

Keep moving in Belgravia

With the latest government COVID-19 guidelines enabling us to spend more time outdoors, now is the perfect opportunity to explore your Belgravia neighbourhood, on foot.

Whether it be a stroll around the block or a trip to purchase the essentials, this Walking Guide will help you discover a number of Belgravia's hidden gems whilst you follow in the footsteps of some historic greats.

Please remember to always follow the Government guidelines [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

50 minute loop of Belgravia walk

While walking keep an eye out for:

- 1 Mozart wrote his first ever symphony at 180 Ebury Street, when he was just eight years old.
- 2 Chopin gave his first recital in Britain at 99 Eaton Place in 1848.
- 3 During the Second World War, Belgrave Square was used as a tank park, and three bombs are known to have been dropped on the square during the Blitz.

SERVICING THE COMMUNITY:

GROCERIES AND HOUSEHOLD ESSENTIALS

- | | |
|---|---|
| <p>1 Waitrose
27 Motcomb Street
Opening Hours:
Mon-Sat: 7.30am-9pm
Sun: 11am-5pm</p> | <p>3 Belgravia Food Fayre
65 Eaton Terrace
Opening Hours:
Mon-Fri: 7am-9pm,
Sat-Sun: 8am-9pm</p> |
| <p>2 Sainsbury's
14 - 20 Elizabeth Street
Opening Hours:
Mon-Sun: 7am-11pm</p> | <p>4 Charles of Belgravia
27 Lower Belgrave Street
Opening Hours:
Mon-Fri: 8am-6pm,
Sat: 9am-1pm</p> |

PHARMACIES

- | | |
|--|--|
| <p>1 Walden Chymist
65 Elizabeth Street
Opening Times:
Mon-Fri: 9am-6pm
Sat: 9am-1pm</p> | <p>3 Keencare Pharmacy
6 Lower Belgrave Street
Opening Times:
Mon-Fri: 9am-6pm
Sat: 9am-1pm</p> |
| <p>2 A Moore & Co.
25e Lowndes Street
Opening Times:
Mon-Fri: 9am-6pm
Sat: 9am-1:30pm</p> | <p>4 Green's Pharmacy
29-31 Ebury Bridge Road,
Opening Times:
Mon-Fri: 9am- 6:30pm</p> |



For the latest news and updates on where's open, visit: [mayfairandbelgravia.com](https://www.mayfairandbelgravia.com)

 Belgravia_LDN

Why not try...

Being isolated in a smaller space than you are used to for extended periods of time can have an adverse effect on physical and mental health. Here are a few tips to help get you through.

Stretch

Working from home? You may be hunched over your makeshift home-office desk or balancing a laptop on your knee on the couch or bed. Try this simple move every hour. Sitting or standing, clasp your hands straight up overhead, palms facing the ceiling.

Stretch up and then over to the right, feeling a stretch down your left side.

Hold for 15 to 30 seconds and switch sides, repeating one to three times.



Breathe

The 4-7-8 breathing technique, also known as "relaxing breath," involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. This simple exercise can help to reduce anxiety, manage cravings and help you get to sleep quickly.

To use the 4-7-8 technique, focus on the following breathing pattern:

- Empty the lungs of air.
- Breathe in quietly through the nose for 4 seconds.
- Hold the breath for a count of 7 seconds.
- Exhale forcefully through the mouth, pursing the lips and making a "whoosh" sound, for 8 seconds.
- Repeat the cycle up to 4 times.

Connect

Nextdoor app

Nextdoor is the free, private social network for your neighbourhood. ... Whether you're looking to get to know the people on your street, hire a local babysitter, find boot sale deals, or sell your unwanted household items, Nextdoor makes it easy to talk with neighbours about what matters most to you.



For anyone struggling during these uncertain times please ask for help:
Samaritans 24-hour helpline on free call 116 123