

TimeOut

LONDON

NOTTING HILL

BUMBAG ESSENTIALS!

TINNIES - WHAT TO PAY!

LOO LOCATOR!

**HOW
TO DO IT
RIGHT**





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Inside

This week's Time Out in no time at all

Bigmouth strikes again

The Monster is back at Ally Pally. We get the jump on every kidult's inflatable-obstacle-course dream

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'I go to Waitrose or Morrisons'

Antonio Banderas, keeping it real in Surrey. We talk to him about Almodóvar's five-star 'Pain and Glory'

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'Romeo + Juliet'

Ballet wiz Matthew Bourne revamps Prokofiev's classic in a psych ward-prison. A wise madness?

PAGE 52



Tropical tippie

Fancy some plonk among the palms? You're in luck. The Barbican's big lush conservatory just got itself a pop-up bar

PAGE 9

Bank holiday bonanza

Carnival's the BIG one, but there's more. Check out our alfresco weekend planner and round-up of all the parties you don't want to miss

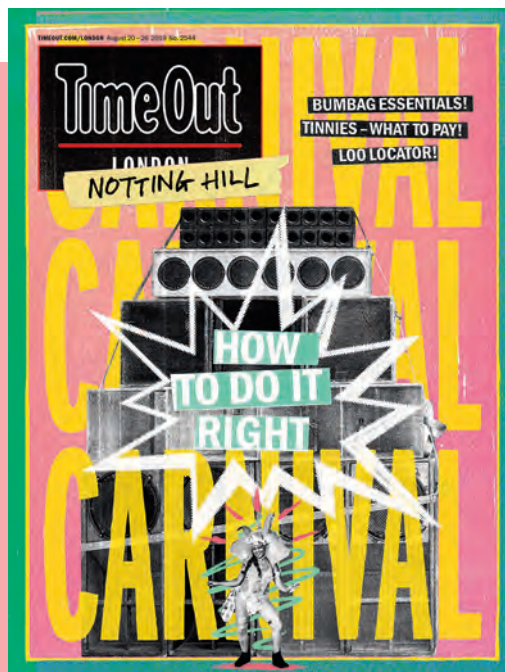
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Hello, London

Chris Waywell
Associate Editor
@chriswaywell



I used to live near the top of Ladbroke Grove (I'm not bragging, my flat was a right dump), so Carnival was always an even bigger deal for us than it is for the rest of London. Every year, I'd try and get home against a raging sea of people heading in the opposite direction. Once I even got lifted off my feet and carried backwards by the crowd. Or maybe I just think I did: the end of Carnival bank holiday is always pretty hazy, as a corner of London becomes a gloriously woozy yet hyperreal waking dream with a womblike heartbeat pounding from giant bass bins. It's an amazing thing. Long may it reign.

YOU SAID IT

What you've been rating and hating online

We told you about a '90s-style video store that popped up at BFI Southbank. Some seemed baffled by the concept. You know, the idea of it not being an actual high-street shop. On the South Bank.

'This was a Blockbuster the other day.'

Michelle M via Facebook

Also popping up on the South Bank (for one sweet day only) was a fountain that gushed rosé wine. Very sophis. A bit too sophis for some of you peasants, clearly.

'Slightly posher version of the buffet at a Harvester. Hopefully nobody'll be swimming in it.'

Claire G-M via Facebook

After we showed photos of some elaborate mermaid and unicorn ice creams from new Chinatown joint Taiyakiya, one reader became really quite emotional.

'Stuart, baby, can we just give in now, please, and get old and fat in peace? I promise I will still love you when you have a dozen chins.'

Chrissy S via Facebook

We revealed the things you only know if you're a tourist information officer. Turns out they're not the only ones dealing with the confused.

'I worked in a hotel and was asked for directions to the Eiffel Tower... Yeah, in London.'

Any CD via Facebook

COMMENT OF THE WEEK

Recommending stuff to do in Edinburgh seemed a good idea (you know, cos it's summer and shit, and you might want to get out and about, plus the Festival), including a Scottish take on the classic cream tea. Cue (or eww!) this banger.

'I love to eat it and also it gives me a lovely poo the next day.'

Sarah K via Facebook

I mean, the debate used to be Cornish (jam on first, then cream) v Devonian (cream followed by jam), but you've blown that out of the water, Sarah. Now it could be English (firm start, becoming runny) v Scottish (gaseous, turning pebbly). Or anything, really. Feel a bit sick, actually.

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City life

Edited by James Manning
@timeoutlondon

Welcome to the jungle

CALLING ALL HOUSEPLANT enthusiasts and avid Instagrammers! The Barbican Centre has announced that its incredible Conservatory is now open to the public on selected Saturdays – complete with a bar. Hidden away in the centre of the brutalist complex, this leafy oasis is the biggest tropical glasshouse in central London. Now, for the first time, the City’s secret concrete rainforest is throwing its doors open for the whole weekend, opening from noon until 10pm on selected Saturdays on top of its usual Sunday and bank holiday opening hours. Along with more cheese plants than you can shake a moss pole at, you’ll find a new pop-up café every Saturday which turns into a bar for the cocktail hour. As always, admission is free and there’s no need to book. Head on down for a tipple among the leaves. ■ *El Hunt*
→ www.barbican.org.uk/conservatory



THE ESSENTIALS

Three things you have to do this week



Do this

Remember how giddy everyone went for the Women’s World Cup? The **UEFA Euros** come to London next year and City Hall is after footie-mad volunteers to help visitors. Sign up online.



Book this

For two days in September, **Vintage Suburbia on the Met Line** is taking commuting right back to 1950. Book via **London Transport Museum** to ride a vintage train through north-west London.



Eat this

Attention, 24-hour patty people – **Meat Liquor** is celebrating National Burger Day with an all-nighter at new diner **W1MK II**. There’ll be round-the-clock burgers, bevs and free toothbrushes.

Get the latest from London at timeout.com/news

WORD ON THE STREET

The most ridiculous things we've overheard in London this week

THINGS YOU
**ONLY
KNOW**
IF YOU'RE THE...

Prince Charles Cinema programmer

Paul Vickery

No one just wants to see your favourite films

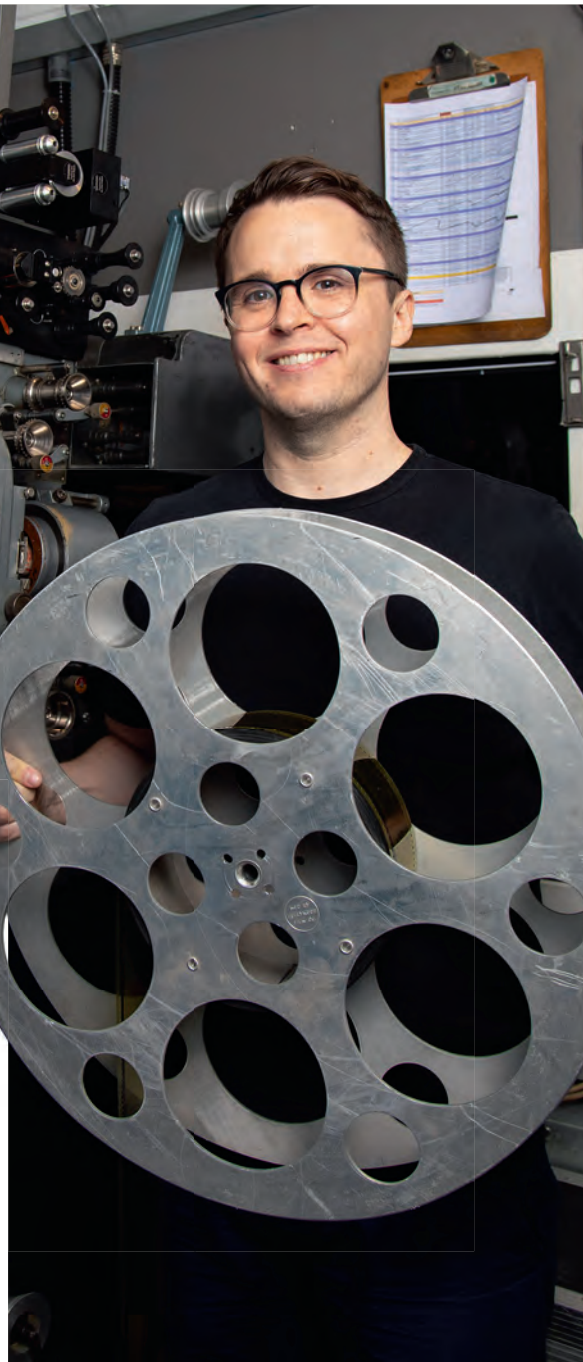
'We have a lot of freedom at The Prince Charles Cinema to show unusual films, but it's important to have a good mix. It can't just be "Paul's 20 Favourite Films" played over and over for ever (unfortunately). I open it up to external programmers, talk to the team or see what people have put on our requests board. Sometimes I have to put on films that I hate.'

Wikipedia is your friend

'None of the information about who owns film rights is really publicly available. You have to ask people you know in the industry or hit Wikipedia and hope you get lucky. I spent five months last year just trying to find out who owns "Synecdoche, New York". We finally got it, but that's a lot of work for just one evening.'

It's really, really hard to screen 'Point Break'

'The rights to screen "Point Break" are really expensive. It's owned by a financial company who don't know anything about the film



industry, so the terms they put forward are beyond the means of a small cinema run. We did show it once, but it took us seven years to track it down and get permission. Keanu Reeves even sent a video message. That's why we've never done a Keanu Reeves season – you just can't without "Point Break".'

Quentin Tarantino sits in the front row

'Tarantino comes to watch movies when he's in town. He sits front row in the centre and just wants to be part of the audience. We have quite a few famous fans. Christopher Nolan came to watch "Leviathan" a few years ago. But my favourite was when Woody Harrelson came to watch "The People vs Larry Flynt". No fanfare: he just came to watch himself in a movie.' ■

Interview by Kate Solomon

→ Prince Charles Cinema, 7 Leicester Place. ☉ Leicester Square.

'I don't think you can use "hashtag badass" about yourself.'

'I'm tired just thinking about being awake.'

'Is Jamiroquai a country?'

'I'm not attention-shy, I'm just shit.'

'I've been really overdoing the blueberries recently.'

'Ambivalence is not an opinion.'

'There's something really undignified about a flaccid penis.'

'I don't have much experience – I'm just fucking good at what I do.'

'I do like avocados, but that's not the reason I can't afford to buy a house.'

'I was rolling my boobs in disbelief!'

'My family from Azerbaijan are here! I have some fresh magic bush for you.'

Overheard something weird? Tweet us #wordonthestreet @timeoutlondon



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LONDON MAPPED



The beastly streets of London

THESE DAYS, THE only unusual critter you're likely to spot in London is the odd domesticated ferret and the famous tube parrot. However, you've probably missed a few other urban creatures – hiding in the city's street names.

In the shadow of The Gherkin, Houndsditch follows the route of an old ditch which used to run alongside London's walls – it was a dumping ground for locals' refuse and dead dogs. Birdcage Walk was the royal aviary during the reign of James I. And by

Smithfield Market, Cowcross Street was a main thoroughfare for live cattle.

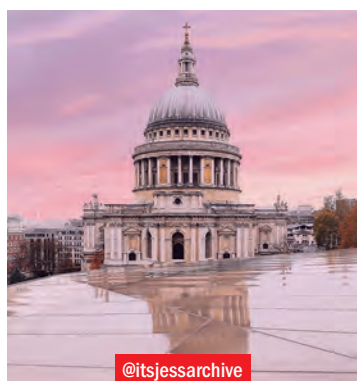
The Museum of London is taking over Smithfield this Bank Holiday Sunday for a free party celebrating Londoners' relationship with fauna past and present. Look out for bee-inspired dance classes, interactive wild installations, a mini-beast area containing hissing cockroaches – and not a live cow or dead dog in sight, hopefully. ■ *ElHunt*

→ Smithfield Street Party: A Beastly Adventure is at Smithfield Market. ☺ Farringdon. Sun Aug 25. Free.



THE VIEW FROM YOU

What Time Out readers have been Instagramming this week



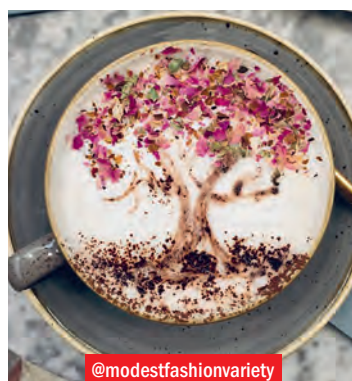
@itsjessarchive

'Forever chasing a candyfloss sky around London.'



@burgersearcher

'Try Normah's mee mak for Malaysian food that feels homely.'



@modestfashionvariety

'The perfect end to a perfect day at the Feya café.'



@mylilobridge

'I love the contrast between the green and the architecture.'

Want to see your Insta-shots of the capital in print? Tag them [#timeoutlondon](#)



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YOUR

CARNAVAL

BEST



EVE

CARNIVAL

PREP

Europe's biggest street festival rocks west London again this week. From finding the perfect soundsystem to crucial toilet tips, *Leonie Cooper* and *Marcus Barnes* present the Time Out guide to Notting Hill Carnival

1 PREP FOR THE WEEKEND



What to bring

Cold hard cash

Fill your pockets with pound coins for ease of purchasing tinnies from local entrepreneurs with trolleys full of Red Stripe.

A rain poncho

Never bank on bank holiday weather. Last year's Carnival was downpour central (but still absolutely great, obvs).

Sunglasses

If the sun is out, you'll be seeing a lot of it, as Carnival is a purely daytime event, with curfew at an exceedingly sensible 7pm on both days.

Wet wipes

Got sticky fingers after eating a load of jerk chicken? Of course you do! Wet wipes are your friends here.

Loo roll

Not the glammest thing to have in your bag but perfect for when all the toilet paper in west London runs out mid-afternoon.

What to wear

Bumbag

If God didn't want us to party, he wouldn't have invented the bumbag. It's the only way to do hands-free raving properly.

Trainers

Wear anything other than super-easy flats and you'll regret it. Heels and flip-flops are huge nos.

Something sparkly

Wearing outlandish gear means your mates will be able to find you after you wander off to buy a gallon of rum punch in an actual pineapple.

Cycling shorts

Comfy and bang on trend.



DANCER: DAVID TETT; BUMBAG: ALAMY; PONCHO: MARY TURNER/GETTY IMAGES

Notting Hill Carnival

2 KNOW THE GOING RATE



For a tinny

If you're paying £4 for a can, that's too much. Use discretion; you know when you're getting ripped off! But if you're a veteran, you get prepared and bring what you need with you. Keith Franklin, KCC & The Rocking Crew soundsystem



For a bottle of water

I passed out at Carnival when I was a kid because I didn't drink enough water, so it's important to stay hydrated! A fiver is way too much. £1-£2 is about right. Melissa Simon-Hartman, Carnival costume designer



For the loo

I've seen signs saying £3, which shocks me. I think £1 is fair. We lived on the route and let people go for free. I couldn't charge someone in desperation – Carnival is about love and unity! Fiona Hawthorne, Carnival community artist

3 JOIN A FLOAT AT THE LAST MINUTE

The most iconic NHC scenes can be seen as the parade winds its way along Chepstow Road, then on to Westbourne Grove and Ladbrooke Grove. But did you know you can still join in? Here's how...

Choose your float

Mas bands like Arawak, Flagz Mas and Cocoyea are still accepting registrations so move fast and get ready for an all-day calypso boogie.

Costume or T-shirt?

Most floats offer a range of packages: Ornate costumes (think feathers



and sequins – and lots of them) for those who can handle it, or branded T-shirts for those who want to represent on a more subtle tip. (Prices start at £70)

Check yourself

Floats and mas bands are under the watchful eyes of a judging panel, so try not to go too sloshed and scupper their chances.

4 COMMIT TO YOUR CARNIVAL VIBE

The chiller

Just want to soak up some culture and have a few drinks?

Eat You're in no rush, so get yourself a full Caribbean spread – jerk chicken, goat curry, ackee and saltfish and a Guinness punch.

Pee Treat yourself and pop into a pub on the route, which will probably cost you about £2. Worth it, TBH.

Party Check out the parade at a quiet spot by the canal on Kensal Road away from the soundsystems. Then there's nothing more laidback than the old-school dub at Awa Shanti-I, which is situated in the less busy outskirts of the main Carnival drag.

The raver

Here for the party and the afterparty and the after-afterparty?

Eat Food? Absolute lol. The closest you will come to a square meal is when you suck overproof rum off a stick of sugar cane.

Pee The raver has no time for lengthy loo queues. The raver will pay top dollar (£5) to make use of a savvy local's bathroom.

Party The rowdiest of all the soundsystems: Rampage.

The parent

Got kids to entertain while you get into the spirit?

Eat Patties, of course. Jamaica's superior, fiery equivalent to the Cornish pasty is perfect for shoving in the mouth of a whining child.

Pee Try your luck with Westminster Council's temporary loos, which can be found at 13 different locations. Take our map (p22) with you.

Party There's always a kid-friendly Disneyland-if-it-was-run-by-The-Clash theme down at ska central, Gaz's Rockin' Blues. Bring ear defenders for your little ones as things can get pretty loud.



PHOTO: ALAMY; CHILLER: MIKE KEMP/IN PICTURES VIA GETTY IMAGES; RAVER: MELINDA NAGY/SHUTTERSTOCK.COM; PARENT: MELANIE LEMAHIEU/SHUTTERSTOCK.COM

5 PLAY CARNIVAL BINGO



Dancing copper



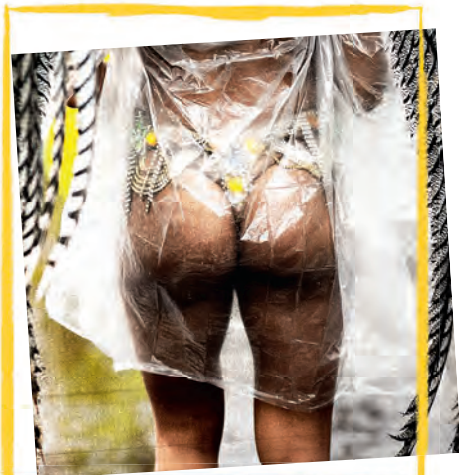
Carnival virgins



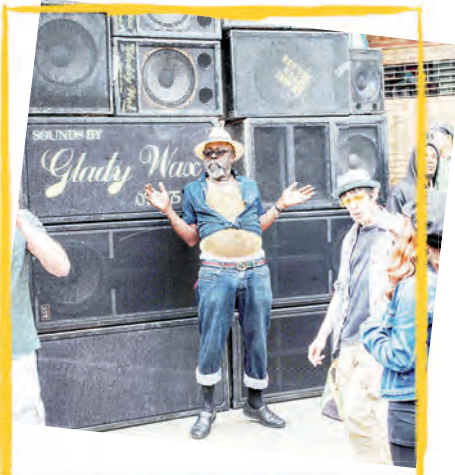
Residents in the shires



Literally the cutest kid ever



Rain-or-shine wear



Tough guy eardrums

6 KNOW YOUR ANTHEMS



'Original Nuttah'
Shy FX

As soon as the crowd hears the first few notes of this, it's an instant rewind. Shy FX, a Carnival regular since his youth, is responsible for this jungle anthem and it's undoubtedly one of the biggest tunes at Carnival every single year.



'Police & Thieves'
Junior Murvin

Produced by dub royalty Lee 'Scratch' Perry, this is one of the more understated, emotive

Carnival anthems. Murvin, who died in 2013, had an angelic voice that belies the song's political content. Goosebumps every time.



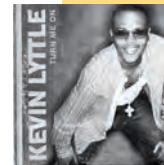
'Program feat Irah Chase and Status'

In what's bound to be one of this year's biggest anthems, Chase And Status go back to their jungle roots, teaming up with dancehall don Irah for an all-out aural assault. Watch this cause absolute uproar in Notting Hill.



'Ring the Alarm'
Tenor Saw

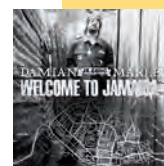
Recorded when Tenor Saw was 19, this tune epitomises soundclash culture with the late reggae artist hailing the death of another soundsystem. You'll hear this at least 20 times at Carnival every year. Rrrrrrrriiiiiing!



'Turn Me On'
Kevin Lyttle

When it comes to the mainstream, very few soca artists have been as successful as Kevin

Lyttle was with this crossover hit. It's a perfect icebreaker to sing and dance along to if you've got your eye on a fitty in the crowd...



'Welcome to Jamrock'
Damian Marley

Bob Marley's son did his old man proud with this seminal riddim.

From the big, bad, heavy bassline to the tune's cutting political commentary, this one's a winner.



PHOTO: MS JANE CAMPBELL/SHUTTERSTOCK.COM; VIRGINS: TRINITY MIRROR/ALAMY; BOARDING: KEITH LARBY/ALAMY; NCD: NICOLA FERRARI/IF/ALAMY; PONCHO: LEON NEAL/AFP/GETTY IMAGES; SPEAKERS: JACK TAYLOR/GETTY IMAGES

Notting Hill Carnival

7 PICK A SOUND SYSTEM

FIND THE SOUND SYSTEMS ON OUR MAP, P22

GladdyWax Sound 17

Gladwin Wright is a record collector and Jamaican music historian who also happens to know a thing or two about mashing up Carnival. 'Gladdy', as he's affectionately known, built a high-spec soundsystem to share his vinyl collection with the world.

KCC Soundsystem 13

Keith KCC was DJing in London before most of us could talk. He's a widely respected UK pioneer with a soundsystem that attracts the cream of the underground house scene. Uplifting, four-to-the-floor summer vibes all the way.

Latin Rave Street Jam 16

Led by DJ Sylvester, who used to run a night with Gilles Peterson, this is Carnival's only Latin soundsystem. Combining Afro-fusion, Latin jazz and a variety of similar sounds, Latin Rave Street Jam buzzes with sizzling sounds.

Rampage 31

This is one of those soundsystems you know will deliver the goods. Rampage brings energy, exclusive dubplates and high-profile guests (Wiley and Stormzy have passed through in previous years). It's Carnival carnage at their stage.

Rapattack 21

With its origins firmly rooted in the Grenfell community, this is a local soundsystem that has an intuitive understanding of Carnival. Its

support for the victims of the tragedy is unwavering and it flies the green flag every year.

Saxon 15

South-east London soundsystem heavyweight Saxon has more than four decades behind it, blending reggae, roots and dancehall. These guys *are* Carnival.



More Carnival parties at timeout.com/carnival



For a local party

If you want to stay out in the area, head to Paradise by Way of Kensal Green. On Sunday night, '90s hip hop party So Fresh So Clean takes over the ornate pub. On Monday, it's the turn of Rinse FM.

For a party further east

For anyone heading back east on the Sunday, the neatest option is Kensal Rise Overground. Then you're in the perfect place to hit up Supa Dupa Fly's afterparty at Trapeze in Shoreditch.

→ Find more Carnival afterparties on p47.

For a nightcap

Lots of local pubs shut their doors after curfew, but the best place to grab a nightcap is the grand old Warrington Hotel in Maida Vale. Cross the Westway, get an outdoor seat to recalibrate then jump on the tube one street away.

To go straight home

If you just want to get home, aim for a station not directly on the Carnival route, many of which will be exit-only. Instead, try Shepherd's Bush, Bayswater, Paddington or Duffy's fave, Warwick Avenue.

SOUND SYSTEM: UNIVERSAL IMAGES GROUP VIA GETTY IMAGES; DANCERS: IN PICTURES LTD./CORBIS VIA GETTY IMAGES



ANCIENT IS THE NEW NEW

Stargaze in the age-old Wadi Rum desert.
Fly direct to Aqaba, Jordan.

CARNIVAL MAP



- Safe zones
- First aid point
- Police station
- Judging point
- Lost/found children reporting centre
- Police sector boundary
- Soundsystem location
- Parade route
- Toilets

- | | | | |
|------------------------|------------------------------|-----------------------|-------------------------|
| 1. Mastermind Roadshow | 10. Sir Valdez | 19. High Grade | 28. Nasty Love |
| 2. GI Roadshow | 11. Volcano | 20. Lord Gelly's | 29. King Tubby's |
| 3. 4Play | 12. Seduction City | 21. Rapattack | 30. Disya Jeneration |
| 4. Pineapple Tribe | 13. KCC And The Rocking Crew | 22. Killer Watt | 31. Rampage |
| 5. GT Flex Road Show | 14. Arts-A-Light | 23. Sir Lloyd | 32. Disco Hustlers |
| 6. Aba Shanti-I | 15. Saxon Studio | 24. People's Sound | 33. Gaz's Rockin' Blues |
| 7. Triple S | 16. Latin Rave Street Jam | 25. Different Strokes | 34. Solution |
| 8. Rough But Sweet | 17. Gladly Wax Sound | 26. Channel One | 35. The Fun Bunch |
| 9. Love TKO | 18. Virgo International | 27. Metro Glory | 36. Mark Ross |

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DON'T MISS

The Luna Cinema

What is it? Outdoor film screenings in epic settings across London.

Why go? Alfresco movie magicians The Luna Cinema are here to turn your summer evenings into unforgettable memories. Catch old-school classics and recent award-winning flicks on a giant screen under the stars.

What's exclusive? There's no booking fee – tickets from £15.50.

→ Multiple locations. Select dates until Sep 19.

www.timeout.com/luna



The Crazy Bear

What is it? Wagyu beef and lobster (served Thai or English style) with a glass of champagne at one of three ultra-glam branches.

Why go? For the decadent decor, swish service and exquisite food. Basically, this is one of the poshest surf 'n' turfs you're ever likely to get your chops around.

What's exclusive? With us, it's just £25 – saving you 60 percent.

→ Multiple locations. Until Mar 31 2020.

www.timeout.com/crazybear19

'A Very Expensive Poison'

What is it? Lucy Prebble's new play about the poisoning of Russian spy Alexander Litvinenko – based on Luke Harding's gripping book of the same name.

Why go? Prebble has turned her talents to modern espionage with this surreal thriller about a shocking assassination.

What's exclusive? Tickets through Time Out start at just £10.

→ The Old Vic. ⊕ Waterloo. Select dates until Oct 5. www.timeout.com/poison

Candle-making workshops

What is it? Rekindle your love for crafts by creating four bespoke candles that you can take home.

Why go? To learn a new hobby, kickstart your side hustle or just enjoy de-stressing. At this workshop you'll use different waxes and scents to create your own candles.

What's exclusive? The course is usually £120, but with us you can sign up for just £29.

→ Multiple locations. Until Nov 20. www.timeout.com/candle

Kanishka

What is it? Six sharing plates at a trendy Indian eatery from a two-Michelin-starred chef.

Why go? For dishes like cumin and black pepper goat curry or pan-seared seafood in a creamy coconut and turmeric sauce. Pick your fave foodie friend and get booking!

What's exclusive? Sharing's caring: enjoy six dishes between two for £25 each.

→ Kanishka. ⊕ Oxford Circus. Until Oct 12. www.timeout.com/kanishka

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The official combined fuel consumption figures in mpg (l/100km) for the Renault Kadjar S Edition TCe 140 MY19 are: 42.2 (6.7) - 44.1 (6.4). The official CO₂ emissions are 136 - 134g/km. WLTP figures shown are for comparability purposes; only compare figures with vehicles tested to the same technical procedures. Actual real world driving results may vary depending on factors such as weather conditions, driving styles, vehicle load or any accessories fitted after registration. WLTP is a new test used for fuel consumption and CO₂ figure, however until April 2020 the CO₂ figures are based on the outgoing (NEDC) test cycle which will be used to calculate vehicle tax on first registration. Please visit renault.co.uk/configure for WLTP figures for any selected options.

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Property

Edited by Laura Richards
timeout.com/property

Make your rented house a home

Interiors blogger and author *Medina Grillo* (below) shares five hacks to help transform your rented pad without risking your deposit

1 Maximise minimal space

Storage is forever an issue – especially in typically tiny London homes. The best advice I can give is to make use of all the areas in your home that some might class as dead space. For example: convert alcoves into workspaces; create additional rolling storage under your bed; turn windowsills into shelves for books, plants and other accessories; and utilise space behind doors using over-the-door hooks. You could build underbed storage boxes from wood, but a simpler hack would be to buy some large storage boxes from a pound shop, or even recycle used crates or drawers to place under your bed. You can add castors to the bases of the boxes using a drill-screwdriver and then just decorate with paint to add some character.

Time Out London August 20 – 26 2019



2 Cut a rug

Rugs really do solve a lot of problems. They warm up a cold room, hide unsightly stains or cover ugly flooring entirely. Most importantly, they bring together the various pieces of furniture in a room. Rugs are also super-affordable and can be switched up easily, making them the perfect accessory for changeable decor. Lots of renters might shy away from the idea of rugs, especially if their place is already carpeted, but they can actually be placed over carpets, especially if they're flat-weave. Buy larger ones that won't viciously break up a room and that will fit under all of your furniture. Or if you're on a tight budget, remember to layer smaller rugs to create the clever illusion of a larger, more textured piece.



Get more interior inspiration at timeout.com/property



4 Mirrors, mirrors... on the walls

Place a mirror opposite the largest window in a room or in dark spaces to bring in twice as much natural light and to give the illusion of space. Opt for renter-friendly standing designs or ones that can be leaned against a wall. If you are using a collection of smaller, lightweight mirrors, apply them to the wall with Command adhesive strips; as long as you follow the weight requirements and instructions, these can later be removed from walls without any damage. The same goes for art: layer and lean clusters of large paintings against a wall, on a sideboard or even on the floor to add personality without the hassle of hanging.

3 Make your hardware do the hard work

If your kitchen is looking a little bland, try replacing the cupboard knobs or handles with something more to your taste. This is maybe the quickest thing you can do that will have an instant impact on a rented space. It's as simple as unscrewing the originals and screwing in the new ones. Just make sure you're replacing handles or knobs with similar-sized hardware, as you don't want to be drilling or filling in holes. Keep the originals and their accompanying screws in a safe place, ready for refitting when the lease is up. On the hunt for gorgeous and unique hardware? Try the likes of West Elm, Anthropologie and Ikea, have a browse on eBay or go rooting around in charity shops and at car boot sales.

5 Wallpaper is an option

As a renter, you might think wallpaper is out of the question. And I'd agree: applying traditional paste-and-stick wallpaper is a surefire way to lose your deposit. However, recent years have seen a rise in a new kind of wallpaper that goes by a variety of names: 'removable', 'temporary' and 'peel-and-stick', to name a few. It has an adhesive backing that can be applied quite easily to most flat, non-textured walls, then removed without causing damage. This paper is ideal for injecting pattern or colour into a room in a non-permanent way – you could even use it to create a fancy feature wall. ■

→ 'Home Sweet (Rented) Home' by Medina Grillo is published by Mitchell Beazley at £15 on Thu Aug 22. Follow her on Instagram @grillodesigns and at www.grillo-designs.com.





A LOCAL'S GUIDE TO LIVING IN

Lower Sydenham

Tell me about the local tribe.

Hard-working Lewisham locals and families, first-time buyers and creatives looking for affordable housing. A large part of Lower Sydenham is an industrial park so you'll find a lot of warehouse space and cheaper units going à la Hackney Wick ten years ago.

What's new in the area?

There's an **Aldi** landing imminently in the Bell Green Retail Park, and just up the road at **Beckenham Place Park** there's a new swimming lake and adventure playground.

Any community spaces?

Sydenham Library is at the heart of the community, powered by volunteers and also acting as a drop-off point for recycling centre Eco Perks. There's a strong programme of events care of the **Sydenham Arts** community. And the incredible **Sydenham Garden** is open to all and provides pastoral care through green-fingered activity.

Where can I grab a morning latte?

More like a rocket-fuel Nescafé or builder's tea with a side of eggs, bacon and fried slice at the **Kings Café** near the station. Otherwise, it's a brisk walk to **Brown & Green** café in Mayow Park, where they'll froth your oat milk to perfection.

Is the area family-friendly?

Yes, alongside lovely off-road cycle routes along the **River Pool** and drop-in classes at the library, there is sweaty soft play at **Gambado** – bung the kids in and let them go wild.



Brown & Green café



Sydenham Garden

What's the nearest green space?

Lower Sydenham is perfectly placed to access myriad gorgeous green spaces, including **Home Park**, **Cator Park** and **Mayow Park**, or for long riverside walks, pootle along to **Ladywell Fields** via Catford. If you're a more hardcore rambler, try the **Waterlink Way** over to Greenwich.

How about keeping fit?

Serious about weights? **Metro Flex Gym** is your spot. Just next to Lower Sydenham station it's a fun environment with a banging music policy of club anthems and garage classics. If you're more into spin and swim, try the **Bridge Leisure Centre** on the other side of the tracks.

AVERAGE PROPERTY PRICES:
Flats £250k, houses £425k

AVERAGE RENT:
£600pcm per person

NEAREST TRANSPORT:
Lower Sydenham rail station/Sydenham Overground

BUS ROUTES:
Loads of direct buses to Catford, Crystal Palace and Blackheath.

LOCAL MP:
Ellie Reeves (Labour)

What are the supermarket options?

There are two **Lidl**s exactly a mile apart or there's a gargantuan **Sainsbury's** that's also home to a sushi bar, plus branches of EE, Argos and Oasis clothing.

Any decent takeaways?

On legs, check out **Trattoria Raffaele** on Sydenham Road for authentic Italian and **Mr Kebabish** just across the street for tender grilled meats and tasty, cheap biryanis. If you're feeling lazy, try **Coconut Palm Jerk** and **Imm Thai Fusion** care of Deliveroo.

And where do locals drink?

True Lower Sydenhamites head to **The Railway Tavern**. But if you like a boogie, check out **The Golden Lion** along the high street, where every Friday United Sounds of Sydenham take over with their extensive jazz, funk and soul record collection. ■ *Hayley Joyes*



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*Price correct at time of going to press

HOUSING CRISIS

We put your London property problems to the experts

This week: first-time-buyer banking

Laura from Nunhead says:
‘I’m close to having what I think is a decent deposit for a flat, as a first-time buyer. But I worry about draining my savings – people say costs rack up, and I’m clueless about what else I’ll have to fork out for. What’s a good amount to have in the bank, beyond the deposit?’

Paula Higgins from HomeOwners Alliance says:
‘A good rule of thumb is that extra costs can run up to 10 percent of the purchase price. A huge benefit for first-time buyers is that if the property is worth less than £300,000, you don’t have to pay stamp duty. And for properties worth up to £500k you’ll pay no stamp duty on the first £300k. You’ll need to consider paying for a conveyancer to oversee the legal process, which can cost between £500 and £1,500; you can save some money by choosing a conveyancer rather than a solicitor,

INTERVIEW BY NISHA WOOLFORD. IMAGE: ANDY PARSONS



or by using a firm outside of London. There are mortgage arrangement and valuation fees, which will cost around £1,200. And you’ll probably need to get a survey of your property, which can cost between £400 and £1,000.

‘Don’t forget important moving costs – removals, decorating, buying furniture and white goods (as you will probably want to make a cup of tea when you move!) – and you’ll have to consider the usual bills, plus building and contents insurance, and ground rent and service charges. This can include maintenance and upkeep of the common spaces and building.

‘Budget in the first few years and don’t fret – in the long run you’ll probably discover that with current low mortgage interest rates, you’ll be spending less and you’ll have a permanent place to call home.’ ■

→ For further home owner advice visit www.hoa.org.uk.

Send your problems to hello@timeout.com



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LAUNCHING
SEPTEMBER 2019

Things to Do

Edited by Katie McCabe
timeout.com/thingstodo @timeoutlondon

Your bank holiday SORTED

The last gasp of summer is upon us, so make it count. Here's how to spend your entire bank holiday in London's great outdoors



Friday

White Water Rafting

Start your bank holiday by thundering through the chlorine-y rapids of the white-water slalom centre in Lee Valley. The centre was built for the 2012 Olympics, but as long as you can survive a 'swim test' in the whirlpool, you don't need any experience to brave these angry waters. Still, it's a challenging run, so choose your raft-mates wisely.

→ Lee Valley White Water Centre. Waltham Cross rail. Open daily. £50pp.

Covent Garden Cool Down

Still get a jolt of adrenaline every time you hear the distant twinkle of a Mr Whippy van? Find everything you need in one spot at this five-day festival of ice cream in Covent Garden. Among the crowd-pleasing

scoops, there'll be avo soft serve, Aperol sorbet, and fruit and vegetable flavoured mixes inspired by the site's costermonger heritage. Sometimes a frostbitten Calippo just isn't enough...

→ Covent Garden East Piazza. ☉ Covent Garden. Thu Aug 22-Mon Aug 26. Free.

English Wine Fair

Where springs to mind when you think of wine? Saint Emilion, Bordeaux? How about say... Kent? English wine is on the rise, in fact there are 500 vineyards around the country growing grapes to meet demand. Try some for yourself with a wine weekend at King's Cross Canopy Market, where a ticket gets you a glass of (English) sparkling wine on arrival and five tiny winey samples. No plonk, promise.

→ Canopy Market. ☉ King's Cross. Fri Aug 23-Mon Aug 26. Free (ticketed entry with wine £20).



White water rafting in Lee Valley



'Chilhuly: Reflections on Nature'



LEE VALLEY: MARK SIMS; VICTORIAN VAUXHALL: NUALA GINTY



Victorian Vauxhall

Saturday

Victorian Vauxhall

Vauxhall Pleasure Gardens will be turning back the clock this bank holiday, creating a distinctly Victorian atmosphere on the green. The free day out will feature all the fun and games commonly found back in the nineteenth century, including tightrope and stilt walkers, and Victorian strongmen. → Vauxhall Pleasure Gardens. ⊕ Vauxhall. Sat Aug 24. Free.

Free Outdoor Fitness Class

Hate doing lunges alone? Join this big hour-long fitness free-for-all in Hyde Park led by SwedishFit. The group has a membership scheme where you can do classes across the city, but here, anyone can bring a mat and a pair of trainers to take part. Just register on Eventbrite, turn up, do a full-body group workout to the music and stay for the picnic (or don't). No mirrors and no obligations. Sorted. → Hyde Park, near Speakers' Corner. ⊕ Marble Arch. Sat Aug 24. Free. Check Instagram @swedishfit_london for the exact location.

'Chilhuly: Reflections on Nature'

The squiggly glass sculptures of Dale Chilhuly have been stretching their colourful tendrils out in Kew Gardens' foliage since April, but this might be your last chance to see them sparkling in the sunlight. Arrive early (11am or erm, 1.30pm, depending on your outlook) and you might catch a free introductory tour of the gardens too. → Kew Gardens. ⊕ Kew Gardens. Adult £16.50, child £4.50.





SMITHFIELD STREET PARTY

A Beastly Adventure

Sunday

Smithfield Street Party: A Beastly Adventure

As the party kicks off in Notting Hill, the streets of Smithfield are turning into a carnival of animals. Inspired by the Museum of London's 'Beasts of London' exhibition, 10,000 party monsters are expected at this shindig to see aerial artists swing from Smithfield Canopy, watch dancing giant bird puppets, bands and dog shows. Canine friends are invited too, FYI.

→ Smithfield Market. ☉ Farringdon.

Sun Aug 25. Free.

Regent's Park Music Festival

See Regent's Park's bandstand shake with booming brass beats as local jazz bands take to the stage for a summer concert. Spread out your picnic blanket to listen to Rory Ingham's trombone quintet and Barnes's wind band on Sunday, or Grimsdyke Brass Band and Regent Community Brass on Monday.

→ Regent's Park Bandstand. ☉ Baker St.

Sun Aug 25-Mon Aug 26. Free.

Gorilla Flying Circus Trapeze School

If you harbour daredevil aspirations or think the swallow is your animal alter-ego, book a session at this outdoor flying trapeze school that sets up camp in Regent's Park. In just two hours you'll go from doing simple tricks on the low bar to performing high-flying backwards somersaults like a pro-swing.

→ Regent's Park. ☉ St John's Wood.

Until Sep 8. £30.



Smithfield Street Party

Turn to p46 for bank holiday nightlife

Monday

Vintage Market at the Mansion

If you've never stepped into the magical grounds of Beckenham Place Park's Georgian mansion, this retro sale is the perfect opportunity. Twenty-five top vintage traders will be setting up shop in the pretty pastel-hued rooms selling travel posters, prints and clothes. Stalls selling furniture and homeware will be outside along with a sizzling set of street food stands and the park's rolling greenery.

→ Beckenham Place Park. Beckenham Junction rail. Mon Aug 26. Free.

Morden Park House '90s Outdoor Cinema

Don't spend your sweet extra day off work in bed in front of 'Queer Eye'. Head to this beautiful former deer park to get a huge hit of nostalgia thanks to this outdoor screening of films all nearing their third decade. From the children's cult classic

'Jumanji' through to intertwining narratives of Tarantino's 'Pulp Fiction', there'll be something for everyone who once owned (and killed) a Tamagotchi.

→ Morden Park Hall. ☉ Morden.

Mon Aug 26. £10.

Dog Days of Summer

Monday is gearing up to be the best day of the year. Not only is it a bank holiday, it's also National Dog Day. To celebrate this serendipitous fortune, Flat Iron Square is throwing a pooch-themed party. Bring your pup along to enter them into The Dog Factor (there are prizes for the Baddest Bitch). There'll also be a canine-friendly screening of 'Isle of Dogs' and meaty street food from The Butcher's Tap. ■ *Alexandra Sims and Katie McCabe*

→ Flat Iron Square. ☉ London Bridge. Mon Aug 26. Free, dog show entry £5.



Dog Days of Summer

SMITHFIELD STREET PARTY: MARK KALLAN

Fill your extra day off to the brim at timeout.com/bankholiday

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TIME OUT TRIES
The Monster



WHAT IS IT?
A giant inflatable obstacle course for adults.

WHY GO?
What better excuse to zoom down an 18-metre mega slide?

→ Alexandra Palace.
Alexandra Palace rail. Fri
Aug 23-Mon Aug 26 for
over-15s, Aug 27-28 for
seven-15s. £20-£25, £16-
£20 child.

THERE AREN'T MANY things I regret in life, but never being picked to appear on the TV show 'Fun House' is one of my greatest disappointments. If your childhood was anything like mine, you'll have spent hours in front of the telly watching kids tackle bouncing obstacles and gunge their parents as you wondered how they got so damn lucky.

Well, now I have the chance to live out my '90s gameshow fantasy – at The Monster, a huge inflatable obstacle course at Alexandra Palace. At 300 metres long, it really is a beast. Inside, it has an 18-metre

Mega Slide, tunnels and steep climbing walls. Sadly, no gunge.

Channelling Pat Sharp (minus the mullet), I arrive at The Monster's mouth where I'm met by one of the Monster Maniacs (the hype guys and gals), who gets me jumping on the spot, dancing, chanting and ready to take on the obstacles ahead.

My first challenge is a big, electric-blue troll face, its mouth packed with inflatable teeth like chunky Dairylea triangles, which I have to squeeze past. The best challenges are saved till last when I get to jump from a sheer ten-metre drop on to a wobbling crash mat and zoom

down the towering slide – filling my hardened twentysomething heart with juvenile joy.

As with all the best things from your childhood, the experience is over pretty swiftly. However, in true kidult style, there are some R-rated extras dotted around the course – boozy bingo, drag queen karaoke, unicorn ball pits, beer pong and street food – to keep the fun going after completing the course. Best forgo the tequila shots until you're over the Mega Slide, or else you'll really see some gunge. And not the kind Pat Sharp would've wanted. ■
Alexandra Sims

More bright ideas at
timeout.com/101

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MICHAEL BILLINGTON, GUARDIAN

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Things to Do

THREE OF THE BEST

Bank holiday beer festivals



↑ Contemporary Cask Fest E17

Fancy trying a bunch of new brews in the Stow? Wine 'n' Rind's posh cheese toasties will help soak up the suds, and there will be more options for those who don't hail the ale.
→ Walthamstow Pumphouse Museum. St James St Overground. Sun Aug 25.
£5, includes a festival glass and a beer guide. Book in advance to get a free print.



↑ Craft Beer & Cheese Festival

Forget everything you've been told. Turns out beer and cheese are the real bedfellows. The line-up has 40 craft beers, six live bands, cheesy street food and a selection from Neal's Yard Dairy. Pace yourself: it's going to be a lot of froth and fromage.
→ Spit and Sawdust. Elephant & Castle. Sat Aug 24-Sun Aug 25. Free.



↑ Tropic-ALE

The Beer Shop is bringing a pint-sized version of the Notting Hill Carnival to Nunhead by serving up mango-and-passion-fruit-flavoured ales out of its lovely open-plan micropub. Wear your loudest tropical shirt.
→ The Beer Shop London. Nunhead rail. Fri Aug 23-Mon Aug 26. Free.

More boozy bank hol ideas at
timeout.com/thingstodo

GET NECK-DEEP IN heliotropic heaven among fields full of golden sunflowers, which are at their peak between August and September. Just a stone's throw from the city, these farms let you pick a bouquet of your own. Remember, always check ahead to make sure the crops are fresh before you visit.

The Pop-Up Farm

This educational farm and shop loves sunflowers so much it has an entire festival dedicated to the blooms each year. Follow their sunflower trail, pick your own blooms and gorge on some pizza and local ice cream from the Pitstop café. There are also sunflower sommeliers on hand to help you choose and take care of your freshly picked flowers.

→ M1 Junction 9, St Albans, AL3 8HT. Best to drive. Free entry. Check www.thepopupfarm.co.uk.

Garsons Farm

As the fruit season winds down on this family-run pick-your-own farm, turn your attention to its fields of sunny blooms instead. There are three sunflower fields dotted across its whopping 155 acres and the £4 entry is taken off your 'pay and

WHERE TO FIND

Pick-your-own sunflower fields



Hitchin Lavender

weigh' bill at the end. Wanna mix things up? Have a look at the PYO dahlia fields too.

→ Winterdown Rd, Esher, Surrey, KT10 8LS. Esher rail, then 458 bus. Check www.garsons.co.uk.

Meopham PYO

Pick as many bunches as your arms can carry at this Kent farm before sitting down for a breather in the onsite tea room. Feeling adventurous? Take a dizzying spin around the Maize Maze, which has meandering paths carved into the arable fields.

→ Broomfield Fruit Farm, Ifield Rd, Meopham, DA13 0QH. Meopham rail. £2 maze entry. Check www.meophampyo.co.uk.

Hitchin Lavender

You may know this spot for its purple crops of lavender, but there's a few yellow delights hidden among the scented stuff. Pick up a paper bag and a pair of scissors at the entrance and start snipping those stems. It's been a tough year for the yellow buds so visit in September when, fingers crossed, they'll be in full bloom. ■ *Alexandra Sims*

→ Cadwell Farm, Arlessey Rd, Ickleford, Hitchin, SG5 3UA. Hitchin rail. £6, £3 under-14s, free for under-fives. Check www.hitchinlavender.com.

STEPHEN CHUNG / ALAMY



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Identity, beauty and the body

‘A gender-fluid blockbuster’

★★★★★
The Guardian

HAYWARD GALLERY

FINAL WEEKS

Members go free



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DON'T MISS

Shake It Up! A Shakespeare Festival for Shoreditch

BIG NEWS: SHAKESPEARE is being exhumed in Shoreditch. Sort of. Last year, archaeologists began excavating the site where Shakespeare's OG playhouse once stood. Called 'The Theatre' (it was the OG, after all), the venue was built on the then outskirts of Elizabethan London, in 'the suburbs of sin', and pre-dated both The Rose and the Globe. A new permanent exhibition space is set to open on the old site and to drum up excitement for its arrival, the Theatre Courtyard Gallery will be hosting a two-day festival dedicated to Willy himself.

'Shake It Up!' is a Shakespearian sea change, offering something rich and strange, starting with a **candle-lit choir concert** in St Leonard's Church, where you'll hear Jacobean choral verse interwoven with tales from seventeenth-century

England. On the bill are **pop-up Shakespeare performances** inside an archaeological tent, an afternoon of sword fighting and a chance to see what the playwright would have eaten for dinner at an aromatic lecture and a themed **'Elizabethan**

Yoga' class. If you thought the trend for 'gin yoga' was absurd, this one might just push you over the edge. Look out, Southbank, this festival is out to prove that Shoreditch is the real London home of the Bard. ■
Nisha Woolford

WHAT IS IT?

A slightly bonkers series of events in Shoreditch dedicated to William Shakespeare.

WHY GO?

To see a group of people doing the downward dog in ruff collars.

→ Various venues.
Shoreditch High St
Overground. Fri Aug 23-
Sat Aug 24. Free, some
ticketed events.



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SHOP

S Green Rooms Market

Get your green fingers on plants, pots, botanical prints, embroidery and everything in between at this leafy market.

As well as cacti, succulents and herbs there'll be terrarium-making workshops.

→ Peckham Springs.

Peckham Rye Overground.

Sun Aug 25. Free.

E Hackney Flea Market

Want your flat to look like a spread from a 1970s interior design mag? You'll feel right at home at this flea where eclectic taste is key. If you're on the lookout for costume jewellery, vintage fabrics, salvaged furniture, old maps and reclaimed fixtures and fittings, you'll find 'em all here.

→ Abney Hall. Stoke Newington

Overground. Sat Aug 24-

Sun Aug 25. Free.

E Classic Football Shirts

This Manchester-based shop now has a temporary pop-up in London. It's thought to be the largest collection of original football shirts in the world. After a Newcastle '88-'90 away by Umbro? You'll probs find it here.

→ Dray Walk. ↻ Liverpool St.

Until Jan 31. Free entry.

WATCH

S Science Fiction Theatre presents 'Starman'

This monthly night, which offers leftfield film obscurities, is putting on John Carpenter's 1984 Oscar-nominated thriller 'Starman', starring Jeff Bridges and Karen Allen.

→ The Castle Cinema. Homerton Overground. Thu Aug 22. £10.

N Backyard Cinema: LA Nights

The immersive film troupe is bringing a slice of California's Venice Beach to Camden for a series of Golden State film screenings. Watch films like 'The Greatest Showman', 'Bohemian Rhapsody', 'A Star Is Born', 'Dirty Dancing' and 'Pretty Woman' on an actual beach. Hurry, it's in its final days!

→ Roundhouse. ↻ Chalk Farm. Until Sat Aug 24. From £18.99.

JOIN IN

C Stranger Pins: 'Stranger Things' Bowling Party

Venture into the Upside Down as Bloomsbury Bowling Lanes gets a 'Stranger Things'-themed makeover, complete with '80s synth bangers spinning all night long.

→ Bloomsbury Bowling Lanes. ↻ Russell Square. Sat Aug 24. £5.

S 'Lord of the Rings' Quiz

Know your Mordor from your Misty Mountains? Round up your fellow Hobbit heads for this Tolkien-themed quiz. Best start thinking of your team name now. One Team to Rule Them All is already taken, soz.

→ The Coat & Badge. ↻ East Putney. Tue Aug 20. £3.

TO DO

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Dale Chihuly, Sapphire Star, 2010 © Chihuly Studio

PARTY

E Batuke Festival

Shake it and parade it at this four-day arts festival celebrating African-Portuguese culture. Join dance workshops in kizomba, semba, ginga and Afrobeat, watch theatre performances and screenings, and visit the Afro Marketplace.

→ Rich Mix. Shoreditch High St Overground. Fri Aug 23-Sun Aug 25. From £20.

EXHIBITION

C 'The Dark Crystal: Age of Resistance Exhibition'

Enter the world of Thra at this special exhibition. See set pieces from the series (like the Skeksis banquet) and meet the puppets modelled on Jim Hensons's original creations.

→ BFI Southbank. ↻ Waterloo. Fri Aug 23-Sep 6. Free.

E 'The Barking Stink'

Get to know Barking's industrial past through the power of smell. Sewage, fish and the scent of a fizzy pop factory will all be on olfactory display at this whiffy exhibition.

→ Valence House Museum. Chadwell Heath rail. Sat Aug 24-Nov 6. Free.

EXCLUSIVE

Get 2-for-1 tickets to a five-star retrospective on a formidable painter at 'Lee Krasner: Living Colour' at the Barbican. Tickets now from £15.

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Film

Edited by Phil de Semlyen
timeout.com/film @timeoutfilm

TIME OUT MEETS

Antonio Banderas

The actor on his glorious new Pedro Almodóvar movie... and shopping in Morrisons



THERE ARE FACTS that throw your circuits. Like how Poland has a desert or that Nicolas Cage was nearly in 'The Lord of the Rings'. For me, it was finding out that Antonio Banderas lives in Surrey. Not the Hollywood Hills or a castle overlooking the Med. In Cobham. It's the kind of thing that could easily turn an interview with the actor into a chat about ring roads and congestion on the M25. But the Oscar-tipped 'Pain and Glory', in which he plays a kind of proxy for director Pedro Almodóvar, is his best performance (and film)

in years. So, you know, we talked about that too.

Did you have any doubts about playing a version of your director?

'With Almodóvar, it's very difficult to doubt. The opposite: it was the movie I needed to do with my friend. We had an experience on "The Skin I Live In" that was tense, basically because I came after 22 years not working with him with a box filled with tools helping me to be more secure in front of the camera. I wanted to show my friend: Look what I am now! He thought those

things were good for my American directors but not for him. When he called me again it was beautiful to know that he'd give his confidence to me to play him. This has been one of the best times of my life as an actor.'

Did that tension linger?

'No. As we say in Spain, the blood never reached the river. It was just professional discussions on the set [about] how to approach the character. It was: you do it your way and then we'll do it my way. Of course, he's the director - he's going to choose his way [laughs].'

Were those tools there to help you as an actor or a movie star?

'The star system plays a big part in Hollywood - actors have a lot of say in movies. In Europe, it's different. The commanding presence is the director. I'd probably forgotten that.'

Do you ever get a sense that a film is going to be great - or awful - on set?

'If everybody knew, this would be easy. You'd do "Titanic" to be rich and then "8½" to be respected. It's not like being a writer or a painter; you do it with a lot of other people. It's unbelievable how meticulous

FILM OF THE WEEK

FREE WITH MUBI GO

Watch 'Pain and Glory' this week for free, with a MUBI subscription. Get a hand-picked cinema ticket every single week.

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Pain and Glory



A GORGEOUSLY CRAFTED memoir of a jaded filmmaker past his prime, 'Pain and Glory' could be Pedro Almodóvar's most autobiographical work since 'Law of Desire'. The grand irony, of course, is that there's nothing jaded about the filmmaking on display: it shows Almodóvar right at the peak of his powers. There's no sense of waning creativity, only a mood of longing and nostalgia that's unmistakably personal.

At its heart is Salvador Mallo (Antonio Banderas), a Madrid filmmaker suffering from all manner of ailments. He routinely questions his mortality, but his immortality – professionally, at least – is guaranteed by 'Taste', an arthouse smash from the '80s that's being celebrated with an upcoming screening. He's been invited, along with the film's stormy, drug-using star Alberto Crespo (Asier Etxeandia). The wrinkle is that the pair fell out while making the movie. When

Salvador initiates a reconciliation it ends in a heroin-addled fug.

Banderas is terrific. He's Almodóvar's alter ego right down to the spiky grey hairdo. He inhabits the character with a sense of haunted distraction; an ageing man trying to clear his emotional debts. There are touching scenes with the old friend he fell out with and the boyfriend who drove him to despair.

Old memories float through the film like a breeze through an open window. It opens with Salvador's mother (Penélope Cruz) singing along to a flamenco song as a group of women wash sheets by a river. We witness his sexual awakening as he spies a bare-skinned builder showering by whitewashed walls. Almodóvar fills this tapestry of recollections with bold colours and infuses them with emotion. It will pierce your heart. ■ *Josep Lambies*

WHAT IS IT...

A woozy, humane journey into a jaded filmmaker's soul.

WHY GO...

For one of Pedro Almodóvar's most personal films.

→ Director Pedro Almodóvar (15) 113 mins.

'I may be the only actor in Hollywood not in a Marvel movie'

Speaking of Downey Jr, have you ever been approached by Marvel?

'They approached me about this group of Spanish Marvel characters (I didn't know them) but they never came back. I may be the only actor in Hollywood *not* in Marvel!'

Are people surprised to discover that you live in Surrey?

'Yes, because we have a very low-key life. All I can see from my house is deer, squirrels and foxes.'

Do people want to talk to you in Tesco? Do you go to Tesco?

'I go when I need to [laughs]. I go to Waitrose or Morrisons. People are very polite. The other day, a guy says: [puts on plummy accent] "Are you living here?" I said yes and he said, "Well, lucky us!" and walked away.'

Do you get the train into London?

'Yeah, or I take my car and park a little bit outside. I don't like to live in big cities any more. I'll come in to go to a museum or the theatre – I love going to the theatre – or dinner at Zuma and then back home again.'

Is it true you have a cinema at home?

'Yes, it's a huge screen. Our last movie was "Rocketman". I know Elton John so it was great to see it.'

Lastly, this is your eighth film with Almodóvar. Do you remember his first piece of direction to you on the first, 'Labyrinth of Passion'?

'It was very interesting. My character was gay and working in a Madrid flea market. [Pedro] said that this character was looking at guys' packages. He said, "Do you mind doing that?" That was my first ever shot. I got into movies by the balls.' ■
→ 'Pain and Glory' opens Fri Aug 23.



By Phil de Semlyen
Who's more of a Lidl guy.

Almodóvar is with everything that appears on screen.'

You're in 'The Voyage of Doctor Dolittle' with Robert Downey Jr next. Who do you play?

'I play a pirate. [Does a sexy growl] He's positively dangerous.'

Did you dust off your 'Zorro' sword-fighting skills?

'[Laughs] Not so much. I have a lot of animals around me – at least, that's what they promised me I'll have [on screen]. It was actually guys in green suits. I used to pat them.'

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In Cinemas
This Week



EL DESEO PRESENTS A FILM BY PEDRO ALMODÓVAR

Pain & Glory

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LONDON'S LEGENDARY horror festival celebrates its twentieth birthday next week. Featuring over 70 films and 150 guests – including horror maestro Dario Argento – there's everything from creature features to serial killer comedies. To mark the occasion, we asked one of its founders, Alan Jones, to pick his personal favourites.

FIVE OF THE BEST FrightFest films

Festival co-founder Alan Jones picks his favourite chillers from the past 20 years

1 Audition 1999
'A man goes looking for a blind date, and he makes a connection with a girl he thinks will be the one, and as we all know, it isn't. I will never forget the scene where the bag suddenly jumps. You could feel the audience go completely cold.'

2 The Girl with the Dragon Tattoo 2009
'We saw this adaptation of Stieg Larsson's novel before the whole Nordic noir trend kicked off. People kept telling us this was more of a thriller than a horror, but we know the FrightFest crowd. It's a brilliant film to watch with an audience. I was gripped from the start, and I wasn't familiar with the books, so it felt fresh too.'



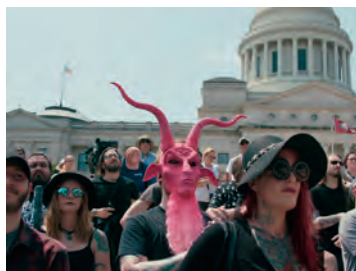
'Audition'

3 The Girl Next Door 2007
'I'm still surprised this adaptation of Jack Ketchum's novel only received a 15 certificate. It's a girl-locked-in-a-basement story, but it has a particularly nasty edge to it. There was a woman at the screening that we had to bring out of the audience and calm down. It's the only time we've had such a violent reaction to a film.'

4 Pan's Labyrinth 2006
'It was magical – one of my all-time favourite screenings. Guillermo del Toro knew the festival, and I will always remember introducing him and [producer] Alfonso Cuarón on stage.'

5 Martyrs 2008
'It's one of the greatest horror films of the past 30 years. It's about a woman who tracks down her childhood torturers. People were walking out of the screening and I kept turning them back around, telling them: "You have to see the ending!"' ■ Interview by Joseph Walsh
→ Arrow Video FrightFest runs Thu Aug 22- Mon Aug 26 at Cineworld Leicester Square and The Prince Charles Cinema.

ALSO OPENING



HAIL SATAN?
★★★★★
The title of Penny Lane's devilishly funny doc seems to pose the most casual of invitations: sandwich for lunch? Stroll in the park? Worship Lucifer? Why not? The Satanic Temple – Lane's subjects – turn out to be a sensible bunch who believe in the rights and welfare of all. They appear at political meetings, calmly insisting on equal representation alongside evangelists. They have a point. Religious plurality is a cornerstone of constitutional freedom. Sometimes it takes a protester in pink horns to remind us of that. *Joshua Rothkopf*



SCARY STORIES TO TELL IN THE DARK
★★★★★
Drawn from Alvin Schwartz's darkly clever illustrated children's books, this decent-ish movie adaptation, about a gang of kids chasing down supernatural small-town terrors, is cut from the same retro-flavoured cloth as 'Stranger Things' and 'It'. Its hero is Stella (Zoe Colletti), an introverted 1968 Pennsylvania teen who's obsessed with horror. It's thoughtful stuff and two scenes have a genuine ick factor, but what's left is often filmed in a bluish darkness that subdues the fear factor and dulls the mood. *Joshua Rothkopf*



ASTRO KID
★★★★★
One of those CG animations that works best as a reminder of how good Pixar movies are, this French kids' sci-fi adventure is about as fizzy as left-open Fanta. Little ones may be diverted by the primary-coloured planet on which its ten-year-old space traveller is stranded when he's separated from his parents' spaceship and left with only a robot sidekick for company. But the storytelling is basic and there's every chance they'll be scared off by out-of-sync dubbing that makes the humans look weirdly robotic too. *Phil de Semlyen*



CRAWL
★★★★★
A brutal Florida hurricane plunges a house and its broken family into disaster in this giant alligator movie. Competitive swimmer Haley (Kaya Scodelario, in Sigmourney Weaver mode) sneaks into the storm's path to check in on her divorced dad (Barry Pepper having trashy fun), whom she discovers in the crawl space below their old house, unconscious and a victim of 'gator abuse. Director Alexandre Aja used to be a visual genius but he never quite exploits the claustrophobic setting in this dumb-fun horror time-waster. ■ *Joshua Rothkopf*

The best pop-ups and film festivals at timeout.com/film

Music & Nightlife

Edited by Oliver Keens
timeout.com/music @timeoutmusic

Your bank holiday clubbing **SORTED**

This weekend is the last public holiday until – gasp – Christmas Day! Make use of it fully by getting on a dancefloor



Secretsundaze

Friday

II Telefono: Weimar Edition

The female-led rave will be decamping to Dalston Superstore for an evening of electro sounds with an art deco twist. Berlin-based Doc Sleep will be joining forces with Field Maneuvers' resident Iona for an eclectic back-to-back set that will keep your feet moving all night. Dress to impress and get ready to enter the pleasure palace. → Dalston Superstore. Dalston Kingsland Overground. £7.

Spiritland by Night: Balance

It's now been more than four years since the iconic London club Plastic People closed its doors for the last time, and it's fair to say that nowhere in the city has managed to match its forward-thinking approach to dance music since. For one night only, the club's owner Ade Fakile will be gracing the decks

of Spiritland's space under the Royal Festival Hall, and you can expect to hear a lot of grooves that made the spot stand out over its 20-year life.

→ Spiritland. ☉ Waterloo. £7.50.

Look What You Made Me Do

If you're a casual Taylor Swift fan who only knows two, maybe three, lines of 'Bad Blood' and the chorus of 'Blank Space,' this ain't one for you. At this Swift-only party, Swiftogeddon will be manning the decks and taking revellers all the way through TS's back catalogue, including deep cuts, extended mixes, fan favourites and all the hits. No Katy Perry, and definitely no Kanye.

→ Moth Club. Hackney Central Overground. £9.50.

Trouble Vision with Skatebård, Perel and Manfredas

Trouble Vision is taking on a disco flavour this bank holiday

courtesy of Scandi star Skatebård. The Norwegian is taking to the Elephant & Castle venue's main room for a set crammed with blistering breaks, hands-in-the-air middle-eights and the very best of Italo house.

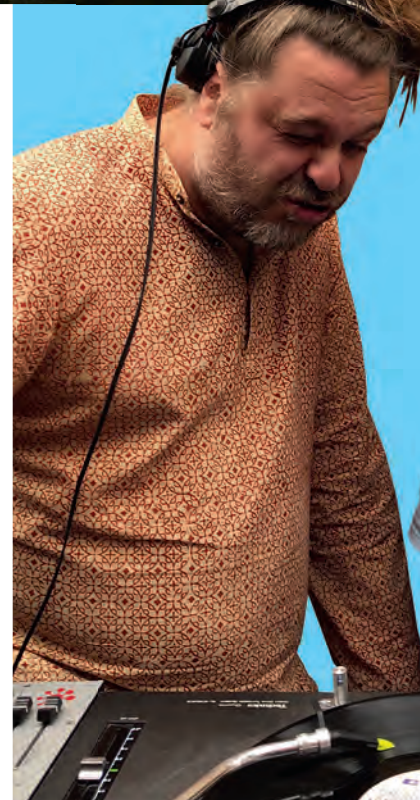
→ Corsica Studios. ☉ Elephant & Castle. £5-£15.

Saturday

One Day at the Disco Festival

If you needed any more proof that disco is back, this one-day fest on Three Mills Island will get you dusting off your dancing shoes in no time. Norwegian disco don Todd Terje and Belgian masters of fun 2ManyDJs are the main attractions, but with an undercard including Derrick Carter, Inner City and CC:Disco!, this is one festival you'll definitely want to get there early for.

→ Three Mills Island. ☉ Bromley-by-Bow. £35-£45.





Turn to
p32 for more
bank holiday
action



World Unknown

LITTLE GAY BROTHER: THOMAS DHANENS

Little Gay Brother presents 'Queer Carnival'

LGBTQ+ club collective Little Gay Brother always know how to smash out a bank holiday bonanza at Omeara. The multi-roomed fun palace plays host to tops-off techno in the main room, sweeter disco in the other, plus the crew's trained drag nutbags on treadmills all over the shop. London queer royalty Wes Baggaley, Princess Julia and Jeffrey Hinton all bring the sonics and if you doubt that the LGB crew have the dance moves to keep everyone entertained, you obviously haven't been to one of their parties before.

→ Omeara. ⊕ London Bridge. £24.

Secretsundaze Turns 18!

Most eighteenth birthday parties are a blur of shots, pukey burps and having to be taken home because 'you had something dodgy at lunch'. Secretsundaze's shindig is set to be the polar opposite. Floating



Little Gay Brother

Points will be swinging by to offer up his usual selection of jazz, funk and soul, while rising stars Chaos In The CBD make their Secretsundaze debut with a session jam-packed with deep house bangers.

→ Oval Space. ⊕ Bethnal Green. £22.50-£29.50.

Dusky Take a Trip 5

The London-based duo Dusky are returning with their fifth Take a Trip party, where they will again showcase their musical tastes and influences during an eight-hour set. Body Hammer's Scott Fraser and Joe Hart will be bringing the groove, while GiGi FM rounds off proceedings and is sure to bring some amazing out-there picks.

→ Mick's Garage. Hackney Wick Overground. £15-£22.50.

Sunday

Maiden Voyage

This new one-day fest, curated by the Jazz Cafe and on the same cute site as One Day at the Disco, has a quite shockingly awesome line-up. Boasting a richly soulful bloodline in the programming, Roy Ayers plays live, while Madlib, Gilles Peterson, Awesome Tapes From Africa, Nabihah Iqbal and Bradley Zero will DJ, plus there's late-night afters up the road at Hackney Wick's Studio 9294.

→ Three Mills Island. ⊕ Bromley-by-Bow. £35-£40.

Horse Meat Disco Summer Gymkhana

The awesome HMD crew keep London's party going on the August Bank Holiday Sunday for a full 12

hours – and if you needed any more convincing, a certain Mick Jagger was spotted at their bash back in May. Expect an impeccable blend of disco, funk and house from resident DJs Luke Howard, Jim Stanton, James Hillard and Severino.

→ Eagle London. ⊕ Vauxhall. £8.

World Unknown

Although they've been throwing parties for a decade, World Unknown have never gone big over the Carnival weekend – until now. Hosted in a fully functioning and LGBTQ+-friendly east London strip joint, the party is going to be peak WU. Highlights across the four floor space include WU's shamanic leader Andy Blake going back-to-back with Jaye Ward in the main room all night long, while Twinkat Soul and Marbles will be serving up house and techno in the basement.

→ Secret East London location. £10.

Visit www.worldunknown.co.uk for details.

The Hydra

The Hydra is bringing three days of programming to Printworks over the bank holiday weekend, but it's the final day that's worth your attention. Chicago house legend Larry Heard (aka Mr Fingers) and Detroit giants Moodyman, Dâm-Funk and Theo Parrish top a bill that spans everything from funk and soul to deep techno. ■

→ Printworks. ⊕ Canada Water. £22.50-£32.50.



By **Charlie Allenby**
Who blames the premature end of his 18th celebrations on a suspect quiche

DON'T MISS

Carnival parties

Sound the vuvuzela! Here's where to warm up before and carry on after the big one this weekend

Saturday warm-up parties

Lord Of The Tings x Mixpak: Carnival Special

And the winner for best pre-Carnival 'The Lord of the Rings'-referencing party goes to... this lot, who'll also be bringing you grime, dancehall garage and UK funky, via Odunsi, Kida Kudz, Dre Skull and more.

→ E1 London. Shadwell Overground. £7.50-£15.

Kartel Carnival Warm Up

Bussey Building residents Kartel are throwing their most tropical party of the year to get you in the mood for the weekend's proceedings. Kuduro, Afrobeats and UK funky will be the music of choice as Scratcha DVA, Pedro and Hagan bring their A-game to SE15.

→ Bussey Building. Peckham Rye Overground. £6-£9.

Channel One Sound System: Carnival Warm Up Party

This showcase of the legendary custom-made soundsystem sees chief selector Mikey Dread at the helm. He'll be warming up for Channel One's Carnival spot with dubplate classics, new releases, steppas, and lots of pure roots and culture music.

→ Village Underground. Shoreditch High St Overground. £7-£15.

Sunday afterparties

West Side Story presents Neon Fiesta Carnival 2019

This annual dress-up Carnival afterparty is back with a new theme, and it's a corker. Expect more day-glo than an '80s workout VHS and a 'Tron'-inspired set-up at the West Side Story crew's main haunt, The Masons Arms. All the action is packed into one day with Crazy P, PBR Streetgang, Lisa

Loud and Guy Williams manning the decks. The action kicks off in the spot's newly refurbished garden, before taking over two rooms until the early hours.

→ The Masons Arms. ☉ Kensal Green. £20.

Stevie Wonderland Carnival Afterparty

As soon as the Carnival soundsystems shut down, the fun-loving Stevie Wonderland crew step up with their annual glittery, tropical mash-up of house and disco for an epic afterparty. This year the line-up includes Zernell, Marcel Vogel, DJ Karl Karlson,

Mendel and Brian Summers. It will, as always, be lit.

→ Corsica Studios. ☉ Elephant & Castle. £10-£16.

LHM House Party

Looking for an ace afterparty within walking distance of the main event? London House Music's Carnival Special will be serving up 11 hours of block party vibes from 4pm. And with three different rooms and reggae being dropped in the back garden, there will be something for every Carnival-goer.

→ The Royal Oak. ☉ Willesden Junction. £10-£17.50.



Find more parties at
timeout.com/nightlife



The Vibes Cartel Carnival After-Party with Oneman

Vuvuzelas at the ready! The Prince of Peckham's Carnival afterparty is shaping up very nicely indeed, with legend of the London scene Oneman bringing his box of tricks to SE15. Expect an excellent mish-mash of reggae, dancehall, Afrobeats and garage, with more pull-ups than Arnold Schwarzenegger's 'Terminator'-era gym routine. This one's not big, it's huge. ■ *Charlie Allenby*
 → Prince of Peckham, Peckham Rye Overground. £5-£10.



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Clairo

The indie-pop queen's debut album 'Immunity', released earlier this month, is earning glowing reviews. So expect her December headline to be a white-hot ticket.

→ 02 Shepherds Bush Empire, Dec 2.



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Pitchblack Playback: Robyn 'Honey'

Head to Hackney to listen to Robyn's latest album in complete darkness with fellow pop lovers. Don't be surprised if poignant single 'Missing U' makes you emosh.

→ Number 10, Wed Aug 21.

Festa Funk

Horse Meat Disco's Luke Howard drops the hottest Brazilian disco, boogie and funky samba beats from 9pm till late. And it's completely free.

→ The Standard, Thu Aug 22.

XOYO 7th Birthday: Pleasurehood

XOYO's weekly Saturday party has deservedly made London legend Joshua James a permanent headline feature, alongside a new cast of rotating residents: Hifi Sean, Eliza Rose and Coco Cole. Advance tickets are now just £5.

→ XOYO, Sat Aug 24.

EFG London Jazz Festival Summer Stage

Whet your appetite for November's EFG London Jazz Festival at this free outdoor party in Docklands. Newham vocal collective Urban Flames, crowd-pleasing world music crew The Turbans and award-winning saxophonist Camilla George will all be performing.

→ Royal Albert Dock, Aug 31.

Earth First Anniversary

The eclectic N16 arts venue celebrates its first birthday with

a typically on-point event series including Shabaka Hutchings's OneFest on September 21 and Worldwide FM's Third Birthday on September 27-28.

→ Earth, Sep 13-29.

Blanck Mass

The electro wiz will be touring in support of new album 'Animated Violence Mild'.

→ Scala, Nov 26.

Michael Kiwanuka

With his third album dropping in October, the acclaimed singer-songwriter has booked a big headline gig.

→ 02 Academy Brixton, Mar 5 2020.

The Cause

The versatile Tottenham clubbing space – which has raised more than £50,000 for charity in just over a year while throwing loads of fantastic parties – has announced it's closing in January 2020. But there's lots of excellent stuff coming up before then, including a headline set from daring genre-blender Avalon Emerson on August 31.

→ The Cause, Aug 31.

CLAIRO: NOAM GALAI/GETTY IMAGES

Theatre & Dance

Edited by **Andrzej Lukowski**
 @timeouttheatre



Baby Reindeer

Post Popular

Sh!t Theatre Drink Rum with Expats

1 Sh!t Theatre Drink Rum with Expats

Outwardly shambolic performance art duo Sh!t Theatre – aka Rebecca Biscuit and Louise Mothersole – stormed this year’s Fringe with this irreverent, ultimately troubling docu-theatre account of a jolly to Malta that ended in them becoming deeply immersed in the dark side of the island, and Europe itself. It’s their best show to date, and also you get free booze.

→ Soho Theatre. ⊕ Tottenham Court Rd. Oct 8-19. £10-£20.

2 All of Me

Seven years after her last solo show ‘Mess’, mercurial theatremaker Caroline Horton has come back from the abyss with this harrowing account of her own depression. It’s not a misery memoir, though, but a dizzying and visceral interpretation of her trauma that uses snarling humour and disorientating audio trickery to tell a surreal version of her story.

→ The Yard Theatre. Hackney Wick Overground. Sep 10-28. £15, £13 concs.

3 Baby Reindeer

More harrowing true-life stuff, this time from Richard Gadd, who won the Edinburgh Comedy Award with ‘Monkey See Monkey Do’. In ‘Baby Reindeer’, he ditches the jokes and launches into a furiously self-lacerating account of his experience being stalked. Not a laugh a minute, but a thrilling performance.

→ Bush Theatre. ⊕ Shepherd’s Bush Market. Oct 9-Nov 9. £20, £15-17.50 concs.

4 Post Popular

Lucy McCormick’s 2016 show ‘Triple Threat’ was a genuinely jaw-dropping affair that saw McCormick – or, hopefully, an exaggerated version of her – perform an astoundingly bad-taste version of the New Testament via the medium of R&B jams and extreme sexual nudity. ‘Post Popular’... well, it’s kind of more of the same. Except this time, it’s themed around women

FIVE OF THE BEST

Edinburgh Fringe transfers

This year’s best shows, and where you can see them when they come to London

from history – like Anne Boleyn, who gets beheaded in a grotesque shower of tomato ketchup. Slightly diminishing returns, but literally nobody else is doing this stuff.

→ Soho Theatre. ⊕ Tottenham Court Rd. Dec 3-14. £10-£24.

5 Until the Flood

US poet Dael Orlandersmith’s solo show about the killing of black teenager Michael Brown in Ferguson, Missouri in 2014 is no howl of rage, but a subtle, sometimes gentle meditation on a divided America. It deliberately avoids going for the jugular, preferring to follow a patchwork of characters from all walks of life, each of them touched by the killing. But its conclusions are quietly devastating, albeit cushioned by Orlandersmith’s graceful poetry. ■

→ Arcola Theatre. Dalston Junction Overground. Sep 4-28. £10-£27.



By **Andrzej Lukowski**
 Who saw about 40 Fringe shows and aged the same number of years.

Tales of the Turntable



WHAT IS IT...

A joyful hip hop show for kids.

WHY GO...

For a decade-hopping dance masterclass.

→ Southbank Centre.
 ↻ Waterloo. Until Aug 26.
 £20-£25, 25 percent off for under-16s.



IF IT WERE possible to bottle the sheer joy of ZooNation's 'Tales of the Turntable' and sell it, every other part of the wellness industry would go out of business. It's strictly good vibes only on this hip hop fantasy ride.

'Tales of the Turntable' follows Eric (Basit Ayanwusi), a teenage boy, and his grandpa, George (William Pascua). Eric's a bit of a loner at school, dodging bullies and keeping to himself. He wants to be a DJ, but he doesn't quite have the knack for it. His grandpa decides to teach him about the musical lineage behind the hip hop he loves, using a magic gramophone that transports them back to the 1920s, '70s, '80s and '90s, to experience jazz, disco, funk, R&B and beyond. Carrie-Anne Ingrouille's choreography playfully nods to era-appropriate charleston feet or vogueing arms while foregrounding some classic, classy breaking and krumping.

The 'magic gramophone' thing may sound a bit twee, but that and the hammy voiceover are the only weak elements. ZooNation pitches the show at a level for young kids, whereas the inspired and sophisticated soundtrack (composed by DJ Walde), the comic character acting and the brilliantly executed dance feel much more mature. It's hard not to have a good time at 'Tales of the Turntable' and impossible not to come out humming. ■ *Ka Bradley*

Matthew Bourne's Romeo + Juliet



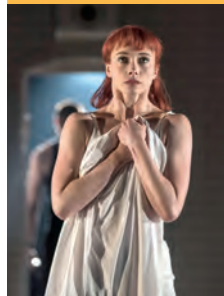
WHAT IS IT...

Super-choreographer Bourne tackles Prokofiev's iconic ballet.

WHY GO...

Bourne has done one of his trademark reinventions of a classic.

→ Sadler's Wells. ↻ Angel.
 Until Aug 31. £15-£69.



AFTER 'SWAN LAKE', 'The Nutcracker', 'Sleeping Beauty' and 'Cinderella', another of ballet's big beasts has received the Matthew Bourne treatment – the choreographer has shaken up Shakespeare's tragedy and Prokofiev's mighty score and come up with one of his most appealing works.

It wouldn't be Bourne without a radical revamp, so Romeo meets Juliet in a brutal psychiatric hospital-cum-borstal, evoked with beautiful simplicity by Lez Brotherston's set of cold white tiles and ringing metal staircases. Romeo (Paris Fitzpatrick) is dumped there by his politician parents, who don't have time to care about him; Juliet (Cordelia Braithwaite) is trying and failing to escape the clutches of predatory prison guard Tybalt (an intimidating Dan Wright).

Erasing the family feud element leaves us with a tale of youth against authority – which could seem trite, but works because of the explosive energy Bourne's young cast brings to the stage.

Fitzpatrick and Braithwaite are a superb lead pair; their balcony scene duet is a truly touching lip-locked tumble of desperation – teenage lust mixed with a longing for the affection that both characters have been starved of. ■ *Siobhan Murphy*

TALES OF THE TURNTABLE: TWISZONTROS; MATTHEW BOURNE'S ROMEO + JULIET: JOHAN PERSSON

AT THE OLD VIC

A VERY EXPENSIVE POISON

A play by

LUCY PREBBLE

Based on the book by

LUKE HARDING

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NEW SHOWS
THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

Dumy Moyi

Francois Chaignaud's fabulously costumed dance piece is part of the Southbank's 'Kiss My Genders' strand.
→ Southbank Centre.
↻ Waterloo. Aug 22. £10.

OFF-WEST END

Appropriate

Ola Ince directs the latest UK premiere from provocative postmodern US playwright Branden Jacobs-Jenkins.
→ Donmar Warehouse.
↻ Covent Garden. Until Oct 5. £10-£40.

Aurora

Noah Mosley's intimate fairytale opera comes to London after a premiere at Bury Court.
→ Arcola Theatre. Dalston Junction Overground. Fri Aug 23-Sun Aug 25. £12-£25.

The Doctor

Superstar director Robert Icke puts his own spin on Arthur Schnitzler's 'Professor Bernhardt', with a cast led by Juliet Stevenson and Ria Zmitrowicz.
→ Almeida Theatre.
↻ Highbury & Islington. Until Sep 28. £10-£42.50.

Dogfight

A young cast perform a musical about a horde of young US marines cutting loose.
→ Southwark Playhouse.
↻ Elephant and Castle. Until Aug 31. £22, £18 concs.

SOUTHBANK CENTRE

ZooNation's TALES OF THE TURNTABLE

ZooNation Youth Company's new high-octane dance show for all the family

15 - 26 AUG

photography © Drew Forsyth

Supported by public funding from ARTS COUNCIL ENGLAND

Macbeth

Shakespeare's murderous tale unfolds in a storied medieval church.
→ Temple Church. ↻ Temple. Until Sep 7. £15-£40.

Skin in the Game

Paul Westwood's debut play follows a family desperate to sell their father's flat.
→ Old Red Lion. ↻ Angel. Until Sep 14. £10-£17.50.

The Weatherman

A black comedy set in London's gangland, by Eugene O'Hare.
→ Park Theatre. ↻ Finsbury Park. Until Sep 14. £18.50-£32.50, £16.50-£23.50 concs.

LAST CHANCE

Aladdin

Catch this Disney musical before it takes a magic carpet ride out of the West End.
→ Prince Edward Theatre.
↻ Tottenham Court Rd. £57.25-£201.75. Until Sat Aug 24.

Barber Shop Chronicles

Inua Ellams's razor-sharp look at black men's communities.
→ Roundhouse. ↻ Chalk Farm. Until Sat Aug 24. £15-£75.

TOP-SELLING TICKETS

AT TIMEOUT.COM/TICKETS

1 The Night of the Iguana

Clive Owen stars in Tennessee Williams's intoxicatingly weird Mexico-set drama of lust and repression.
→ Noël Coward Theatre. Until Sep 28.

2 Sh!t-faced Shakespeare: Hamlet

To drink, or not to drink? The boozy improv crew finally tackle the Bard's greatest play.
→ Leicester Square Theatre. Until Sep 14.

3 The Gruffalo

An adorably DIY show based on Julia Donaldson's classic kids' picturebook.
→ Lyric Theatre. Until Sep 8.

4 Come from Away

The smash-hit musical from Canada.
→ Phoenix Theatre. Until Feb 15 2020.

5 Bitter Wheat

David Mamet's controversial drama.
→ Garrick Theatre. Until Sep 21.

FOR TICKETS TO THE BEST SHOWS AT GREAT PRICES
TIMEOUT.COM/TICKETS

EXCLUSIVE

Don't miss tickets to 'The Night of the Iguana' – a rare staging of a fascinating Tennessee Williams play. Now up to 48 percent off, from £19.50.

TIMEOUT.COM/IGUANA19

Discover hundreds more shows at www.timeout.com/theatre

Art

Edited by Eddy Frankel
timeout.com/art @timeoutart

Take it art-side

Two free outdoor sculpture festivals have taken over the city – one in the Square Mile, the other in Regent’s Park. Here’s our pick of this summer’s must-see works of open-air art



↑ **‘One Through Zero’** by Robert Indiana

Indiana’s ‘Love’ is one of the most iconic artworks of the twentieth century, gracing countless album covers and teenage bedroom walls. He passed away last year, but not before leaving behind work like this lovely numerical Stonehenge.

→ Frieze Sculpture, Regent’s Park. Until Oct 6.



← **‘Receiver’**

by Huma Bhabha
Bhabha specialises in sci-fi and pop culture-inspired totemic sculptures, and this blue beastie has all her usual hallmarks: something halfway between an object from ‘Predator’ and an ancient tribal sculpture. We’d really, really like to have this in our office, please, Huma.

→ Frieze Sculpture, Regent’s Park. Until Oct 6.



↑ **‘Botanic’** by Jennifer Steinkamp

Steinkamp’s ‘Botanic’ is splodged across the entire ceiling space in the semi-outdoor plaza of 120 Fenchurch Street. Inspired by wildflower seedlings sown at Stanford Hospital, this massive video screen shows plants morphing and moving across a black background and is more than worth the neckache.

→ Sculpture in the City, 120 Fenchurch St. The work isn’t currently on display, but will be back in September, then running until Apr 2020.

NANCY RUBINS, GRCODYLUSPHILOBENDRUS, (2016,17), © NANCY RUBINS, PHOTO BY LUCY DAWKINS, COURTESY OF THE ARTIST AND GAGOSIAN, JENNIFER STEINKAMP/BOTANIC (2019), COURTESY OF THE ARTIST AND LEHMANN MAUPIN, NEW YORK, HONG KONG AND SEOUL.

BEST OF THE BEST

The top exhibitions you have to see in London right now



↑ Wong Ping

Expect rude, crude, violent but brilliantly written animated videos. It's nasty, really nasty, and that's why it's so good.

→ Camden Arts Centre. ⊖ Finchley Rd. 5-6 Cork St. ⊖ Piccadilly Circus. Both until Sep 15. Free.



↑ Olafur Eliasson: 'In Real Life'

Environmentalism writ large through vast, light-soaked installations. This is a (very beautiful) warning about global warming.

→ Tate Modern. ⊖ Southwark. Until Jan 5 2020. £18, concs available.



↑ Cindy Sherman

This expansive retrospective gives you self-portraits through the ages by this serious contemporary art giant. Sherman is angry, cynical and really damn good.

→ National Portrait Gallery. ⊖ Charing Cross. Until Sep 15. £18, £17 concs.

Find more shows to see at timeout.com/art

August 20 – 26 2019 Time Out London



'Crocodylius Philodendrus' → by Nancy Rubins

Like an explosion in a garden centre, Rubins's sculptures are made of tons of steel animal ornaments tethered together into impossible shapes. It's dizzying art that looks like it just shouldn't hold together.

→ Sculpture in the City, 1 Undershaft. Until Apr 2020.



← 'Climb' by Juliana Cerqueira Leite

Cerqueira Leite made 'Climb' by heaving herself through a tube of wet clay like an artistic mole. The resulting tunnel – with imprints of her hands, feet, elbows and knees – was cast in plaster and that is what you see here. It's gloriously unsettling and transfixing. ■

→ Sculpture in the City, Mitre Square. Until Apr 2020.



JULIANA CERQUEIRA LEITE: CLIMB © 2015 COURTESY OF THE ARTIST; PHOTOGRAPHY: JACQUES-LOUIS BOYER; NICKY URPIN, HUMA BHABHA PHOTOGRAPHY: STEPHEN WHITE; COURTESY OF STEPHEN WHITE; FRIEZE: SIDEBAR: OLAFUR ELIASSON: IN REAL LIFE © 2019 COURTESY OF TATE MODERN; WONG PING: COURTESY OF CAMDEN ARTS CENTRE; CINDY SHERMAN: 2016/18. COURTESY OF THE ARTIST AND METRO PICTURES, NEW YORK

Food

Edited by **Tania Ballantine**
timeout.com/eatdrink @timeouteatdrink



Pies in the sky

You know it's true: food just tastes better when you're up on the roof. Here are our favourite spots to dine among the clouds

Boundary Rooftop

Although there are only a few floors between the frenetic Shoreditch streets and Boundary's inviting rooftop restaurant, the two seem worlds apart. With its retractable glass roof and wall panels in the orangery-style dining room, it pulls in the punters all year round. A Mediterranean menu heightens the holiday vibe: order the likes of grilled lobster with aioli fries to accompany your sundowners.

→ 2-4 Boundary St, E2 7DD.
Shoreditch High St Overground.

Marksman

A spruced-up roof terrace on the first floor of this cherished Hackney gastropub entices drinkers out from its cosy interior and into the sun. There's space for around 20 on a first come, first served basis.

Anyone lucky enough to bag a spot can enjoy booze and bar snacks or a full Marksman meal – try one of the much-lauded savoury buns or something along the lines of mussels with kohlrabi and wild fennel. Then wave cheerily across to the passengers on the top of the number 55 bus as it rolls past.

→ 254 Hackney Rd, E2 7SJ. Hoxton Overground.

Orrery

For respite from Marylebone's madding crowds, there are few better spots than Orrery's chic, sleek, hidden-from-view terrace. The long, narrow alfresco space with its bright awnings offers a lunchtime carte full of

delicate modern European dishes: seafood ravioli, say, or jerusalem artichoke risotto.

→ 55 Marylebone High St, W1U 5RB. ☉ Baker St.

Smiths of Smithfield

If you're after a rooftop experience at Clerkenwell's iconic SOS, go ahead and should bypass the sweaty ground-floor bar and head up to the Number 3 restaurant on the top floor, with its lovely outdoor terrace and views of London's landmarks. The modern Brit menu includes

prime red meat from the nearby market and gussied-up ideas like lemon sole with cockles, preserved lemon and charred romanesco.

→ 67-77 Charterhouse St, EC1M 6HJ. ☉ Farringdon.

Sushisamba City

Open in fine weather (we're talking warm, sunny days without high winds), Sushisamba's main dining terrace is a much sought-after spot running along the glass sides of the sky-high restaurant. Needless to say, the views are incredible (if a little terrifying). The terrace can't be booked directly; however, if you happen to have a restaurant reservation on a nice day, and enough of the outdoor seats are free, you can simply ask to move outside. Sushi in the sun with views across the capital's skyline: that's what we call #livingyourbestlife. ■

→ 110 Bishopsgate, EC2N 4AY. ☉ Liverpool St.



By **Tania Ballantine**
Who is scared of heights, but strangely still loves a rooftop.

BOUNDARY ROOFTOP: HELEN CARTICART

Farzi Café



REPEAT AFTER ME: buns, goat, rice. The three dishes that, if you're heading to this Indian fusion hangout, should be standing on the top of your hit list, admiring the view.

First, the buns. A pair of fluffy bao, each with a lick of green chilli mayo and stuffing of rich butter chicken. Like all good sarnies, they came with crisps – a heap of baked veggie curls, a posh take on the ones you get at Pret. Disturbingly moreish.

Next, the goat. Slathered in a thick, yoghurt marinade, the chargrilled meat was so tender it fell apart at the merest provocation. Cardamom pods loitered on top, daring you to eat one. There were other adornments: a savoury tube of brittle pastry here, a poured-at-the-table sauce there. A tad fussy, but you couldn't fault the flavours.

And finally, the 'pulao' rice. Billed as a side (though at a not-very-side-dish price of £7), it was more like a veggie biryani: soft, buttery and full of glistening edamame beans. Rice



is generally not something to get excited about, but this was one to roll out the red carpet for.

There were other decent offerings: poppadom-topped lentil arancini; snails with a chilli kick; and venison in a mild coconut sauce, with mustard seeds and curry leaves. But there were silly slip-ups too. Like 'traditional breads' that tasted as if they'd come from the supermarket, or the pathetically bland 'paneer popcorn'.

But in the end, my only real gripe with this place – the first London branch of a successful Indian chain – was with its too-muchness. Lights too bright, music too loud, interiors too brash ('It's like an airport bar' commented my pal). Still, staff were lovely. Farzi Café will work best as an on-your-way-to-something-else spot. Or if you're hankering for killer buns, goat and rice. ■ *Tania Ballantine*
Dinner for two with drinks and service: around £100.

WHAT IS IT...
The first London outpost of a modern Indian fusion chain.

WHY GO...
Buns, goat, rice. Not necessarily in that order.

BOOK...
timeout.com/restaurants

→ 8 Haymarket, SW1Y 4BP.
 ↻ Piccadilly Circus.

EXCLUSIVE

Save 40 percent on a plant-based meal at popular veggie joint **The Gate**. Three courses and a glass of prosecco, just £24.

TIMEOUT.COM/GATE19

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EARL'S COURT

THE HALAL GUYS SAYS:

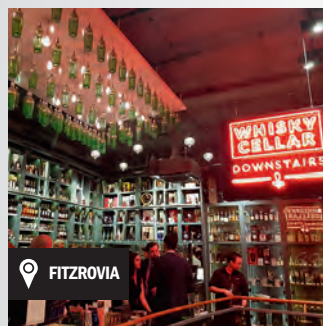
'From humble beginnings as a NYC hot dog cart, The Halal Guys have become a world-renowned brand with an enthusiastic following. Fans no longer have to be in NYC to experience the famous chicken and gyro over rice, with restaurants in Leicester Square and new location in Earl's Court.'
 163-165 Earls Court Rd, SW5 9RF



HYDE PARK

CHUCS CAFE SERPENTINE SAYS:

'Why not while away the end of summer on one of our two outdoor terraces nestled in the heart of Hyde Park? Join us on August Bank Holiday Monday for a seaside-themed family brunch, with Sharky & George entertainment for the bambinos.'
 Serpentine Sackler Gallery, West Carriage Drive, W2 2AR.



FITZROVIA

THE WHISKY EXCHANGE LONDON HOTEL SAYS:

'Gin, tequila, rum, whisky, cognac, sparkling wine and beyond – you name it, we've got it. Come and explore literally thousands of bottles in London's ultimate specialist drinks shop, and let our staff guide you on your spirit-ual journey. Bottom's up, London!'
 James's Market, 52 Haymarket, SW1Y 4RP.



DALSTON

THE JAGO SAYS:

'At the beating heart of Hackney, The Jago features a bar, live music, performance, workshops, vibrant community-led initiatives and more. From co-working to live jazz bands and international DJ sets, the variety and unique atmosphere are unlike any other venue.'
 440 Kingsland Rd, E8 4AA.

SO YOU'VE
NEVER BEEN TO

Artusi



Our-who-si?

Artusi. The place that made pasta trendy again.

What, you mean there was a time before pasta was cool?

Don't you remember the noughties? You only ate pasta if you were a tourist, a student, a student tourist or occasionally an ageing Italian businessman (RIP Latium: I'll always remember your fish ravioli).

Then what?

Then, in 2014, came Artusi. An austere dining room, serving a daily changing blackboard menu of artisanal pasta (plus equally excellent grills and salads).

And now?

Other players – most notably Padella, Pastaio, Lina Stores and Bancone – have joined the pasta party, while Italian restaurants across the capital have dialled up their carb count. The Atkins diet is definitely dead.

Woo-hoo. I heard it made you smell weird, anyway.

No comment. But back to Artusi. It really is unchanged, in the very best way: friendly staff, a chilled-out crowd, plain interiors (school chairs, white walls) and terrific cooking. On a recent visit, we were dazzled by the cavatelli (humble twists of no-egg semolina-based pasta), strung through with pancetta and peas, then a bowl of perfectly al dente ravioli stuffed with asparagus and trout. Away from the carbs, a plate of cured bream with grapefruit, shaved fennel and dill was every bit as special. But still, you're here for the pasta. Got it? ■

Tania Ballantine

Dinner for two with drinks and service: around £85.

→ 161 Bellenden Rd, SE15 4DH. Peckham Rye Overground.

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Drink

Edited by **Laura Richards**
timeout.com/bars @timeouteatdrink



Laki Kane

Last orders!

Forget the post-midnight trudge by making a beeline for these great late-night bars and pubs

Until 2am

Black Rock

This small whisky bar has a table that doubles as a vessel for two 'whisky rivers' you can drink from. Dram good for a nightcap.

→ 9 Christopher St, EC2A 2BS. ☉ Liverpool St.

Four Quarters South

At this arcade games bar, test your skills until your eyes go square. They will if you're on it until 2am.

→ 187 Rye Lane, SE15 4TP. Peckham Rye Overground.

Mirth, Marvel & Maud

An art deco cinema-turned-multi-purpose bar, go for the novelty of being served from a ticket booth.

→ 186 Hoe St, E17 4QH. ☉ Walthamstow Central.

Oriole

If you're looking for a touch of glam, find live jazz and a luxe, tropical theme at Oriole – and the cocktails are out of this world.

→ East Poultry Avenue, Smithfield Market, EC1A 9LH. ☉ Farringdon.

The Spread Eagle

Party animals can go animal-free – this pub boasts a vegan menu, conscious (ie vegan) candles and non-leather upholstery. Enjoy late-night sinning without feeling guilty the morning after.

→ 224 Homerton High St, E9 6AS. Homerton Overground.

Until 2.30am

Laki Kane

If you find yourself washed up in north London in the wee hours, say aloha to Laki Kane. The Upper Street bar has a tiki theme, a beachy soundtrack and more rum than you can shake a sugar cane at.

→ 144-145 Upper St, N1 1JY. Essex Rd rail.

Prince of Peckham

There's a lively roster of events at this Queen's Road pub, plus a menu of jerk chicken treats to fuel you on the dancefloor to RnB, hip hop and disco into the wee hours.

→ 1 Clayton Rd, SE15 5JA. Queens Rd Peckham Overground.

Until 3am

Disrepute

Lingering date? This central London members' bar takes walk-ins, its plush interior is bound to impress, and you can order cocktails right up to 3am – and throughout the week, not just at weekends.

→ 4 Kingly Court, W1F 9RR. ☉ Oxford Circus.

Heads + Tails

A two-part bar with heaps of charm in West Hampstead, choose upstairs for low-abv drinking or hit the basement for whisky-based debauchery (...we think we know where to find you at 3am).

→ 175 West End Lane, NW6 2LH. ☉ West Hampstead.

Martello Hall

The decor at this gin distillery and bar on Mare Street is artfully distressed, and with wine on tap you'll probably be in a similar state come closing time.

→ 137 Mare St, E8 3RH. London Fields Overground.

The Nickel Bar at the Ned

Spend Saturday nights in style in the City. The Ned – a former banking hall-turned-hotel – has a shiny bar serving whisky-based nightcaps.

→ The Ned, 27 Poultry, EC2R 8AJ. ☉ Bank.

Ninth Life

Catford's circus-themed nightspot channels a festival theme. As such, grab some street food and stay up late among acrobats and actors.

→ 167 Rushey Green, SE6 4BD. Catford Bridge rail.

Until 4am

The Dolphin

Where are we kicking on to? The Dolphin, of course. It's party o'clock, whatever the hour at Hackney's end-of-the-night institution. ■

→ 163-165 Mare St, E8 3RH. London Fields Overground.



By **Laura Richards**
Who's up way past her bedtime.



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Escapes

Edited by Ellie Walker-Arnott
timeout.com/daytrips



A perfect day in

Worthing

Seafood treats, local street art and art deco delights

ONCE A FAVE destination of Oscar Wilde and Jane Austen (not together), Worthing has long been overshadowed by boisterous Brighton. But don't let the genteel reputation fool you – these days Worthing has as much to please the 'gram as the grans. Beachy nostalgia cosies up to street art, craft ale and the green shoots of a seriously good food scene, while beautifully preserved art deco architecture delivers more than a few #AccidentallyWesAnderson vibes.

First up

Take a walk along the **seafront**. The palm trees, candy-hued beach huts and a driftwood sculpture garden make for a photogenic stroll. Pause at the **Lido**, a glorious 1920s bandstand. Spot the work of enigmatic local street artist Horace. He paints famous residents past and present.

Soak up the vibes

One of Britain's oldest working cinemas, the **Dome** exudes Jazz Age glamour for a fraction of the price of your local Picturehouse – even better, it has a balcony bar overlooking the sea.

Stop for lunch

Crab Shack is famed locally for its fresh, innovative seafood (try the cockle popcorn). Beat the afternoon slump at social enterprise cakehouse **Baked**. And because you can't paddle without a ice cream in hand, head to Italian caff **Macaris**. It's been serving the most generous scoops in town for the past 60 years.

Drink like a local

The town has no shortage of beach bars and traditional boozers, but a crop of new neighbourhood micropubs are encouraging a local taste for craft ale. The best of the batch are **Brooksteed Alehouse** and **The Grizzly Bear**.

Get back to nature

Kitesurfing is really taking off around these parts, so book a taster session. Or if you prefer turf to surf, head up to the **South Downs** and take a spin round **Cissbury Ring**, the largest hill fort in Sussex. Steeped in legend and brimming with butterflies, on a clear day this neolithic landmark has views all the way to the Isle of Wight. ■ *Lauren Bravo*

Get there: one hour and 20 minutes by train from London Victoria to Worthing; around two hours by car.

IF YOU ONLY DO ONE THING

The reigning Pier of the Year, **Worthing Pier** was built in 1862 and has endured fires, wars and several dodgy nightclubs to remain the jewel in the town's crown. In recent years its Southern Pavilion has been restored to its former glory as an elegant art deco tea room, offering panoramic views across the waves.

WAKE UP HERE

Fisherman's Vintage Cottage



Sadly Jane Austen's holiday rental of choice is now a Pizza Express, but Airbnb has plenty of charming places to lay one's bonnet. This Grade II-listed fisherman's cottage is built from bungaroon: a mix of beachy debris, found (like stoolball, pond pudding and the word 'twitchen') almost exclusively in Sussex. Inside it's all stripped wood, stable doors and chic iron bedsteads, but the location is the real beauty. Just a stone's throw from the beach, it's ideal for hauling back your catch of the day. Even if it comes in batter. → Worthing, West Sussex. From £130 per night. www.airbnb.co.uk

Escapes



Last chance

Perseid meteor shower

IF YOU'RE SICK of the star-smudging smog that comes with living in London, there's a sparkly treat you'll want to hunt out this month. A cosmic version of fireworks, the Perseid meteor shower is the stellar result of the earth passing through Comet Swift-Tuttle's trail. You can catch the shower until Saturday August 24, according to London's Royal Observatory. Look up at night and

the sky should be twinkling with shooting stars.

The best way to cop a look is to get away from light pollution, so grab some mates and head out of the city. The South Downs are your best bet. Running from East Sussex to Hampshire, they are an internationally recognised Dark Sky Reserve. Old Winchester Hill and Butser Hill are choice spots to see star-studded skies. ■ *Charley Ross*

LEAVE LONDON FOR

A forest full of bears



YOU MIGHT THINK London has it all, but you know what it doesn't have? Bears. The Wild Place Project in Bristol has recently opened Bear Wood, a unique green space that offers you the chance to travel back to a time when European brown bears wandered our forests.

You enter through an intriguing 'time chamber' back to 8,000 BC, while being filled in on the story of the species and its journey to extinction in these islands. Then you can spot the fellas – from a sensible distance

on a treetop walkway – while they do their thing in the woods.

You'll also be able to spy other elusive animals once indigenous to this country, such as wolves, lynxes, wolverines (highly unlikely you'll spot Hugh Jackman, but dreams do sometimes come true), as well as greater-spotted woodpeckers and tawny owls, around the 7.5 acres of woodland. Well worth swapping out your weekend brunch plans for. ■ *Charley Ross*

→ The Wild Place Project, Bristol. From £8. www.wildplace.org.uk

THREE OF THE BEST

UK food festivals



River Cottage Festival

Allotment-loving, anti-plastic campaigning chef Hugh Fearnley-Whittingstall is turning his idyllic Devon farm into a food fest for the bank holiday. Pitch up for the weekend to tuck into street food while basking in the rustic farmyard vibes.

→ Axminster, Devon. Sat Aug 24-Sun 25. £25 day ticket, £95 weekend. www.rivercottage.net



Food Rocks

Mark Hix is inviting everyone back to his Dorset home town to show off the area's produce. There's a beef feast, a crab and mackerel supper club, plus the chance to meet local food scene stalwarts, from cheese producers to a scallop diver.

→ Lyme Regis, Dorset. Sep 7-8. Free entry, £45 supper clubs. www.hixrestaurants.co.uk



Abergavenny Food Festival

Sustainability nuts can get their foraging fix on four (four!) different walks. There's also a plant-based barbecue with Dirty Vegan and a Thai-inspired Welsh pork cooking-over-fire session with Smoking Goat. ■ *Clare Vooght*

→ Abergavenny, Monmouthshire, Wales. Sep 21-22. £8-£15. www.abergavennyfoodfestival.com

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