked duck egg, truffle oil and Jerusalem artichoke crisps and cod with white beans and chorizo. The restaurant has recently won a Bib Gourmand in the 2013 Michelin guide.

T: 020 8533 5123
www.theempressofindia.com



The Westbridge Hotel

335-337 High Street, E15 2TF

This stylish boutique hotel is located in the heart of Stratford's shopping and leisure district and provides a range of accommodation from suites to standard double rooms. The hotel coffee house serves breakfast, lunch and dinner and is the perfect place to meet friends or unwind after a busy day.

T: 020 3327 4969
www.thewestbridge.com

Jamie's Italian

158 The Street, Westfield Stratford City, E20 1EN

Jamie Oliver's successful chain of family friendly Italian restaurants combines traditional favourites with his signature twists. Try the polenta chips and sharing planks overflowing with a selection of salads, pickles, cheeses and cured meats.

T: 020 3535 8063
www.jamieoliver.com/italian



Directory of Services

Alternative Health

East London Wellbeing Hub
107-109 The Grove, E15 1HP
07747 747595
www.elwhcic.com

Neal's Yard Remedies
Westfield Stratford City
Montfichet Road, E20 1EL
020 8555 0360
www.nealsyardremedies.com

Stratford Osteopathy and Sports
Massage (within) Osbon Pharmacy
54 The Mall, E15 1XE
07877 711492
www.stratfordosteopathy.co.uk

Dentists

Dental Art Laboratories
Hamlet House/80A High Street,
Alton, GU34 1EN
01420 80711

Dental Space
194 High Street, E15 2NE
020 8555 4979
www.dentalspace.co.uk

Hagan Brown Dental Laboratory
3-4 Burford Road, E15 2SP
020 8519 8240

Owen C
143 Bow Road, E3 2AN
020 8981 6829

M C Lewis
560 Roman Road, E3 5ES
020 8980 3133
www.eastlondondentists.com

Stratford Village Dental Practice
42A Romford Road, E15 4BZ
020 8519 6184
www.stratford-dental.co.uk

Doctors

Carpenters Road
Medical Practice
Doran Walk, E15 2JL
020 8534 8057
www.nhs.uk

Dr Abdul Qayoom Qadri
157 Leytonstone Road, E15 1LH
020 8534 1026
www.nhs.uk

Stratford Health Centre
123 The Grove, E15 1EN
0844 387 8019

Stratford Medical Centre
60 Leytonstone Road, E15 1SQ
020 8534 1533

The Sir Ludwig Guttmann Health
and Wellbeing Centre
40 Liberty Bridge Road, E20 1AS
www.guttmann.nhs.uk

Trowbridge Surgerymore
18 Merriam Avenue, E9 5NE
020 8986 7781
www.trowbridgesurgery.co.uk

Dry Cleaners

B P K Dry Cleaners
59 West Ham Lane, E15 4PH
020 8534 1097

Maryland Drycleaners
8 Leytonstone Road, E15 1SE
020 8555 4082

Champers Dry Cleaners
& Crafty Cobblers
528 Roman Road, E3 5ES
020 8980 0893

Stratford Dry Cleaners
269 High Street, E15 2TF
07568 150362
www.stratforddrycleanersltd.co.uk

Hairdressers & Beauty

H2o Hair
71-73 The Mall, The Stratford
Centre, E15 1QX
020 8519 6414

Toni & Guy Stratford City
121 Westfield Way, E20 1EN
020 8536 0075

Le Monde Beauty
2 Montfichet Road, Westfield
Stratford City, E15 2JU
020 8519 1962

Perfect 10
17 The Mall, The Stratford Centre
E15 1XW
020 8534 6680

Hospitals

BMI The London
Independent Hospital
1 Beaumont Square, E1 4NL
020 7780 2400
www.bmihealthcare.co.uk

Homerton University Hospital
Homerton Row, E9 6SR
020 8510 5555
www.nhs.uk

Newham General Hospital
Glen Road, E13 8SL
020 7476 4000
www.bartshealth.nhs.uk

Royal London Hospital
(Whitechapel)
Whitechapel Road,
Whitechapel, E1 1BB
020 7377 7000
www.bartshealth.nhs.uk

Whipps Cross University Hospital
Whipps Cross Road, E11 1NR
020 3416 5000
www.whippsx.nhs.uk

Directory of Services continued

| Hotels | Post Office |
|---|--|
| Holiday Inn London Stratford City, 10a Chestnut Plaza, Westfield Stratford City, E20 1GL 020 3301 4040 www.ihg.com | ATM (Post Office) Post Office, 603 Roman Road, E2 0RX |
| Premier Inn London Stratford Westfield Stratford City, E15 1AZ 0871 527 9286 www.premierinn.com | Leytonstone Road Post Office 187 Leytonstone Road, E15 1LH 020 8555 2392 www.postoffice.co.uk |
| The Westbridge Hotel 335-337 High Street, E15 2TF 020 3327 4969 www.thewestbridge.com | Post Office 26-28 Broadway, E15 4QS 0845 722 3344 www.postoffice.co.uk |
| Libraries | Supermarkets |
| Homerton Library Homerton High Street, E9 6AS 020 8356 1690 www.hackney.gov.uk | Sainsbury's Superstore 38-40 The Mall, E15 1XE 020 8534 7597 www.sainsburys.co.uk |
| Leyton Library High Road, Leyton, E10 5QH 020 8496 1090 www.walthamforest.gov.uk | Waitrose The Arcade, Westfield Stratford City, E20 1EH 020 8534 3986 www.waitrose.com |
| Pharmacies | Taxis |
| Boots 31-32 The Mall, The Stratford Centre, E15 1XD 020 8534 2272 www.boots.com | Eurolink Cars 353 High Street, E15 4QZ 020 8555 8888 www.eurolinkcars.co.uk |
| Superdrug 21/22, Westfield Stratford City, E20 1EH 020 8536 0971 www.superdrug.com | Stratford City Cars 1 International Square, Westfield City, Montfichet Road, Olympic Park, E20 1EE 020 8555 5555 www.stratfordcitycars.co.uk |
| | Voyage Cars Stratford Workshops, Burford Road, E15 2SP 020 8555 1414 www.voyagecars.co.uk |

Index

| A | H | P |
|---|--|---|
| Anja Jane – Print Designer 37 | Hackney Marshes 10 The Hackney Pearl 47 Hadleigh Farm 15 The House Mill 14 | Pie Crust Café 44 |
| B | J | R |
| Bow Arts 24 Busaba Eathai 47 | Jamie's Italian 51 Jan Dooner – Proprietor, The Railway Tavern Hotel 42 Jason Baigent – Principal, Chobham Academy 30 | The Railway Tavern Hotel 40 The Red Lion 40 Roman Road Market 34 Rosetta Arts Centre 28 Royal Inn on the Park 43 |
| C | K | S |
| Café Mondo 44 Caribbean Scene Quick 46 The Cart & Horses 43 Clare Connor – Director, Stratford Circus 27 Columbia Road Shops and Flower Market 33 Cre8 Life Style Centre 28 The Counter Café 46 The Cow 41 Crate Brewery 47 | Kerry Michael – Artistic Director, Theatre Royal Stratford East 16 King Edward VII 41 | Skinny Eric's Cycleworks 34 Sky Bar at Aspers 49 Stour Space Gallery 22 The Stratford Centre 35 Stratford Circus 24 Stratford Picturehouse 22 |
| D | L | T |
| Danes Yard Kitchen 48 Dar Marrakech 49 Discover – Children's Story Centre 25 Dominic Voyce – General Manager, Stratford East Picturehouse 23 | Lance Forman – Owner of Formans 39 Langthorne Park 10 The Lauriston 40 Lee Valley Ice Centre 15 Lee Valley White Water Rafting 20 Leyton Orient Football Club 15 Leyton Technical 43 Londek Café 44 Lucy Oliver-Harrison – Executive Producer, The Yard Theatre 26 | Tap East Microbrewery & Bar 50 Thames Barrier Park 11 Theatre Royal Bar 50 Theatre Royal Stratford East 24 Three Mills Green 12 Tony Zeolle – Owner of Café Mondo 45 |
| E | M | V |
| East London Canals and the Greenway 19 East London Dance 19 Elbows Café 46 Elevator Gallery 28 The Empress 51 | Moka East at The View Tube 50 The Morgan Arms 41 | Victoria Park 10 View Tube 25 |
| F | N | W |
| Fitness First 20 Formans Restaurant and Bar 49 Franco Manca 48 | Newham Bookshop 22 Newham City Farm 14 New Spitalfields Market 35 | Wahaca 48 Walthamstow Market 33 Wanstead Flats 11 Wanstead Park 11 The Westbridge Hotel 51 Westfield Stratford City 35 West Ham United Football Club 14 |
| G | O | Y |
| The Ginger Pig 34 | Olympic Park Viewing Gallery 12 | The Yard Theatre 25 Ye Olde Black Bull 43 |
| Q | Queen's Market 33 | |



A DEVELOPMENT BY

