

Wednesday, March 14, 2007



**M**Y SISTER was busy choosing a card.

"Maybe I'll get her some flowers too. She's been really down lately," she said, referring to my younger sister who was struggling at university at the time. I nodded and said, "OK, good idea."

A few days later a friend said to me: "We really should meet and do something fun. She could do with some cheering up," referring to another friend who was feeling a bit blue.

I nodded and said, "OK, good idea."

That is when it struck me that no-one had ever made an effort to cheer me up. This isn't because I'm some crazy Mary Poppins-type who never feels down; it is a result of the Curse of Being Capable.

I have been afflicted by this curse for most of my life as, I am sure, have many people. This curse affects those of us who are reliable, highly organised, and who get things done to a perfect standard within deadlines.

As a capable person, this curse means that friends and family never take on a task that you can do, your achievements are never recognised because of the apparent ease with which you accomplished them and no-one ever thinks you need a word of sympathy, simply because you seem 'together' at all times.

Just because we are able to do most things, it shouldn't mean we are left to do EVERYTHING.

I shouldn't complain because I would rather endure the curse than become unreliable and disorganised, but sometimes, just sometimes, it would be nice if someone gave me a pat on the back and told me to put my feet up!

Kia Abdullah is a 24-year-old author from Limehouse.

Her first novel, *Life, Love and Assimilation*, was a huge success and she has already embarked on her second book, a crime thriller.

Send your comments to [kia.abdullah@gmail.com](mailto:kia.abdullah@gmail.com)

# Gordon's pub wants to be 'at centre of community'

By KALA PAUL-WORIKA  
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**T**HE NEW manager of The Narrow has spoken to *The Docklands* about his vision for Gordon Ramsay's first pub.

Justin Whitehead will manage the venue in Narrow Street, Limehouse, when it opens on Monday March 19.

With 20 years of experience behind him, Mr Whitehead will replace Simon Hood, of The Plough in Amersham, who was originally named as manager.

"A great pub should be the centre of a community and have lots of regulars," Mr Whitehead told *The Docklands*. It should be a place where people know they have chosen the

right pub as soon as they walk in – this can be done by a friendly warm welcome from the team, excellent consistent service and a fantastic range of products.

"If you get all these things right, people notice and they will come back again and again. This is how we envision The Narrow."

Even before opening, The Narrow has already had a few hiccups, with changes to opening dates and staff.

But Docklanders are expected to flock to the venue which will serve classic British dishes and beers selected by the Campaign for Real Ale.

This will be celebrity chef Gordon Ramsay's first foray into the pub industry.

"The Narrow will offer consistently good food at a reasonable price made by talented chefs, all served by knowledgeable and friendly front-of-house staff, and accompanied by a selection

of the best drinks," added Mr Whitehead, who comes to The Narrow from the County Arms in Wandsworth.

"I feel very proud to be part of Gordon Ramsay's new venture. It's a wonderful opportunity and I'm working with a fantastic team. I can't wait for the opening!

"The idea is to be unpretentious and serve the type of food that people love and feel comfortable with – for instance potted crab, great pies, soft roes on toast and of course the best Sunday roast!"

As *The Docklands* reported last month, The Narrow is hoping to attract local customers, not just celebrities and will have a low-key reopening. Working in the kitchen will be John Collins from Gordon Ramsay at Claridge's, with Mark Sargeant, head chef at Claridge's, overseeing the creative development of the menus.



Pub grub: The Narrow will be Gordon Ramsay's first pub.

## DID YOU KNOW..

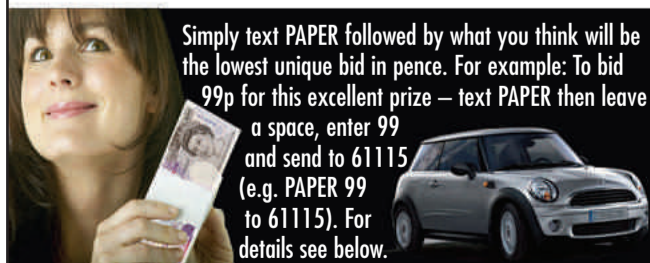
An 11-year-old boy came back from the dead after spending nine minutes under freezing dockside water in December 1998. Stephen Coughlin jumped in to Limehouse Basin to rescue a friend's coat which had slipped in, but he lost consciousness within seconds. Stephen was floating face down below the surface of the water by the time the fire service arrived. Two firemen went under three times before they were able to pull him to safety. After five or 10 minutes Stephen started to splutter and the firemen located a very weak pulse.

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