

Retail on Balham High Road

Balham High Road has some of the best independent boutique retail stores. We have everything from books to cooking, and even an art gallery. We also have some great charity shops, including the Royal Trinity Hospice and Wandsworth Oasis. If you're looking to refresh your home, we even have a large independent supplier of kitchens, tiles and bathrooms.

Let's introduce you to some of these shops.

Balham Beds

47-51 Balham High Road - 020 8675 2050

This family-run household furniture store has been running for over 30 years. It has an impressive 3,000 sqft showroom with a further 12,000 sqft of warehouse space. They can dispatch within 24hrs providing a personal service with quality goods and great value for money. You can also order online at balhambeds.com or visit them in person.

Season Cookshop

99 Balham High Road - 020 8673 7067

Season is an independent group of cooks and chefs who help you equip your kitchen and dining room with exactly what you need to get the most out of dining at home.

Backstory

71 Balham High Road

Backstory is an independent bookstore run by Tom Rowley, a journalist-turned-bookseller who worked for The Economist, The Washington Post and The Daily Telegraph.

They have a book subscription service, a book club, a newsletter as well as coffee and drinks available in store too.

You can also order online at backstory.london. This is a little haven on the High Street so why not visit today and grab a coffee, beer or wine to enjoy with your book.



Chadwick Butchers

109 Balham High Road - 020 8772 1895

A family-run butchers shop selling organic and rare-breed meat and game, plus butchery classes.

Mimi V Artworks

81 Balham High Road - 07506 069300

Since 2012, this bespoke picture framer & art gallery has become iconic within the community, coupled with helpful, quirky and passionate staff. Their bespoke framing services are the most competitively priced in the area. They always aim to give customers the time and attention for their framing needs, specialising in all types of framing, including personal items such as sporting paraphernalia, soap and even a biscuit!

Oliver Bonas

101 - 103 Balham High Road - 020 8673 0728

Retail chain specialising in feminine clothes & accessories, fashionable jewellery & homewares. An independent, British lifestyle store, your local Oliver Bonas in Balham has the latest own-design fashion, accessories, jewellery, homeware, furniture and gifts.

SJS Solicitors

82 Balham High Road - 020 8675 4436

Law firm of the year in 2017, Principal Solicitor Savita Sukul has been in practice since 1999, where her clients get a personal touch, treated with sensitivity, care, dignity and professionalism. Offering a whole range of legal services including Civil Litigation, Employment Law, Family Law & Divorce, Immigration & Asylum, Property & Conveyancing, and Wills & Probate. Find out more at sjsolicitors.co.uk.



Natural for Baby

78 Balham High Road - 020 8673 2672

Since 2014, Elizabeth has been providing gifts and essentials for babies that are environmentally friendly and practical. She's passionate about looking after the environment and looking after the workers who make the products for you to buy. The items are great for babies and toddlers as they are made with organic and natural materials. The range of items available, which can be purchased in store or online, include organic baby clothes, organic bedding, nursery furniture, baby essentials, as well as great gift ideas. To order online check out naturalforbaby.london.

An added bonus of Natural for Baby is that it's also the UPS Access Point for Balham!



Wandsworth Council

Cost of Living support

- Help with grants, bills and benefits
- Support for families
- Where to turn in a crisis and more

visit: [wandsworth.gov.uk/hub](https://www.wandsworth.gov.uk/hub)
call: 0808 175 3339

Wandsworth WARM SPACES

Find your nearest warm space at [wandsworth.gov.uk/warm-spaces](https://www.wandsworth.gov.uk/warm-spaces)

THE WICKET BOROUGH Wandsworth

Designed and produced by Richmond and Wandsworth Design & Print • wdp@wandsworth.gov.uk • 1(20)7812(22)



The Cost of Living crisis is affecting businesses and residents across the borough. The increase in the cost of fuel, goods, commercial rent and recruitment, combined with low consumer confidence, is posing a significant threat to businesses of all sizes.

Small and independent businesses are the lifeblood of our town centres and neighbourhoods. Not only can shopping from small businesses in your area help keep the local economy healthy and support someone's livelihood, but it can also provide a much more personalised shopping experience at a super affordable price. For approximately every £1 spent with a local, independent business, between 50p-70p circulates back into that local economy.

This newsletter is here to help you meet some of the amazing local business we have on Balham

High Road and ensure we keep our high streets thriving, especially during this difficult time. Local businesses are a vital part of our local community and are always happy to make new friends, so why not visit one today?

Remember you can help support local businesses in a number of ways, including leaving positive reviews, following your favourites on social media and liking their content, swapping to local independent brands, treating yourself when you can to a local takeaway, and shopping with small businesses online.



Food on Balham High Road

We have a huge range of great food options available in Balham, with some of the best along Balham High Road. From Turkish, Lebanese, Italian, Indian, Thai, and dessert spots to a variety of pubs and bars.

We have our own food market here too.

To help support local businesses more, try to visit your local restaurants and takeaways in person.

This helps keep your local High Road alive, so **let's introduce you to a few of them.**

The Little Dessert Shop

120 Balham High Road - 020 8675 5688

Discover the nation's favourite dessert brand and embark on a journey of pure indulgence. The Little Dessert Shop opened in November 2019 and is part of a national franchise of 60 stores. They specialise in waffles, gelatos and cakes. Their best sellers are the oven baked cookie dough and waffles. Everything is handmade by the brand and they cater to all intolerances and allergies. They create a new menu every year to keep up with the latest trends and seasonal products. A father and son duo are behind the Balham branch, who both come from a finance background and work 7 days a week to make this place work.



Jefferson Ice Cream

191B Balham High Road - 020 8675 2475

Serving ice-cream and coffee, Jefferson's only use organic dairy milk, the freshest and finest ingredients, no artificial flavours or colours and make their ice-cream fresh every day. This a meeting place perfect for everyone, with family at its core, children have been catered for in both the menu and design, which even includes a sandpit in the garden.

Apple Blue Patisserie

212 Balham High Road - 07794 677485

A patisserie and cafe serving delicious brunch options, sweet treats, coffee and quirky hot drinks.

Firefly Bar

3 Station Parade, Balham High Road - 020 8673 9796

A place to enjoy great pints, fabulous cocktails and Thai food.

The perfect spot for all seasons with a warm atmosphere, outside seating to enjoy in the sunshine and big screens to watch live sports on.

The Devonshire

39 Balham High Road - 020 8673 1363

Spacious and stylish, high-ceilinged pub with chandeliers, contemporary sofas and wooden floors.

Nando's

116 - 118 Balham High Road - 020 8675 6415

Nando's is home of legendary South African flame-grilled PERI-PERi chicken and sauces.



The Kebab Company

85 Balham High Road - 020 8772 1991

This five-star rated family-run Turkish Restaurant, has been based on Balham High Road for over 30 years. They have a great range of fresh homemade food - amazing fresh grills including shish kebabs, lamb chops, ribs, shawarmas, fish as well as their very popular 12oz flame grilled burgers with a melted cheese middle, Turkish desserts, barista coffee, fresh milkshakes and juices.

The food is cooked on a real charcoal grill for an unbeatable smoky flavour. They are halal and offer vegan and vegetarian options too.

Kaya and his daughter have been running the business together for many years and have always believed in the traditional approach when it comes to hospitality: "We believe the customer should always be made to feel part of the family and that we are here if they want someone to talk to.

Especially with the growing increase in customers wanting to order online for home deliveries, we fear many customers loose that important human interaction you only get when you visit us in person."

The Post

92A Balham High Road - 020 8675 2151

Balham's very own street market with authentic worldwide cuisine from some of the best street food vendors London has to offer. Stalls include favourites like Bordelaise, Piece of Jerk, Throwback Toasties, Street Tapas, India Rose, Amazon Cocktail and Shisha Lounge. They have live music and guest performances.

Bombay Bicycle Chef

88 Balham High Road - 020 8772 3222

Indian Restaurant in Balham bringing up the full, distinctive taste of different herbs, spices and ingredients of the South and North region of India.

Libano

76 Balham High Road - 020 8265 1415

Libano's home is located on Balham High Road, where they invite guests to celebrate life and share sundry blends of modern and traditional Lebanese cuisine. The five-star family restaurant serves up Lebanese, Levantine, and Mediterranean inspired cuisine using great flavoured herbs and spices. Their menu includes fresh meat grills, shawarma and fish, as well as great vegetarian options. Not to mention the desserts. They are halal and offer BYOB.

Zia Lucia

65 Balham High Road - 020 3093 0946

Award winning local restaurant Zia Lucia is a neighbourhood pizza joint bringing four different types of dough to London. They have been awarded Best Pizza in London by The Slice Metro.

Hob

113 Balham High Road - 020 3561 1164

Classic coffee with British, Middle Eastern, & North African-inspired dishes served up in a cosy space.



Beauty on Balham High Road

As well as great food and drink, Balham has an array of beauty options for pampering yourself.

Just look at some of these great options available on the main High Road.

Proud Thai Spa

87 Balham High Road - 020 8772 1112

A family-run business with a warm, passionate, highly skilled team of ten employees, based in the heart of Balham. Providing massage and beauty treatments, they have happily served Balham and the wider community since August 2018. The services they offer include Thai and Swedish massage, along with Deep Tissue, Hot Stone and Pregnancy massage. They also provide waxing, threading and nails in collaboration with Caudalie Paris.



Fabulous Hair & Beauty

53 Balham High Road - 020 8673 0983

Fabulous, established in 2012, offer an extensive range of beauty treatments such as threading, waxing (including full body), manicure, pedicure, Shellac nails, facials, massage, eyebrow and eyelash tinting, eyelash extensions and hair.

Jacksons for Hair

91 Balham High Road - 020 8675 7999

Jacksons for Hair is a barber and hairdressers, offering beauty treatments too. Experienced stylists work in a chic environment to help you find the look to project a confident, positive impression. Established in 2013, they always aim to provide a quality service, a relaxing escape and proper grooming at a great price.



Serene Spa

55 Balham High Road - 020 8675 6818

Serene health & beauty spa offers a wide range of luxury beauty services, using the best beauty products in the industry. They offer a peaceful and pampering escape from your busy day-to-day lifestyle. Keith and Edith have been serving the Balham community for over 13 years. They offer a range of treatments for men and women, and even have a steam room and sauna!

Charlotte Cave

105 Balham High Road - 020 8673 4343

Charlotte Cave salons work at the cutting edge of the hair industry, bringing together the best products, an expert, professional and passionate team and an unrelenting focus on clients' happiness. They offer premium cuts and colour at their bespoke London site. Specialists in cashmere-colouring, cutting and caring, lovers of hair, make-up and aftercare, trend followers and style makers.

Balham Beauty Clinic

93 Balham High Road - 020 8675 1721

Providing nail treatments, facials, acupuncture and a range of massages.

Michelle Louise

214 Balham High Road - 020 8675 5346

Michelle Louise are passionate about hair and beauty, shown through their work. From full hair colours to balayage's and highlights, they are equipped to provide a full range of hair styling and colouring services.

Balham Nailmaster

97 Balham High Road - 020 8675 0777

Offering manicures, pedicures and nail care services seven days a week, with an amazing spectrum of Shellac colours available. There's also a number of waxing, threading and massage options available. Experienced and specialist staff provide quick, but lasting service. You'll be looked after in a clean, relaxing space with a cup of tea and friendly smiles.