View the full portfolio at http://www.thecreativefinder.com/harveyward

#### **Professional Experience and Curriculum Vitae**

Greetings to all the talented, hardworking souls that have chosen to reside in this wonderful virtual corner. My name is Harvey and I am happy to be here and discover other people's works of art. While gathering inspiration, I also hope to make social connections.

https://www.behance.net/harveywardfc34

**Previous Clientele** Please kindly get in touch for more information.

Awards and Accolades Please kindly get in touch for more information.

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# Harvey Ward

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## Harvey Ward

Advertising

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# Spend the day

How to spend your day in the London Borough of Lewisham? First, grow some imagination and the day will immediately get going. If you need some help stirring that newfound inspiration to self-sufficiency, here are some ideas.

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#### Cafe of Good Hope

A brilliant way to start the day is with its most important meal. Have breakfast and coffee in the Cafe of Good Hope with its variety of selections of drinks, soups and other types of meal. Fill yourself with as much energy you need to start the day.

A With Alexa

#### Mountsfield Park

Then comes the time to walk off that newfound energy! Take stroll down the paths of Mountsfield Park, a small and family-friendly green space where you can frolic about or sit down and enjoy nature without a worry in the world.

#### Horniman Museum

This museum is almost like the Natural History Museum minus all the tourists, the size and the exhibition options. Okay, so it's smaller, but that doesn't necessarily mean worse. And it has musical instruments on display. And no, we don't talk about the name.



Mediterranean cuisine awaits you once you enter this little piece of dining heaven. Dinners here is what you should always look forward to as you will receive the best service and top notch meal options none of which you should pass out on.



### The Dacre CArms

And, finally, we get to the place where you should end the night in. The Dacre Arms offers you everything – great company (you can provide you own), great drinks, entertainment in the form of music or comedy, or pub quizzes in which to take part of. There is no boredom here and is the perfect way to say goodbye to the day.

Lewisham has plenty to offer if you set out and look for it. Make an effort, because it is worth it one hundred percent of the time.



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Just how big of a fan of exercises are you? And no, hopping your way to the restroom does not count, nor does the dash you make when the pizza delivery guy rings at the door. We are talking about real physical exercise, the kind that happens a bit more often than an annual sports event. If you are into that sort of things, then you should be aware of the best sport centres in Camden. If not, we'll tell you about them anyway.

### Kentish Town Sports Centre

Fans of swimming beware. You will, wet yourselves once you hear about this huge and amazing sports centre. Well, of course you will, but you should defi-nitely visit it either way to enjoy a fun swim or train as a professional.



This is basically gym heaven for all those who love spending hours upon hours of exercising. It has every type of gym training under the sun, and it has areas for kids and people with health problems run by Camden Council professionals.



Swimming pools, gym, squash courts, sauna, group exercises, cafeteria: What, still not hooked? Aerobiking virtual spinning! How's that for a future shock you can enjoy? There are also therapeutic centres to recover from the shock in.





http://movingman.co.uk/



#### Central YMCA Club

This, friends, is where all the sports people reside. This is London's largest gym, housing every single sporting activity your imagination can handle – from dancing to swimming to personal training to sports to even classes unrelated to sports. Well, Language courses have sport words, so that counts



## Swiss Cottage Leisure Centre

This is the place where you can exercise, have fun, rest, have a cup of coffee while you are pretending to exercise, and even watch your kids play in the cool adventure playzone the centre offers

15b Lloyd Road Singapore 239098 (co. reg. 201004398N) helpdesk 656.227.2902, fax 656.227.0213

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## CITY OF WESTMINSTER'S **HIDDEN TREASURES** When visiting the City of Westminster, you might wonder what to do there. Don't preoccupy your thoughts with too many suggestions. You have five options, you need to choose now, where do you go?



Westminster Abbey This wondrous architectural beauty proves that words like 'gothic' and 'church' can actually co-exist in a colloca-tion. It is also called a 'Royal Peculiar'. No, it's actually

#### **Cleopatra's Needle**

What do London, New York, and Paris have in common? Well, that's not fair, you read the sub-title. But yes, this Washington Monument look-alike is an Ancient Egyptian obelisk taken and re-erected in the three cities. So... it is not Egyptian. And it is not connected to Cleopatra. But it does have a needle-shaped form

#### **Buckingham Palace**

And; of course, if you have ever wanted to visit the Queen's palace, then the City of Westminster is your destination. They even offer public access now, so you can actually go in and sniff the royal curtains.

#### **Churchill War Rooms**

Do you want to see where Churchill made all his plans against the Germans in WWII? You have definitely come to the right place. You can also see a big museum about his life, if you want to get all personal about it.

#### **Royal Academy of Arts**

If you ever wanted to see a massive structure housing hundreds of years of history and double the art exhibi-tions inside, then you are looking at the right place. Go to enjoy the visual arts at your own risk of getting swa-lowed up by inspiration.

MAN

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