### THE COPPERMAKER





SOCIALISE IN STYLE WITH OUR EXCLUSIVE RESIDENT EVENTS

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HACK YOUR INTERIORS WITH OUR BRILLIANT DESIGN TIPS P12 →



DISCOVER COPPERMAKER SQUARE'S HISTORICAL ROOTS

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THE COPPERMAKER



## NEW CHAPTER Α AT COPPERMAKER SQUARE

elcome to 2024 and our one-year yesterday when we threw open our doors and welcomed our first residents to their new homes at Coppermaker Square.

In this past year our community has evolved with the launches of the Harrison, Xavier and Bussell Buildings. Our interiors all proved to be invaluable in transforming were enhanced by pieces from Danish design maestros BoConcept and global furniture live to somewhere to proudly call home. specialists The Furniture Practice, allowing from the comfort of some very stylish sofas.

Building has gone from strength to strength, friendships and unearthing talents with our diverse range of social events. Cookery classes, candle making, charity drives, self- to our prospective residents. care initiatives and jaunts out of London to Coppermaker Square, from simply a place to

We are very happy to see our dynamic residents to gaze out on panoramic views residents hosting meetings, brainstorming ideas and completing projects in our second-We've grown in other ways, too. Our floor co-working space, or taking time to look dedicated amenities hub in The Foundry after their physical and mental wellbeing in our

wellness centre. And what will 2024 bring? anniversary. It seems like only bringing neighbours together, creating Our development's final phase: The Aarons, Hows and Sandhu Buildings will be completed, offering a wealth of fresh rental opportunities

> So as we enter the new year, we invite taste artisan gins or go pumpkin harvesting - you to become part of our community and, in the following pages, discover what makes Coppermaker Square such a unique address.

> > To register your interest and arrange a viewing, visit coppermakersquare.com. Our leasing team will be in touch to create a personal appointment at a time that best suits. We look forward to welcoming you.

#### HOME COMFORTS

Welcome to Coppermaker Square's new, forward-thinking rental blueprint. Forget hefty month-upfront deposits and faceless landlords. Secure your long-term rental apartment with a one-off move-in fee. No add-ons, no solicitors' fees and no admin charges. Just a stylish, ready-tomove-in apartment you can call your own.

#### AT YOUR SERVICE

We're a friendly face, here to help with all your bookings and enquiries.

#### **RESIDENT APP**

The development's go-to place for communication and information. You can read your apartment living guide and appliance instructions; pay your rent; register your pet; connect with neighbours and so much more.

#### **PARCEL STORE**

Let us know if you're expecting a larger item to be delivered and we'll prepare for its arrival.

#### **KEY RELEASE**

Need to grant someone access to your apartment? Let us be the middleman.

#### THE EXTRAS

Keep your daily life running like clockwork with these add-on services:

#### ZIPCAR

A dedicated space at Westfield, with three years' free membership and £60 credit for residents.

> **TULU VENDING** MACHINES

On-demand access to essential day-to-day items, from vacuum cleaners to store-cupboard basics.

#### EXTRA SPACE

Store extra furniture, appliances and boxes in our range of on-site storage rental units.



## A SENSE

From sleek pied-à-terre studios and one-bedroom apartments to larger homes perfect for growing families, there is something for everyone at Coppermaker Square. Here's what you can expect from East London's most sought-after address.



Stratford International Station



Queen Elizabeth Olympic Park 2 mins

#### XAVIER BUILDING

The tallest building at 37 stories high, with breathtaking views of the capital.

#### BUSSELL BUILDING

The second tallest building, offering views across London.

#### GYM & STUDIOS

The perfect workout is just moments from your door with our fully equipped gym featuring a spin room and a pilates/yoga studio. al eth rk

COPPERMAKER SQUARE IN NUMBERS

FLOORS ACROSS 12 BUILDINGS 1,000H SECURE CYCLE SPACES

## OF PLACE



#### ROOF GARDEN

The landscaped roof garden is perfect for soaking up the sun or enjoying a leisurely picnic with friends.

#### HARRISON BUILDING

Welcomed its first residents in January 2023.

#### THE FOUNDRY BUILDING

Here you'll find exceptional amenities such as the gym and studios, co-working space, club lounge, gaming room, private dining area, communal bar and outside terrace.

#### POOL & SPA

Take a dip in the 25-metre indoor swimming pool then relax at the luxury spa, with a jacuzzi, steam room and sauna.

#### THE MANSION HOUSE BUILDINGS

A collection of three low-rise buildings offering spacious and flexible accommodation. The apartments come with private balconies and many have views over the main square.

3 EXCLUSIVE RESIDENT OUTDOOR SPACES 2,000 SQUARE METRES OF AMENITIES IN THE FOUNDRY BUILDING 1,000'S of plants have been used in our landscaped outdoor spaces

## GOOD

Meet the wellness coach bringing peace of mind to the residents of Coppermaker Square



isten carefully and you'll hear the gentle hum and soothing chimes of a sound bath unfolding at Coppermaker Square's Wellness Centre. Bowls, gongs and chimes are used in these immersive sessions to create an echo sound that 'bathes' the body and guides participants into a peaceful and meditative state. Sounds dreamy, right? Proponents claim it's the perfect tonic to the hectic pace of modern living and can help to reduce stress and boost mental wellbeing.

Wellness coach and founder of The Self Love Lab, Zehra Ibrahim is leading the holistic

charge at Coppermaker Square via her healing sound bath sessions, which she describes as a powerful form of meditation. 'All matter in the universe vibrates at different frequencies,' she says. 'Sound baths attune our bodies to healing frequencies created by specially tuned instruments such as crystal bowls and Koshi chimes.' According to Ibrahim, each bowl connects to a different energy centre (chakra) in our body and each chakra operates at its own frequency. 'As humans there will always be imbalances. Sound healing allows us to recentre that energy,' she explains.

During her sessions clients are encouraged to close their eyes and relax in a Savasana-style pose while Ibrahim expertly guides them through meditation and breath work. 'With every exhale, we release what we need to let go of. Then I play the gong - it's deep and grounding and can be quite intense. Next, I play the crystal bowls, which are uplifting and soothing. And at the very end, I'll play chimes and that lifts people out of the meditation.'

Even after just one session, many of her clients report improvements in sleep and anxiety levels. 'If you're overthinking things,

## VIBRATIONS



WORDS Catriona Day

But subconsciously your body's taking in all of that good energy. I usually say: see how you sleep tonight. Because if you have a good night's sleep, you know it's worked.

Ibrahim also teaches her clients how to use sound baths to attract more of what they want into their lives. 'We can set an intention, open ourselves up and raise our vibrations to receive what we want.' She has a whole host of themed group sessions with this in mind, including full moon sound baths, cacao ceremonies (imbibing cacao is said to

you might feel like you haven't experienced it. open the heart and heighten your senses) Aside from the practice itself, one of Ibrahim's and manifesting visualisations.

> Her hugely popular sessions will often involve a guest spot from another wellness coach - someone whose sensibilities chime with Ibrahim's focus for that month. And her new classes will see Ibrahim combine sound healing with reiki, an ancient Japanese complementary therapy in which energy is transferred from the practitioner's palms to the client's body without touching. Ibrahim channels this universal energy through the sound vibrations of the bowls.

main objectives has always been to foster a strong sense of community and a feeling of connection with her classes. So far, things seem to be working perfectly, with regular faces returning to greet her in her popular monthly sessions. 'My students have such an amazing energy because they all come to my classes for the right reasons."

Residents can find the full schedule and book a class with Zehra Ibrahim via the Residents App; theselflovelab.co.uk

## THE SOCIAL NETWORK

Mingle with your neighbours at our exclusive social events, wellness sessions, day trips and crafting lessons. It's the perfect way to join our community





t Coppermaker Square, life is never dull. Every month our team delivers a packed schedule of exclusive activities for residents to enjoy. Whether you're looking to meet new people, learn a skill or hit the 'zen' button after a busy day of work, there's always something happening.

So what can you expect? Residents can indulge in artisanal candle making and kintsugi workshops, try their hand at painting while sipping on Prosecco or spin the wheel at one of our residents' casino nights. There are sound bath sessions, clothing repair cafés and even day trips out of London for those looking for a spot of escapism. Getting involved couldn't be easier as new residents gain automatic membership to the Coppermaker Club, opening the door to a host of exciting events.

For the full social schedule, head to The Foundry Building reception to pick up a leaflet, or download our exclusive Resident App. All of our activities are available to book in advance on a first come, first served basis.





#### THE LITTLE BLACK BOOK

HERE'S A TASTER OF WHAT WE HAVE PLANNED FOR OUR RESIDENTS IN THE COMING MONTHS...

#### PAINT AND SOUND SESSION

Express your thoughts and feelings through painting while immersed in a healing sound bath experience.

#### CANDLE-MAKING WORKSHOP

Hosted by a Yougi candle expert, this relaxing sensory experience will guide you all the way through the candle-making process – from choosing the perfect blend of essential oils to setting up the wick and pouring your candle, ready to take home.

#### THE COPPERMAKER





#### **REIKI SOUND SESSION**

Using a combination of reiki and sound healing techniques, this session will help soothe the mind and body and promote physical and mental wellbeing.

#### SUSTAINABLE CRAFTING

Get creative without being wasteful with our range of green-minded crafting events. Local sustainability heroes Potters Thumb host regular pottery workshops using natural clay, in addition to teaching Kintsugi, a traditional Japanese mending method that highlights cracks and imperfections in damaged pottery using a fine gold substance. We also have classes dedicated to the art of arm knit blanket making.

#### A SELF-LOVE SESSION: THE IMPORTANCE OF GRATITUDE PRACTICE AND WELLNESS

Release stress and emotional energy with this guided group session led by an experienced coach and meditation teacher.



#### CONNECTING THE DOTS

OUR HANDY RESIDENT APP IS YOUR GO-TO FOR ALL OUR AMENITIES

Access the calendar to arrange a meeting in the co-working room, book a gym session or host an evening in the private dining room. You can also find expert tradespeople, highly rated cleaners and laundry services. You can exchange information and share recommendations with your neighbours, help newcomers settle in andarrange get-togethers and events. Plus with Westfield Stratford City right on your doorstep, you'll find plenty of insider offers from a selection of retailers and other local businesses.

#### THE WORLD AT YOUR FINGERTIPS

The Foundry Building is where we house our enviable communal spaces. In the basement there's a state-of-the-art gym, while the second floor comprises a co-working space with a selection of soundproof booths along with solo and communal desks. The third floor plays host to our social areas: there you'll find a pool table, e-gaming space, shuffleboard area, self-service pantry, lounge and private dining room. There's also an outdoor terrace from which to enjoy scenic views across London.

# SQUAT

Tone up in 2024 with Coppermaker Square's dynamic personal trainer, Lorena Savvidou

WORDS Stephen Emms



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PHOTOGRAPHYAlex Ingram





#### WELCOME TO THE CLUB

Access the Wellness Centre's calendar through the Resident App, where you can book all your fitness classes. You can even sweat on demand: take our virtual fitness classes from any phone, tablet or smart TV.

#### YOUR PLACE, YOUR SPACE

Weave health and fitness into your routine by using the app to arrange inductions to the gym and Wellness Centre. We offer residents a 15-minute personal health consultation with a focus on a key area, be it postural, cardiovascular or nutritional, PT surgeries are available to discuss other health and wellbeing-related topics in depth, while a 30-minute one-to-one gym induction will ensure you get the most out of your workout.

orkout anxiety: we've all faced it at some point. Whether it's a new class or a gym session, the fear of not knowing where equipment is or how to use it can often get the better of us. That's why it was such a joy to be shown around Coppermaker Square's stateof-the-art, resident-exclusive gym by former financier, now PT, Lorena Savvidou.

Located downstairs in the doubleheight basement, this calm and motivational space is open 24 hours a day, with four zones and an extensive range of weights and cardio machines. Adjacent to the gym is a 25-metre swimming pool, steam room, sauna and jacuzzi, along with a further studio for group sessions such as mat pilates, power yoga,

1.

a dedicated spin studio. We took a brief break from exercise to chat with Lorena about can use free weights, or the cable machine, this incredible space...

What is it that you like about the Wellness Centre? It is one of the best gyms I've worked in because all the machines are new and cutting-edge. Having a dedicated holistic fitness centre in your building really helps with motivation and focussing on your fitness goals.

Can you explain the different zones? The cardio area is primarily for warm-up exercises - there's a cross trainer, bikes, rowing machines, step machines and classic treadmills, as well as treadmills with more resistance. Then there's an area for high-intensity training; a favourite of mine is group cycle, dance fit and more, as well as the battle rope, which is very good for the a personal trainer.

upper body. In the strength section you which is a highly versatile piece of gym kit. It can be used for so many different exercises, from compound movements to isolation exercises. You can really control your movements and it's great if you're working-out solo.

What do you recommend for gym newbies? Strength training machines are perfect for beginners, such as cross trainers, leg, chest and shoulder presses. This equipment offers more support as they isolate the muscle group that you're working on, and you don't need to be thinking about technique. This is also a good way to start if you don't have

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Consistency is key. You're not always going to feel motivated. Even just showing up at the gym and doing the bare minimum is going to be better than doing nothing at all.

Don't get stressed about goals. It's easy to feel overwhelmed at the start of your fitness journey. And remember, if you have one alcoholic drink or get sidetracked, it's not game over.

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#### З.

A summer body is for life, not just the beach! Fitness should be a lifestyle and it should feel good. Building healthy patterns will improve all areas of your life.

4.

Find something you enjoy. If it feels stressful even thinking about it, you're not going to do it. And if you're short of time, find classes compact enough to fit into your day.

5.

Start with a oneminute plank each day. Then gradually extend your time in this position. Doing this exercise consistently will get you stronger – promise.

Cultivate a unique, one-of-a-kind living space with inspiration from three cutting-edge interior design studios

## SPATIAL

PHOTOGRAPHY Beth Evans

V and daunting. Sleek appliances, your individual sense of style. sparkling surfaces and clutter-free rooms can offer up a world of interior opportunities. we turned to several London-based interior Tall plants and floor lamps worked to draw the But once the boxes are unpacked, how designers to decorate our show apartments eye upwards and add light and depth.

do you elevate your space? From maximising and demonstrate how you can inject some Large-scale artworks and tactile furnishings your living area to creating a sleep-promoting personality into your dream living space. added extra personality and the use of

oving into a brand-new rental bedroom, there are endless ways to deftly Award-winning design consultancy Holloway

12

apartment can feel both exciting transform your apartment while celebrating Liused bold and contemporary finishes along with vintage pieces to create an inviting To help inspire your inner home stylist, home, perfect for entertaining guests.













#### THE FINISHING TOUCHES



An accent chair is a good investment that adds style and character. ANYDAY Velvet Guest Chair, £149, John Lewis & Partners

SEATED POSITION

BUFFER ZONE Transform a neutra toned sofa with bright tactile cushions and patterned throws. John Lewis + Matthew

Williamson Cabana Knitted Throw, £80, John Lewis & Partners; H&M Patchwork Velvet Cushion Cover, £14.99





LIGHT SHOW Add ambient lighting with a statement tripod floor lamp in yolk yellow. House of Diffuser Floor Lamp, £299, H&M Home

#### Inject your unique personality into the space with bold

IN THE FRAME

artwork. East End Prints 'Invasion on Vacation', from £50, ohn Lewis & Partners

## AWARENESS

every inch was used to maximum effect.

Charlotte Beevor's two-bedroom apartment. Biophilic art and soft shapes complemented

of sunset oranges, plaster pinks and deep used to 'add organic elements to an urban used a mid-tone palette to accentuate the greens) within the main living area ensured environment'. Pops of fuchsia, lemon, orange sofa and ensure that 'all the new elements and cerulean added interest, while the main and decoration really fitted and worked with Young professional sharers inspired bedroom was painted a deep carmine red, the existing items'. A harmonious selection imbuing it with a luxurious, opulent feel.

natural materials and textures, including an oasis of tranquillity in her one-bedroom added extra 'wow' factor.

'zones' (created with painted colour blocks grasscloth wallpapers and breathable linens, apartment. Mindful of existing elements, she of tactile soft furnishings, indoor plants, a Studio Heff's Amy Heffernan created cobalt accent chair and an ochre side table

From its historical roots to enticing local amenities, our neighbourhood is the inspiration behind Coppermaker Square, E20's brightest new address

### MADE IN



### STRATFORD

world-class amenities and a thriving hub introduced in 2011, pre-Olympics), did you burgeoning population. of shops and restaurants.

Speciality coffee shops, locally manufacturer for the railway industry? brewed beer and sustainable dining are all part of what make Stratford an essential Works was established, playing a crucial Trudy Aarons, all of whom fought to foodie destination. The area is also home role in the area's new infrastructure. It create change and make the world a more to a huge range of arts venues and has also created a high demand for local equal and inclusive place. become a cultural mecca thanks to a copper-making workshops, copper being burgeoning East Bank. There's an array of a vital component of the locomotives and enterprise are all still very much alive shopping and nightlife options, alongside and the train network itself. Workshops in Stratford today. The 2012 Summer some of the most exciting and eclectic duly sprang up to meet demand, and it is Olympics transformed the area into a outdoor spaces our city has to offer.

ake a stroll around Stratford and spirit here is clear to see. But while you transforming Stratford into a bustling you'll discover beautiful green might be familiar with the area that's now centre of industry and making huge spaces, impressive architecture, known as E20 (the postcode was officially investments to improve the area for its know it has a notable history as a key

young and old, and the strong community railway was a significant local employer, to be part of E2O's bright future.

In fact, our residential buildings are named after heroes of the railway, Asquith In 1847 the Stratford Locomotive Xavier, Hettie Bussell, Karen Harrison and

Community spirit, craftsmanship from this pivotal piece of history that world stage and that momentum for There's something for everyone, Coppermaker Square takes its name. The change hasn't lost pace. We're excited



From donating nearly new furniture to hosting clothing repair cafés, Coppermaker Square is giving back to the local community in more ways than one

### COMMUNITY







### SPIRIT

t Coppermaker Square, we are passionate about fostering healthy, vibrant communities. Over the last year we've been building relationships with local businesses and charities to support our thriving neighbourhood. From holding clothing repair classes for our residents to supporting the furnishing of social housing apartments, we've made it our mission to and get involved where we can. Here are just a few of the incredible initiatives we're championing.

Futures can help. The charity uses high-quality donated furniture and homewares to create beautiful, well-designed homes for women and children escaping domestic abuse.

Determined to help, we decided to donate furniture and soft furnishings from our show apartments directly to the charity. By donating these pieces, we hope that we can help struggling families transform their new house or flat.

We've also been involved with TRAID We all know that making your house a which works to stop clothes from ending up home can be costly. But did you know that in landfill by increasing clothes reuse and less than two percent of social housing is educating people on the impact of textiles furnished? This means that thousands of on the environment. We recently invited TRAID families need to kit out their accommodation to Coppermaker Square to host one of their when they move in. That's where Furnishing popular clothing repair cafés. The session saw

residents learn to sew buttons, hem trousers and give beloved garments a new lease of life.

We regularly enjoy a morning caffeine fix from the Change Please coffee van, which comes to Coppermaker Square. Serving up award-winning coffee, freshly baked pastries and drinks, this mobile coffee station is staffed exclusively by formerly unhoused baristas. All profits from Change Please go to helping people experiencing homelessness by training them as baristas and supporting them with everything else they need to turn their lives around.

If you have a local cause you think we can support, email the Coppermaker Square team at: team@coppermakersquare.com

Coppermaker Square's excellent transport links put the best of life within easy reach

### GET CONNECTED

Our development is part of E2O's thriving local community, yet directly connected to the wider world. The City and West End are mere minutes away via the Underground, Overground or DLR. Day trips beckon with trains to Cambridge, Margate and more from Stratford International station while Amsterdam, Ibiza and Milan are closer than you think with London City Airport just 15 minutes away by train. Short hops to Shoreditch, Spitalfields and Columbia Road are a cinch with Stratford's trusty bus network, but if bikes are your thing, grab a Santander Cycle from the rank outside Westfield Stratford City, where a steady stream of taxis also awaits.



#### CONTACT

Contact our leasing team today to enquire and book a tour of our show apartments: team@coppermakersquare.com

Or visit our leasing office at 1 Cherry Park Lane, Coppermaker Square, Stratford E20 1NX

MINUTES to London St Pancras from Stratford International station

**15** MINUTES to London City Airport from Stratford DLR station

**14** 

to Bond Street underground on the Elizabeth Line

COPPERMAKER SQUARE

MAIN CHARACTER RENTING

Next-level apartments in Stratford with a pool, co-working space, gym and more

