

TimeOut

LONDON

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panic!

19 ways to beat
stress in the city

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Inside

This week's Time Out
in no time at all

Hang in there

In fad-happy London there are all kinds of novel ways to attain wellness. We tried cocoon yoga

PAGE 29



Veep tricks

An unrecognisable Christian Bale is terrifyingly brilliant as power-hungry VPOTUS Dick Cheney in 'Vice'

PAGE 59



Her heart will go on

Celine Dion is headlining British Summer Time. All hail the Quebecois queen of the power ballad

PAGE 61



Chinese Arts Now

The first UK festival of British-Chinese performance and culture is in full swing. Not sure where to start? We pick the best bits

PAGE 50

Vault Festival

Two months of theatre, comedy, immersive high jinks and late-night arty partying kick off on Wednesday. Waterloo is where it's at

PAGE 67

↓ FEATURES AND REGULARS

9 City life 18 Free London 20 Top tips to stay calm 29 Weird ways to be well 38 Exclusive offers 40 Property
50 Things to Do 57 Film 61 Music & Nightlife 67 Theatre & Dance 70 Art 73 Food 77 Drink 78 Escapes

Hello, London

Gail Tolley
London Editor



Cities are stressful. There's a list of scientific studies as long as a yoga mat to prove it. They're crowded. But they're also lonely. They're too noisy. And they're filled with light pollution. But before you think about packing up and moving to a Cornish village, have a go at one of the many, *many* ways to de-stress in London. Our writers try some of the weirder options (p29), while Londoners who really know what a fraught day is tell us how they keep things together (p20). Failing that, I believe the last train to Penzance leaves Paddington at 19.03, platform 2.

YOU SAID IT

What you've been rating and hating online

You lot love a secret garden, so we rounded up the city's best in a recent feature. But one reader, sadly, found it all a bit triggering. That's the thing with hidden stuff: it's hard to find a way in or out. **'Ben and I got lost in number 16! We were crying!!'**

Terri N via Facebook

We implored you to visit Ashurbanipal, a forgotten king of the ancient world, who's the star of an exhibition at the British Museum. Turns out Lou here hadn't forgotten about the fella. **'I knew who he was on account of me not being a full-time mug.'**

Lou Q via Facebook

Camden's newest bar is in an underground Victorian lav. Okay, you might have to spend more than a penny on a night out, but there's always an angle: maybe it'll let you find a secret way into Whitehall? **'Not going unless I can flush myself into the Ministry of Magic.'**

Lizz L via Facebook

In a recent Facebook video, we demonstrated the construction of the meat-free Avo Bun Burger at Covent Garden's Avobar. One guy, however, is calling bullshit on the whole thing. Go on, Will, you avo go at them! **'So it's a salad.'**

Will B via Facebook



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COMMENT OF THE WEEK

We were well chuffed with our 'Lidos in Winter' video. It looked so serene. Surely there were plenty of hardy souls who'd fancy braving the snow for a swim in one of London's beautiful outdoor swimming pools? Or so we thought. But there's always someone with a... unique take. What might such chilly temperatures do to a gentleman's tackle?

'Not bloody likely. My Willie's small enough as it is.'

Andy D-S via Facebook

Andy, we do like the fact you've named your old chap. Oh, wait. Do you have a small friend called Willie? If so, we're sure his lack of stature doesn't affect his gumption. Go, Willie!

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What's Facebook doing to tackle online bullying?

We think bullying is unacceptable. That's why we've set up the Bullying Prevention Hub, as a place where parents with children affected by bullying can get the advice they need.

www.facebook.com/safety/bullying

facebook

What matters to you, matters to us.

City life

Edited by James Manning
@timeoutlondon

Tea for toi

WE LONDONERS TAKE pride in our love of tea, but French emporium Mariage Frères puts us to shame. Originally founded as an import company in 1854, it's become a Parisian institution, selling hundreds of varieties of *thé* in an old-world setting. And now you don't even need to hop on the Eurostar for a taste, because Mariage Frères has opened its first London shop in a Georgian townhouse in Covent Garden. Step inside and choose your brew from a seemingly endless (and very Instagrammable) wall of vintage-style canisters, then pay for your purchase at a wood-panelled booth manned by white-jacketed staff. If you're a real tea lover – and you know you are – head up to the first floor, where an all-day *salon de thé* infuses everything from scrambled eggs to cocktails with matcha, rooibos or lapsang souchong. And if you *still* aren't chai-ed out, check out the shop's museum and familiarise yourself with the historic tea trade. Cup of builder's, anyone? ■ *Susanna Huth*

→ 38 King St, WC2E 8JS. ☺ Covent Garden.



THE ESSENTIALS Three things you have to do this week



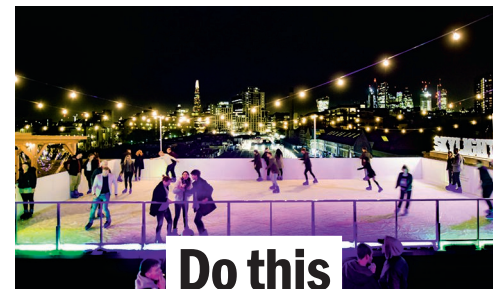
See this

The food isn't the only drama at **Duddell's** this week: **'Citizens of Nowhere?'**, a play about a British-Chinese family, is being staged in the restaurant with dishes served throughout.



Eat this

London's first vegan curry house is here! After two years of street trading, **SpiceBox** opens a permanent site this week in Walthamstow, with all food half-price till Sunday. Dig in.



Do this

There's nae better place to celebrate **Burns Night** than under the cloudy winter skies – so head to **Skylight** in Wapping for rooftop views, ice skating, drams of Glenfiddich and live pipers.

Discover more cool things to do at timeout.com/news

LONDON EYE

Intimate portraits of black London

LONDON'S GREATEST strength is its vibrancy, and photographer Adama Jalloh manages to capture just that. Over the last five years she has shot portraits of prominent figures including filmmaker Ava DuVernay, presenter Clara Amfo and the cast of 'Black Panther', and exhibited at Tate Modern and the Southbank Centre. But the south Londoner also uses her signature black-and-white style to immortalise tender, intimate and candid moments within

the capital's black communities. Whether she's capturing people striding down the high street or displays of childhood innocence, Jalloh's street photography provides a deeply personal and nostalgic look at the daily lives of the people around her. We asked her to pick three images she's particularly proud of and explain why the Londoners she's captured stood out from the crowd. ■ **Paula Akpan**

→ www.adamajalloh.com

↓ 'This image is a favourite of mine because the young girl looks like an absolute boss!'



↓ 'On a Sunday, many Christians go to church dressed like stars. This little boy's style and confidence encapsulates to me what "Sunday best" is.'



← 'What I love most about this photograph is that it simply shows a young black girl being carefree. This image carries a sense of nostalgia for me, making me think back to when I was that age.'



See more amazing shots at timeout.com/photography



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IN CINEMAS FEBRUARY 8

making everyday
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WORD
ON THE
STREET

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

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

Hotel manager

Malcolm Hendry, 48

The secret of a great hotel: great towels

'I'm the general manager of The Rubens at the Palace, as well as the smaller Hotel 41 next door, both of which have five stars. To move up the star ratings as a hotel, there's a long list of simple, objective requirements – providing an iron in a room, for example. But at the five-star level, things are very subjective so the inspector has some leeway in making decisions. For instance, there'll be a statement that the towelling has to be of a certain luxury and softness.'

It takes hard work to stay at the top

'It wouldn't be impossible to move down a star, and going from five stars down to four would be easier than four to three, because the highest level is more competitive. Losing what everyone has worked hard for is one of the worst things that could happen. A bit of fear does spur you on, but fortunately we don't have many "Fawty Towers" moments.'

Luxury hospitality isn't everything

'When I travel, I'm definitely not a person who only stays in five-star hotels. You can take inspiration from a three-star hotel or even an



Airbnb property. Personally, I like to stay in a modern, minimalist hotel – which is something quite different to where I work.'

Posh guests mean posh lost property

'On one occasion a Patek Philippe watch got left behind and the owner didn't think about it for a month. I think they're worth around £20,000, so you have to be a certain type of wealthy person not to notice that on your arm. And we had a small dog left in a room once – the story goes that its owners had to run for a train.' ■

Interview by James FitzGerald

→ The Rubens at the Palace, 39 Buckingham Palace Rd. ☉ Victoria.

- 'I am not putting hyaluronic acid on my cat.'
- 'You know, university has changed me. I was awake at 3am eating Coco Pops and custard.'
- 'Bitch, I Marie Kondo'd my life two years ago!'
- 'I'm going to do something rewarding tonight... like have a wank.'
- 'Mummy, there's a girl in my class called Potato.'
- 'I think I must be at least three Pantone shades darker.'
- 'You can only be Gandalf so many times in life.'
- 'You know what ginger face is. It's the face that ginger people have.'
- 'I'll probably end up having a kid anyway, just as something to experiment on.'
- 'I'm trying to solve a solution here!'

Overheard any outré exchanges? Tweet us #wordonthestreet @timeoutlondon

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ELIZABETH I

Mary Queen of Scots

IN CINEMAS NOW

THEN AND NOW

Isle of Dogs



Mid-1980s



2018

ONCE A SWAMPY bit of estuary, the Isle of Dogs opened its first docks in 1802. London was the busiest port in the world, and the majority of the city's grain and timber came through these parts. By the start of the twentieth century, the population had grown from just a couple of hundred to 21,000. Despite heavy bombing in WWII, business continued to boom until the '60s, when the docks dealt with a record-breaking 60 million tons of cargo in a year. But by the '70s, a shift towards shipping containers had moved UK docks to the coast. This photo was taken from Greenwich by local Kevin Wood in the mid-'80s, after the last wharves had closed, leaving many islanders facing an uncertain future.

By then, plans were already afoot to give the area a major facelift. The London Docklands Development Corporation was founded to create a new financial centre, filling the area with yuppies clutching brick-sized mobile phones, and skyscrapers such as One Canada Square completely transformed the skyline of 'the Island'. In 2018 Kevin Wood returned to the same spot in Greenwich Park to capture the view over the Isle of Dogs, more than 30 years later. Where there had once been derelict docks, there were 16 buildings, each over 60 metres tall, and loads more major skyscrapers in the process of being built. Who knows what the view will look like in another three decades' time? ■ *Susanna Huth*



London's got problems. Here's how we fix them



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Unhoused.org

WHAT IS IT?
A non-profit online shop that sells clothing and other gear with a unique twist: every time a customer buys an item, the same item is delivered to someone homeless. So you can shop for new socks, jumpers, coats and shirts and give as you buy, or browse donation-only items such as haircuts or sanitary and dental kits.

WHY DOES IT MATTER?
The number of rough sleepers in the UK has more than doubled since 2010, but some people don't give money to homeless people because of doubts about where the funds might end up. Unhoused.org distributes via local charities, tracking each donation to an individual for greater transparency.

HOW CAN I GET INVOLVED?
As temperatures drop and the Christmas glow recedes, rough sleepers need your help more than ever. Whether it's an outfit for job interviews, a phone credit top-up or a cup of coffee, make a purchase on Unhoused and you'll directly help a Londoner living rough this winter. ■ *Paula Akpan*

→ Shop now at www.unhoused.org/supply-shop.

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IN CINEMAS NOW

MY LONDON STORY

Writer and filmmaker *Samantha Asumadu* went from the London club scene to reporting from East Africa – then returned home to give a platform to BAME journalism



‘It started with a hashtag, #AllWhiteFrontPages’

WHEN I WAS 22 I became a runner at a post-production house in Kensington, where I learned to edit film. I spent my downtime in Brick Lane and Shoreditch, traversing between 93 Feet East, Vibe Bar and Plastic People. I was a party girl and proud. But then, under the influence of an ex, I started reading campaigning journalists like Ryszard Kapuściński and Michela Wrong and going to lectures by African authors. When he moved to Kenya and then Uganda, I joined him.

I started working as a scriptwriter and production manager for a local company and filmed a short piece at a motorsport rally: a popular pastime in Uganda. The piece, about driver Susan ‘Super Lady’ Muwonge, became a documentary for Al Jazeera. From there, I started reporting as a stringer for CNN and a foreign correspondents’ agency. I covered acid attacks, blood minerals and more, but I was particularly interested in telling the stories of women, getting to know them and their lives and families.

For my second feature-length documentary, about the anti-gay bill that put Uganda in the

international spotlight once again, I travelled back to London to seek funding. I found a city changed by the financial crisis and, frustratingly, wasn’t able to find money for the film. That led to me founding Media Diversified in 2013.

Back then, there were platforms where you could read some black and Asian writers. But there didn’t seem to be a viable alternative to the mainstream where working-class academics, filmmakers and creatives could tell our own stories without interference from people without our experiences. The overall BAME working population is around 30 percent – but BAME representation in the media industries is less than a third of that. Media Diversified started with a hashtag, #AllWhiteFrontPages. Through countless Twitter storms, pitching sessions and battles, I was able to expand the organisation with the help of a great, committed volunteer team.

We went from hundreds of readers to millions, covering topics ranging from the Indian Ocean slave trade to the black history of rock, and from conscientious feminism to emojis. We put together a directory of media-trained experts

from BAME backgrounds. We launched a literary festival, Bare Lit Festival, focusing on writers of colour. We even started a tongue-in-cheek annual awards called The Trashies to critique racist, transphobic and xenophobic press coverage.

I still live and work in London, and the adversarial approach we take is towards the UK mainstream media, which is mainly based here. But I have had editors and other volunteers in Scotland, Sweden, Australia and elsewhere. I see us as global.

We have mentored writers including Micah Yongo, Yomi Adegoke and Shane Thomas, and we’ve run a successful crowdfunding drive to continue commissioning new writers of colour in 2019 and beyond. I’ve also been working on a book about my time as a foreign correspondent. Not bad for a girl from a south London council estate with a bad set of A levels! ■

→ www.mediadiversified.org

For more unique looks at London life, head to timeout.com/news

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FREE LONDON

Put your money away! Here are the week's best free events

A BRIGHT IDEA

Uniqlo Tate Late

Hang out afterhours at Tate Modern's first late of 2019, which takes inspiration from the 'Pierre Bonnard: The Colour of Memory' exhibition. There will be meditation sessions and t'ai chi in the Turbine Hall, a colour therapy nail bar and loads of talks with artists about the importance of colour in their work. Sounds like the ideal antidote to a grey January day.

→ Tate Modern. ☉ Southwark. Fri Jan 25.



DON'T MISS

FEELING HOT Hotpod Yoga Belgravia launch

Thaw out from the cold at Hotpod Yoga's new Belgravia studio, where classes are held in a cocoon-like pod heated to a steamy 37 degrees. Book a spot online, bring a bottle of water and be prepared to sweat. A lot.

→ Hotpod Yoga Belgravia.
☉ Victoria. Sat Jan 26-
Tue Jan 29.

BOWLED OVER Pho re-launch

If your New Year's resolution to bring in a packed lunch is wearing thin already, head to Pho's Oxford Circus branch for a free meal. From noon to 4pm, you can nab a totally free bowl of pho if you're eating in. Turns out there is such thing as a free lunch.

→ 3 Great Titchfield St.
☉ Oxford Circus. Fri Jan 25.

COOL NEWS Halo Top ice-cream giveaway

If you pass through Euston or Clapham Junction at around 6pm this week, you can upgrade your journey by grabbing a free Halo Top ice-cream tub. Sure, it's a little chilly for frozen stuff, but it's a pretty sweet deal.

→ Euston and Clapham Junction stations. Until Fri Jan 25.

FULL OF BEANS Flat whites at Farm Girl

Did Australians invent the flat white? Who knows, but you can get a free one from Aussie-inspired café Farm Girl to celebrate Australia Day. Pop into one of its branches in Notting Hill, Soho or Chelsea this Saturday before 10am and pick up a free pick-me-up.

→ Various locations. Sat Jan 26.

FEEL THE BURNS Whisky drams at Young's pubs

Spend Burns Night celebrating Scotland's national poet the way he would have wanted – by sipping whisky. Claim a free dram at any Young's pub by downloading the Young's on Tap app. Donning a kilt is strictly optional.

→ Young's pubs across London.
Thu Jan 24-Sun Jan 27.

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19 ways to stay calm



From a black-cab driver to an air-traffic controller,
Dominique Sisley asks Londoners with super-
stressful jobs how they handle the pressure.
Illustrations *Dan Woodger*

1 The opera singer

'One of the things I like to do when I'm stressed about work is **listen to a podcast or use a mindfulness app**. I don't find listening to music helps when I'm stressed, as I guess it's too close to what I do every day, but I'm able to switch off quite easily by listening to conversations. It's completely natural to be nervous (or even stressed at times!) before a performance, so one of the last things I do before I walk on stage is focus completely on my breathing and visualise what I'm about to do. (I also love a long soak in a lavender-scented bath – I mean, who doesn't?!)'
Fflur Wyn

2 The wedding planner

'When I need to calm down, I take a little time out away from my desk and just **focus on breathing in and out deeply ten times to set myself back to zero**. Or I'll make myself a coffee and take my mind off work for ten minutes with some music to recharge my brain. I also love to go to the theatre, walk along the South Bank or play in Green Park with my daughter: those are the things that allow me to relax and enjoy life in this wonderful city.'
Ayshea Donaldson

3 The gas and electrical engineer

'Working with gas and electric is high risk, so I tend to get tunnel vision when I work. I have to focus really intensely on the job to avoid making potentially deadly mistakes. I take regular breaks, and always have support on hand. Outside of work, **I like to hike and camp and get away from anything man-made**. I find keeping physically fit is a great way to keep myself alert and fresh mentally.'
Tobias Williams

4 The high-rise window cleaner

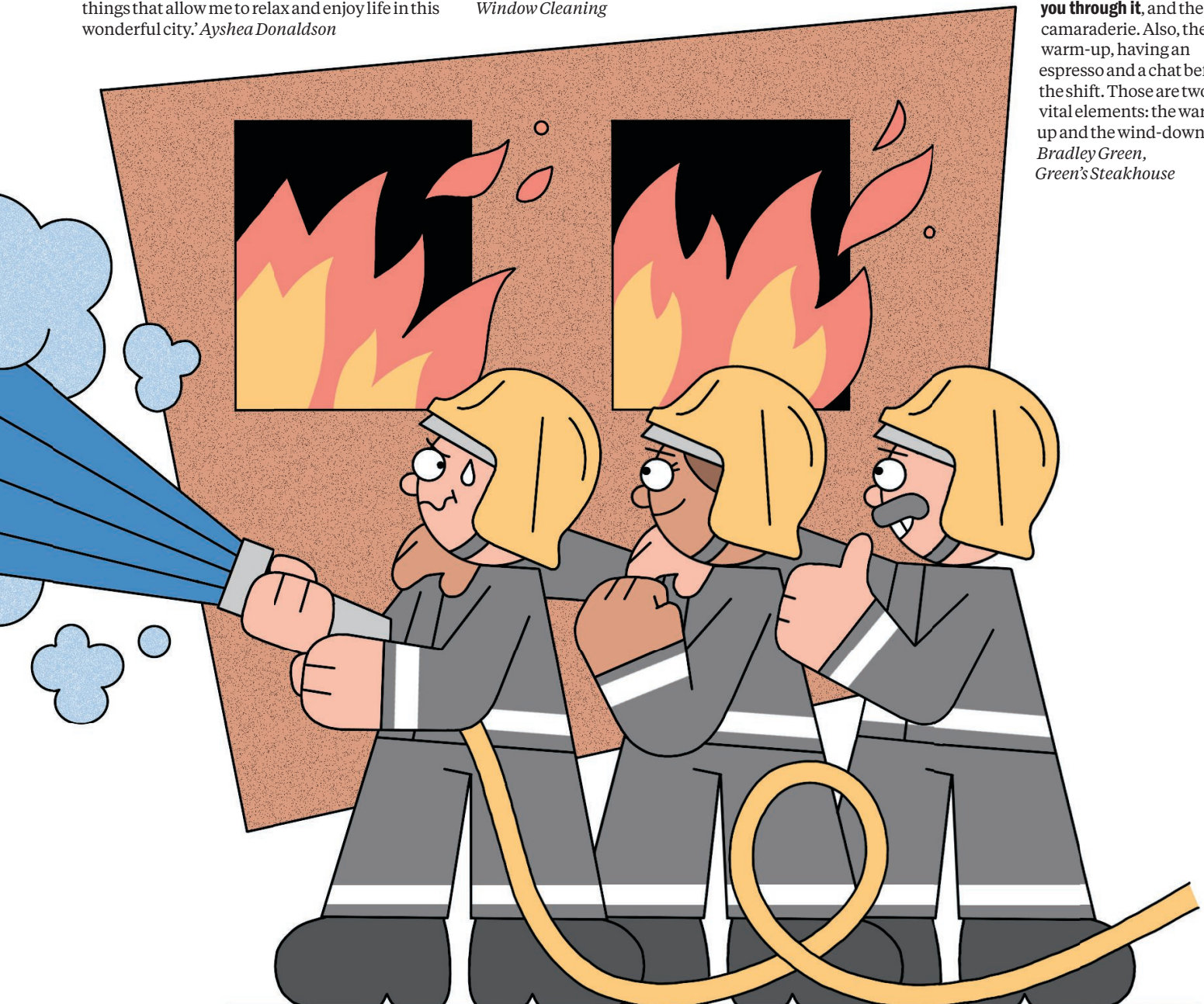
'At the beginning of my career, I used to feel very nervous. But it's been 12 years now, so I have no problems with it. It's part of my routine and just something I do for my job every day. What keeps me calm is the confidence acquired through doing this for over a decade, as well as reminding myself that the equipment is safe and that I am working with a team of qualified professionals who I trust. **I relax by playing football or video games**. I also spend as much time as possible with my family: that's what really helps me decompress.'
Ionut Caimac, Spectrum Window Cleaning

5 The firefighter

'I've been a firefighter for 14 years. In the early days, I didn't really know what to do after a particularly stressful incident – I'd usually joke about it and pretend it was all easy. Now I see that was a coping mechanism and a macho pretence. We go out socialising as a team quite a bit, our bond is very strong. You develop a kind of gallows humour in this job and it definitely helps, but if someone was struggling we would all pull together and help them, or get them help. **I've learnt how important it is to talk**. The stress never completely dissipates, and it's normal to be worried or even scared in certain situations: it's how you deal with it that's important.'
Anonymous

6 The chef

'In this career, you want everything to be perfect. It's all about a constant striving for perfection. For chefs, 19-hour shifts are not unheard of. I always look forward to the after-service drink and chat. **It's the wind-down afterwards that gets you through it**, and the camaraderie. Also, the warm-up, having an espresso and a chat before the shift. Those are two vital elements: the warm-up and the wind-down!'
Bradley Green, Green's Steakhouse



19 ways to stay calm

7 The London Assembly member

'I try to be very organised and prepare as much as I can, which means when things come out of nowhere, it's easier to manage. Being a parent has made me very focused in my work because I have a deadline every day when I have to do the school run. **Learning to say no and being able to prioritise your work is key to keeping calm.** A bit of chocolate can also help.' *Caroline Pidgeon*

8 The tube driver

'I've done 17 years with TfL. The most stressful part of my job is when passengers run at the doors when you're closing them. I can't understand it when there's a train every two

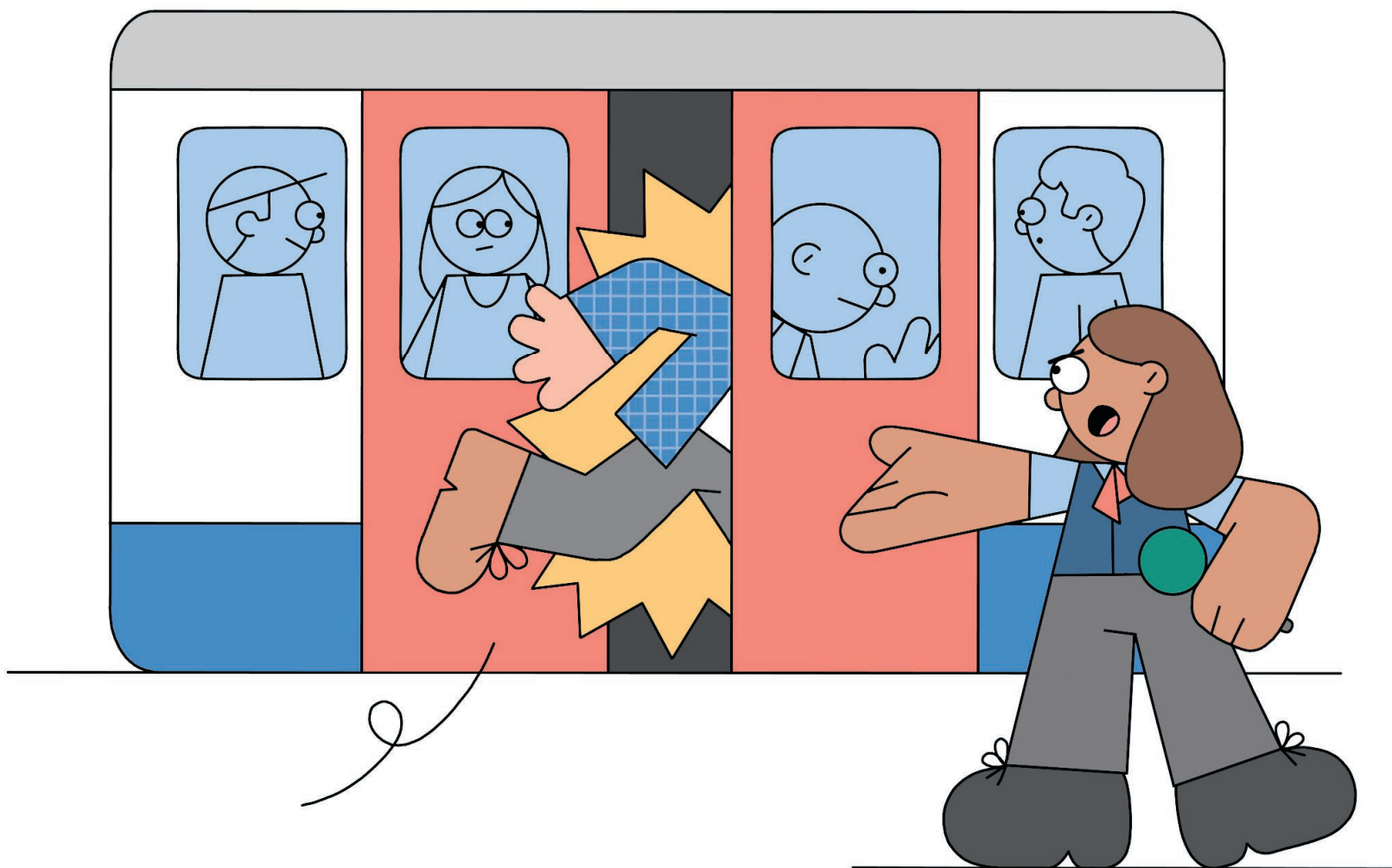
minutes. Usually I'm pretty chilled. I live in the borough of Ealing and **I've got two dogs, so as soon as I get home I take them out and go on a big long walk.**' *Karen Baker*

9 The doctor

'It may sound weird, but **I've found my toddler daughter's Play-Doh to be quite therapeutic!** When I'm in a work situation, though, it's really simple things like taking a two-minute break for a cup of tea, and trying to see the bigger picture. It helps clear my head. I also try to lighten the mood by making jokes – in negative or stressful situations, if you don't laugh about it, you'll cry about it.' *Dr Joseph Machta*

10 The actor

'When I left drama school I was so green – I didn't really get nervous before auditions. But after several rejections, the nerves started to kick in. In the past, I've been so anxious before auditions that I've feigned illness so I didn't have to go. Now, to get over nerves, **I make sure that I'm early**, then find a coffee shop nearby to go and relax in beforehand with a drink. The only coping mechanism I have is to make sure I know the script and I'm on top of everything, so I don't have a chance to beat myself up if it doesn't go well. Once it's all done, I like to eat lots of good food – really indulge in a lovely meal.' *Georgia Brown*



THREE OF THE BEST Mindfulness classes

London Buddhist Centre

Whether you're really into meditation or totally new to the whole thing, you'll be welcome at the London Buddhist Centre's drop-in sessions. All classes are free but donations are always appreciated.

→ 51 Roman Rd. ☺ Bethnal Green. Free, donations welcome.

Re:Mind

This studio hosts classes that focus on breathing, but they're not the only offerings that'll help you cultivate calm. There's also sound healing, group meditation and restorative yoga to leave you feeling Zen.

→ 25a Eccleston Place. ☺ Victoria. From £22, bundles available.

Holdspace

Think mindfulness isn't for you? This community space sweetens the deal with mindful hot chocolate meditation sessions. There are lots of other classes too, as well as a little garden you can help prune.

→ Wynford Hall, Risinghill St. ☺ Angel. Various prices.





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THE TIMES

N I C O L E K I D M A N

DESTROYER

THERE'S NOTHING TO LOSE WHEN YOU'VE ALREADY LOST EVERYTHING

IN CINEMAS FRIDAY

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19 ways to stay calm

11 The bar manager

'I've had a staff member drunk on shift, people not turning up, we've run out of alcohol, the tills have stopped working... these things can disrupt your whole flow. **You just have to go outside, you've got to leave!** You have to walk away, take a breather for five or ten minutes, then go back inside. When working the bar, if you get too angry and caught up in it, it's not going to work, so you have to separate yourself from the situation. You'll come back with a better sense of it.' *Clio-Louise Martin*

12 The football referee

'The most stressful part of refereeing is managing the players' frustrations and getting them to calm down: trying to control their anger but also trying not to get too drawn into the situation. It can make me frustrated, but you just have to slow the game down and speak to them. **Also, you have to remember that everything that's said to you – they don't mean it.** Players say hurtful things and you think it's directed at you, but it's just the frustration that comes with the game. When I finish, I like to go home, cook, watch "Match of the Day", and just relax.' *Jawahir Jewels*

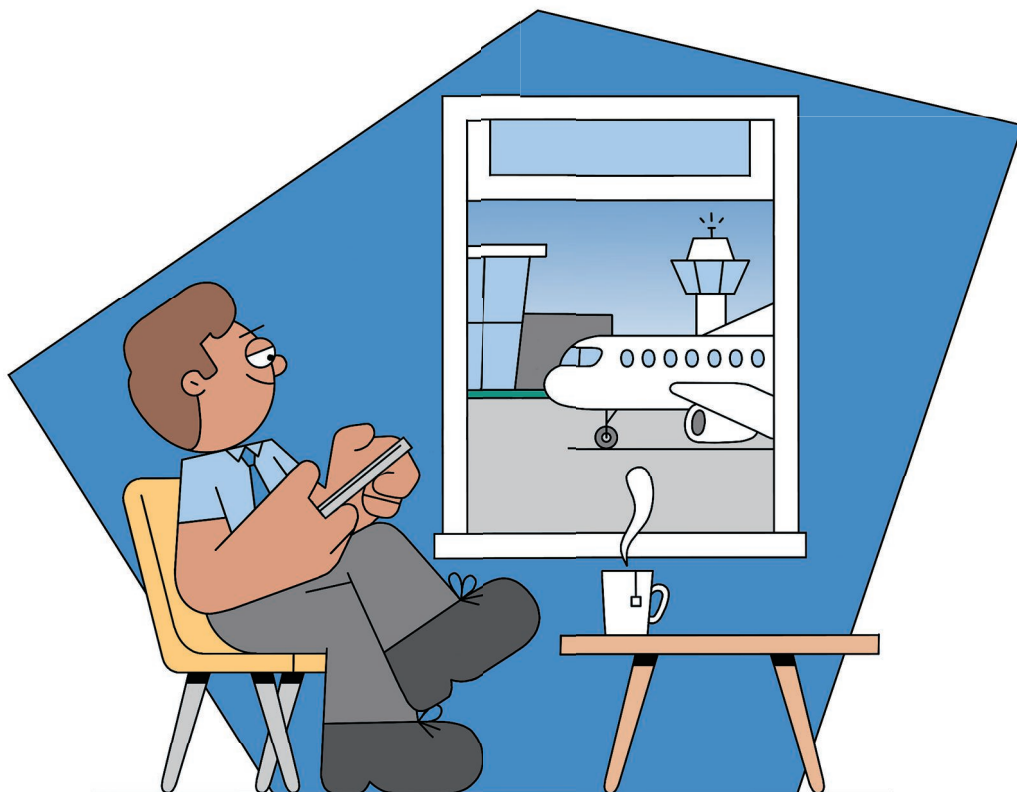


13 The photography producer

'I deal with the stress of my job by laughing. I also do a "zoom out" thing where I practise "zooming" out the room, out into the street, further and further out into the world, to gain perspective on a situation where something might be going wrong. Often in those situations, we get very narrow-minded and focused on one thing and it seems so humongous. This helps me see how insignificant the issue may be. It helps me deal with what would otherwise be extremely stressful situations in a calm and collected way. Or I put on music really loud and dance. "Eye of the Tiger" usually works.' *Anonymous*

14 The air-traffic controller

'We're trained to look out for the signs of stress, both in ourselves and our colleagues. Our work pattern is also regulated by law, so at Heathrow, for each hour and 30 minutes, you must have a 30-minute break. What we're encouraged to do within that rest period is go away and **do something completely different and unrelated to the task we've just done** or are about to do when we go back. You can go and read a book or newspaper, watch TV, chat with a colleague, have a cup of tea, and when you come back you're completely recharged. I really love a quiz. That tends to help. Other than that, it's just about chilling out: when, these days, do you really get a chance to just sit and read a newspaper? It's a real pleasure.' *Ady Dolan*



THREE OF THE BEST Green spaces

London Wetland Centre

Find watching videos of cute otters soothing? Coo over them IRL at this 105-acre city wildlife centre. As well as daily sessions to see the otters being fed, there's birdwatching, guided walks and wildlife photography courses.

→ Queen Elizabeth's Walk, Barnes rail. £13.

Kyoto Garden

With a picturesque waterfall that flows into a rock pool, a pond filled with pretty koi carp and peacocks that stalk past on the banks, this quaint Japan-inspired haven in Holland Park is one of London's most serene spaces.

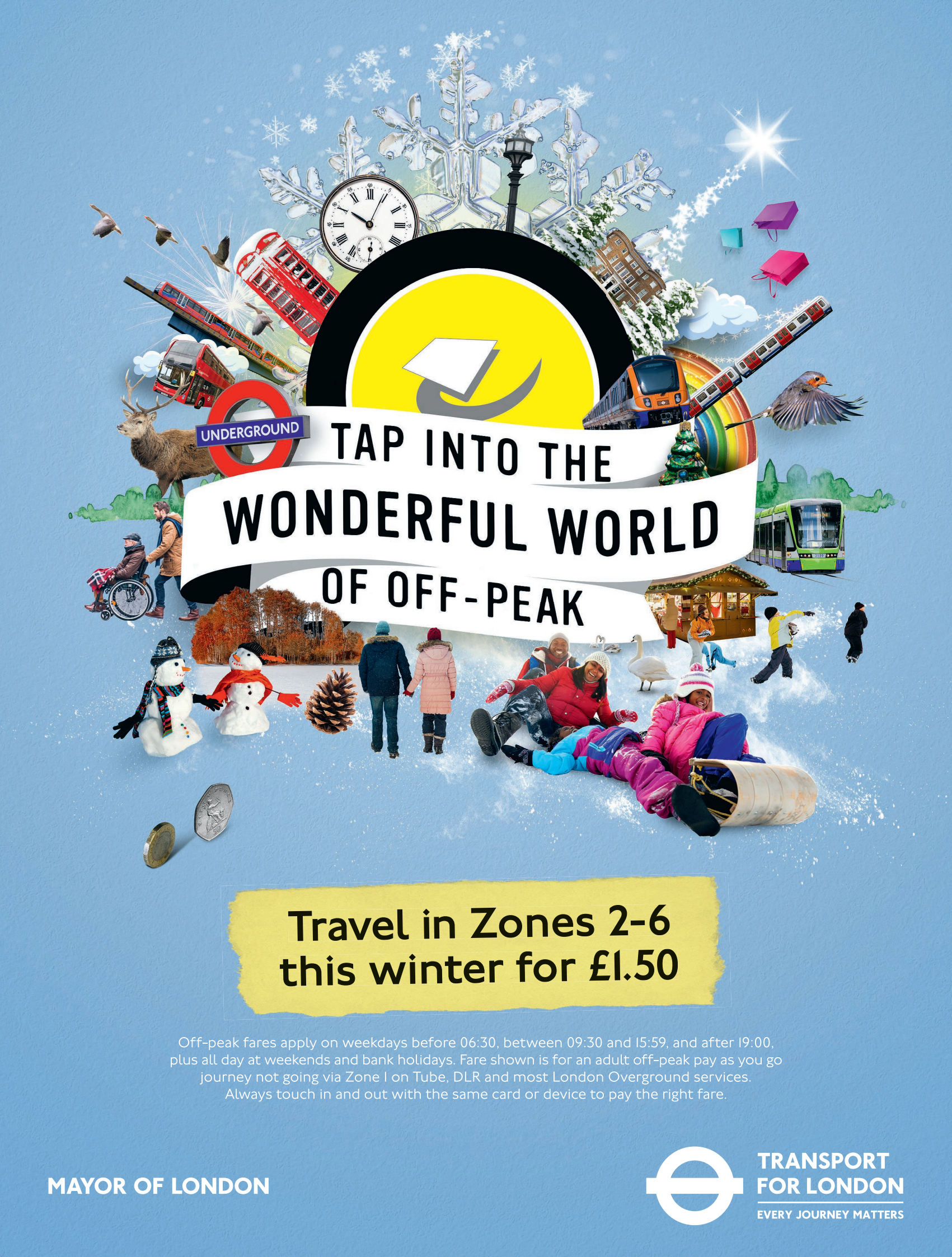
→ Holland Park. ⊕ Holland Park.

Parkland Walk

Pretend you've left London for the countryside and meander along this four-and-a-half-mile route that used to be a railway line between Finsbury Park and Alexandra Palace. Fun fact: it's London's longest local nature reserve.

→ Crouch Hill Overground.





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15 The black-cab driver

'The most stressful parts of my job are of course the traffic (which is getting worse) and when customers are running late and they put their stress on to you. All we can do is our best! If things get too much I'm fortunate to be in a job where I can just go home. If I don't want to go home, **I pull over and get out to have a stretch (I'm 6' 8")**. Then, off I go again.' *John Walsh*

16 The bodyguard

'A short walk and fresh air generally help with stress – being inside and sat down usually compound it. Generally **I try to use lbuki breathing, which is used in martial arts** and is also now being taught to more people in the corporate sphere. It involves breathing in sharply through the nose and very slowly out through the mouth, "pushing" the breath all the way into the pit of your stomach. It really helps bring in focus.' *Leo Carey-Williams*

17 The ultrarunner

'I try not to push myself too hard with running. I do work hard, but I'm a big believer in the idea that I get more out of things when I'm relaxed. **I've got a pet rabbit for stress busting**, so I often get home from busy or stressful days and just stroke him. He's really soft, which is pretty good. He's like a little dog. I have always wanted a pet, but I thought it had to be a cat or a dog. But being in a flat in London, they're not really feasible options. Rabbits are fine, though – I mean, he does chew through things, but you just have to rabbit-proof your house and you're fine.' *Cat Simpson*

18 The nurse

'The most stressful part of my job is definitely the short-staffing. Not having enough staff affects everything: you're not able to do things as efficiently as you need

to, and you can't get things to the patients as quickly as you need to. As a result, it's not always possible to take a break. **I tend to cope by messaging friends and other nurses, telling them how I feel.** That's quite therapeutic because you know people are going to be feeling the same as you, and you're not alone. Also, making jokes with the patients – not only does it make them laugh, it makes you laugh too.' *Danielle Jade*

19 The stock trader

'For me, the best stress relief is hitting the gym. I like to do weights and boxing. I also like to go for a walk in the local park and read or gather my thoughts, weather permitting. **I will often go for long walks through central London before or after meetings to avoid being in crowded areas**, such as on the tube, as this helps me to reflect and realign myself.' ■ *Zaheer Anwari*

THREE OF THE BEST Calm places

National Poetry Library

Tucked away on the fifth floor of the Royal Festival Hall, this quiet spot offers refuge from the always busy South Bank. It has an ace poetry collection and lots of quiet corners where you can curl up with a good read.

→ Royal Festival Hall. ↻ Waterloo. Free to join.

Barbican Conservatory

Draped in foliage and with more than 2,000 tropical plants and some exotic fish, the Barbican's conservatory is an actual concrete jungle. Be warned: it will make your flat's weedy succulent collection look rubbish.

→ Barbican Centre. ↻ Barbican. Free.

Word on the Water bookshop

Combine the soothing feeling of being by the water with losing yourself in a book on this 1920s barge that's been lovingly transformed into a floating bookshop. There's also a woodburning stove and occasional live jazz.

→ Regent's Canal towpath. ↻ King's Cross.

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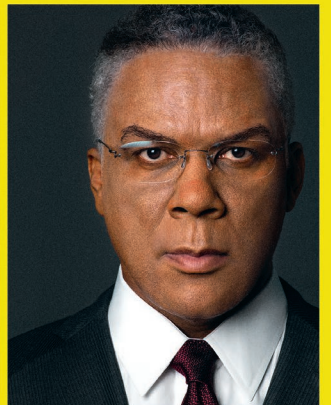
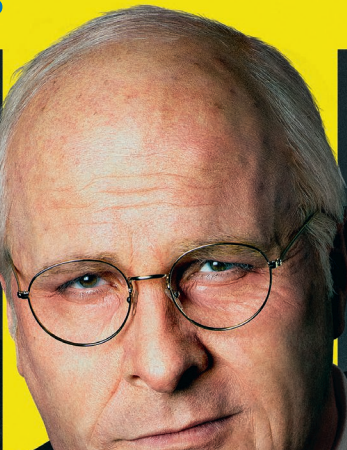
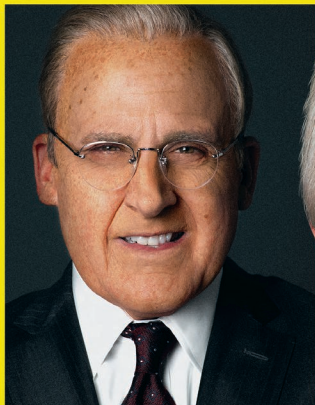
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15 STRONG LANGUAGE, RECURRING SCENES,
INFREQUENT BLOODY IMAGES

In search of wellness

Forget spa days and early nights, Londoners are seeking out ever more unusual ways to feel their best. Five writers try some out for size



IS IT AS WEIRD AS IT SOUNDS?



A little bit



It's kinda odd



Really weird

VERDICT

I felt like I'd never had a red wine hangover in my life.

IS IT AS WEIRD AS IT SOUNDS?



The one where you... bathe in wine

It's not even lunchtime on a Wednesday and I'm laying in a pool of wine. Despite what that sounds like, I'm not on a midweek bender – I'm at the Ella Di Rocco spa in Chelsea. Here, wine is used as a secret weapon against all manner of ills, thanks to its antioxidant properties. The polyphenol in the grapes is supposed to stimulate circulation and detoxify city-dwelling skin. If I'm a little sceptical, it doesn't last long. As soon as I'm in a dressing gown with a glass of Sangiovese in one hand and a breadstick in the other, for *some* reason I'm a lot more relaxed.

SCOTT CHASSEROT

The spa has an atmosphere of Mediterranean luxury, all dark green tiles and dim lighting, with only a few bottles on shelves hinting at the place's true purpose – that is, apart from the cavernous wine bath, above which is a sign urging you not to drink its contents. I'm given a full-body scrub in white wine oil and vine leaves and then it's into the tub, which is filled with a piping hot mix of volcanic ash, grape extract and wine. After fifteen minutes of mulling, I'm positively blissful – if a little lightheaded. I'm told they usually limit guests to a single glass of vino, in case the

combination of heat and alcohol gets too much and they have to be rolled out of the door. I'm starting to see why.

After a full-body massage in more wine oil, my skin feels fantastic, although it is flecked with burgundy sediment that I'll spend the rest of the day picking out of my belly button (it's better to leave it on as long as possible, apparently). Is it better than your average spa treatment? From how euphorically chilled out I feel, I'd say yes. But maybe that's just the wine talking. *Bobby Palmer* → Ella Di Rocco. ☎ Gloucester Rd. Treatments from £90.

The one where you... meditate in a cocoon

They say start the year as you mean to go on, so I'm off to hide inside a giant fabric cocoon while I recover from a hangover. No, really. It's the morning after a big night out and I'm at a guided cocoon meditation class at Gymbox in Stratford. It combines traditional yoga nidra (a meditation technique where you're in a state of consciousness that's somewhere between waking and sleeping) and sound therapy while you're suspended in soft fabric hammocks. It's meant to invoke a safe, womb-like feeling while alleviating stress, but it kind of sounds like I'm just going to hang from the ceiling wrapped in a giant piece of fabric like a floating burrito.

In a softly lit multicoloured studio where gentle panpipes play in the background, we start the class with a few simple stretches to warm up – then it's time to get into the cocoon. After struggling for five minutes trying to figure out how to sit on the draping piece of fabric in front of me and flailing my limbs about, the instructor gives me a hand and I'm finally in.

'Imagine a ball of healing light starting from your toes, following up to your stomach and into your chest,' the instructor says softly whilst gently rocking my cocoon. 'Feel this warm glow heating you all over and melting away any stress.'

A warm glow sounds great, but I'm grappling with the hangover sweats and a wave of nausea. Yet once I ignore the motion sickness and stop worrying that I might vomit in the cocoon, I start to get into it. In fact, I actually doze off at one point.

It's essentially just lots of lying down with your eyes closed, so it's not the most strenuous workout. But if your New Year's resolution was to spend more time in the gym, cocoon meditation might just be the way to stick to it. *Angela Hui*

→ Cocoon is at Gymbox Stratford. ☎ Stratford. Membership from £63 per month, £20 day pass.



VERDICT
I went in
feeling like the
very hungry
caterpillar and
left feeling like
a butterfly.

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The one where you're... frozen with liquid nitrogen



Braving a Siberian snowstorm in hotpants: that's what I'm envisioning as I arrive at SaiSei Cryo Studio in Stoke Newington for cold therapy. I'm greeted by studio founder and local 'iceman' Nyambe Ikasaya, who gives me a breakdown of what's to come.

On the right hand side of the room is a steely grey contraption that looks a bit like an upright sunbed – this futuristic-looking machine is the cryosauna. It will blast my body with liquid nitrogen vapour at -140°C . The aim is to stimulate the flow of nutrients in my blood, reboot my nervous system and reduce internal stresses in my body. Basically, it's going to be freezing AF, but it'll all be over in two and a half minutes.

I'm ushered into another room where I don a white robe, heavy-duty socks and a pair of winter gloves for extra protection. I ditch my robe and step inside the cryosauna with a mixture of trepidation and excitement. A furious flurry of icy air shoots into my arms, stomach, bum and thighs, increasing in intensity as the temperature plummets. The word 'cold' takes on a whole new meaning as my nerves tingle, my muscles pulsate and my extremities become numb.

Thankfully, the treatment is over before I know it. I step out of the cryosauna and hop around awkwardly in an attempt to get warm. From the boobs down I'm pretty much frozen but I've got to admit my body and mind feel awakened and the tightness in my neck and shoulders has dissolved. The cold blast leaves me feeling reinvigorated, like I've just come out of a deep sleep. I'm ready to face the day, but I might need to warm up with a cuppa first. *Bex Shorunke*

→ SaiSei Cryo Studio, Stoke Newington Overground. Whole body treatment £89. Block bookings also available.

VERDICT
I was super-chilled afterwards, and not just because I couldn't feel the lower half of my body.

IS IT AS WEIRD AS IT SOUNDS?



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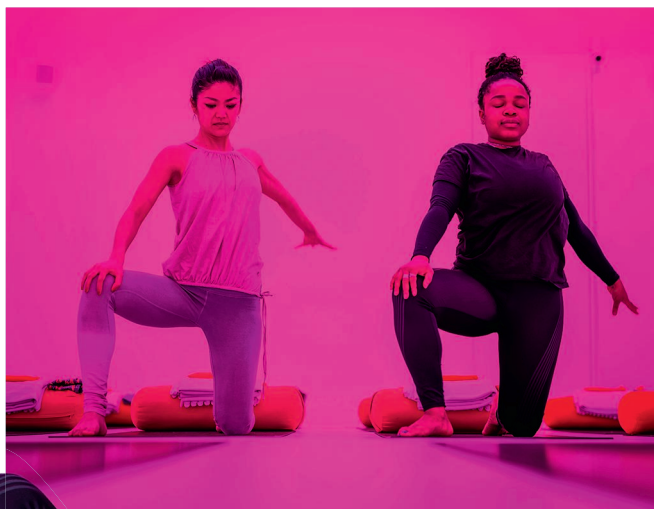
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se

The one where you... massage yourself in a bubblegum pink room



I've become disillusioned with yoga classes lately. They feel more like places for Sweaty Betty-clad yummy mummies to whisper bastardised 'namastes' than examples of an ancient Indian practice meant for all people. So I arrive at ChromaYoga in Shoreditch hoping it might be the place to restore my faith in London's stretching scene.

I'm here to try the studio's Pink: Jiriki class run by Marie Yagami, whose father Yu Yagami created this Japanese movement therapy more than 30 years ago. It mixes meditation, shiatsu massage, acupressure and yoga for an all-round body MOT. The idea is to realign your body and release muscle tension through stretching and massaging your acupressure points using a loop of fabric.

The 'pink' part refers to the lighting: all of ChromaYoga's classes are set to different colours and pink classes are all about relaxation.

VERDICT
I'm already thinking about how I can recreate the class at home, though I'm not sure contorting my body using an old tea towel will have the same effect.

IS IT AS WEIRD AS IT SOUNDS?



It's a real multisensory experience. The lighting makes me feel like I'm in an '80s music video, the air smells like the inside of a holistic health shop and there's calming music playing.

We're each given a piece of fabric and Yagami guides us on how to use it to give ourselves a good stretch and self-massage to target our pressure points. At first, I feel the poses we're asked to do (use my knee to massage the inside of my elbow - really?) should be left to contortionists. Then I'm pleasantly surprised by what my body can do.

Yes, it's a little like playing a game of Twister with myself, but my body definitely starts to feel way more limber and a lot less tense.

I leave feeling so relaxed that I get to the end of the road before realising I have left my coat in the studio and am wearing someone else's. If that's not a sign of being truly Zen, I don't know what is.

Niellah Arboine

→ Pink: Jiriki is at ChromaYoga. Ⓞ Old St. £15.



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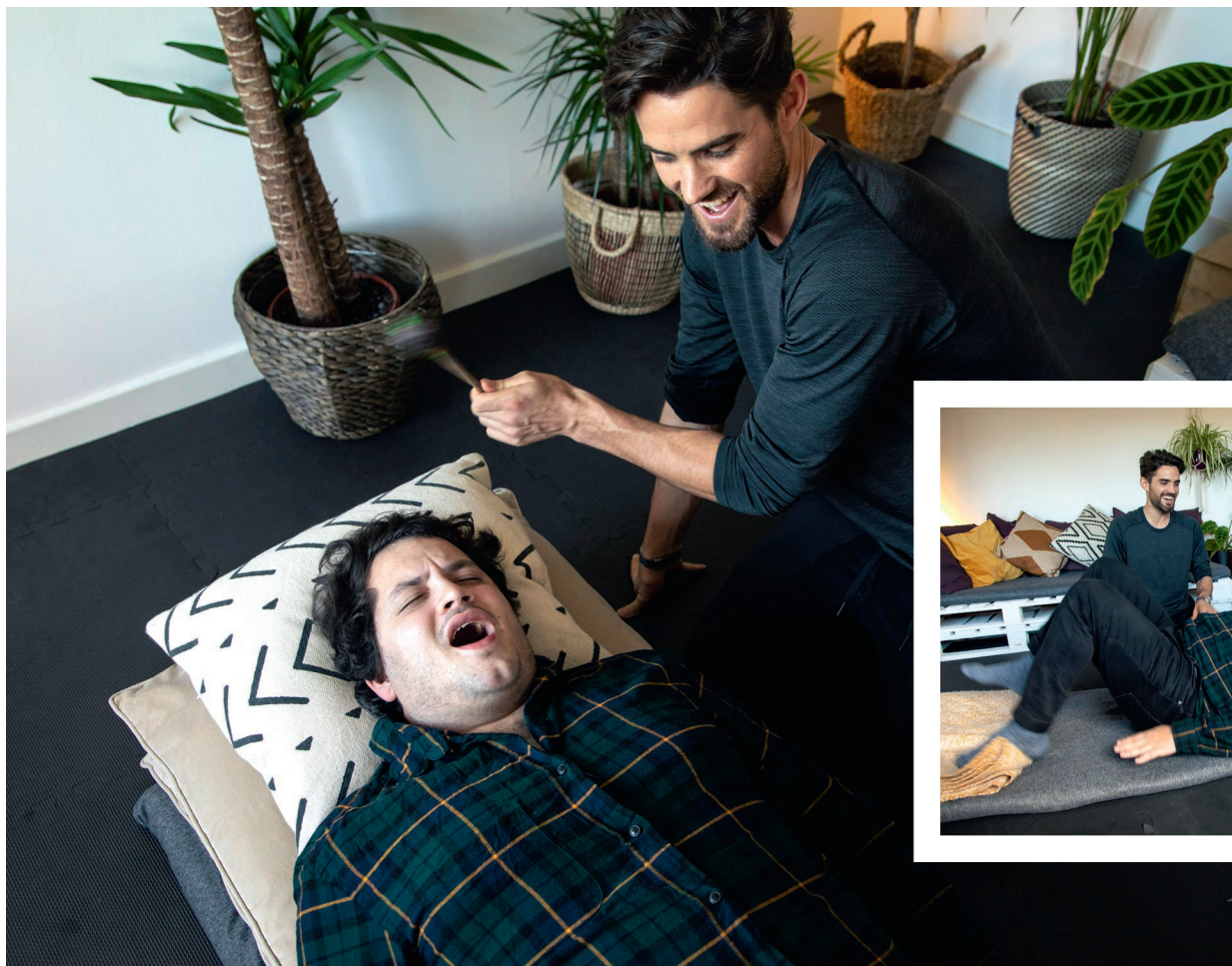
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The one that... just involves breathing



For me, 'wellness' is so tied to #aspirational Instagram pictures and Goop's pseudo-medicine that I've always had reservations about it. So I'm a little unsure when I arrive at a studio in Shoreditch for a one-to-one breathing workshop that's allegedly going to aid my emotional and physical wellbeing.

As someone who's managed 28 years of being alive without any major disasters, surely I don't need help breathing? But maybe I'm wrong. Apparently, many people suffer from 'dysfunctional breathing', meaning their breaths are shallow and constricted. By learning to open up and connect our breath through 'conscious' breathing techniques, we should be able to release repressed trauma and negative energy, leading to a happier and healthier life. It's basically like an exorcism but without the projectile vomiting (I hope).

Showing me the ropes is Stuart Sandeman, who starts off by getting me to lie down on some cushions and close my eyes. So far, so good: much to my relief there's no talk of jade vaginal eggs or coffee enemas. He then instructs me to breathe through my mouth with purposeful and

VERDICT
I felt like a newborn baby – and not just because of the rattle thing.

IS IT AS WEIRD AS IT SOUNDS?

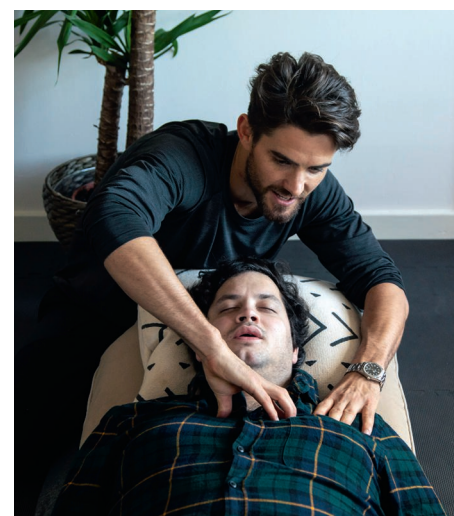


connected breaths – in and out; in and out – as I stamp my feet and shake my body. While I do this, Sandeman places pressure on parts of my body and shakes a rattle while telling me that I am loved. I feel like a giant baby lingering between sleep and a tantrum. I'm half-expecting a bottle of warm milk next.

Then something changes: my body begins to feel like it's floating, as if I'm only attached to the ground by small weights. My mind is invaded by a burning white light.

Soon I have tears streaming down my cheeks. I can only describe it as a form of mental and physical freedom – my demon has been released. Once the session is over, I can't pinpoint any specific trauma to explain my strong reaction. Perhaps it was just aligning myself with such a fundamental aspect of being human: breathing. But I do feel a blanket of contentment and I'd happily do it again. Turns out that taking some deep breaths really can make you feel good. I think I might be a wellness convert? Or maybe I just like feeling like a baby. ■ *Alim Kheraj*

→ Stuart Sandeman hosts one-to-one workshops and group classes at various locations. www.breathpod.me/events. Classes from £14.



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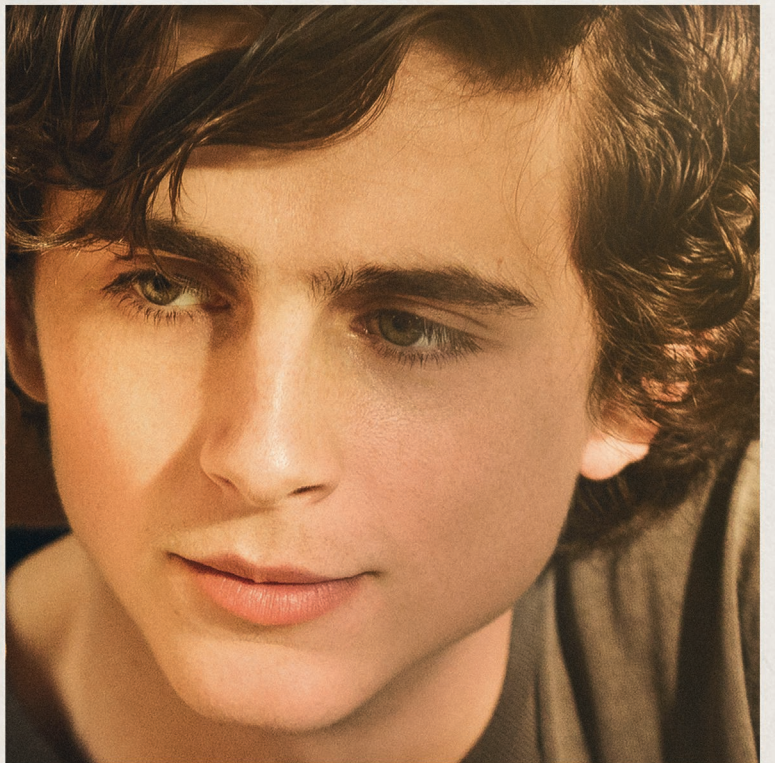
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→ The Gate. ☉ Marble Arch. Until Apr 1. www.timeout.com/gate



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What is it? A five-dish feast with prosecco at this riverside eatery.

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What's exclusive? Three savoury plates, two puds and a drink at just £24. Get those stretchy trousers on.

→ Oxbo Bankside. ☉ Southwark. Until Mar 31. www.timeout.com/oxbo

'The Wider Earth'

What is it? Tickets to this award-winning drama by Australia's Dead Puppet Society.

Why go? Because it's performed in a pop-up theatre inside the Natural History Museum – cool or what? The story follows Charles Darwin's adventures aboard the HMS Beagle on its epic journey across the globe.

What's exclusive? Tickets start at £19.50 – that's up to 70 percent off.

→ Natural History Museum. ☉ South Kensington. Until Feb 17, book by Jan 27. www.timeout.com/we

Gigs at The Jazz Café

What is it? A range of gigs at the renowned Camden venue.

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→ Jazz Café. ☉ Camden Town. Select dates until Feb 6. www.timeout.com/jazzcafe19

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→ Duo. ☉ Camden Town. Select Fridays until Mar 15. www.timeout.com/ukg

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Perfect f*it*

Love getting sweaty? *Clare Vooght* rounds up the London neighbourhoods that might just work out for you

LONDON'S FITNESS OPTIONS are endless: neighbourhood gyms, bootcamps in the park and boutique studios that have brought us everything from voga to doga, JLo vs Janet (thanks Frame!), Viking bootcamps and ravercise. Londoners are still exercise-obsessed, and, as it turns out, would factor a good workout into their house search. According to a survey by Colliers International, 78 percent of gymgoers would choose where to live based on the area's fitness offering, and 77 percent would pay more to live near their favourite London gym. The study also – amazingly – found that 75 percent would consider going on a date to the gym. So whether you're trying to impress via the medium of burpees or you just wanna get buff, here's where to live – depending on what kind of workout you're into.

The wannabe pro athlete East Village, E20

As well as post-Olympic choices, from powerpedalling round (and round, and... round) the VeloPark to team sports and workout classes at the Copper Box Arena, there's a brand new inflatable assault course – with slides! And dive platforms! – alongside the serious 50m pool at the Aquatics Centre. Then there's local running community Run Club East and personal training, mentoring and nutrition plans at FitFam Studios. The housing options? Get Living rents swishy flats in the former athletes' village,

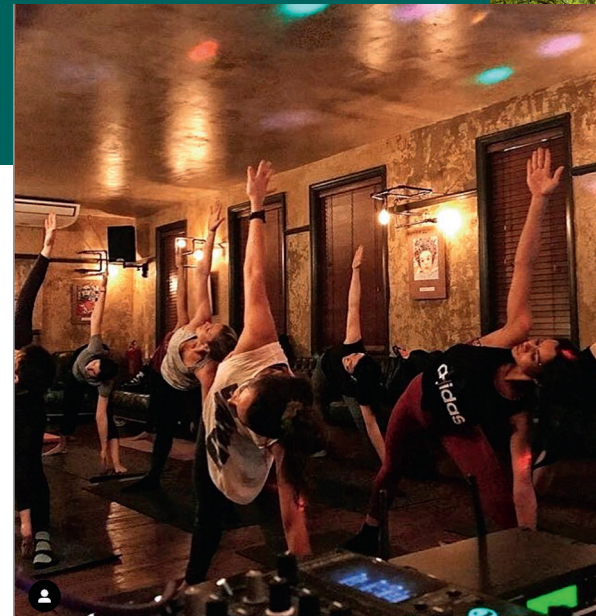
and Shared Ownership homes are available there with Triathlon Homes. Plus, you'll be just down the road from the UK's biggest outdoor fitness festival, the Hackney Festival of Fitness, happening in May.

Standout spot to feel the burn Join free outdoor HIIT, yoga and circuits sessions in the Queen Elizabeth Olympic Park with Our Parks (www.ourparks.org.uk).

The re-toxer Shoreditch, E1

If you'd rather prop up the bar than do barre, this one's for you: the monthly Higher Vibe dance fitness sesh takes place in a bar, Hoxton Square Bar. Expect live afrobeat and dancehall drumming and moves choreographed by a pro who's danced for Solange. And on February 4 the Fly Girl Collective will be at The Book Club to talk workouts, nutrition and wellbeing. The new Spitalfields studio Soma House has its own blissed-out terrace bar for post-workout mimosas. And cool-as-concrete studio Blok may not have a booze licence, but its regular BlokParty sessions (complete with strobe lighting) are still pretty hardcore. In a similar vein, Haggerston Park's LGBT+ friendly Lunges in Leggings deserves a shoutout for its (literally) jazzy-pants bootcamp, yoga sessions and fun vibes.

Standout spot to sweat for a pint Mikkeller Bar on Hackney Road has a regular running club that always ends up with a beer.



Clockwise from above:
yoga in the Prince of Peckham pub, Running in Wandsworth Park, Box Fit in East Village



WANDSWORTH PARK: WILLY BARTON/SHUTTERSTOCK

When life moves, make your rightmove 



77 percent of people would pay more to live near their gym

The wellness warrior

Kentish Town, NW5

If you like your workouts more spiritual, find yourself and your yoga mat a home near Kentish Town. Fierce Grace – the studio that brought us hot yoga – is here, with the occasional gong bath or breathing workshop on the side. Alongside all the usuals, Down To Earth’s yoga workshops range from chakra to introspective vinyasa flow and winter solstice warmers. And down the road in Camden, super-Zen studio Triyoga will keep you calm in the city with its gong baths, sound-healing yoga sessions and Chinese qigong energy healing.

Standout spot to get spiritual Astanga Yoga Here just off Kentish Town Road hosts candlelit, 6.15am astanga sessions, as traditionally practised in Mysore, India. Expect to hear Sanskrit and see ultra-bendiness, but ultimately you practise independently at your own pace – with pro help at hand.

The gym hater

Peckham, SE15

Peckham’s your place for escaping the traditional gym format. At Kelechnekoff you can get fit while learning the art of the pole with dancer and ‘twerk innovator’ Kelechi Okafor: there’s everything from twerking for beginners to wing chun kung-fu self-defence. And on the other end of the spectrum there’s London Community Boxing, an old-school

style boxing gym complete with a ring that aims to foster a local boxing community and make sport available to everyone. For hungry yogis, Level Six (in Peckham Levels) hosts regular yoga supperclubs with tasty food – and not a treadmill or crosstrainer in sight.

Standout spot for workout fun Slather yourself in glitter and ping on the spandex for the ultimate antidote to boring workouts – disco yoga at the Prince of Peckham pub.

The training obsessive

Wandsworth, especially SW18, SW11

Not only is it the most popular area in London for fitness bookings on the recently launched Esquared fitness app, MoveGB has a whopping 373 fitness studios and gyms on its books in Wandsworth – three times more than any other borough. There are all kinds of gyms, studios and classes in the area, but Wandsworth’s green spaces are best for bootcamps – Our Parks has a free one in Battersea Park. And for tough-as-they-come training sessions with a team-focused attitude, F45 is where to find your squad. Homes at the Ram Quarter development are well positioned for running routes along the Thames and the River Wandle – plus, new residents get a month’s free gym membership.

Standout spot to beat your PB Orangetheory offers fitness with biohacker vibes – wearable heart-rate tech helps you get the absolute best from your workout. ■



Being home for bedtime was my rightmove

More properties than anywhere else



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Inside stories

Want to know how London's coolest designers deck out their pads? *Clare Vooght* takes a peek into three creative homes listed on swish lettings site The Plum Guide. Prepare for serious interiors envy. Portraits *Andy Parsons*



Gina Stewart Cox Clerkenwell Jewellery designer

'Clerkenwell has a city feel while retaining a local atmosphere. My husband Alec and I fell in love with it straight away.

'In our house, we've gone for a neutral, minimalistic, modern look and have brought colour using the furniture and art. We wanted it to be clean and friendly.

'We made a lot of the art ourselves, which allowed us to get the look we were aiming for quickly without having to spend a fortune.'

'We made a lot of the art ourselves'

Gina's interiors-hunting tips

'**Twentytwentyone** on River Street is a great interiors showroom in the courtyard of an old stable building behind a row of houses – you would never know it was there.

'**Botanique Workshop** in Exmouth Market is packed full of interesting plants, flowers and pots.

'Faux flowers give a nice fresh feel, and you don't have to replace them every few days.

Abigail Ahern in Angel specialises in good-quality faux blooms.'

→ www.ginastewartcox.com

When life moves, make your rightmove 

Hà Dang Shoreditch
Co-founder of AnhHa clothing line

‘Mixing modern things and antiques is important to me. I was shopping for rugs in an antiques store in Hampstead and I heard two girls saying they would never want those rugs as they remind them of their grandmothers’ places. It made me laugh. I wish I had so many pieces of furniture from my grandparents’ house!’

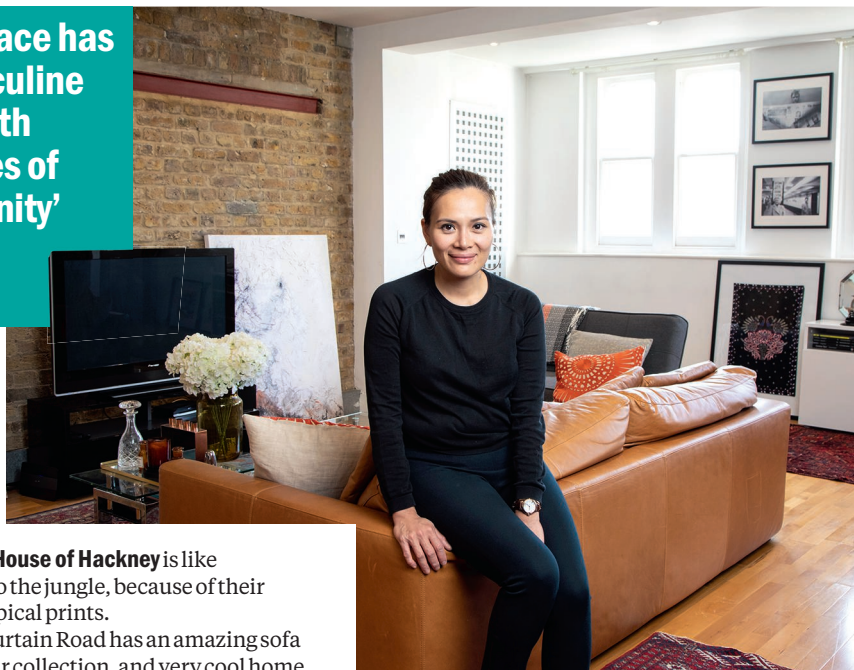
‘I love that my space in Shoreditch has a masculine vibe in general, with touches of femininity through decorative items – like a blue butterfly dome display and a flamingo embroidery frame. Nothing beats hanging out on my couch, putting music on and burning a scented candle.’

Hà’s interiors-hunting tips

‘The antiques at **Westland London** in St Michael’s Church on Leonard Street are out of this world – it’s as if you’re in a museum.

‘Books are key accessories in my space. Sometimes I go to bookstores to buy new and old fashion, design and art books for decorative purposes – I found a very old “War and Peace” with beautiful covers in a small antique bookstore on Flask Walk, just off Hampstead High Street, called **Keith Fawkes**.

‘My space has a masculine vibe with touches of femininity’



‘Going to **House of Hackney** is like stepping into the jungle, because of their bold and tropical prints.

‘**SCP** on Curtain Road has an amazing sofa and armchair collection, and very cool home accessories – they also sell vintage pieces you hardly see anywhere else.’

→ www.anhha.com



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Property



'Texture and materials are at the fore of our interiors'

Phil MacMahon and Genevieve McGill
Hackney
Interior designer and filmmaker,
both directors of Foreign Bear Studio
interiors practice

'When we were studying at Central Saint Martins in 2001, we felt a pull to Hackney - for the creative energy and cheaper rent. All these years on, that creative energy still exists. It has a sense of individualism: each coffee shop or restaurant is someone's own project.'

'In our house and interior architecture studio, we love to combine old with new, maximising light and pursuing simplicity. Texture and materials are at the fore of our interiors.'

'One of our favourite items in our house is a sculpture, "Birdy", by the Irish artist Louise Rice, that resembles a glass birdcage atop a traditional wooden stool.'

Phil and Genevieve's interiors-hunting tips

'J Glinert on Wilton Way is - somehow - a shop of curiosities, a treasure trove of delightful objects and a lesson in pared-back interior design all in one place.'

'Mad Atelier in Clapton is full of brilliant design pieces and stocks a good mix of contemporary art.'

'Mosaic del Sur has an incredible array of richly textured tiles in its shop on Columbia Road.'

'Arch 389 by London Fields is a good spot for antiques digging.'

'We go to New Spitalfields Market in Leyton at 6.30am to get the best wholesale flowers.' ■

→ www.foreignbearstudio.com

→ To interiors-stalk more cool Londoners, visit The Plum Guide, which lists the swankiest, most awe-inducing homes on short-term let. Like Airbnb meets 'The Michelin Guide'. www.plumguide.com

St Marks SQ

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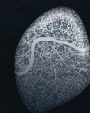
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Good snooze bible

Ah, January, the official month of sleep – or at least it should be. Set up your bedroom for the most restful zzzs ever with these nifty aids and accessories, says *Clare Vooght*



← Sleep sound

You'll be able to sleep at night knowing that £3 from each sale of a set of these sustainably made sheets goes to homeless charity Centrepoin.

→ Super Luxe 600 full bed set, from £149. www.riseandfall.co.uk

↓ Out of sight

Hide clutter and distractions at bedtime with the help of Casper – y'know, from the tube ads.

→ Nightstand, £200. www.casper.com



← Shine and rise

This bells-and-whistles clock radio has a relaxing bedtime light and a sunrise mode for a boost on dark mornings.

→ Bodyclock Luxe 750D, £199. www.lumie.com

↓ Get some shut-eye

Block out the light and take naps to a whole new level with this lavender-filled slumber mask.

→ Florika eye mask, £38. www.houseofhackney.com



← Ear! Ear!

Earplugs 2.0: these clever little buds are app-controlled to play sleep-inducing sounds.

→ Noise-masking sleepbuds, £229.95. www.bose.co.uk



↑ Unbeleafable

One of a few plants that aid sleep by converting CO₂ to oxygen at night. Something to get gassed about.

→ Susie the snake plant, from £10. www.patch.garden



← Statement blanket

Handmade by survivors of domestic violence and trafficking in India. Profits go to the Women's Interlink Foundation.

→ Key to Freedom throw, £125. www.urbanoutfitters.com

When life moves, make your rightmove



HELP FOR HOMEBUYERS

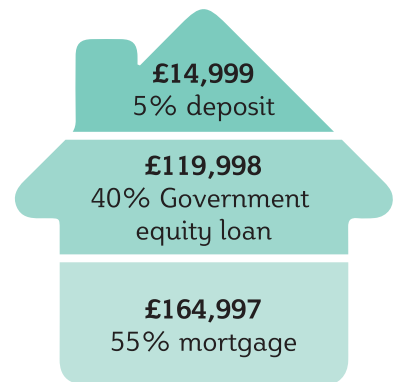
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Worked London Help to Buy example based on a £299,995 purchase price.

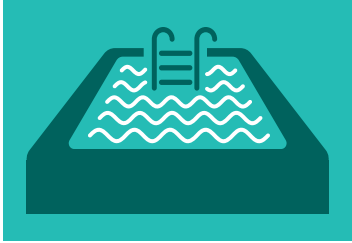
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LONDON PROPERTY NEWS

Clare Vooght rounds up the latest goings-on in the world of bricks and mortar



London's most wanted?

It turns out the city's most looked-at properties aren't oversubscribed shoeboxes, they're more... aspirational. Three out of Rightmove's five most viewed homes last year had swimming pools and four had cinemas. The swanky (£1.8 million to POA) pads ranged from gorgeous and glassy to the stuff of maximalist nightmares.



Brexit in good news shock

You may have saved as much as £1,800 a year on rent since the 2016 Brexit vote, according to analysis by Landbay. London rental price growth is 3 percent lower than expected since the referendum, which the mortgage lender attributes to fewer EU immigrants coming to London and people moving to other UK cities.



Get a Zone 1 eco-castle

Elephant & Castle is the site of the UK's first climate-positive development, pumping zero-carbon heat into its flats and providing an inner-city home to hundreds of trees. The massive Elephant Park project – about a quarter of which will be shared ownership – will be completed in 2025, but the first flats are available now.

#DESIGNPORN

Instagram inspo for your London pad



@barbicancentre

Bring some brutalism into your home via the Barbican's vase-casting workshops. They're part of its 'Make! The New Brutal' season of events inspired by architecture. → Barbican. Various dates. £45. www.barbican.org.uk/newbrutal

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* Based on a one bedroom apartment

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Things to Do

Edited by Katie McCabe
timeout.com/thingstodo @timeoutlondon

FIVE THINGS TO SEE AT

Chinese Arts Now Festival

Explore contemporary British-Chinese stories through theatre, film and drag at this city-spanning arts fest

CHINESE NEW YEAR is right round the corner. So what better way to ring in the Year of the Pig than to pig out on a whole series of Chinese theatre, dance, music, film, live art performances and even an augmented reality tour? The Chinese Arts Now Festival is all about improving representation of Chinese artists in the UK, and there's a hell of a lot going on, so we've condensed the best of the fest into five manageable choices. You're welcome.

1 Eavesdrop on family gossip at an immersive theatre show

'**Citizens of Nowhere?**' invites audience members on a hilarious journey through a British-Chinese family's conversation about identity and relationships. Using headsets, you'll be right in the heart of the action and will be able to eavesdrop on the entire 45-minute performance

while the story unfolds around you. Expect some laugh-out-loud drama that'll put 'EastEnders' to shame. Tickets for performances will include drinks and nibbles from Duddell's impressive high-end Cantonese menu. Prepare for the spilling of much tea.

→ Duddell's. ⊖ London Bridge. Sat Jan 26, Jan 29, Jan 30, Feb 2.
Tickets from £19 including a tea or mocktail.

2 Discover new Chinese cinema

Get clued up on some of the best Chinese-language cinema, courtesy of the **Chinese Visual Festival**. Whether you fancy seeing independent films, documentaries, shorts or experimental screenings, there's a genre to please pretty much everyone. We've got our eye on the UK premiere of the Hong Kong hit 'Men on the Dragon', the story of a group of middle-aged men attempting to form a dragon-boat-racing team, followed





'Citizens of Nowhere?'



'Love Songs'



'Augmented Chinatown'



'The Moon Is Warmer than the Sun'

'Men on the Dragon'



THE MOON IS WARMER THAN THE SUN: AMBER CHENG, 'CITIZENS OF NOWHERE': KIKI STUDIO PHOTOGRAPHY, LOVE SONGS: KAIT WEBSTER

by a Q&A with the cast and director. A feelgood sports comedy to combat this grim and grey January landscape? Now that's one boat we can all get on board with.

→ BFI Southbank. ⊕ Waterloo. Wed Jan 23, Fri Jan 25, Jan 31. From £10.20.

3 Meet legendary drag king Whiskey Chow

Learn about the ancient deity of gay love, the Rabbit God, at this moving performance by London-based artist and Chinese drag king Whiskey Chow. **'The Moon Is Warmer than the Sun'** explores female masculinity, politics, rebellion, the normalisation of queerness and stereotypes of Chinese/Asian identity, all set to a backdrop of experimental digital art. Get ready to have your wig snatched clean off.

→ Toynbee Studios. ⊕ Aldgate East. Jan 31, Feb 1. £12.

4 Go on an interactive digital tour of Chinatown

See a familiar part of central London from a different point of view with the eye-popping **'Augmented Chinatown'** experience. Led by artist Donald Shek, the tour uses QR codes and an iOS app that bring video installations and digital sculptures to life. Moving from Rupert Street to Charing Cross Road, the tech-driven route will give you a glimpse into the past and future of Chinatown. Can't make the tour? You can go analogue with a map of the installations – buy it from meeting spot the Guanhwa bookshop.

→ Guanhwa bookshop, 112 Shaftesbury Avenue. ⊕ Leicester Square. Thu Jan 24, Sat Jan 26, Jan 31 and Feb 2. £15.

Download the app in advance.

5 See a blend of hip hop, comedy and spoken word at this one-woman show

In the wise words of Ronan Keating, 'Life is a rollercoaster, just gotta ride it', and that's pretty much how you'll feel about Alissa Anne Jeun Yi's solo show. **'Love Songs'** is a sometimes sweet, sometimes painful tale of hopeless romantic encounters. Jeun Yi walks her audience through everything from classroom crushes and the hyper-sexualisation of East Asian women to the hapless millennial dating scene, mixing dancefloor bangers and spoken word throughout. It's one endearing DIY ride. ■

→ Camden People's Theatre. ⊕ Warren St. Tue Jan 22 - Sat Jan 26. £12. Chinese Arts Now runs until Feb 2.

Find out more at www.chineseartsnow.org.uk.



By Angela Hui
 Who was not born in the Year of the Pig but reserves the right to eat like one.



Promotional feature

Those rippling abs aren't all about you, you know...

Wanna witness the fitness this year? Here's how to get yourself in shape and give back to your local community

Bored with hearing 'new year, new you'? Yeah, us too. But that doesn't mean we're not still on the lookout for ways to improve ourselves. It'll come as no surprise, then, that gym sign-ups jump in January. As our fitness resolutions start to unfold (and hopefully stick), we keep on donning our trainers and digging out our cycling shorts.

But here's the rub. Whether it's veganism, recycling or going plastic-free, it seems we're all determined to do our ethical bit.

And with 2019 in full swing, there's no sign of that slowing down. Now you can attach your January fitness goals to your ethical commitments, thanks to the exercise aficionados at Better.

As a social enterprise, Better doesn't pocket a penny. Yep, you heard us – all of Better's profits are reinvested into improving facilities and the health of local communities. So when you join Better, you aren't just looking after your body, you're also looking after your community's wellbeing,



with every rep, pool length or class. (The name is starting to make sense now, isn't it.)

Want to know the facts? Better has 55 partnerships with local authorities, charities and sporting bodies, plus 140 libraries, 10 children's centres and even five adventure playgrounds. It supported more than 3,000 aspiring athletes in 2018, and in the past three years Better has reinvested a huge £30 million back into the community. That's not just pocket change.

And as if that wasn't enough to convince you to join, Better charges no joining fee all January. There are no contracts either and members enjoy special discounts on swimming and fitness classes. Besides, with a 285-strong national network of leisure centres, you're sure to find one close to home.

BETTER
the feel good place

→ For more information or to join Better, head to better.org.uk/timeout

SOMETHING FOR THE WEEKEND

Friday



All to Play For: V&A Late

If you weren't totally freaked out by Black Mirror's 'Bandersnatch', play newly commissioned video games, design your own and find out how we'll be one-upping in the future at this gaming late.

→ V&A. ☉ South Kensington. Fri Jan 25. Free.

FEAST Vegan Wine and Cheese Party

Gobble down a 'cheese' board with all the trimmings, exclusively of the plant-based, meat-free variety, at this vegan bash. Wash it all down with some tasty animal-free wine.

→ 10 Cable St. ☉ Tower Hill. Fri Jan 25. £30.

GO, GLEN COCO! 'Mean Girls' Quote-Along

Grab your clique, your fetchest outfit and get ready to shout along to a screening of your fave teen flick. Don't miss the pre-film Kälteen bar eat-off. Grool.

→ Prince Charles Cinema. ☉ Leicester Square. Fri Jan 25. £13.50.

Saturday

BLOOM Herald Spring

London's oldest botanic garden fills with snowdrops each winter. Check out the white flowers and learn about them in talks and workshops.

→ Chelsea Physic Garden. ☉ Sloane Square. Sat Jan 26-Feb 3. Free.

SKETCH Lunar Legends Life Drawing

Get moon-eyed over pencil techniques at this drawing class exploring celestial myths and symbolism.

→ The Book Club. ☉ Old St. Sat Jan 26. £15.



Oval Space gets Framed

Frame, the supercool gym, is turning ten. To celebrate it's taking over the east London party warehouse with mini trampolines and big tunes for a 'Rebounding Rave'.

→ Oval Space. Cambridge Heath Overground. Sat Jan 26. £25.

Sunday

'The Favourite' Costume Display

See costumes created for Olivia Colman, Emma Stone and Rachel Weisz in one of the locations used for Yorgos Lanthimos's baroque drama.

→ Hampton Court Palace. Hampton Court rail. Until Feb 28. Free with £11.35 entrance ticket.



STRETCH Shape

Looking for a new year pick-me-up? Join fitness classes, yoga and martial arts workshops, health talks and snack on vegan food at this wellness jamboree.

→ Flat Iron Square. ☉ Borough. Fri Jan 25-Jan 31. Free.

SHOP Camden Vintage Furniture Flea

From crockery to atomic-era prints, there's plenty of retro oddities at this flea about all things kitsch.

→ Cecil Sharp House. ☉ Camden Town. Sun Jan 27. £2.50, £4 early bird.

Feel more broke than baroque? Visit timeout.com/free



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wellcome collection

FINAL WEEKS

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Guardian

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Health & Architecture

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THE NATIONAL GALLERY

Friday 25 January from 6pm
Free admission

BURNS NIGHT LATE

#NGLates
nationalgallery.org.uk

Celebrate Burns Night at the National Gallery with free music, workshops and much more.

THREE OF THE BEST

Burns Night parties

Rabbie Burns turns a full 260 this Friday. Here's where to raise a wee dram to Scotland's National Poet



↑ Burns Night in the Wigwam

Queen of Hoxton's rooftop is swapping shots of absinthe for hot buttered rum with a Burns takeover of its debauched Moulin Rouge-themed rooftop. Stay for the traditional address to a haggis in the not-at-all-Scottish wigwam...

→ Queen of Hoxton. Shoreditch High St Overground. Fri Jan 25. Free, limited availability.



↑ Streetwise Opera Burns Night Ceilidh

The Ceilidh Tree band are teaming up with homeless charity Streetwise Opera for a night of jigs, reels and proper Scottish trad. Got two left feet? A caller will guide you through steps and have you dancing the 'Flying Scotsman' in no time.

→ Cecil Sharp House. ☉ Camden Town. Sat Jan 26. £18.



↑ Scotch Whisky Weekend

Two-step your way around town on a boozy self-guided tour of swish whisky joints. Grab a free pass for elaborate £6 cocktails at upmarket bars like Black Rock and TT Liquor.

→ Various London locations. Wed Jan 23-Sun Jan 27. Register for a free digital pass that lets you buy £6 cocktails at drinkup.london.

It's time to Burns
timeout.com/burns



Not your usual night out

Try something different this year. Become a detective, take part in a unique yoga class or have a sleepover – all in our iconic main hall.

Book now nhm.ac.uk/events



Dino Snores for Grown-ups



Crime Scene Live

Yoga

Things to Do

GO VEGAN

E Extraveganza

Street Feast's first ever fully vegan street food party has taken two years to plan, and the veggie line-up does not disappoint. Chow down on vegan cheeseburger tacos from Club Mexicana in collab with Temper, and plant-based treats from Alexis Gauthier – London's only vegan chef to have held a Michelin star – plus plenty more.

→ Dinerama, Shoreditch High St Overground. Wed Jan 23. £6.

E Zero Waste Vegan January Supper Club

Plant-based chef Sophie Gordon is putting on a veg-tastic spread for this intimate four-course meal. Tuck into seasonal fruit and veg, British grains, kombucha cocktails and vegan cheese, all sourced without wasteful plastic packaging.

→ Second Home Spitalfields, Shoreditch High St Overground. Wed Jan 23. £45.

LEARN

C Hendrix Talks

Hey, voodoo chile. If you love a bit of Jimi, hit up these talks, led by musician Nigel Jones, exploring how the great guitarist changed the way we think about music. This week's discussion focuses on his unique approach to chords and rhythms.

→ Handel & Hendrix in London. ☉ Bond St. Sat Jan 26. £12.

C Natural History Museum Late: Intelligence

Is intelligence just a human concept, or can our furry friends teach us a thing or two? Find out at this late exploring intelligence in the animal kingdom

with live nature talks, pop-up science stations and behind-the-scenes tours of the museum's zoology collection (£15).

→ Natural History Museum. ☉ South Kensington. Fri Jan 25. Free.

S Embroidery for Beginners

Don't know a seed stitch from a French knot? Get skilled in hand embroidery at this class for needling newbies and learn

TO DO

The best events in your area

C Central N North S South E East W West



The Times



Evening Standard

Don't miss

The BP exhibition

I am Ashurbanipal king of the world, king of Assyria

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Until 24 February 2019

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The British Museum

S Secret Garden Storytelling Around the Fire

Listen to music, gaze at the stars and hear yarns about ancient shapeshifting spun by master storyteller Vanessa Woolf in a secret south London garden. Wrap up warm and bring some coins for mulled cider.

→ Secret Peckham location. Fri Jan 25. £5.

EXPLORE

W Strawberry Hill House Friday Late

See the beautiful, chalk-white, spooky pile looking even more atmospheric after dark. Explore the lavish, jewel-coloured rooms and have a theatrical encounter with the building's creator, gothic author Horace Walpole.

→ Strawberry Hill House. Strawberry Hill rail. Fri Jan 25. £16.

C Hidden Stories of St James's Park

Get to know London's oldest Royal Park on this walk teasing out the green space's lesser-known stories. Discover the history behind iconic locations such as The Mall and Horse Guards' Parade and catch the resident pelicans' daily feed.

→ St James's Park. ☉ St James's Park. Fri Jan 25. £10.

EXCLUSIVE

Get 50 percent off entry to the Brighton instalment of the annual **VegfestUK** – the UK's finest plant-based festival. Tickets now just £4.

> TIMEOUT.COM/VEGFEST19

LISTEN

N 'Turn Up the Archive'

Remember nights in front of the box watching 'Desmond's', 'No Problem!', 'The Fosters' and 'The Real

McCoy'? Spend an evening celebrating black British sitcoms that changed the comedy landscape and became a vital piece of black representation in the UK, with side-splitting stand-up from Femmes of Colour Comedy Club.

→ Bernie Grant Arts Centre. ☉ Seven Sisters. Thu Jan 24. £7, £9 door.

Not doing it for you? Try timeout.com/dolist

Film

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

TIME OUT MEETS

Mahershala Ali

The supporting actor who shone in 'House of Cards' and 'Moonlight' is finally taking centre stage – in Deep South road-trip drama 'Green Book'.
Portrait *Rob Greig*

FOR AN OSCAR WINNER with nearly 20 years of screen acting behind him, Mahershala Ali is still strangely under the radar. You probably know him from a fistful of brilliant supporting performances. He was slick DC operator Remy Danton in 'House of Cards', charismatic crime don Cottonmouth in Netflix's 'Luke Cage' and, of course, paternal drug dealer Juan in 'Moonlight', a performance for which he won that Academy Award. But the killer big-screen role has proved elusive.

At least, it had. Enter Peter Farrelly, co-director of 'Dumb and Dumber' and 'There's Something About Mary' and, somewhat surprisingly, the filmmaker behind 'Green Book'. He's provided Ali with that chance to shine, opposite Viggo Mortensen, in his chunkiest part to date. It's a racial drama that tackles very serious themes, but it offered Ali some big laughs to leaven things. 'You have to follow the fun,' he says. 'If something isn't fun, you move on to the next thing.' This mantra – advice given to him by 'Get Out' director Jordan Peele – is a clue that Ali's rep for serious-mindedness is more than a little exaggerated.

So how is the actor handling the sudden upturn in his career? 'I have the opportunity to be more deliberate in my choices,' he says, 'and to be conscious about the larger social impact of the films I'm in.' Like 'Moonlight' before it, 'Green Book' feels like a canny choice. It's a showcase for his significant acting chops and it offers engaging, important subject matter. As he puts it: 'Each role is a tile in the mosaic.'

He met his 'Green Book' co-star, Mortensen, during the 2017 awards season. Mortensen was nominated for 'Captain Fantastic' and the pair bonded on the fringes of all the glad-handing and glamour. 'We are both happier as observers,' Ali admits. While on the circuit's conveyor-belt of lunches and dinners, the two of them would retreat into corners to plot ways to work together.

That chance came with 'Green Book'. People might be surprised at one half of the directing duo behind the infamous hair gel gag in 'There's Something About Mary' directing a drama about virtuoso concert pianist Don Shirley (Ali), touring the Jim Crow-era Deep South with his Italian-American





driver Tony Lip (Mortensen). Ali had no such concerns. 'Here we have a guy who has 20 years' experience in filmmaking,' he says, 'but hadn't done this [before].' It was like working with a first-time director, only with more than 20 years' experience.'

The role itself brought some unusual challenges. Ali spent the first week filming in a turquoise Cadillac: him in the back, his co-star behind the wheel. He can now probably map the back of the Mortensen bonce blindfolded. 'We didn't look at each other for a week!' he remembers. 'It was a strange way to act.' Then there was learning to play the piano. He spent three intensive months ivory-tinkling to master at least the basics. 'We made an extraordinary effort so that the audience is never distracted or taken out of the story.'

Music is a big part of the actor's life. He recorded a rap record in 2007 as Prince Ali, is currently working on a new project he's keeping schtum about and takes the mixtape method approach to acting, creating playlists for each of his characters. For 'Luke Cage' it ranged from rapper Big L to the soul tracks of Erykah Badu, but playing Don Shirley took something different. 'I'd pull from music of the

'There isn't just one black experience in America'

time and make that my world,' he says. 'Some classical, like Pablo Casals playing Bach, then Aretha Franklin, Little Richard and Sam Cooke.'

He also used documentary footage of Shirley to get into character. 'It allowed me to see his eyes and pull from him. I learn more from documentaries than watching other actors work.'

Does he think 'Green Book' will have a positive impact on how people view the black American experience? 'Our experience is so much more diverse,' he says. 'There is no black monolith. There isn't one black experience. There are African-Americans who are educated differently to others, and we don't all come raised in low-income environments.'

Earlier this month, he won a Golden Globe for his performance as Shirley. Even if the film's awards chances seem to be waxing and waning, you'd be rash to rule out a second Oscar for the popular, serious-minded but fun-chasing Ali. He's a bona fide star – only two decades in the making. ■



By Joseph Walsh Whose only road trip involved a VW Polo and the Norfolk B-roads.

Love Sonia



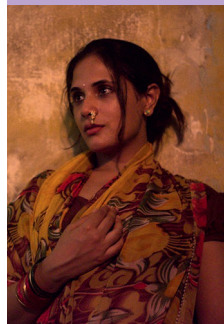
WHAT IS IT...

A teenage Indian girl's harrowing journey of survival.

WHY GO...

For a devastating exposé of the international sex trade.

→ Director Tabrez Noorani (18) 122 mins.



EVERY SO OFTEN a film comes along that feels like essential viewing. One whose message and story should be communicated to as many people as possible in order to truly understand the harrowing situations that need to be fought against. 'Love Sonia' is one of these movies.

It's the directorial debut of 'Slumdog Millionaire' and 'Lion' producer Tabrez Noorani and it takes inspiration from the true story of an Indian girl who was trafficked into the sex trade. Sonia (Mrunal Thakur) is a 17-year-old from a rural Indian village who is forced on a journey to rescue her sister Preeti (Riya Sisodiya). Horrifyingly, their father has sold her to pay off his mounting debts. Soon, Sonia finds herself trapped as a sex slave in a brothel in Mumbai's red-light district with no one to support her except for prostitutes Madhuri (Richa Chadha) and Rashmi (Freida Pinto).

It's a grim scenario that's depicted unrelentingly by Noorani. As a portrayal of women suffering in extremis, it strives for gritty authenticity and is forensic in questioning how such a criminal enterprise could exist. You might catch yourself turning away at times, but it's a testament to the central performances – a heart-wrenching debut from Thakur and a career-best turn for Pinto – that you'll want to stick with them. This is socially conscious cinema at its most powerful and important. It might be tough to witness, but it's vital that we do. ■ *Hanna Flint*

On Her Shoulders



WHAT IS IT...

A doc about Isis kidnap victim-turned-Nobel Prize winner Nadia Murad.

WHY GO...

It's a devastating, inspiring story of raw courage.

→ Director Alexandria Bombach (12A) 94 mins.



THIS DOCUMENTARY IS about the awe-inspiring bravery of Nadia Murad, the Nobel Peace Prize-winning Iraqi woman kidnapped by Isis as a sex slave aged 21 in 2014 – she's a member of the ancient Yazidi minority. Sold to Isis fighters, and repeatedly raped, Murad eventually escaped, arriving in Germany as a refugee with a group of female survivors. But she found it impossible to build a new life while Yazidi women and girls were still captive, so she went out and told her story.

American documentary-maker Alexandria Bombach initially picks up Murad's story in 2016. She's in the spotlight after giving a speech to the UN about her ordeal and flying around the world, saying yes to every media request and invitation to speak to politicians. We see her sitting down in front of microphone after microphone, drained, traumatised, but focused, holding it together, while yet another journalist asks her: 'How many times were you raped?', 'How did you escape?'

With great sensitivity, Bombach refrains from quizzing Murad about what Isis did to her during the interviews. Why do we want to know the details? Instead, we hear Murad talk movingly about the parts of herself that have been robbed for ever. As a teenager she dreamt of opening a beauty salon or becoming a teacher. That's all lost. 'I never wanted people to know me as a victim of Isis terrorism.' Her only hope now is if the world acts on the genocide of the Yazidi. What a powerful and important film. ■ *Cath Clarke*

Vice



YOU'RE NOT GOING to see a movie called 'Vice' expecting a revisionist take on much-reviled US vice president Dick Cheney. He was actually a nice guy? Not likely. Instead, writer-director Adam McKay ('The Big Short') creates a chaotic, psychologically dense thicket out of which slinks the Washington DC swamp creature (an astounding Christian Bale). And even though McKay provides us with a character who blasts the film we're watching for its liberal bias, that self-owning doesn't get 'Vice' off the hook. This is still a fierce, barbed post-mortem of Cheney's career.

Happily, he's also seasoned it with pin-sharp performances. Bale not only masters Cheney's smirk (his performance calls 'American Psycho' to mind), he also brings an evolving sense of viciousness, transitioning from Gerald Ford-era bumpkin to savvy operator. 'What do we believe?' he earnestly asks his boss, a young Donald Rumsfeld (Steve Carell), getting only a guffaw in response. At home in Wyoming, it's no easier: Dick has a hard-charging wife, Lynne (Amy Adams), who cows him into submission. He has to get tough – and he does.



WHAT IS IT...

A meta biopic about ex-US vice president Dick Cheney. Go on then, it's a Dick pic.

WHY GO...

For Christian Bale's brilliant, coldly terrifying depiction of Cheney.

→ Director Adam McKay (15) 132 mins.

The ensemble is magnificently amoral, but even better is the use of montages – editing that hasn't been tried since the heyday of Oliver Stone (the work is by Hank Corwin, a veteran of 'JFK' and 'Nixon'). Wild animals roar out of flash frames, blood pounds through veins, and the overall tone drifts into crazy. McKay makes an aural feast out of Cheney's hobby of fly-fishing, sneaking the babbling brook into the

sound mix during scenes where he's baiting his next meal ticket, a rehabilitated George W Bush (Sam Rockwell, perfect again).

Not all of it works: the visual metaphors feel obvious, and its bookends strain for depth but ultimately play like a sick joke. Whenever 'Vice' tries to be about something, like his usurpation of power or heart attacks, it stumbles, but the momentum kicks in when it gets back to the jazzy flow. It's a chastening reminder of an administration of self-interested shits who could actually get things done. ■ *Joshua Rothkopf*

Second Act



WHAT IS IT...

A comedy about a supermarket worker climbing the corporate ladder.

WHY GO...

For some big laughs (most intended) and an insanely likeable J-Lo.

→ Director Peter Segal (12A) 104 mins.

'SECOND ACT' IS NOT, by any traditional metrics, a good movie. The dialogue is clunky and the plot swings from one unrealistic moment to another. If you're someone who likes serious films, you may have checked out long before the bit where Jennifer Lopez releases some doves to hilariously catastrophic effect.

That said, one day I will be regularly revisiting it on Netflix – probably with a few friends and a bottle of rosé. It's a zingy tale of mistaken identity that evolves into something bigger, and Lopez effortlessly pulls off funny and charming in the lead role. She plays a supermarket worker who quits her job when she's overlooked for promotion (in favour of a younger man, inevitably) and then fakes her way into a big-city company. It's like 'Maid in Manhattan' meets 'Working Girl', with a bolted-on adoption subplot.

But it's the career focus that makes it work, even when it doesn't. It's like a noughties romcom pumped full of 2019's gender and class politics: the male colleagues are slimy buffoons; the women are swears and outspoken. Lopez's character experiences the highs of empowerment, but also falls flat on her face a few times. As a female viewer you feel very much in on the joke.

It's rare and exciting to see the relatable pain of being a woman at work explored in mainstream comedy. For anyone who's endured workplace sexism, it's comedy as catharsis. ■ *Kate Lloyd*



SECOND ACT: COURTESY OF STYLFILMS

BOOK NOW

Dragons' den



'How to Train Your Dragon: The Hidden World'

A hidden Islington gem, the Collins Music Hall is being transformed into the Nordic land of Berk for four immersive family screenings of 'How to Train Your Dragon: The Hidden World' this week. Expect fake tattooing, hair-braiding, a sheep-dunking game and themed grub and drinks. We can't promise pillaging, but then again, can you ever really rule it out?

→ Wed Jan 23 and Sun Jan 27. £22, £15 child. www.timeout.com/hiddenworld

Film

1 Naomi Ackie
After an eye-catching turn in 'Lady Macbeth', the east Londoner is on course for household-name status – especially if your household is into 'Star Wars'. She has a major role in 'Episode IX', and was recently cast in the 'Game of Thrones' prequel series too.
See her in 'Star Wars: Episode IX' (December).

2 Naomi Scott
The Hounslow native started out as a singer but is now zeroing in on an acting career. She was in 'Power Rangers' but don't hold that against her, especially with 'Charlie's Angels' and the small matter of playing a Disney Princess – Jasmine in 'Aladdin' – coming up.
See her in 'Aladdin' (May).

3 Esmé Creed-Miles
The daughter of actors Samantha Morton and Charlie Creed-Miles, she's the lead in a TV version of sci-fi thriller 'Hanna'. She's playing a GM assassin, enhanced for extra lethality. You can also catch her in Doncaster-set coming-of-age yarn 'Pond Life'.
See her in 'Hanna' (March).

Six Londoners to look out for in 2019

Meet the talented up-and-comers to keep an eye out for on your screens



4 Jamael Westman
Streatham's Jamael Westman scored the title role in 'Hamilton' within a year of graduating from Rada. This year, you can see him in an adaptation of Emma Jane Unsworth's 'Animals'. Caitlin Moran has described the novel as "Withnail" with girls, so you'll want to see him in that too.
See him in 'Animals' (TBC).

5 Rhianne Barreto
The National Youth Theatre grad has gone from BBC series 'Dixi' to the lead role in up-and-coming director Pippa Bianco's debut 'Share'. She plays a high-school girl whose life is turned upside down when she appears in a disturbing online video.
See her in 'Share' (TBC).

6 Emerald Fennell
'Call the Midwife' fans know her as Nurse Patsy Mount, but Fennell will soon be known to just about everyone as Camilla Parker-Bowles in season three of 'The Crown'. She's also playing Bloomsbury Group painter Vanessa Bell in period drama 'Vita & Virginia'.
See her in 'The Crown' (spring). ■

ALSO OPENING



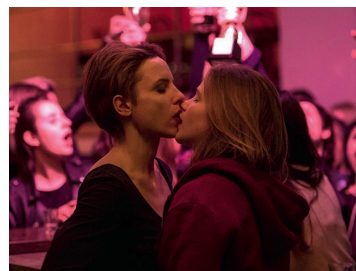
DESTROYER

★★★★★
Nicole Kidman drabs down considerably as a world-weary LA detective haunted by an undercover sting from 16 years earlier in this joyless kinda-noir. You wait for this self-negating plunge to yield emotional dividends, perhaps in the scenes with her peppy partner (Sebastian Stan) or her estranged teenage daughter, but it never does. This brooding depression may be the reality of much police work, but on screen it plays like a two-hour murder of our patience. It's all feels like a misuse of Kidman's still-deepening talent. *Joshua Rothkopf*



BERGMAN: A YEAR IN A LIFE

★★★★★
In 1957 Ingmar Bergman released 'The Seventh Seal', staged four plays, shot a TV movie and wrote, directed and premiered 'Wild Strawberries', something we should probably all chew on as we plan the year ahead. Filmmaker Jane Magnusson builds her doc around this massively creative moment in the director's career but struggles to penetrate Bergman's knack for self-mythologising. If the man remains frustratingly elusive, devotees and cineastes will soak up the archive footage and talking heads (Barbra Streisand included). *Greer McNally*



NINA

★★★★★
This LGBT+-themed Polish drama has romance and brooding to spare – but it's also unfocused and overlong. Nina (Julia Kijowska) is a refined, married schoolteacher in a failing marriage, while Magda (Eliza Rycembel) is a scrappy young gay woman who gets drawn into her and her husband's orbit through a plot involving a minor car crash and the couple's last-ditch plan to have a child through surrogacy. As one relationship fails, so another begins to blossom. The sex scenes are sensitive and convincing; the rest, much less so. *Dave Calhoun*



THE MULE

★★★★★
As a nonagenarian drug mule in way over his head, Clint Eastwood looks the part, but loses the focus that's elevated so much of his self-directed work. The plot, based on a *New York Times* article from 2014, concerns a 90-year-old cocaine runner who avoided detection by being such an unlikely target in the war on drugs. It's a perfect set-up for Eastwood's scowling get-off-my-lawn stance on American decline, but the execution is flat-footed and the underlying tension (the old guy is committing crimes!) soon gets tiresome. ■ *Joshua Rothkopf*

The best pop-ups and film festivals at [timeout.com/film](https://www.timeout.com/film)

Music & Nightlife

Edited by Oliver Keens
timeout.com/music @timeoutmusic

17 reasons to love Celine Dion

To celebrate the announcement of a huge Hyde Park gig this summer, *Alim Kheraj* counts down just a few reasons to adore the iconic Canadian queen of song (and lols)



1 Her voice is so emotive that, after being discovered, aged 12, by music manager René Angélil, he mortgaged his house to pay for the recording of her first album. They eventually married.

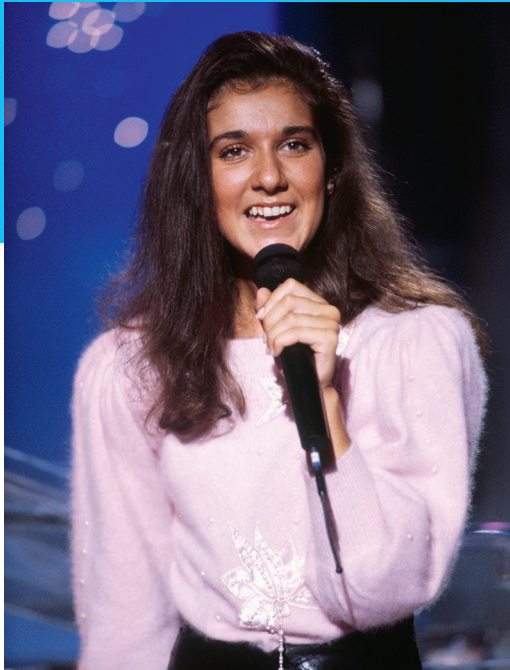
2 She's a Eurovision Song Contest winner, triumphing in 1988... representing Switzerland.

3 Her first English-language album only came out in 1990. Before that, she'd recorded eight albums in French, all before she turned 19 (!).

4 The fact that she's quoted as saying she'll often spend \$100,000 on presents for herself in one day. What a baller.

5 Speaking of ballin', we love that even Drake thinks she's iconic. He told her he was thinking of getting a Celine tat on his flank.





6 Her status as one of the best-selling artists of all time, shifting over 250 million albums.

7 Her affinity for a power ballad – the greatest form of balladry known to humankind, if you ask us.

8 The sheer dramatics of the ‘It’s All Coming Back to Me’ music video, like when a ghost on a motorcycle drives down the corridor of a massive mansion.

9 That she recorded ‘My Heart Will Go On’ in one take.

10 Talking of ‘Titanic’, there was that time she wore the famous necklace from the film, ‘The Heart of the Ocean’, to the film’s premiere...

11 The greatest example of modern balladry, ‘Because You Loved Me’.

12 That time she generously dedicated a song to ‘all the children and parents of the world’, which on closer scrutiny is basically everyone who’s ever lived, ever.

13 Her status as a true eccentric – just look for the footage of her barking like a dog or pretending to be a chicken or her legendary red-carpet black-and-white look at the Met Galain 2017.



14 Her all-round affinity for pop, whether it’s getting her life to Gaga in Vegas or dancing to Cher at an awards show while dressed like a giant marshmallow.

15 Also in Vegas, she performed with a hologram of herself. Incredible.

16 She’s the ultimate survivor, coming back stronger after the deaths of her husband (who she nursed during his illness) and her brother, who died within a few days of each other.

17 That time she said, ‘I’ve never been cool – and I don’t care.’
→ Celine Dion plays British Summer Time in Hyde Park on Jul 5.



By Alim Kheraj
Who is forever chasing that euphoric feeling of seeing Celine Dion live.

SOUTH WEST FOUR

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WEEKENDER 2019 WITH 

BANK HOLIDAY SUNDAY 25TH AUGUST
CLAPHAM COMMON

OUTDOOR MAIN STAGE HEADLINERS

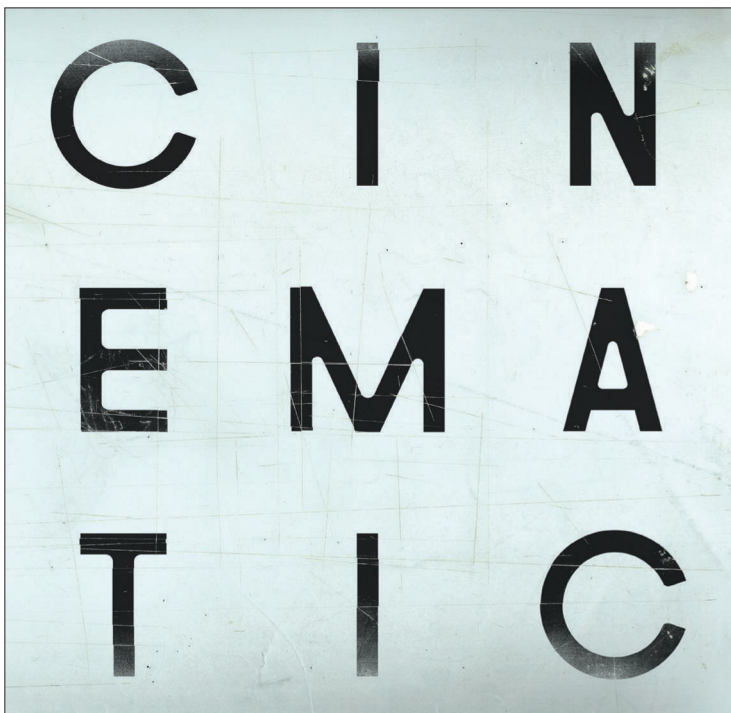
THE PRODIGY

TICKETS ON SALE
FRIDAY 25TH JANUARY AT 9AM

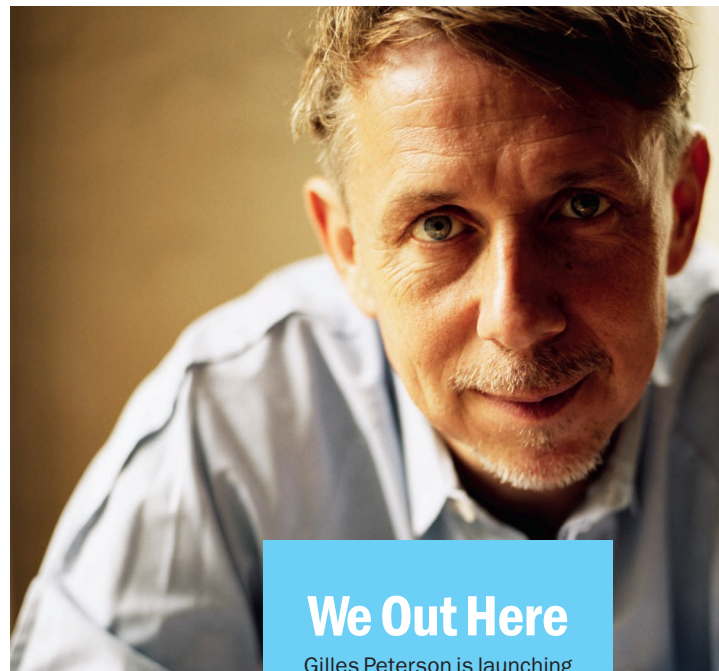
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We Out Here

Gilles Peterson is launching a brand new festival, taking place at a beautiful, secret spot in Cambridgeshire. It's an extension of the We Out Here brand – which has already chronicled London's incredible young jazz scene in documentary and compilation form. Expect Peterson's Worldwide FM station and acts from his Brownswood Recordings label to feature heavily.

→ Location TBA. Aug 15-18.

On sale

Fabric XX

The Farringdon dream bunker turns 20 this year – cue some fab daytime/nighttime parties featuring Bonobo, Lee Burridge, Tale of Us, FUSE and plenty more.

→ Fabric. Sun Jan 27-Apr 28.

Fat White Family

Peckham's finest will showcase new material from their upcoming 'Serfs Up' album (due in April) at these super-intimate hometown shows. Beg, steal or borrow a ticket.

→ The Lexington. Jan 30-31.

War Child Brits Week

Enter an online draw, with a £5 donation to the War Child charity, and you could see Idles, The 1975, Jade Bird, Anne-Marie, Enter Shikari, Mabel, AJ Tracey and shed loads more.

→ Various venues. Feb 11-22.

Yo La Tengo

Wondrous indie institution who hit a new high with their last album, 'There's a Riot Going On'.

→ Earth. Feb 17-18.

The Cinematic Orchestra

March is a massive month for the electro-jazz pioneers. On the 15th they'll drop 'To Believe', their first album in 12 years, then the following week they'll celebrate with a three-night Roundhouse residency. Super-groovy.

→ Roundhouse. Mar 20-22.

Assume Form

James Blake

EXTRA DATE ADDED 17 April & 18 April 2019

London Eventim Apollo

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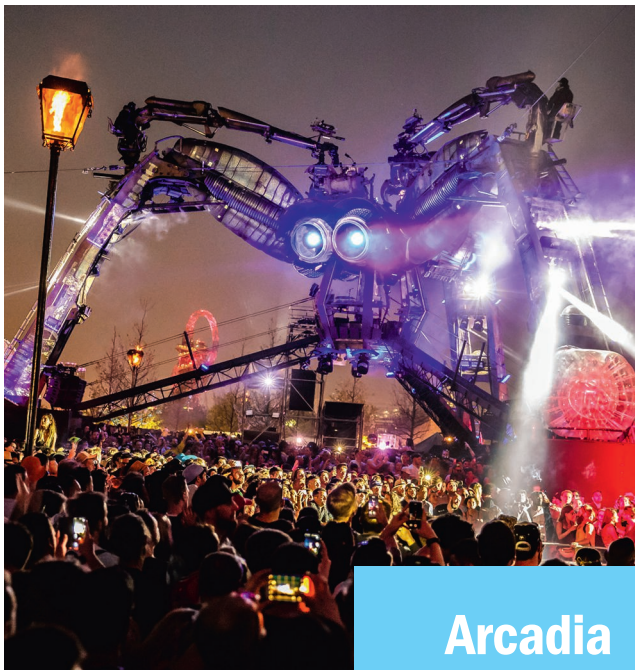


Noname

Stunningly cool and dextrous American rapper and poet who famously mentioned the Ace Hotel on storming track 'Ace' is sure to take town by storm at this newly announced date.
 → O2 Shepherd's Bush Empire. Mar 30.

Panda Bear

Announced in the same month Animal Collective's 'Merriweather Post Pavilion' turned ten years old, one-third of the dreamy trio plays a rare London show.
 → Electric Brixton. Apr 19.



Arcadia

The high-energy and rather dazzling Arcadia parties this summer boast new rave-making jocks including: DJ EZ, Jamie Jones, Maya Jane Coles, Pan-Pot, Lady Leshurr, Redlight, Flava D and Sasha.

Buy tickets at timeout.com/gigs

→ Queen Elizabeth Olympic Park. May 4-5.

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the LEMON TWIGS
 WEDNESDAY 27TH FEBRUARY 2019
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Lauryn Hill

Fresh from a triumphant tour commemorating 20 years of her landmark 'The Miseducation of...' album (where she confounded expectations by actually turning up on time), the Fugees icon has announced a pair of summer festival dates. She'll play Oxfordshire's historic Blenheim Palace in June and the Love Supreme Jazz Festival in East Sussex in July. Ready or not, here she comes.

→ Blenheim Palace. Jun 21.
Love Supreme Jazz Festival. Jul 7.



Bananarama

These two tiny shows, linked to new album 'In Stereo', are actually entitled 'An Evening with Bananarama'. The duo will be taking audience questions, as well as playing hits and newbies.

→ Omeara. Apr 26.
Borderline. Apr 27.

The Waterboys

Long before China's Chang'e 4 spacecraft touched down on the lunar surface, this cult Irish band saw the whole of the moon. Take that, China!

→ Roundhouse. May 24.

Bros

After their reunion doc became an unlikely Christmas TV hit, the brothers Goss have announced a one-off south London homecoming show. No word yet on whether conkers will be allowed into the venue.

→ O2 Academy Brixton. Jul 5.

Buy tickets at timeout.com/gigs



Gods of Rap

Bass with your face, London. Public Enemy, Wu-Tang Clan and De La Soul all perform on this night of hip hop titans – it'll be hosted by Gang Starr's DJ Premier.

→ SSE Arena, Wembley. May 10.

Theatre & Dance

Edited by Andrzej Lukowski
timeout.com/theatre @timeouththeatre



'Fatty Fat Fat'

THE BEST OF

Vault Festival

Waterloo's (literally) underground theatre fest is back for 2019 with a mammoth line-up of more than 400 shows. Here's our pick of the weird goings-on in and around London's wildest tunnels

An immersive protest

Spine-tingling choral music and an open invitation to dance, feast and protest make Edinburgh Fringe hit **'Counting Sheep'** – which stages the 2014 anti-government demonstrations in Ukraine – a festival highlight.

→ The Vaults. Wed Jan 23-Mar 17. £26.50-£40.

A life-saving pooch

A border collie stars alongside his diabetic teenage owner in **'Katie & Pip'**. Katie explains how she trained her pet to monitor her blood sugar levels. Then things fly out of

control in a dog-mask-wearing, tennis ball-filled celebration of their relationship.

→ Network Theatre. Wed Jan 23-Sun Jan 27. £15.

The ultimate antidote to January dieting

Stick two fingers up at the pressure to shed pounds with Katie Greenall's show **'Fatty Fat Fat'**. She'll pass round some crisps and take you on a journey to radical fat acceptance. Riot, don't diet!

→ The Vaults. Jan 30-Feb 3. £15.

Child-free punk fury

Exhilaratingly fiery comedy **'Hear Me Howl'** is soundtracked by an onstage drum kit. It's the story of 30-year-old Jess, who fights the pressure to have kids by joining a post-punk band.

→ The Vaults. Jan 30-Feb 3. £15.



'Katie & Pip'

Vintage terror

Retro horror masters Kill the Beast will scare the longjohns off you with **'Director's Cut'**. Set behind the scenes at a '70s movie shoot, it's bursting with bad wigs, shocks and chillingly funny jokes.

→ The Vaults. Jan 30-Feb 3. £19.

Pro-wrestling

Performers in spandex rompers explore post-truth politics, journalism and justice in another Edinburgh hit, **'Jericho'** – and it's a knockout.

→ The Vaults. Feb 6-10. £15.

A star turn from Tilda Swinton (maybe)

The androgynous movie icon shows up on a depressed gay man's doorstep in **'Tilda Swinton Answers an Ad on Craigslist'**. This absurd queer comedy by Tom Lenk (**'Buffy the Vampire Slayer'**) is the story of an unlikely friendship that's more uplifting than Tilda's quiff. ■

→ The Vaults. Feb 6-17. £15. Vault Festival is on until Mar 17.

www.vaultfestival.com.



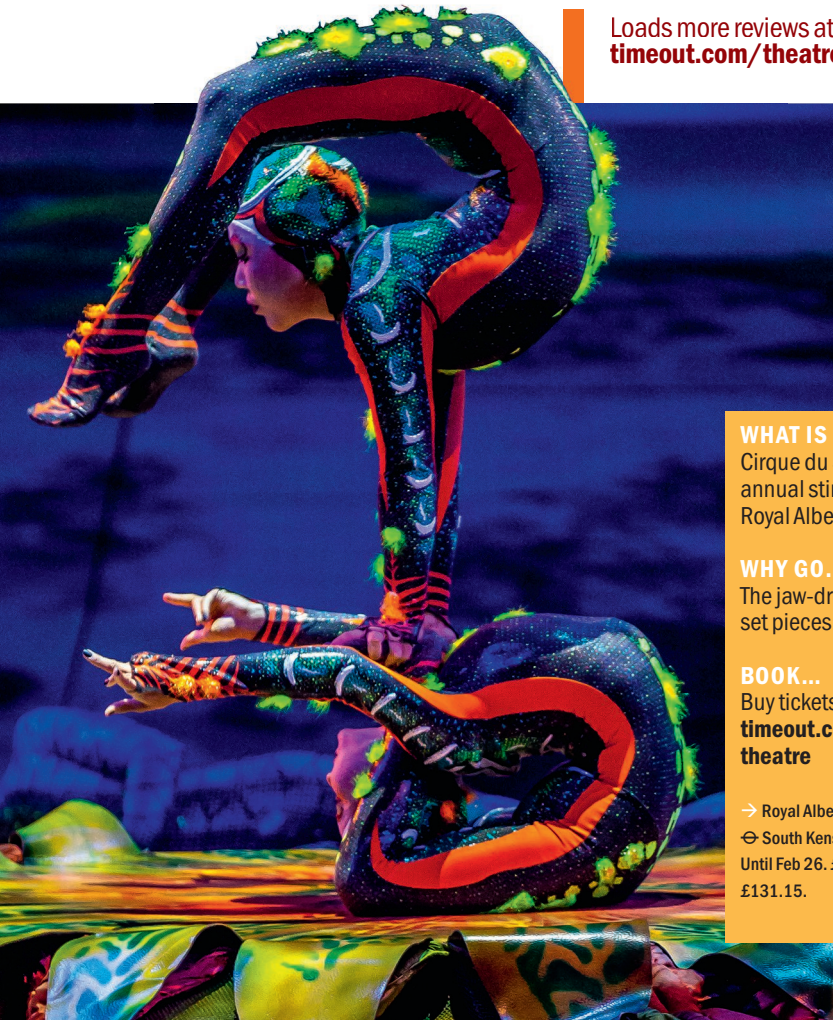
'Jericho'

Get more intel on Vault's line-up at timeout.com/theatre



By Alice Saville
 Who's going to be 90 percent mole by the end of Vault Fest.

'FATTY FAT FAT': HELEN JAMES



Loads more reviews at timeout.com/theatre

Cirque du Soleil: Totem ★★★★★

THE CIRQUE DU SOLEIL juggernaut rolls back into the Royal Albert Hall with 'Totem', returning after a run in 2011. As per, it's a blockbuster affair: a Michael Bay-style production of contemporary circus (with stalls ticket prices to match).

Written and directed by Canadian physical theatre legend Robert Lepage, it's a show with grand ambition – it aims to convey evolution from amphibians to space explorers (although you might need to flick through the programme to get some of the finer points of this).

Cirque du Soleil certainly brings spectacle. There's a giant, skeleton-like acrobatics structure, a mechanised bridge that unfurls into different shapes and stage-level projections of lapping water, plus darting

surround sound, all of which add up to a sensory rush. Behind some

giant reeds, a full band bangs out the tunes like it's an '80s stadium-rock tour.

Set and props designer Carl Fillion also does a good job of blending some of the circus standards – like juggling or the Chinese pole – into the colourful overall aesthetic of the production. The transitions between set pieces are seamless.

There's a distinct whiff of cheese to some of the production's tribal sequences. And while the show has fun with stereotypes – there's a neat visual gag about apes, cro-magnons (early humans) and puffed-up businessmen – it doesn't entirely escape some of circus's own. There's an ornamental quality to the solo female artists that feels only partly like a deliberate dig at male posturing.

Modern circus has changed a lot recently. The form-pushing, dynamic programming at CircusFest or the London International Mime Festival, for example, can leave Cirque du Soleil's flashiness feeling a little empty. But 'Totem' is a rollercoaster and you go for the ride. ■ *Tom Wicker*

WHAT IS IT...
Cirque du Soleil's annual stint at the Royal Albert Hall.

WHY GO...
The jaw-dropping set pieces.

BOOK...
Buy tickets at timeout.com/theatre

→ Royal Albert Hall.
⊖ South Kensington.
Until Feb 26. £32.25-£131.15.

Notre Dame de Paris ★★★★★

WHAT IS IT...
A bombastic French musical take on Quasimodo's story.

WHY GO...
For unforgettably catchy songs.

BOOK...
Buy tickets at timeout.com/tickets

→ London Coliseum.
⊖ Covent Garden. Wed Jan 23-Sun Jan 27. £15-£125.



PUTTING A POWER-BALLAD-HEAVY spin on Victor Hugo's 'The Hunchback of Notre Dame', this 1998 hit musical occupies a very, very special place in French culture. When I saw it in Paris earlier this month, the crowd were pretty much in raptures, swaying and singing its big hit 'Belle' like they were four pints down at a Meat Loaf gig. And yup, the songs are unquestionably amazing (assuming you're into late '80s rock ballads), which means that despite the weird datedness of the whole affair, its stint revelling in the immaculate acoustics of the London Coliseum will make a kind of sense.

Composer Richard Cocciante's songs mix undeniable catchiness with operatic levels of emotion. But all this drama is totally undersold by director Gilles Maheu's production. Mostly, the performers just grab the mic and belt their numbers from centre-stage. And this concert-style approach feels a bit naff given that they're accompanied by sugary pre-recorded tracks.

What dramatic moments there are come from the hugely energetic chorus. Unlike 'Les Misérables', which totally failed to wow French audiences, this vision of the Paris underworld swaps grotty medieval peasants for tumbling acrobats in cheesy boho ensembles. It looks stuck in the past, with two wobbly giant gargoyles the only attempt at capturing the city's magic. But it leaves you with the songs ringing in your ears. And for its hardcore francophone fanbase, that's more than enough. ■ *Alice Saville*

The Unreturning ★★★★★

WHAT IS IT...
Visceral physical theatre shows about traumatised veterans.

WHY GO...
The super-intense, sense-overloading production.

→ Theatre Royal Stratford East. ⊖ Stratford.
Until Feb 2. £10-£35.



STORIED PHYSICAL THEATRE troupe Frantic Assembly's latest is a feverishly intense drama about post-traumatic stress disorder that kind of semi blows it by trying to cram three stories – not just one – into its 100-minute running time.

Anna Jordan's text follows a trio of men from Scarborough: George (Jared Garfield) in 1918, returning home from World War I; Frankie (Joe Layton) in 2013, coming back from Afghanistan in disgrace; and Nat (Jonnie Riordan), attempting to infiltrate war-torn 2026 Britain.

Any one of them might have been a good story for a whole play. Instead they tread on each other's toes and feel under-expanded: the George storyline struggles to rise beyond the level of WWI aphorism; the Frankie section is the strongest, but cries out to have been the entire show; the Nat section's vision of a post-apocalyptic Britain has intriguing bits but feels crass in its clunky parallels with modern Syria.

Still, if it's easy to pick holes, that's because 'The Unreturning' teeters frustratingly close to being great. I liked Andrzej Goulding's simple, effective cargo crate set and watery projections; I loved Pete Malkin's blaring, overloaded score; and at the heart of the show there's a really excellent performance from Garfield as George, the ex-squaddy who's returned home from the Middle East agonisingly disoriented.

'The Unreturning' is visceral, and at best insightful, but it tries to do too much, and trips itself up doing so. ■ *Andrzej Lukowski*

NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

Notre Dame de Paris

A hit French musical of Victor Hugo's story.
→ London Coliseum.
↻ Covent Garden. Wed Jan 23-Jan 27. £15-£175.

La Traviata

Richard Eyre's lavish take on Verdi's opera.
→ Royal Opera House.
↻ Covent Garden. Until Jan 31. £147-£225.

Showstopper!

Every night is different at this improv musical.
→ The Other Palace.
↻ Victoria. Until Mar 16. £20-£50.

When We Have Sufficiently Tortured Each Other

Cate Blanchett stars in one of 2019's most sought-after shows.
→ National Theatre, Dorfman.
↻ Waterloo. Until Mar 2. £10-£54. Day seats only.

OFF-WEST END

Cuzco

A bickering couple struggle along the Inca Trail in Víctor Sánchez Rodríguez's play.
→ Theatre 503, Clapham Junction rail. Until Feb 16. £15-£17, £12 concs.

Dear Elizabeth

American playwright Sarah Ruhl's experimental work features two different performers each night.
→ Gate Theatre. ↻ Notting Hill Gate. Until Feb 9. £12-£24.

Icarus

An adventurous take on the mythical feather-winged boy, aimed at kids aged eight to 12.
→ Unicorn Theatre.
↻ London Bridge. Until Mar 10. £16, £10-£13 concs.

Leave to Remain

Bloc Party frontman Kele Okereke's play-with-songs about a gay couple forced to consider marriage due to visa issues.
→ Lyric Hammersmith.
↻ Hammersmith. Until Feb 16. £10-£42.

No Show

Ellie Dubois's deconstructed circus show reveals the sweat behind the sequins.
→ Soho Theatre. ↻ Tottenham Court Rd. Until Feb 9. £11-£18.

Vault Festival

Head underground for this smorgasbord of fringe theatre, comedy and arty parties.
→ The Vaults Theatre.
↻ Waterloo. Wed Jan 23-Mar 17. £10-£40.



'No Show'

Welcome to the UK

Performers from 13 countries have devised this offbeat satire of Britain's attitude towards asylum seekers.
→ The Bunker.
↻ London Bridge. Until Feb 16. £16, £10-£12 concs.

LAST CHANCE

Hadestown

Anaïs Mitchell's jazz musical has an infernally good soundtrack.
→ National Theatre, Olivier.
↻ Waterloo. Until Sat Jan 26. £15-£59.

TOP-SELLING TICKETS

ATTIMEOUT.COM/TICKETS

1 The Book of Mormon

The mega-hit musical satire.
→ Prince of Wales. Until Apr 27.

2 Caroline, or Change

A stellar civil rights story.
→ Playhouse Theatre. Until Apr 6.

3 Wicked

The enchanting fan favourite.
→ Apollo Victoria. Until Nov 30.

4 The Comedy About a Bank Robbery

Knockabout heist mayhem.
→ Criterion Theatre. Until Nov 3.

5 The Phantom of the Opera

Lloyd Webber's eerie classic.
→ Her Majesty's Theatre. Until Oct 5.

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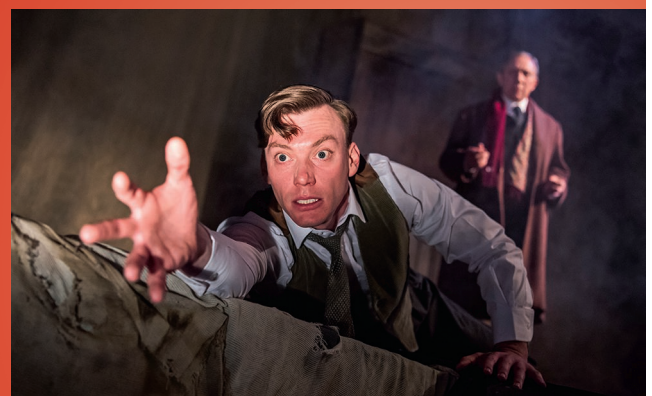
EXCLUSIVE

Get tickets to **'The Curious Incident of the Dog in the Night-Time'** and save the booking fee when you buy through Time Out. From just £18.

TIMEOUT.COM/CURIOUS19

EXCLUSIVE

'THE WOMAN IN BLACK'



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TIMEOUT.COM/THEWOMANINBLACK

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Art

Edited by Eddy Frankel
timeout.com/art @timeoutart



SHOW OF THE WEEK

Grace Wales Bonner: 'A Time for New Dreams'



A BEAUTIFUL YOUNG man lounges on a zebra-skin sofa, reading books on performance theory and aesthetics. Lines of poetry cover the walls around him alongside gorgeous assemblages of flowers, photos of black bodies and a small collection of colourful, complex shrines.

No, it's not a real life perfume ad. This is the stylish world of young English designer Grace Wales Bonner. She's a unique voice in modern fashion, exploring ideas of identity and mysticism through her work, and she's been given free rein to fill the Serpentine Sackler gallery with the objects, books, music and art that inspire her.

In the hands of most people, the result would be almost unbearably tedious. But something about this works.

The main themes are black identity and ritual mysticism. She's got brilliant young

American artist Eric N Mack to create swooping tent-like structures of mismatched fabrics, like patchwork quilts you can live in. She's collected sculptures by David Hammons of hairy rocks and jars of flies and photos by Rotimi Fani-Kayode of nude black figures.

Shrines litter the space. Musician Laraaji's is all orange and mystical, photographer Liz Johnson Artur's is filled with images of tribal masks and chunks of wood. Wales Bonner's own is covered in books by Ben Okri and art tomes about magical realism in West Africa.

Taking all this in, existing for a few moments in Wales Bonner's universe, you start to figure out her visual life. It's one full of beauty, black aesthetics and African history, of culture and art as forces to overwhelm and define you. It almost makes you want to run home and build your own



LAST CHANCE

See these top exhibitions before it's too late



↑ Robert Rauschenberg: 'Spreads 1975-83'

Rauschenberg was an endlessly inventive artist, and these collaged, three-dimensional works are full of enough tricks and ideas to keep you going for months.

→ Thaddaeus Ropac. ⊖ Green Park. Until Feb 9. Free.



↑ 'Modern Couples: Art, Intimacy and the Avant-garde'

Half a century's worth of explosive couples, transgressive throuples, passionate affairs and the great art they created.

→ Barbican. ⊖ Barbican. Until Sun Jan 27. £16, £12 concs.



↑ Klimt/Schiele

Two of the great masters of twentieth-century art brought together for an intensely intimate look at their drawings. Personal, erotic and utterly mesmerising.

→ Royal Academy of Arts. ⊖ Piccadilly Circus. Until Feb 3. £16, £14 concs.



WHAT IS IT...

Art and fashion collide in this show curated by a brilliant young designer.

WHY GO...

It knocks down walls – and you won't want them rebuilt.

→ Serpentine Sackler.

⊖ Lancaster Gate.

Until Feb 16. Free.

shrine, to define your own aesthetic universe.

There's no bigger contemporary insult than describing someone as a 'creative'. It paints a picture of some aimless, privileged Shoreditch numpty with a collection of vintage beanies lecturing you about Sartre. But Grace Wales Bonner is a creative, a real one, no insult intended. Right here, she's setting a precedent for what that means in 2019: she's ignoring the boundaries between art and fashion and music and design, and just *making*. I don't think this is the last we'll see of those boundaries being so utterly decimated. And that's pretty exciting. ■



By Eddy Frankel

Who is very fashionable, despite how he may look, dress and act.

Find more shows to see at timeout.com/art

ROBERT RAUSCHENBERG: JUNT, 1985. COURTESY CALIFORNIA THADDAEUS ROPAC, LONDON. PARIS. SAIZBURG. © ROBERT RAUSCHENBERG. DACS PHOTO: GLENN STEIGELMAN, 2018. TAMARA DE LEMPICKA, LES DEUX FEMMES, 1925. ASSOCIATION DES AMIS DU PETIT PALAIS, GENÈVE. EGON SCHIELE, NUDE SELF-PORTRAIT, 1916. THE ALBERTINA MUSEUM, VIENNA.

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Jewish schoolchildren, Mukacevo, around 1935–38 © Mara Vishniac Kohn. Courtesy International Center of Photography.

Nicolas Deshayes: 'Swans'



WHAT IS IT...
Glistening ceramics inspired by toilets.

WHY GO...
These are oddly sexy and delightfully tactile sculptures.

→ Modern Art. Cambridge Heath Overground. Until Feb 16. Free.

IF YOU GET the feeling that you've just walked into a mega-high-end toilet showroom as you enter Nicolas Deshayes's new exhibition, you're not that wide of the mark. The French artist is seriously into plumbing, and the collection of glistening ceramic sculptures here is inspired by the twisting shapes and undulating curves of... bogs: U-bends and bidets, stopcocks and urinals.

But Deshayes sees something that you and I might miss during our daily ablutions – countless symbols for the body. The works here are like bathroom porcelains twisted inside out to reveal their shimmering guts. In the process, they end up looking like breasts, vaginas and penises, all glazed in bodily browns and pinks or perfect whites.

In Deshayes's eyes, the bathroom is like a metaphor for the ways bodies fit together sexually: holes and tubing that flow into and interlock with one another. After a bit of time spent wandering around the works they start to feel almost fleshy and real. Deshayes's near-lusty, scatological view of these everyday objects becomes infectious.

And what really helps is that they're gorgeous. Almost every piece is sparkingly attractive, begging to be touched, perfectly glazed and neatly curved. They're prime bits of modern sculpture that happen to be inspired by dunnies.

There's precedent here, most obviously Marcel Duchamp's famous urinal, but it's the sexuality of these works that sets them apart. If Deshayes has his way, you'll never look at a bog, or a plumber, again without a twinkle in your eye. ■ *Eddy Frankel*

NICOLAS DESHAYES. COURTESY STUART SHAW/MODERN ART.

Food

Edited by Tania Ballantine
timeout.com/eatdrink
@timeouteatdrink

Din Tai Fung

→ 5 Henrietta St, WC2E 8PT. ⇄ Covent Garden.



RESTAURANT OF THE WEEK

IF YOU'RE PLUGGED INTO social media, or are just a human in London who reads the news, here's what you've most likely heard about Din Tai Fung: a) it was founded in Taiwan by a young Chinese immigrant but now has branches in more than a dozen countries; b) it's best known for its xiao long bao – Shanghainese soup dumplings – but also plenty of regional Chinese street food; and c) it's a cult phenomenon, where you should expect to queue. And while a) and b) are true, c) is really just a matter of timing. If you hate to wait, go for an early lunch: at noon on a Tuesday, we walked right in; on a Saturday night, it'll probably be a different story. But you can drink and snack (space permitting) in the bar area or leave your name and number at the door: they'll text you when your table is ready. So far, so civilised.

Inside, it's also civilised. This is its London flagship, and smarter than a typical no-bookings chain. You head past a glass-sided kitchen where a swarm of dumpling chefs in surgical masks churn out tiny edible parcels at a terrifying pace. The dining room is an airy spot, tricked out in shades of brown and grey, with a central atrium. Menus are laminated, sure, and the tables wipe clean, but there are ink prints on the walls and orchids on shelves. Service is hyper-efficient, with some dishes seeming to magically arrive the instant we ordered them, though we didn't feel rushed.

But anyway, the food. It's mostly great. Of the signature soup dumplings, the crab and pork are the ones to order: the sweetness of the crustacean beautifully balancing out the fatty meatiness of the pig. But there's so much more to this place than xiao long bao. The wontons, for instance, are

terrific, in part because of the sheer quality of the wrappers: the freshly made pastry flapping around like fat ribbons of pasta, a blank canvas for the dense, good-quality fillings. The prawn and pork ones with black vinegar and chilli oil are one of the best dishes here. The sauce is fragrant, with just a hint of heat, and thick with braised scallions: it's seriously addictive. Another must-order is the crispy prawn pancake: imagine a plate of prawn toast but without any of that pesky bread to get in the way. It was bouncy, golden and sweet. A chilled pudding of sago thick with fresh mango and pomelo (a mild, giant citrus fruit) was superb. Just go with the sago. Have faith.

Also good was a chilled seaweed and vermicelli

WHAT IS IT...

The flagship London branch of a dumpling chain.

WHY GO...

For wontons in black vinegar and chilli oil. But do get the crispy prawn and pork pancake too.

salad – chewy, crunchy and fragrant with sesame – and a stack of stir-fried green beans with moreish granola-like morsels of pork and dried shrimp. Only the dan dan noodles, in a sauce that was oddly floury, got the thumbs-down.

A meal here will cost more than you'll pay for similar food in Chinatown, but it's better quality and in a more fashionable setting. So it's worth it. Even if you do end up queueing. ■

Dinner for two with drinks and service: around £90.



By Tania Ballantine
Who has always loved sago.
(But still thinks you should try this one.)



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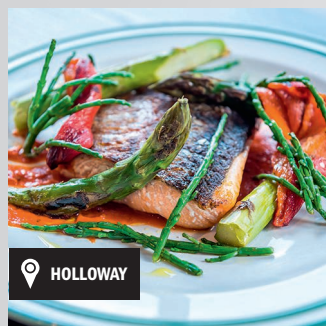
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PADDINGTON

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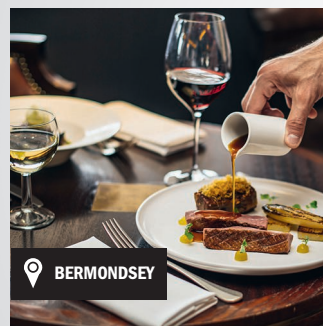
'Treat yourself this Veganuary by visiting Les Filles – west London's most exciting new opening of the year so far. Les Filles follows on from the success of LLS Cafe in Hampstead and Waterloo and offers Australian-style healthy food, turning fresh, unprocessed ingredients into deliciously unique and nourishing meals.'
27 Craven Terrace, W2 3EL.



HOLLOWAY

LA MUSE SAYS:

'La Muse is a little gem right on Holloway Road, close to Highbury & Islington station. It is a lovely independent, relaxed restaurant serving food cooked with passion. The menu changes monthly, but it continually has French cooking at its heart. Expect everything from beef bourguignon and Camembert fondue to fillet steak'
119 Holloway Rd, N7 8LT.



BERMONDSEY

LA PONT DE LA TOUR SAYS:

'A luxurious riverside destination with iconic views, combining traditional yet innovative French cuisine and stunning views of the City and Tower Bridge. The sommelier team oversees an impressive collection of Old and New World wines, including legendary *maisons*. With a riverside location and delicious cuisine, there's no excuse!'
36D Shad Thames, SE1 2YE.



COVENT GARDEN

BELGO CENTRAAL SAYS:

'Belgo is an iconic and unique collection of restaurants and bars offering the best of Belgium-inspired cuisine and more than 50 Belgian craft beers. Established in the 1990s, Londoners have been enjoying Belgo for more than 25 years. This casual dining concept draws its inspiration from the beer halls in Brussels.'
50 Earlham Street, WC2H 9LJ.

Imperial Treasure

→ 9 Waterloo Place, SW1Y 4BE. ☉ Piccadilly Circus.



IMPERIAL TREASURE IS a rare creature. It's one of only a handful of London restaurants serving refined Cantonese cooking. That's not to say we don't have brilliant high-end Chinese restaurants – oh, we do – but many of them draw from regions with punchier ingredients like Sichuan and Hunan (and of course Taiwan, whose food has influenced enough 'Chinese' restaurants to warrant a mention). True Cantonese cooking is subtle and nuanced, its emphasis as much on texture as taste.

This place has blowout pricing, but is also a slick operator destined for Michelin stars (its overseas branches are already starry spots). The smart way to eat here, therefore, is to come with a group of like-minded food pilgrims. Portion sizes are decent, so you can share the fiscal pain. But do show some culinary savvy. You may be drawn to

WHAT IS IT...
A classy Cantonese restaurant in Mayfair.

WHY GO...
For the best Cantonese duck (that is, no pancakes) in town.

BOOK
timeout.com/restaurants

the takeaway fave of crispy Peking duck with pancakes, but it's the £25 Cantonese-style barbecue version – the kind hanging in Chinatown windows – you should order. Firstly, it's sensational. But it's also enough for two, to which you can add a £5 bowl of white rice. Get the wok-fried ho fun too: £28 gets you a tangle of smoky, slippery, wide ribbons, with needle-thin slivers of ginger, fresh beansprouts and impossibly tender

slices of high-quality Angus beef. The seafood is stunning, but costly: a plate of fresh, juicy stir-fried prawns with dried chillies was £28.

It's a grand, high-ceilinged room, carved into intimate areas, with music that's pleasant and jazzy, and staff who are slick but also warm and welcoming. One for a special occasion. ■ *Tania Ballantine*
Dinner for two with drinks and service: around £190.



EXCLUSIVE

Save 50 percent on two courses and a cocktail at **Kinlaw and Buko**, Hoxton's new Filipino joint. Now just £14.

TIMEOUT.COM/KINLAW

Mr White's English Chophouse

→ New Road Hotel, 103-107 New Rd, E1 1HJ. ☉ Whitechapel.



WHAT IS IT...
A Marco Pierre White steakhouse in a boutique hotel.

WHY GO...
For a change of pace from Whitechapel's curry scene.

LODGED IN WHITECHAPEL'S trendy New Road Hotel, this British chophouse mixes clashing, geometric chairs with exposed ceiling innards and mirrored panelling. A younger, smouldering Marco Pierre White holding a cleaver is blown up on the walls and menus. The playlist was almost as nostalgic as the snaps, an '80s mashup of Bowie, Eurythmics and Spandau Ballet.

As for the food, it's posh-up British fare with a French accent, inspired by London's '60s chophouses, which served individual portions of meat to wealthy customers. This is still the case: the cheapest steak here is £26.50, but it was cooked to perfection. My French friend asked for hers blue and it was served teal, no bother, along with blistered tomatoes on the vine and a freshly made bearnaise that was liquid gold. There were decent fish and veggie dishes, too: melba toast with smoked mackerel brandade was more like pâté, coarse enough to fork but gloriously fishy.

Without much fanfare, the entire menu is pork-free and halal. If you fancy diverging from Whitechapel's stellar curry houses, this semi-shrine to MPW has the chops and ticks the boxes. ■ *Megan Carnegie*

Dinner for two with drinks and service: around £115.



EXCLUSIVE

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Food

Red Farm

→ 9 Russell St, WC2B 5HZ. ↻ Covent Garden.

ACROSS THE POND, Red Farm is a Big Deal. A hit with celebs and Instagrammers, it's an NYC dim sum spot dealing in cutesy, quirky-looking plates of food that look great on the 'Gram.

But food-wise, at least in London, it's a mixed bag. My tip is to skip the more traditional Chinese fare and go for the US-Chinese fusion numbers instead. Like the ace pastrami egg roll (popular in the US, egg rolls are super-sized spring rolls in plenty of pastry) – a stack of peppery pastrami wrapped in extra-thick pastry and deep-fried until golden. Cheeseburger spring rolls, likewise, were bizarre but brilliant, with a filling of soft diced beef and pickles. But of the trad dishes, only the custard bao – a soft bun with a runny, if slightly floury, custard centre – hit the spot. Other dishes looked the part but fell flat on flavour, from the signature 'Pac Man' shrimp dumplings (fine, but nothing special) to the pork and crab soup dumplings (too large, too fatty).

Still, staff do a fine line in ever-smiling US-style service, while the farmhouse decor (red-and-white gingham, lots of wood) and '90s R&B give it a relaxed, café-like feel. If you're into deep-fried meat parcels, or photographing your food, Red Farm might just float your boat. ■ *Tania Ballantine*
Dinner for two with drinks and service: around £120.



WHAT IS IT...
The London outpost of a popular NYC dim sum restaurant.

WHY GO...
The pastrami egg roll. Because everything tastes better when wrapped in pastry and deep-fried.



Beck at Brown's

→ Brown's Hotel, Albemarle St, W1S 4BP. ↻ Green Park.



BECK AT BROWN'S is a high-end Italian restaurant at Brown's Hotel in Mayfair, a London outpost of renowned chef Heinz Beck's international empire. Fine dining is the order of the day (crisp white tablecloths and all) but the space is also decked out with comfy seats and tropical wallpaper. It's refreshingly approachable.

Nearly all the food was spectacular, but fagottelli alla carbonara was the star: small, delicate al dente pasta parcels flecked with salty bacon, their silky egg yolk centres bursting when you bite them. Then there was the perfectly acidic spaghetti cacio e pepe with lemon, pepper and lime scampi; a fragrant summer vegetable salad with pistachio pesto, avocado mousse and crunchy seeds; and crispy aubergine frittelle (warm, deep-fried breaded nuggets of the finely minced vegetable, not unlike dainty croquettes).

While the waiters were charming and attentive when at the table, they often left us waiting aeons for simple things. The food at Beck at Brown's is great, but if you want the full fine-dining package, visit with caution. There are loads of other restaurants in London offering similar top-notch cooking – and they'll make you feel like you're the only girl in the world. ■ *Kelly Pigram*
Dinner for two with drinks and service: around £165.

WHAT IS IT...
A smart Italian restaurant at Brown's from chef Heinz Beck.

WHY GO...
For silky carbonara pillows that burst with egg yolk.

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Drink

Edited by **Laura Richards**
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The Duke of Hamilton

→ 23-25 New End, NW3 1JD. ⊕ Hampstead.



SURE, HAMPSTEAD HAS its fair share of loveable old hostelries, but The Duke of Hamilton – a 300-year-old pub – has an unusual recent history, too. Back in 2015, its landlord barred some 800 members of community group Hampstead Neighbourhood Forum after their successful campaign to make the pub an Asset of Community Value against his wishes. Those locals are now being welcomed back with open arms, with the pub under new ownership.

It seems the new managers – local brothers Ed and Ben Robson, who also run The Clifton in St John’s

Wood, and their friend Adam Gostyn – are looking to the pub’s distant history, rather than its recent strife. They play up the historic pub name, with a story about a duelling duke used in fresh decorative elements. But while a renovation also hams up the best of its old features – including an original bar – a dusky green-grey colour scheme gives the room a cold feel, especially when teamed with



BAR OF THE WEEK

WHAT IS IT...
An age-old Hampstead pub with a new lease of life.

WHY GO...
To do Sundays in good old-fashioned style.

old wooden furniture, and not a cosy sofa in sight. The new look seems to have dining first in mind, drinking second.

Luckily, the food is more than up to standard. We stopped by on a Sunday, when the pub was heaving with families and friends, and I made light work of a bountiful roast. Draught beer comes from the nearby Camden Town Brewery and, more further afield, The Kernel and Four

Pure. A range of exotic gins came with tailored tonic pairings, while wines (not all with Hampstead price tags) mostly hail from Europe, a full-bodied albariño working wonders.

Still buried beneath the pub is Hampstead Jazz Club – another serious community asset. No wonder the locals have reconnected with The Duke so swiftly. His duelling days are far behind him. ■ *Laura Richards*

DRINK THIS

Super Freak



DUKE OF HAMILTON: ANDY PARSONS

This disco inferno of a drink is surprisingly served in sync with Burns Night. It’s on the menu at Callooh Callay as part of a London-wide celebration of Scotland’s favourite drink: Scotch Whisky Weekend. Selected bars will serve up £6 scotch cocktails and this sparkly party-starter has blended scotch, pear liqueur and cardamom bitters in the mix. Burns, baby, Burns.

→ 65 Rivington St, EC2A 3AY.
⊕ Old St. Wed Jan 23–Sun Jan 27.
£6 with a free pass at drinkup.london.

Lady of the Grapes



→ 16 Maiden Lane, WC2E 7NJ. ⊕ Covent Garden.

WHEN SOMEONE SAYS ‘wine bar’, this Covent Garden spot is exactly what you’ll picture – rustic and cosy, a few small, scattered tables topped with tapered candles and surrounded by shelves of wine bottles tagged with brown labels. It all feels very European, but certain things remind you that you’re in central London: our waiter warned us about bag snatchers, and the door was constantly opening and closing with tourists looking for refuge from the cold.

The focus is on organic wine by female producers, which I didn’t realise until I left (but I guess that’s the idea). I tried a warming, deep-red glass of tempranillo from Spain and an orange wine that was actually dark pink and tasted like a wintry rosé. Glasses of red and white started at £8, so not particularly cheap, but by-the-glass options are also served in carafes for central London bargain hunters. Food-wise, the emphasis is definitely on cheese. We shared a delicious selection, but were jealous of those diving into steaming serves of fondue and raclette (book ahead to try the fondue for two).

This was one popular lady, with every table rammed and staff seeming stressed in accommodating the buzz. But it was a cold Saturday night, when wine bars are at their most appealing. Save a trip for midweek and you may be enchanted. ■ *Kelly Pigram*

WHAT IS IT...
A Covent Garden bar dedicated to female winemakers.

WHY GO...
To match wine with steaming fondue to share between two.



Damn fine drams at timeout.com/whiskey

Escapes

Edited by Ellie Walker-Arnott
timeout.com/daytrips



A perfect day in

Petworth

Cute cafés, antique shopping and country walks

ELBOWED YOUR WAY onto the tube one too many times? You can't get much more chilled out than Petworth. This cute West Sussex town is the kind of place where everyone knows each other (and locals are super-friendly, too). It's not massive but that's not to say there's nothing to do. With antique shops full of trinkets, lovely cafés and the rolling hills of the South Downs to explore, it's the ideal retreat from London's hustle and bustle.

First up

Ease yourself into country life with a cuppa at the totally charming **Tiffins Tea Room**. Grab a spot at one of the pastel-coloured tables and treat yourself to a slice of one of the daily changing homemade cake specials.

Soak up the vibes

Everything in the town is walkable, so get your bearings. Start at the market square and make a beeline for **Augustus Brandt** for scented candles and classy ceramics. Then mosey down **Lombard Street**, for its art galleries and boutique shops – don't miss **Artful Teasing** for lovely soaps.

Stop for lunch

With everything from zingy duck salads to mammoth falafel burgers, **The Hungry Guest** has all the bases covered. Don't miss the Welsh rarebit, which you can (and should) upgrade with a fried egg. Stop by the excellent **Hungry Guest shop** afterwards (it's a three-minute walk away) to stock up on tasty produce from the menu.

Splash the cash

Petworth's cobbled streets are home to loads of antique shops, so if you love rummaging through knick-knacks, you're in the right place. With vintage jewellery, unique furniture and cute trinkets from more than 40 dealers, **Petworth Antiques Market** is a good place to start hunting.

Drink like a local

Stroll through the Shimmings Valley to the **Black Horse Inn**, where you can sample beer from local Sussex breweries including the nearby Langham Brewery. You can get cosy by the roaring fire, but if it's warm enough head to the beer garden for lovely views over the valley. ■ *Isabelle Aron*

→ Get there: one hour 15 minutes by train from London Victoria to Pulborough, then taxi or bus. Around two hours by car.

IF YOU ONLY DO ONE THING

Don your walking boots and explore **Petworth Park**, a lush 700-acre parkland attached to National Trust-owned Petworth House. Don't fancy snooping around the grand pile? Access the park for free through a separate entrance. As well as being a beautiful place to wander, it's home to a whopping 700 fallow deer – move over, Richmond Park.

WAKE UP HERE

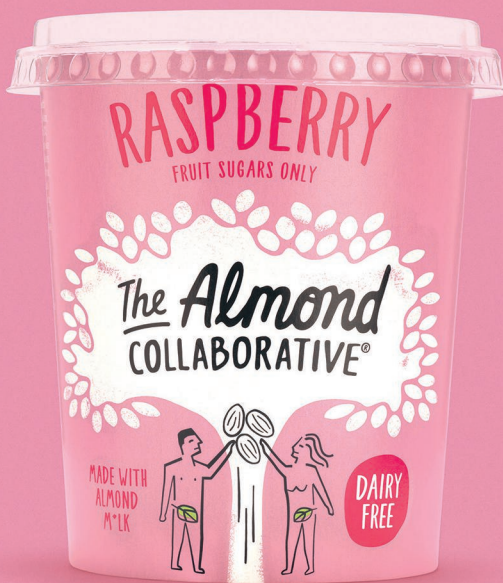
The Angel Inn



You won't have to walk far to find your bed if you stay at The Angel Inn in the heart of Petworth. It was recently refurbished, but all of the building's original features – wood beams, stone walls and welcoming fireplaces – are intact. Just watch your head: there are some particularly low door frames, but that's part of the charm. Choose from six cosy rooms and wake up to a breakfast of everything from smoked salmon and eggs to the full works. The kippers are an unexpected treat. After a night here, you'll struggle to remember why you ever need to return to London. *Isabelle Aron*
→ Petworth, West Sussex. From £90 a night.
www.angelinnpetworth.co.uk

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