

# Keep moving in Mayfair

With the latest government COVID-19 guidelines enabling us to spend more time outdoors, now is the perfect opportunity to explore your Mayfair 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 Mayfair'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)



## 45 minute loop of Mayfair walk

While walking keep an eye out for:

- 1 Jimi Hendrix lived at 23 Brook Street from 1968-1969 and Handel lived next door at number 25 from 1723-1759
- 2 No9 is the oldest house in the square. John Adams, then the First Minister to the British Court, lived here from 1785. He became the second US President in 1797.
- 3 Mount Street was not always so fashionable; in 1772, 600 paupers lived in the parish workhouse where No103 now stands.

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

Mayfair\_LDN

This illustration is a guide only, some buildings may differ.

## 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

A simple stretch to help your posture after being slumped on the couch or hunched over your laptop:

Have the towel or strap handy. Breathe normally as you stretch.

Stand with good posture holding a towel behind your back. Lift the towel up behind, holding the ends with both hands. Use the towel to gently pull your shoulders into extension. You should feel a stretch in the front of your chest. Squeeze the shoulder blades together to maximize the stretch. Hold this position for 15 to 30 seconds, and then relax. Repeat 2-3 times hourly.



### Breathe

Equal breathing is a yoga technique proven to help lower stress and increase calm:

- Choose a comfortable seated position.
- Breathe in and out through your nose.
- Count during each inhale and exhale to make sure they are even in duration. Alternatively, choose a word or short phrase to repeat during each inhale and exhale.
- You can add a slight pause or breath retention after each inhale and exhale if you feel comfortable. (Normal breathing involves a natural pause.)
- Continue practicing this breath for at least 5 minutes.

### 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

### SERVICING THE COMMUNITY:

#### GROCERIES AND HOUSEHOLD ESSENTIALS

- |   |   |
|---|---|
| <p>1 <b>Mayfair Food Fayre</b><br/>33 North Row<br/>Opening Hours:<br/>Mon-Fri: 7am-10pm</p>  | <p>3 <b>Mercato Mayfair</b><br/>St Mark's Church<br/>North Audley Street<br/>Opening Hours:<br/>Mon-Sat: 11am-7pm<br/>Sun: 12pm-6pm</p> |
| <p>2 <b>Marks &amp; Spencer</b><br/>Bond Street Station<br/>Opening Hours:<br/>Mon-Fri: 7am - 10pm<br/>Sat: 8am-10pm<br/>Sun: 12pm-10pm</p> | <p>4 <b>Post Office</b><br/>32a Grosvenor Street<br/>Opening Hours:<br/>Mon-Fri: 12-6pm</p>   |

### SERVICING THE COMMUNITY:

#### PHARMACIES

- |   |  |
|---|--|
| <p>1 <b>Gould Pharmacy</b><br/>37 North Audley Street<br/>Opening Hours:<br/>Mon-Fri: 9am-7pm<br/>Sat: 10-5pm</p>   | <p>3 <b>Boots Pharmacy</b><br/>West One Shopping Centre 75 Davies St<br/>Opening Hours:<br/>Mon-Fri: 8am-6pm<br/>Sat: 11-5pm Sun: 12-6pm</p> |
| <p>2 <b>Audley Pharmacy</b><br/>36 South Audley Street<br/>Opening Hours:<br/>Mon-Fri: 9am-5pm<br/>Sat: 9am-6pm</p> | <p>4 <b>Nelson's Homeopathic Pharmacy</b> 85 Duke Street<br/>Opening Hours:<br/>Mon-Fri: 9am-5:30pm<br/>Sat: 10am-5pm</p>                    |