HIGHAMS PARK

BUSINESS DIRECTORY

2026/27 EDITION



A CURATED DIRECTORY OF INDEPENDENT BUSINESSES,
MAKERS & SERVICES IN HIGHAMS PARK

Providus Financial



Get In Touch To Start Building Yours

0333 456 0468

hello@providusfinancial.co.uk

www.providusfinancial.co.uk

20 The Avenue, London, E4 9LD

Highams Park Business Group

The Highams Park Business Group is a collective of local businesses, providing community and support.

We created this directory to showcase the incredible range of independent businesses, makers, and services across our community. We invite you to discover, support, and invest in our local independent businesses.

If you would like to get involved you can sign up to our mailing list, follow us on social media, and join our free monthly events which bring people together to connect and support each other.

Sign Up

highamsparkplan.org (click 'Join Us')

hpbg@highamspark.london

@highamsparkbusinessgroup

Highams Park Planning Group

The Highams Park Planning Group (HPPG) is dedicated to preserving and enhancing our unique local area. We work to protect our vital green spaces, celebrate our rich community heritage, drive thoughtful town improvements, and organise events to bring the community together. Together, we ensure Highams Park remains a vibrant, welcoming, and sustainable place to live, work, and thrive.

Sign Up

highamsparkplan.org (click 'Join Us')

highamsparkplan@gmail.com

@highamsparkportal

With thanks to the London Borough of Waltham Forest for their generous support of this directory.

Funded by Waltham Forest

1. THE LOVELY TIDY

Category: Home Organising & Decluttering

The Lovely Tidy helps busy families and professionals create calmer, more organised homes through practical, non-judgemental decluttering and home organising. From overflowing cupboards and wardrobes to whole-home resets, Anna helps you create systems that make everyday life easier.

07428 723729 **anna@thelovelytidy.com**

https://thelovelytidy.com



2. SARAH OLIVER OSTEOPATHY

Category: Healthcare

Bad back? Get professional help in Highams Park.

Registered Osteopath, GOsC 6972.

020 8191 3929 **sarah@saraholiverosteopathy.com**

www.saraholiverosteopathy.com

3. AYLA ELIZ PROPERTIES POWERED BY KELLER WILLIAMS

Category: Estate Agents Sales, Lettings & Management

Ayla Eliz Properties is a community driven estate agency rooted in Walthamstow and Chingford, delivering warm, personalised guidance for buyers, sellers, and landlords. Blending local expertise with modern marketing, the brand focuses on trust, clarity, and family centred service that feels genuinely bespoke.

07814 972210 **sertac@kwuk.com** **www.kwuk.com/agent/ayla-eliz**

4. SHOCKWAVE THERAPY LONDON

Category: Health and Wellbeing

We provide specialist advanced treatment therapy for pains, sports injuries, erectile dysfunction, and skin rejuvenation.

07874 722879

shockwavetherapyclinic@gmail.com

www.shockwavetherapyclinic.uk

5. HEALES CYCLES LTD

Category: Workshop and Retail

Local Bike Shop Celebrating 90 years of being in Highams Park

020 8527 1592

info@healescycles.co.uk

www.healescycles.shop

6. HIGHAMS PARK FOOD AID

Category: Charity Family Hub

Highams Park Hub, also known as "The Hub", is a community-led food bank and free cafe serving Highams Park and Chingford. In addition we provide debt advice via Christians Against Poverty. Supporting those in food poverty and financial hardship.

07395 105032 **highamsparkfoodaid@gmail.com**
https://hphub.co.uk/

7. INDULGE DINING

Category: Hospitality

Indulge Dining is a premium private events company. We also deliver fine-dining meal kits nationwide, bringing the experience into customers' homes with chef-prepared menus.

07738 632291 **andy@indulgedining.co.uk**
www.indulgedining.co.uk

8. ARLENE DUNKLEY-WOOD WELLNESS

Category: Wellness

Offering wellness to the local community. Holistic Therapeutic Massage, Cranio-sacral therapy, Mizan Abdominal Therapy, Perinatal Recovery after Birth / Counselling and Hypnotherapy, Scaravelli Yoga and Gong and Sound Journeys.

07976 903003 **info@arlenedunkley-wood.co.uk**
www.arlenedunkleywood.co.uk

9. KITTY CATS STUDYING CENTRE

Category: Studying Centre

Studying centre - tuition, musical instruments 1:1 lessons, art classes and other educational activities for kids.

07742 928517
contact@kittycatsstudio.co.uk
www.kittycatsstudio.co.uk

10. HEYLO VIRTUAL

Category: Business Services

HeyLo Virtual is a virtual assistant service offering tailored support to busy entrepreneurs, founders and businesses with a focus on administrative tasks, social media marketing and online business management.

07710 789461 **lois@heylovirtual.com**
www.heylovirtual.com

11. KENNETH GILLS MORTGAGE & PROTECTION ADVISER

Category: Mortgage & Protection Advice

Mortgage protection advice.

Over 10 years experience in property and finance.

07938 623166

kenneth_kgmp@outlook.com

12. WALKER WEBSITES

Category: Web Design

Creating websites that are unique, fast loading, mobile friendly and search engine friendly.

07771 691194

info@walkerwebsites.co.uk

www.walkerwebsites.co.uk

13. REEL WORKS STUDIOS LTD.

Category: Film / Video / Colour grading / Photography

Reel Works Studios is an award-winning production company with 15+ years of experience. We work in film direction, colour grading, editing and camera work, working across feature films, documentaries, music videos, advertising campaigns, short films and social media content.

07956 306549 **thereelworks@outlook.com**

www.instagram.com/reelworksstudios

14. 40FT BREWERY

Category: Brewery

40ft is an independent brewery producing fresh modern, beer on the Blackhorse Beer Mile, Walthamstow. Highams Park's closest brewery.

07775 435289

steve@40ftbrewery.com

www.40ftbrewery.com

15. ANY OTHER BUSINESS

Category: Business Operations and AI Education

I'm your ops specialist and AI educator, sorting out the systems and processes that keep a business running smoothly. I help busy founders get calm, clear and connected, whether that's untangling your Notion or finally getting AI to do the boring bits for you.

07866 589608 **martha@aobva.com**

https://aobva.com

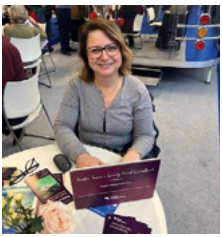


16. CRAFTEE FOX

Category: Gifts and Homewares

Craftee Fox creates thoughtfully designed, and locally made, gifts, accessories and homewares including tea towels, mugs, brolly bags, lampshades, cushions, greeting cards and prints. Whether it's for yourself or to give as a gift, you can order ready-made or bespoke products, including lampshades and cushions to match particular decor and personalised seasonal and anniversary gifts.

07857 110322 **crafteefox@gmail.com** **www.crafteefox.co.uk**



17. AMELIA SNARE BACKED BY TRAVEL COUNSELLORS

Category: Travel and Tourism

Travel that fits you perfectly. I have a passion for travel and love creating bespoke holidays that are tailormade to suit your every need. Whatever you are looking for I can bring your dream trip to life by personally building it around the things you value most.

020 7125 0232 **amelia.snare@travelcounsellors.com**

www.travelcounsellors.co.uk/amelia.snare

18. BOON THAI CUISINE

Category: Thai Cooking Class & Catering

Thai cooking classes & catering.

07961 964121

info@boonthaicuisine.co.uk

www.Boonthai.co.uk

19. QF2 CARPETS AND FLOORING

Category: Flooring

QF2 Carpets & Flooring is a trusted family-run flooring business with 25+ years of experience, supplying and fitting quality flooring across London and the surrounding areas. Specialising in Carpet, Vinyl & Bespoke Runners, we offer a free measure and quote with friendly, professional service from start to finish.

07873 157275 **qf2carpetsandflooring@gmail.com**

https://qf2carpetsandflooring.co.uk



20. HIGHAMS PARK EXPRESS

Category: Convenience Store

Convenience store opposite the train station.
Parcel services: Evri, Relay, Royal Mail, Amazon. Off licence.

07842 177256

highamsparkexpress@gmail.com

https://share.google/hMHF3I2e11CNkcQd8

21. AVENUE3 WELLNESS

Category: Health & Wellness

Your local health and wellbeing centre in the heart of Highams Park. Expert practitioners in acupuncture, osteopathy, massage, counselling and more, all under one roof.

020 8191 3929 **info@avenue3wellness.co.uk**

https://avenue3wellness.co.uk



22. OPEN LENS THERAPY

Category: Integrative Psychotherapy / Wellbeing

Open Lens Therapy offers integrative talking therapy, recognising that everyone experiences life through a different lens. Supporting adults with anxiety, depression, trauma and life's challenges, including neurodivergent clients, with particular experience in men's mental health. Available face-to-face and online, in English and Polish.

07448 589523 **info@openlens-therapy.com**

www.openlens-therapy.com

23. HG TUTORING

Category: Education

Fully qualified and experienced English teacher trained at the world leading UCL Institute of Education, offering bespoke English tutoring for all ages. Build confidence, master exam technique, and secure top grades.

hgtutoring@outlook.com

https://harrietgruender.wordpress.com/



24. KATHLEEN EVANS FIRE RISK ASSESSMENTS

Category: Fire Risk Assessor

I'm an independent Fire Risk Assessor based in Highams Park, helping landlords, managing agents and local businesses meet their legal duties under the Fire Safety Order. As I don't sell equipment or remedial works, my only interest is keeping your building safe and compliant.

020 3005 2564 **contact@kathleenevans.co.uk**



25. BEST DRESS 2 IMPRESS BRIDAL

Category: Bridal Boutique

Award winning Bridal Boutique offering exclusive service with over 300 new dresses in stock sizes UK8 to UK28.

07850 644600

Sharon@bestdress2impress.co.uk

www.bestdress2impress.co.uk



26. DEBBIE MAYA CERAMICS & CRAFTS

Category: Creative Classes

I offer ceramic and craft workshops and courses from my home and other venues in Highams Park, sharing my passion for creativity with others. My aim is to encourage confidence and creative exploration in a friendly, relaxed and supportive environment.

07931 712276 **debbiemaya3@yahoo.co.uk**

https://debbie-maya.co.uk

27. DIDIER THE WINE GUY

Category: Wine Tasting / Events

Enjoy relaxed, interactive wine tastings that bring people together. For private gatherings, local businesses, corporate events, fundraisers and special occasions, a French sommelier brings real knowledge, great stories and plenty of laughs to create a memorable wine experience.

07764 976494 **hello@didierthewineguy.co.uk**

https://didierthewineguy.co.uk

28. HIGHAMS PARK MOTOR COMPANY

Category: Mechanical Services

Motor mechanics specialist in German Cars.

020 8523 3443

hpmc3539@hotmail.com

www.hpmotorcompany.co.uk

29. SKIN BY EZZRA

Category: Beauty Services

Advanced skincare - with treatments including Hydrafacial, microneedling, laser hair removal, Magtone and G5 body therapies. Designed for both men and women, our personalised treatments combine expert care with a relaxing, indulgent experience, allowing you to unwind, restore your natural radiance and enjoy a moment of well-deserved self-care.

07379 602535 **ezzra85@icloud.com**

www.instagram.com/skinbyezzra_



30. STORYDO

Category: Gifts & Presents

Storydo helps parents create custom hardcover books that tell their child's unique family story with favourite memories and photos. A family keepsake for £69 or a gift voucher.

07957 587517 **hello@storydo.co.uk**

www.storydo.co.uk



31. DANIEL BEVAN ACUPUNCTURE

Category: Health & Wellness

Daniel Bevan has over 25 years of acupuncture experience and is Head of Clinic at Avenue3 Wellness, 3 The Avenue, Highams Park E4. Degree qualified (BSc Hons TCM Acupuncture) and a member of the British Acupuncture Council, he combines deep clinical skill with practical diet and lifestyle advice.

07867 975944 **dan@avenue3wellness.co.uk**
www.danielbevan.co.uk



32. PLC4ACCOUNTS LTD

Category: Accountancy

PLC4Accounts has been delivering expert accountancy services since 2012. We are qualified Chartered Certified Accountants that can assist you with all your financial and business needs.

020 3422 7654 **info@plc4accounts.co.uk**
www.plc4accounts.co.uk



33. CALM BY VICTORIA

Category: Hypnotherapy

Solution Focused Hypnotherapy to support adults, teenagers and children experiencing anxiety, stress, overwhelm, confidence, fears and phobias and unhelpful habits. Helping support you to feel calmer and more in control. Online and in-person at Avenue3 Wellness, Highams Park.

07816 980313 **victoria@calmbyvictoria.com**
www.calmbyvictoria.com



34. FYND PIZZA

Category: Pizza Pop Up

Handmade Neapolitan pizza, crafted in Highams Park since 2021. Catch us at local pop-ups or book us for private hire and celebrations. "The best pizza in Highams Park by far."

07719 755860
andy@neatcollective.co.uk
www.instagram.com/fynd_pizza/



35. JULIET THOMAS DOODLES

Category: Juliet Thomas Doodles

I'm Juliet Thomas, an artist and illustrator.
I create original art, prints, and illustrated greeting cards inspired by nature, folklore and everyday life with a whimsical twist.

07971 007932 **hello@julietthomasdoodles.com**
www.julietthomasdoodles.com

LFS LIFESTYLE

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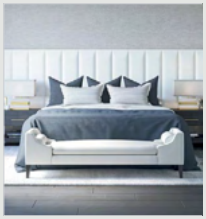
LFS UPHOLSTERY & INTERIORS



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Web: www.lfsuk.com

BREENS

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Your local *property people.*

Part of Highams Park for over 30 years.

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Our team lives and works locally, with a real understanding of Highams Park, its homes and the people who live here.

Whether you're selling, buying, letting or renting, we offer honest advice, thoughtful marketing and a personal service from first conversation to moving day and beyond.

Come in for a chat. We're here to help.

020 8531 5454

2 Broadway Parade, The Broadway
Highams Park, E4 9LG

highamspark@breens.property

www.breens.property