They’re old.

They’re bold.

(And they don’t feel the cold!)

We meet London’s unstoppable over-70s
WE’RE DELIVERING GRANDMAS AT 125MPH

Carrying sleeping boyfriends towards excited arms.
Filling Uncle Terrys up on tea and Twixes.
Whooshing stag dos into the heart of Newcastle (sorry, we’ll take them back).
Gliding supercharged grandchildren into overbearing hugs.
All whilst sheep in Yorkshire, look on in awe.
Zipping business mums over The Forth Bridge, towards adoring toddlers.
Zooming best friends towards you all juiced up on boxsets.
And so it goes and so it goes.
This is what gets our trains a-gliding.

This is us.
These are our journeys.
Inside

This week’s Time Out in no time at all

Veni, vidi, ceviche
We pick the all-conquering kings of Peruvian food in London

PAGE 71

Where is Wally?
You’ll have no trouble spotting him at the fun run on Clapham Common: they’re all Wallies

PAGE 47

Snap election
Martin Parr’s heartfelt, occasionally troubling, often funny, look at Brexit comes to the National Portrait Gallery

PAGE 68

‘Waitress’
Fresh from Broadway, the pie-focused smash musical just landed in London. Is it dish of the day? We give our verdict

PAGE 66

‘It’s still a conundrum to me’
That’s Andrew Garfield, the star of enigmatic neo-noir thriller ‘Under the Silver Lake’. Speaking of stars, we give it five

PAGE 52

FEATURES AND REGULARS

11 City Life  18 Word on the Street  22 Free London  26 The older Londoners who are living it up  36 When a care home met a nursery
38 Exclusive offers  40 Things to Do  52 Film  58 Music & Nightlife  65 Theatre & Dance  68 Art  71 Food  75 Drink  77 Escapes
YOU SAID IT

What you’ve been rating and hating online

You went wild for the 100-year-old button shop we featured the other week. Some really sweet stories emerged. Here’s one of them.

‘Amazing shop: I love it! I last went there to get some fabric buttons made for a wedding dress. They were perfection and done in less than ten minutes.’

Victoria J via Facebook

Last week’s mag was all about London’s best markets. Looks like someone misread a headline, though. ‘Yikes! Perhaps it’s time we did a feature on the city’s best pest controllers.’

‘I’ve got all the fleas I need, thanks.’

Andy D via Facebook

One reader wasn’t overly impressed with our Pancake Day coverage. She clearly hasn’t checked out our top toasting technique.

‘You really can’t mess up making a pancake. There shouldn’t be a need for a “pancake professional”.’

Victoria J via Facebook

A promotional shot for Cillian Murphy’s play at the Barbican has him in a dressing gown. This reader thinks, for the money, it should be more like ‘Magic Mike Live’.

‘Much as I’d love to see him in a dressing gown, when I looked tickets were [changing hands for] £200. For that I’d expect it off!’

Davina B via Facebook

After announcing Celine Dion as a headline a couple of months ago, Hyde Park’s festival British Summer Time has revealed it’s bringing Barbra Streisand to Blighty for a historic show. She doesn’t do many: her last UK one was a historic show. She doesn’t do many: her last UK one was a historic show. She doesn’t do many: her last UK one was a historic show. She doesn’t do many: her last UK one was a historic show.

‘Is this the final, final, final, final, final farewell tour?’

Matt B via Facebook

Based on last year, Babs has been promised that London summers now consist of weeks on end of semi-tropical sunshine. Don’t rain on her parade, Matt...

comment of the week

When was the last time you had a chat with an older Londoner? And no, offering your seat to an elderly person on the tube doesn’t count (though congrats on not being a seat-hogger). This week, we’re bridging the generation gap by celebrating incredible Londoners aged 70 and beyond who are showing no signs of slowing down (p26). Forget zimmer frames and stairlifts: we chat to dancers, cold-water swimmers and inline skaters (shout out to Edwina, who started skating aged 69!). We also visit the UK’s first care-home-nursery (p36) to join in with a baking session for kids and older residents, which is exactly as cute as it sounds.
Cleo, Manchester

“Facebook has a Parents Portal? I’d love that.”

Parenting can be tough, especially when younger family members start using social media. That’s why we’ve created the Parents Portal, full of advice on how to help them stay safe online. See how we’re making Facebook safer at your.fb.com

facebook

What matters to you, matters to us.
Get a smart meter and you could save enough energy to power a sewing machine for this many days

195

Save your energy for personal touches.
See how much energy you’re using and make changes to use less. Search “Get a smart meter” today.
EXCLUSIVE LIVE F1®

£10 Extra a Month

TWO YEAR PRICE GUARANTEE

New to Sky?
Get Sky TV for £22 a month

sky.com/sports  0800 759 1665

The F1™, F1 FORMULA™, FIA FORMULA ONE WORLD CHAMPIONSHIP GRAND PRIX and related marks are trademarks of Formula One Licensing BV, a Formula One group company. Sky TV required for £22 per month with new 18-month minimum term. Standard price £27 per month outside of new minimum term. Set-up fee up to £30. All Sky Q Kit is loaned to you at no cost and must be returned at the end of your subscription. Sky Sports F1 offer: Sky Sports F1 extra a month for 24 months for new and existing customers. Cancelation requires 30 days notice. Upon cancellation, new offer will not be redeemable again. After 24 months, standard price will apply (currently £18). Offer ends 1 April 2019. General: Subject to status. Upfront payment may be required. Prices may go up during your contract. Non-standard set-up may cost extra. Weekend set-up £15 extra. Connect to TV using HDMI cable. You own the Sky dish. Prices may vary if you live in a flat. You may get any consents required (e.g. landlord's). UK residential customers only. Email address required so we can keep in touch about your services. Further terms apply. Correct at 8 March 2018.
Views for days

BACK IN 1815, a French artist named Pierre Prévost climbed the tower of St Margaret’s Church in Westminster and started sketching. His speciality was panoramas – epically long landscape paintings, displayed in a rotunda to show a 360-degree view – and this time he was painting London. Prévost’s 100-foot panorama of the capital was exhibited in Paris, and then lost (whoops). But the 20-foot painting he made as a dry run survived. It was bought last year by the Museum of London for £250,000 and goes on public display this week. Prévost’s painting will be mounted flat on the floor, letting visitors walk its length to check out the skyline of Regency London. You’ll see the old Palace of Westminster (destroyed in a fire 19 years later), the original Westminster Bridge, St Paul’s, horse-drawn carriages in Parliament Square and even cows grazing in St James’s Park. Head down and time-travel – without having to worry about cholera, Napoleon or the Corn Laws. ■ James Manning


THE ESSENTIALS

Three things you have to do this week

Is this the best-value tasting menu in London? Foley’s Off Menu tasting experience will set you back just £35 for five Asian-inspired courses. Bookings open today for this Saturday’s session.

Printworks hosts the first AVA London electronic music conference on Friday. Head down for free talks by top labels and DJs, Amy Lamé and Abbey Road Studios – plus an afterparty, obvs.

Mark Disabled Access Day this Saturday at the Barbican with free and accessible performances and workshops by disabled artists. They’re all part of the one-day Tune in to Access festival.

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

Anti-terrorism officer

Pinakin Patel, 43

The most sensitive issues are the ones that need to be talked about
‘I work on Prevent, which is part of the Government’s counterterrorism strategy. We run events with different communities and invite debate on hard topics, like foreign policy in Afghanistan and women in Islam. The key thing is to not shut down debate. You need a thick skin.’

The internet is the most common pathway to radicalisation
‘These days, we see more risk coming from people engaging with extremism via online groups and social media than face-to-face. So we work with students and parents’ groups to increase people’s resilience, critical thinking and online safety, and also deliver training in schools on how to spot concerns and pass those on to social services and the council.’

Right-wing extremism is the fastest-growing threat
‘We definitely don’t only tackle extremism in Islamic communities. I would love to dispel that myth. In fact, we’re getting more and more far-right cases – groups like National Action, or Holocaust denial and Islamophobia.’

Even the most suspicious people can be won over
‘In 2011 I set up an advisory body of faith groups and key members of the community. At the first meeting I was accused of being a spy for the government and of targeting Muslims. Not long ago, that same group threw me a surprise fortieth birthday party. They were quite hostile in the beginning – cynical, perhaps. But we listened to them and now they’re our biggest champions.’

Interview by Danielle Goldstein
www.itai.info
2019 EUROPEAN EXCLUSIVE

Barbra Streisand

WITH SPECIAL GUESTS TO BE ANNOUNCED

SUNDAY 07 JULY 2019
HYDE PARK LONDON
BST-HYDEPARK.COM | #BSTHYDEPARK

TICKETS ON SALE 9AM THURSDAY 14 MARCH
After becoming paralysed from the chest down, Sophie Elwes decided to show others that being disabled doesn’t mean giving up on adventure.

‘I’ve seen another side of London’
IN 2011, I WAS 22. I had recently graduated from university and landed a job in events. That was also the year I lost my balance while on a roof terrace and fell seven metres. I broke my back and was paralysed from the chest down.

I was rushed to King’s College Hospital, where I spent five weeks in intensive care in an induced coma. My parents were told that I had a 40 percent chance of surviving. A severe head injury meant my spinal cord injury wasn’t an immediate priority.

Being paralysed only became a reality after I went for rehabilitation. I freaked out the first time I got into a wheelchair, but with wide corridors and ramps everywhere, hospitals were really easy to get around. The big challenge came after I was discharged.

I couldn’t get into my old flat because of the number of stairs, so I moved back in with my parents for a while. One day, a friend and I decided to go to the cinema. I had been there plenty of times before, but never realised it had lots of steps and no lift. That’s when I realised how inaccessible London can be for people like me.

A few months later, I went away on a skiing trip with Back Up, a charity that supports people affected by spinal cord injury. It was a game-changer. I met other disabled people and got back into skiing. I didn’t even know that was possible, but I ended up joining the British Parasnowsport Development Team. That was where I met Beth, who is also paralysed from the waist down.

We often discussed our passion for travelling and adventure, as well as the fact that people rarely see that side of disability. So we decided to create a blog, Our Adaptive World, to show people they could also have these exciting experiences.

The response has been incredible. People from all over the world have got in touch to share their experiences, ask us questions and thank us for telling our stories. Unexpectedly, we ended up building a community.

We wanted to start important conversations about navigating cities like London, which mostly aren’t accessible. Most tube stations aren’t step-free and buses aren’t always convenient. What’s most off-putting is when people treat you badly, or try to push you across the road when you haven’t asked for help. However, since my injury, I’ve seen another side of London. There are people out there who will go out of their way to make your experience a good one.

Our blog encourages people to challenge themselves, and one way I’ve decided to push my boundaries this year is by taking on the London Marathon. I find it annoying when people have low expectations for disabled people: they’re amazed that I have a job and live by myself. Taking on this huge personal challenge is a way of raising money for Back Up, who showed me what was still possible, while sticking two fingers up to those who say I can’t do it. ■ Interview by Paula Akpan

www.ouradaptiveworld.com

For more unique looks at London life, head to timeout.com/news
LONDON IS ON the up – and this time we’re talking literally. There are now 541 tall buildings planned for the capital, more than at any point in history. New London Architecture (NLA)’s latest London Tall Buildings Survey, which revealed the record-breaking figure, counts anything with 20 storeys or more as ‘tall’ – and there are plenty of blocks that size underway. Here are the numbers you need to know...

- The number of tall buildings in the pipeline for Tower Hamlets: the highest number of any London borough. Greenwich is second and Southwark third, while Brent, Croydon, Hackney and Hammersmith & Fulham will see their current number of tall buildings more than double.

- The maximum height allowed for City towers due to flight paths – and the height of The Tulip, the tallest tower in the pipeline. Neighbouring 1 Undershaft was also designed to hit the height limit, but a layer of extra tarmac on the runway of London City Airport has since lifted the threshold slightly, letting The Tulip nudge ahead by one foot.

- The approximate number of new homes that could be provided if all the new tall buildings are finished. London needs 66,000 new homes a year.

- The number of tall buildings supposed to be completed in 2018 that actually got finished that year. NLA says that development projects have been hit by rising costs, potential changes to regulations and worries about market saturation as well as economic uncertainty. Did someone say ‘Brexit’?

James Manning
www.newlondonarchitecture.org

Get the latest from London at timeout.com/news

HEADS UP

Loads of tall buildings are heading our way
first-bite
happy face
delivered

FOOD FREEDOM
Overheard something bizarre? Tweet us! #wordonthestreet @timeoutlondon

Being home for bedtime was my rightmove

More properties than anywhere else
messy if done right

deliveroo
THE VIEW FROM YOU

What Time Out Tastemakers have been Instagramming this week

‘London, even rain can’t steal your thunder.’

‘Back at @royaloperahouse, this time watching “Don Quixote”.’

‘A novel way to eat xiao long bao (soup dumplings) @redfarmlnd.’

‘Morning Gloryville is a thing I would prescribe for everybody!’

‘You are a child of the universe, no less than the trees and the stars.’

Send us your Instagram pics with #timeoutlondon
What do you call a Red Nose with no body?

uhlhh...

Nothing nose!

Pick your nose at Sainsbury’s.
Put your money away! Here are the week’s best free events

**STRIKE A POSE**

**Vogueing with Jay Jay Revlon**

Madonna might have said ‘there’s nothing to it’ but if you want to learn to vogue properly, London-based dancer Jay Jay Revlon’s your guy. He’s running a vogueing workshop at Dr Martens’s Camden shop where you can master the moves. We’ve got exclusive tickets – email uk.press@drmartens.com to snap ’em up. Come on, vogue!


**HOT OFFER**

**Pizza at Za**

Pizza Express is launching a new by-the-slice spot called Za (you know, as in pizz-za). It’s handing out 100 free slices of American Hot pizza this Thursday. Mention ‘Time Out’ when you order and grab a piece of the action.


**BON BUNS**

**Le Bun giveaway**

Cancel your dinner plans tonight. Le Bun is bringing its banging burgers to Truman Brewery for a four-week pop-up and to celebrate the launch, there are 250 truffle cheeseburgers up for grabs from 6pm. It’s patty time!


**CULTURE CLUB**

**Show in the Dark**

Mooch around Regent Street and St James’s for a night of cultural activities at different venues. Catch live music performances, learn how specs are made at Cubitts (and attempt to make your own), or try your hand at print-making with Print Club London.

→ Various locations. Thu Mar 14.

**SUPERFLY**

‘Craft and Graft’

Did you know that 70 percent of the genes that cause diseases in humans have a fruitfly equivalent? From fruit fly breeders to tech fixers, this exhibition offers a behind-the-scenes look at the people and methods driving the latest scientific advances.


99 problems? Try 101 things to do at timeout.com/thingstodo
Ha ha have you picked your nose yet?

Sainsbury's

150

Est. 1869

15 March

Nosediva

Hopey Hooter

Fart Nastoll

Wolfnose

Schmoz Jill

Transformina & Transformino!

Konkus Ponkus

Snufflekins

Conk the Lion

The Acrobatible Snooserman

CHARITY PROJECTS, TRADING AS Comic Relief, IS A REGISTERED CHARITY (ENGLAND & WALES 326568) / SCOTLAND (SC039730). SUBJECT TO AVAILABILITY. SOLD IN BOXES. £1.25 EACH, 65P TO COMIC RELIEF.
SHOW IN THE DARK

AN EVENING OF ARTS AND CULTURE ACROSS REGENT STREET AND ST JAMES’S

14TH MARCH 2019
6PM-9PM

#SHOWINTHEDARK
EXPERIENCE THE BEST OF OUR BOUTIQUE INDEPENDENT STORES, GLOBAL FLAGSHIP BRANDS AND RESTAURANTS LIKE NEVER BEFORE.

PRINT CLUB LONDON
Screen printing workshop, Anthropologie, Regent Street St James's

PHIL DAVISION ART
Next Big Thing, Showcase, Regent Street St James's

COCOA RUNNERS
Craft Chocolate & Malbec Masterclass, Gaucho, Swallow Street

JAR & FERN
Terrarium Workshop, Tibits, Heddon Street

SCALA ORCHESTRA
St James’s Market

NIGHTHOUSE
Acoustic performance, Norris’s, St James's Market

CUBITTS
Spectacle Demonstration, St James’s Market Pavilion

ISAAC CAREW
Dirty Dishes book signing & cooking demonstration Smeg, Regent Street St James's

For more information visit:

SHOWINTHEPARK.CO.UK

Supported by
Don’t stop us

What can the older residents of this city teach us? From tour guides and chefs to dancers and inline skaters, Isabelle Aron meets inspiring 70-plus Londoners.
The cold-water swimmers

Chris Ruocco (74), Richard Pendrill (71) and Dave Brooks (71) are all members of the Highgate Lifebuoys.

How long have you been coming to swim at the Highgate Men’s Pond?

Chris ‘I’ve been swimming here since I was ten. I used to bunk off school and come up here when it was sunny.’

Dave ‘My dad used to come here years ago, before the Second World War. I’ve been coming since I was about ten too.’

Richard ‘I used to live around here until I went to college. I moved back in the ‘80s and got back into it. I was a lifeguard here in 1987 and I’ve been coming regularly ever since.’

What do you like about coming here?

Chris ‘Everything. Seeing all these lovely people. Seeing all the trees.’

Dave ‘The camaraderie. The cold water. It’s bracing, you keep fit.’

Richard ‘The isolation, getting away from the noise of the traffic.’

Is it important for you to be active?

Dave ‘Very important. If you’re fit physically, you’re all right upstairs. I think diving in that pond should be on the National Health Service. It would save them millions.’

Do you ever dread getting in?

All ‘All the time!’

Chris ‘It’s all in the mind, that’s what I tell people.’

Dave ‘If you think about it then you wouldn’t go in. I’ve bottled it a couple of times when there’s been a blizzard and nobody there. Not often, though.’

How long has Highgate Lifebuoys been going?

Chris ‘The Highgate Lifebuoys started more than a hundred years ago. I know the guy whose grandfather started it. We do regular races and a Christmas morning swim. That’s a big one.’

Dave ‘I’ve consistently come last every time for the past 20 years.’

Richard ‘Because of the handicaps!’

Chris ‘I try to make it so somebody who hasn’t won it wins – that’s why I do handicaps.’

What do you like about living in London?

Richard ‘I’m into dancing, so a lot of the time in the afternoons I’ll go to a tea dance. I go with my wife – we do ballroom, Latin, Argentine tango. That’s one of the reasons I’ve stayed in London.’

Dave ‘It’s nice that you can go out [for dinner] and have Turkish, Italian or Chinese. I’d miss that if I wasn’t in London. But it’s expensive. That’s the beauty of coming here: it doesn’t cost anything. But there’s no bar!’

> Highgate Lifebuoys meets at Highgate Men’s Pond, off Millfield Lane. Gospel Oak Overground.

now...
Inspiring older Londoners

The chef who salsas

Dolores Sardinas (73) is a chef for Migrateful, which runs cookery classes hosted by immigrants in London

When did you arrive here?
‘I moved to London in 2004 to live with my daughter.’

What brought you to London?
‘I was part of the Communist Party in Cuba and we weren’t allowed to celebrate Christmas. My partner’s family weren’t part of the Communist Party and my brother-in-law asked me to buy two ducks for Christmas dinner. Someone from the Communist Party saw me with them and told me I was in trouble. Everyone turned against me, so I left the party. I had to leave Cuba because it would have been difficult for me to stay there afterwards. The best decision I ever made was to come to London.’

How did you get involved with running classes for Migrateful?
‘My friend told me about it. She said it helps migrant people. I was very happy to find out about it. I’ve been doing it for nearly two years now. When I first joined I didn’t have any confidence to speak English. Now, in every class I teach, people tell me that my English is good. That encourages me. It’s nice to be able to teach people how to make Cuban dishes too – and it helps me remember my past.’

What have you learned?
‘I’ve got to know countries from all over the world. We have chefs from Asia, Africa, the Middle East – my world has expanded. Being able to try all these different cuisines has been amazing. The Ethiopian chefs cook vegan food which I’ve found fascinating because in Cuba we mainly cook with meat. It’s taught me that vegan food can be nice!’

Have you taught any particularly memorable classes?
‘About a week before one of my classes, I had a heart attack. They said they’d cancel the class, but I said “No! The class is going to get me out of the hospital.” When I got discharged, I got a taxi straight to the class. Everyone knew that I’d come from the hospital. It was a special moment – it felt like they were celebrating my life. I taught everyone salsa and we danced all evening. All my cookery classes involve a salsa lesson.’

www.migrateful.org

LIFE LESSONS

‘Keep moving. I stay fit because I’m always dancing, even when I’m cooking. I used to go to salsa bars but now I just dance at family parties. And in my kitchen!’

Keep moving. I stay fit because I’m always dancing, even when I’m cooking. I used to go to salsa bars but now I just dance at family parties. And in my kitchen!”

‘Keep moving. I stay fit because I’m always dancing, even when I’m cooking. I used to go to salsa bars but now I just dance at family parties. And in my kitchen!’
The high-speed skaters

Edwina Ellis (72) and Peter Braithwaite (73) are part of the Easy Saturday Skate group, which runs weekly inline skating sessions in Battersea Park.

When did you start skating?
Peter ‘My wife and I were on holiday and she hurt her ankle and spent the rest of the holiday by the pool, so I found these skating classes. I came home and tried to do it and it was a disaster. Then I had skating lessons and the teacher said to come here to practise. That was about 12 years ago.’
Edwina ‘I’ve been skating for three and a bit years. I was walking and I saw the Sunday Stroll skate go past in Hyde Park. Getting to the point where I could skate in the street was a revelation. Now when I’m going somewhere, I think: Oh, I could skate there! My husband and I went to the Chelsea Physic Garden and I skated there and left my wheels by the gate. I skate every day that the ground is dry or I’ll feel cross.’

What do you like about skating?
Peter ‘Apart from being good exercise, it’s very sociable. And exhilarating. Running or swimming in lanes is boring. Skating uplifts you.’
Edwina ‘Everyone smiles. There’s so much happening with skating that’s totally new for me, like getting off on adrenaline! I went on a group skate to Barcelona and we did a Friday night skate. I couldn’t sleep after! I was totally overexcited.’

Any favourite skating memories?
Edwina ‘All my favourite moments involve speed. You lose yourself when you stop thinking: Where are the hazards? The first time that happened was towards the end of a street skate around Berkeley Square. I went faster than I’d ever been in my life. I was shocked to realise I was a newly developed adrenaline junky. The street skates are so fun.’
Peter ‘There’s a lot of blaring music. It’s like going to a rock concert on wheels.’
Edwina ‘On my eightieth birthday, if there’s a street skate, I’m going to beg them to play some Bach. I think they’ll find it quite boppy!’

What do your families think of you skating?
Peter ‘I think my son is quite proud that I’m still doing something at my age.’
Edwina ‘I’m the mad great aunt! I used to think it would be a disaster if I fell over, it would put me off. But all around me are the most amazing people who just get up!’

Peter ‘We used to have a skull-and-crossbones badge. You got it if you had to go to hospital!’
Edwina ‘And it’s funny having grazed knees in your seventies. When you’re an elderly skater, it’s quite handy knowing how to sew because you can darn your leggings!’

---

LIFE LESSONS

‘Start skating before you’re 69! If you can do it, go for it and see what happens. I don’t think one starts out thinking: I’m too old to do that.’

Edwina Ellis

---

www.easysaturdayskate.com

---

Inspiring older Londoners
The avid dancers

Christopher Dunham (81), Almeric Johnson (79), Sybil Fox (89) and Dahlia Douglas (71) are dancers in the Company of Elders, Sadler’s Wells’s over-60s performance company.

How long have you been dancing with the Company of Elders?

Christopher "I joined in 2005. I’ve always been a good mover, but I never had any professional dance training."

Sybil "I got involved nearly 25 years ago. I was the baby of the group then, now I’m nearly the oldest!"

Dahlia "I’m a newbie. I started last year. I love dance, I like to move my body. I was so excited when I found out I’d got in!"

Almeric "I’ve never performed before, so when I auditioned I assumed it was an interview – I was suited and booted. I realised I had to loosen my tie to start performing!"

Which performances stand out for you?

Sybil "One of them was set in a sauna and we only wore towels. We performed it at the Royal Vauxhall Tavern. It was fantastic!"

Christopher "Shortly after I joined, I was asked if I would go to Lisbon and do a piece with a young Portuguese dancer. The only criteria was I had to appear in the nude, as did the other guy. I had no problem with it. It was very liberating. Once you’ve taken it off, it doesn’t matter. Did you take your towel off in the sauna? I don’t think you did!"

Sybil "Well, the pub was packed out. While we were performing they were saying “Take them off!” We didn’t know whether they meant us or the towels!"

Why is dancing important to you?

Sybil "Keeping physically and mentally fit. It’s a wonderful way of doing it. And the companionship from the group… it’s tremendous!"

Almeric "I’ve improved my memory because I use visualisations to remember the piece – that’s been quite useful for other things as well. I think the important bit is that we have to commit because we have to perform; that gives you motivation."

Dahlia "For me, dance is a passion. It’s something that’s inside of me and I’ve got to express it."

Almeric "We’ve got to watch you! You’re going to be doing backspins, headspins, the lot! We have different choreographers, different styles. The lovely thing is they come in and assume you can and work backwards when they know the bit you can’t do."

"Grab opportunities. The worst thing is to get old and have regrets about the things you never did."

Christopher Dunham

Dahlia Douglas, Christopher Dunham, Sybil Fox and Almeric Johnson
CHRISTIAN DIOR
DESIGNER OF DREAMS

Supported by V&A South Kensington
Extended by popular demand until 1 September 2019
#DiorDesignerofDreams

‘Truly jaw-dropping’
THE LONDONIST

‘A sensation’
BBC NEWS

‘The greatest fashion show the V&A has ever staged’
THE TELEGRAPH

V&A South Kensington

Supported by SWAROVSKI
Inspirng older Londoners

The exercise enthusiast

Edwina Brocklesby (75) is Britain’s oldest female Ironman finisher and runs charity Silverfit, which organises fitness sessions for older Londoners

When did you set up Silverfit? ‘In 2013. We run weekly sessions across eight London boroughs. We’ve had 66,000 attendees since we started. The average age was 68 a year ago; it’s probably 69 now!’

What kinds of classes are they? ‘Nordic walking, Bollywood fitness, walking football, silver cheerleading. Cheerleading is popular. I got sent a video on our cheerleading WhatsApp group where they’re doing a routine to “Don’t Stop Me Now” and I was thinking that sums it all up! It’s not gymnastics, it’s just fun. We did cheerleading at half time at Dulwich Hamlet Football Club. That was brilliant! There were about 3,500 people in the crowd and they were just so supportive.’

What do people get out of Silverfit? ‘When couples get to retirement age they often haven’t done things together. We’ve got quite a lot of couples who come and are enjoying something together. Also, it’s amazing to see the support when someone is ill, perhaps seriously ill. It creates new friendships and that’s incredibly satisfying to see.’

Have you always been active? ‘No. I didn’t start until I was 50. I watched a friend do a half-marathon and told my husband that I’d quite like to do it, and he said “Well, you couldn’t even do two or three miles.” And that was true!’

How many triathlons have you done? ‘Oh, hundreds! I’ve done Ironman ten times, which is the really long-distance one. I’m training for three events over the summer: the Long Distance Triathlon World Championships; Nove Colli, which is a nine-hill bike ride; and then the big one, the Race Across America bike ride starting in California. It’s a relay. For eight hours, two of you do one hour on, one hour off, then the other two take over.’

Do you think being active is important as you get older? ‘It’s essential. It solves a lot of issues if you can stay more active. It’s sociable too. Even if you have physical problems, you can come and have fun. Sometimes people will come along and say “I can’t do cheerleading today, but I can sit on the side and have a cup of tea after.”’

The tour guide

Andrew Lumsden (77) is a guide for QueerTours of London

When did you join QueerTours of London? ‘I was involved with Queer Tours of London founder Dan Glass and other people in an effort to publicise the lack of a museum of LGBT history in London. That was two years ago. We painted some filing cabinets pink and took them to public places: when people asked what we were doing, we explained to them: our history is locked away in filing cabinets. Out of that, Dan started Queer Tours of London.’

What kinds of tours do you do? ‘We did one early on that was about places where the Gay Liberation Front demonstrated nearly 50 years ago. Since some of us were present for those demonstrations, people could talk to us about what happened. We did a “Gay Liberation Front in Soho” tour recently and I pointed out the flat where I used to live to bring things to life a bit. It’s still there.’

What kinds of people come on the tours? ‘It’s fascinating to have people join the tours who come from different backgrounds. There were two young Brazilians the other day who told us how it is for them in their country. Another time we were talking about the Gateways lesbian club, which was on the King’s Road, and two women said “Oh, we used to go there!” So everyone on the tour wanted to hear all about it.’

How do you think London has changed over the years? ‘There are far fewer queer spaces now than then. Rent was a smaller part of your income in the 1960s. Artists’ spaces were easy to find and squats were legal. On the other hand, everyone smoked everywhere, buildings were black with soot from WWII and dentistry was more painful.’

www.queertoursoflondon.com

LIFE LESSONS

“Smile at people. They’ll always smile back. On one of my triathlons it was my objective to smile at every policeman on the route – and it worked!”

www.silverfit.org.uk

www.queertoursoflondon.com

Time Out London March 12 – 18 2019
REUNITE WITH THE TUI SALE

1000s OF FREE KIDS’ PLACES
subject to limited availability*

*Offers are correct at time of going to print 05/03/16. 1000s of free kids’ places offer applies to new TUI short and mid haul bookings only and is subject to limited availability. Only available for holidays departing between 1st May 2016 – 31st October 2016 in selected accommodation, and only where the child is sharing a room, apartment or villa with two full-fare-paying adults. They are available for children up to 12 years inclusive for hotels and up to 16 years inclusive for self-catering – unless stated otherwise in the property details. If a first child goes free, other children must pay full price. Not combinable with other selected discounts or special offers. Offers may be amended or withdrawn at any time. Please see www.tui.co.uk or the relevant brochure for full booking terms and conditions that apply. All the flights and flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to www.caa.co.uk. TUI is a trading name of TUI UK Limited, a member of the TUI Group. Registered office Wigmore House, Wigmore Lanes, Luton, Bedfordshire, LU1 9TN. Registered in England No: 2830117. ATOL 2154, ABTA V5126.
The party people

Mabelyn Dick (74), Gloria Omotoso (80), Angela Roach (71), Cyrlene Power (73) and Barbara Layne (73) are all regular guests at The Posh Club, a weekly party for ‘swanky senior citizens, elegant elders and glamorous golden girls’ set up by club night Duckie

What keeps you coming back to The Posh Club?
Barbara ‘Before The Posh Club, life seemed so dull. Even if you’ve got an ache or pain, for those couple of hours you’re here, you forget it.’
Angela ‘You go away feeling good. I do get a bit hot and bothered, like today, depending on what the entertainment is!’
Gloria ‘The guy could have had a bikini wax, couldn’t he?!’ [drag star Rhys’ Pieces performed]
Mabelyn ‘We’re always at the front!’
Angela ‘We’re like “Take it off!” “Put it on!”’

Are you all Londoners?
All ‘Yes.’
Gloria ‘I’m from Guyana and came to London in 1967. I didn’t know anything about semi-detached houses. At home, the soldiers and policemen lived in rows of houses. I thought: Why does everybody live in barracks? When I moved to Tottenham, my aunt said “Why do you live in half a house? Can’t you afford a whole house?”’

How do you think London has changed?
Gloria ‘It’s changed so much. When I came to London, we couldn’t find anywhere to live. It was “no blacks, no Irish”. I didn’t even know I was black until I came to London. A boy spat at me; he was about seven. I was like: Oh yeah, I’m Black.’
Barbara ‘There’s all this crime now. Seventeen-year-olds are joining gangs. I don’t know where it’s coming from.’

What do you like about living in London?
Gloria ‘We’re at this wonderful age where we don’t have to pay for anything! I tell people that I have a chauffeur-driven Mercedes. What they don’t realise is that the engines in buses and trains are made by Mercedes.’
Mabelyn ‘I love the fact that I can jump on a train or bus. When you can get up and go, you should. I volunteer too. Every Friday, I ring people who can’t get out.’
Gloria ‘Don’t you ring my mum?’

Barbara ‘No, I do! She’s one of my long-time ladies. We always keep in touch.’

How old are the people you speak to?
Mabelyn ‘It varies. Some of them are nearly 100.’
Gloria ‘My mum is 110! Irene. She comes to The Posh Club sometimes.’
Cyrlene ‘I called a cab for Irene one night and they said they didn’t have any. Irene said, “Call them back and tell them I’m 100 years old.” So I did. Well, you would have thought the cab was already outside. The power of age! She always looks immaculate. There’s another woman who comes to The Posh Club who is 105. She’s so sharp.’

Are they an inspiration to you?
All ‘Yes!’
Angela ‘Well, I’m only 25… so I have a long way to go.’

Have you got a talent use it. Don’t think that unless you end up being a surgeon or a pilot your life is meaningless.
Angela Roach

‘If you’ve got a talent, use it. Don’t think that unless you end up being a surgeon or a pilot your life is meaningless.’
Angela Roach

www.theposhclub.co.uk
Cheeky hookup?
Make a date with the Best Network for Data.

Save £48
100GB data
£21 a month
SIM Only

Switch today, online, in-store or call 0333 338 1056

#PhonesAreGood
On the Best Network for Data
What happens when you combine a nursery with a care home? Dominique Sisley heads to the UK’s first intergenerational centre to find out. Photography Andy Parsons

AT NIGHTINGALE HOUSE, things aren’t quite what they seem. From the outside, this Clapham care home looks like a haven of peace and civility. But inside, it’s a different story.

On the afternoon I visit, I’m hit by a wave of screams, shouts and laughter as soon as I walk through the front door. The din, I’m told by Nightingale’s head of activities Alistair Addison, is coming from the ‘activity hub’ – a large, bright room decorated with colourful crafts, which is buzzing with children. When I enter the room, it
We’re in a fractured society. People aren’t used to mixing with different age groups.'

This is echoed by Judith Ish-Horowicz, who founded the nursery. ‘Death is natural, and it’s not intimidating to these children,’ she says. ‘They accept it. They know where they fit in the cycle of life because they hear stories from the past.’

Today, though, the mood is light. I notice that the children are huddling around one resident, Faye Garcia, adoringly. Like Dunne, she doesn’t have children, and at 90 years old, is embracing this new experience.

‘It’s been a new life for me,’ she says. ‘It’s like having a whole new family. We have the best of both worlds because we get to see them, but we don’t have to worry about cleaning up the mess!’

By offering this kind of extended family to residents, Nightingale House is building a much-needed bridge between communities. As the staff point out, the gap between generations in London – and the UK – has been widening, with interaction between much older and much younger people becoming increasingly rare.

‘We’re in a very fractured society,’ says Ish-Horowicz. ‘People have moved away from their families for work. People are not used to mixing [with different age groups], and they don’t know how to: that’s why I think the Nightingale House model is so cohesive. I can see it changing society.’

After an hour, the children head off for lunch, leaving the room still. An older resident dozes in the corner, while the challah bakes in the oven. It feels almost eerily still now without the kids. ‘It’s important to hear the children, to see them, to have movement around you,’ says Ish-Horowicz. ‘There are so many care homes where people are just sitting, normally in front of a TV. But here, there’s constant movement, and that’s something that really stimulates the residents. I don’t know why we weren’t doing it before.’

Read more inspiring stories at timeout.com/news
GO OUT WITH

Time Out

Food, drink, screenings, pop-ups: don’t miss our exclusive offers and discounts
THOUSANDS OF NEW TICKETS RELEASED FOR JULY

HAMILTON

SOME GOOD SEATS STILL AVAILABLE IN MAY AND JUNE

FOR FULL TICKET INFO VISIT HAMILTONMUSICAL.COM

VICTORIA PALACE THEATRE
Seven brilliant ways to spend St Patrick’s Day

Homesick? Robbed of that sweet day off? It’s tough being Irish on Paddy’s Day in London. Here are a few ways of making it that little bit more bearable...

1 Say farewell to an east London pub
The Water Poet and The Crown and Shuttle are going big in the name of St Patrick with a whole week of rowdiness called Two Pubs One Saint. It all kicks off on March 12 at The Crown and Shuttle, where its weekly quiz is going all-Irish. It’ll be bittersweet, though - The Water Poet will be closing for good on March 29. The Irish goodbye just got very real.


2 Take it outside
Howl at the Moon is taking over its neighbouring Hoxton Trust Community Gardens for its Paddy’s in the Park bonanza. Cellar Boys Brewery will be feeding the taps, and there will be a dedicated Guinness bar where you can pour your own stout and draw a clover in the foam. It’ll probably turn out like a trio of arse cheeks, but it’s worth a go.

→ 178 Hoxton St. Hoxton Overground. Sat Mar 16–Sun Mar 17. £10.

3 Bring the ruckus
Snap on some braces and head down to the Vaults for this Ruckus, a gangster-themed blow-out with enough singing, dancing and whiskey to raise the dead. Flat-cap-wearing actors will be roaming the bar, so follow them into the ‘den of disrepute’ if you fancy a bit of a performance with your party. If not, just go buckwild to some folk-punk from The Lagan. No need to angle for a lock-in, the crowd will be going strong until 3am.

→ The Underbar at The Vaults. Waterloo. Mar 16. £16.
EDITOR’S PICKS

The best Irish bars
A totally biased selection of great Irish boozers

4 Taste some poitín
The Sun Tavern stocks 40 brands of Irish spirits and houses the UK’s largest selection of the (formally illegal) hooch poitín. As well as three specially created cocktails, there will be a proper céilidh band on hand, complimentary oysters courtesy of the Oyster Boy and a certain Suggs from Madness will be killing it behind the decks into the early hours. Better book Monday off work, pronto.

5 Feel posh at the Brigadiers
Swanky Indian restaurant Brigadiers will be screening the rugby and serving up a Sunday roast with a barbecue twist for The Big Guinness Weekender. There’s even a ‘Guinness Butler Service’ that’ll keep people topped up with pints of the black stuff for £20. Go easy, as any Guinness flatulence victim will tell you, it’s not necessarily that ‘good for you’.

6 Give in and watch the parade, already
No self-respecting Irish person will admit they want to watch the St Patrick’s Day Parade in London, but if you can handle the crowds, it’s worth a go, at least once. Cheer on schoolkids as they step-dance their way to Trafalgar Square and make friends with lopsided papier-mâché leprechauns. If you don’t want to be squished up against a barricade, just pop your head out from a nearby pub at random intervals.

7 Have a singalong with Irish drag stars
Sodom & Begorrah is an LGBT+ club night that’s more Irish than a bag of King Crisps washed down with a bottle of Cavan Cola. Catch DIY Dublin drag outfit Glitter Hole, join a mass singalong and stay for the Irish dancing competition. It’s all about putting the gay into Gaelic, and we are fully on board.

↑ The Toucan
Yes, it’s touristy, so you might end up supping your Guinness on the Soho pavement, but it’ll taste just as sweet. Sometimes, it has free bowls of Taytos. I won’t hear a word against The Toucan.
→ 19 Carlisle St. Tottenham Court Rd.

↑ The Auld Shillelagh
The one time I spent St Patrick’s Day here, the beer garden broke into a full harmony of ‘The Auld Triangle’ that ended in a mass hug of 15 strangers. It’ll probably happen again.
→ 105 Stoke Newington Church St. Stoke Newington Overground.

↑ The Faltering Fullback
The Fullback is a rugby bar, but the real draw is its unbelievable beer garden, all three floors of it. If you’ve lost your friend, they’re definitely off smooching in the smoking area. Katie McCabe
→ 19 Perth Rd. Finsbury Park.

↑ Sodom & Begorrah
A totally unbiased selection of great Irish boozers

The best Irish bars

The Toucan
Yes, it’s touristy, so you might end up supping your Guinness on the Soho pavement, but it’ll taste just as sweet. Sometimes, it has free bowls of Taytos. I won’t hear a word against The Toucan.
→ 19 Carlisle St. Tottenham Court Rd.

The Auld Shillelagh
The one time I spent St Patrick’s Day here, the beer garden broke into a full harmony of ‘The Auld Triangle’ that ended in a mass hug of 15 strangers. It’ll probably happen again.
→ 105 Stoke Newington Church St. Stoke Newington Overground.

The Faltering Fullback
The Fullback is a rugby bar, but the real draw is its unbelievable beer garden, all three floors of it. If you’ve lost your friend, they’re definitely off smooching in the smoking area. Katie McCabe
→ 19 Perth Rd. Finsbury Park.
Discover four of the District line’s greatest green bits

Planning a spring outing? The Underground’s green line just turned 150 – so mark the occasion by taking a tour of its loveliest locales.

Is it a coincidence that the Tube’s most luscious-looking line is a portal to some of the greenest spots in London? Perhaps it’s down to the fact that the District line is the third oldest line on the network, and the biggest in terms of number of stations, so the city has grown with it, and it calls at all manner of wild, wondrous places. Luckily for you, these spots are all open during the wonderful world of off-peak – which means your District line excursions will be super-affordable.

Richmond

Isabella Plantation

Never visited this wild, vibrant corner of Richmond Park? Good news: with spring around the corner, now is the perfect time to explore what is unquestionably one of London’s most beautiful green spaces. Its huge patches of rhododendrons, camellias and azaleas will soon be in full bloom, with much more fantastic flora to be found within the 40 acres of woodland. Free.

Elm Park

The Chase Nature Reserve

Kingfishers, skylarks and great snipes are among the 120-acre reserve’s feathered inhabitants, with more than 190 other species of animal spotted in the wetlands and woodlands over the years. Free.

Monument

St Dunstan in the East

This twelfth-century church was bombed to bits in WWII, and has remained in a derelict state for the best part of 80 years. But as nature took over – creeping plants weaving in and out of hollow window frames – it transformed into one of the most blissfully peaceful spots in the whole city. Free.

Victoria Underground station

Vintage shops galore

Okay, so there’s no actual greenery to be found here (except for the odd pair of emerald cords), but buying your togs second-hand is undeniably a greener way to live. Check out Retromania for a well-curated selection of old-timey garmes, Kookie for upcycled accessories and Cave – with its on-site gallery – for a side of arty oddness.

DID YOU KNOW?

Renovations at Victoria are nearly complete. The station went step-free in October with the addition of seven new lifts!

GET THERE FOR LESS!

You can tap into the wonderful world of off-peak on weekdays between 9.30am and 3.59pm, and after 7pm. Off-peak fares also apply all day at weekends and on public holidays. Always touch in and out with the same card or device to pay the right fare. Touch in only on buses and trams. To check your fare, search TfL single fare finder.

Travel in Zones 2-6 for £1.50

Fare shown is for an adult off-peak pay as you go journey not going via Zone 1 on Tube, DLR and most London Overground services.

Travel into Zone 1 from £2.40

Fare shown is for an adult off-peak pay as you go journey from Zone 2 into Zone 1.

Want more District line adventures? The Cultural TfL Map is your key to finding London’s hidden gems. This interactive map reveals more than 500 Time Out-recommended museums, galleries, street art locations and more, all within a short walk or bus ride from each station. There are more than 50 fantastic experiences to be found on the District line alone! Explore now at timeout.com/culturaltflmap
LIKE IT OR LUMP IT: ALI TOLLERVEY

Friday

LISTEN
Bang Said the Gun
Wave goodbye to your preconceptions at this comedy-poetry night for people who hate poetry. It’s so much like stand-up comedy, you won’t realise you’re taking in something highbrow.
→ The Vaults. Waterloo. Fri Mar 15. £15.

WATCH
‘Goodbye Europe’
Get to know people living in London, from each of the 28 EU nations, at this screening of short films documenting their lives in these uncertain times.

READ
Wimbledon BookFest
Bookworms are in for a treat at this fest of literary talks and workshops. Join Lucy Worsley and Roger McGough on Saturday.
→ King’s College School. Wimbledon rail. Fri Mar 15-Sun Mar 17. £10-£35.

EXPLORE
Gasworks Open Studios
Meet the gallery’s international artists-in-residence, peek in their studios and see their work in progress.

‘Like It or Lump It’
The curators of Skip Gallery have plonked their unorthodox art space in Selfridges for a month-long installation programme. See artist Maja Djordjevic’s skip sculpture – a giant ice cream topped with a nude. No jokes about rubbish art, please.

Urban Makers Spring Market
Forget spring-cleaning. Load up on locally and sustainably made clothing, jewellery and art from 50 different designers at this much-loved market.

Saturday

Breddos x Tabasco TacOver
Chefs who’ve worked at Smokestak and The Clove Club team up with Breddos to make a five-course menu. Soak it up with booze by Neta Mezcal.

CRY
‘A Star Is Born’
Can’t get enough of Lady Gaga and Bradley Cooper’s tragic romance? See how it was first time round by watching the 1937 original. Prepare to sob into your popcorn.

BUY
DSFL Zine Fair

READ
Wimbledon BookFest
Bookworms are in for a treat at this fest of literary talks and workshops. Join Lucy Worsley and Roger McGough on Saturday.
→ King’s College School. Wimbledon rail. Fri Mar 15-Sun Mar 17. £10-£35.

EXPLORE
Gasworks Open Studios
Meet the gallery’s international artists-in-residence, peek in their studios and see their work in progress.

No need to lump it. Smooth events only at timeout.com/thingstodo
Time for some upward dog

From downward-facing doggies to blissed-out babies, our latest series of yoga sessions on the London Eye has something for everyone.

If you’ve found yourself emerging from winter in a slightly roly-poly state than when you entered it, don’t panic – you’re not the only one who’s been mainlining gravy since October. But now it’s spring, which means – when you’re not spinning through meadows with flowers in your hair – it’s time to slip into some Lycra, break a sweat and get those energy levels up.

And when we say ‘up’, we mean right up: 135 metres in the air. That’s right, after a sell-out stint last year, we’ve taken over the London Eye for another round of yoga classes with awe-inspiring views. This time round, though, the programme is bigger and better than ever, with five different flavours of stretchy fun on offer – everything from traditional classes to super-sassy voga and even the totally paw-some doga. Whichever you pick, book your place today and you’ll be ready to bound into spring all bright-eyed and bushy-tailed.

**Baby Yoga**

There are many reasons that having children is magical and wonderful, but the effect on your physical wellbeing definitely isn’t one of them. With the right tuition, though, that exhausting little bundle of joy becomes the perfect workout partner, as those who sign up for our parent-and-baby yoga sessions will discover. Led by experts from High Barnet’s Twisted Yoga and delivered in a relaxed atmosphere with space and time for feeding and changing, it’s the perfect way to bond with your babe.


**Yoga**

A blissed-out stretch sesh can be as beneficial for the mind as it can for the body, and the views from the London Eye’s capsules are a damn sight more zen than the those at your average gym. Tuition comes from Hackney’s The Refinery, who’ll be leading a vinyasa flow yoga class focused on flowing movements to help build strength and promote inner wellbeing.

→ Apr 2 and 3. Tickets £25.

**Doga**

Struggling to find a dog-sitter while you pop out for a workout? No need – just bring your pup with you and introduce them to the furry mash-up of exercise and playtime that is doga. Led by doga pioneer (and ‘Britain’s Got Talent’ star) Mahny Djahanguiri and her terrier Robbie, classes take human-canine pairs through a series of poses designed to strengthen bonds and bring inner peace. It’s kind of like Crufts, except you do most of the work.

→ Apr 4. Tickets £25.
Voga

Expect to step back on to the South Bank feeling sassy to the point of invincibility after tackling this confidence-boosting class, led by the folks from The Refinery in Hackney. Taking its lead from the shape-throwing fashion phenomenon that is vogueing, voga is all about perfecting your poise and inspiring personal empowerment, and is set to an up-tempo soundtrack of ’80s house tunes. The perfect opportunity for some creative pose-striking when it’s time for the in-capsule photo.

† Apr 8 and 9. Tickets £25.

Ibiza Sunsets Yoga

Okay, so nobody’s pretending that central London comes close to the Balearics in terms of chill-out levels. But when you’re soaring above the South Bank, gliding into warrior two as the sun dips below the horizon, well, it comes pretty damn close. These special hour-long, double-rotation sessions are timed with inspiring, twilight views in mind, and are set to the sort of mellow beats you’d expect to hear on an Ibizaan roof terrace. In short, they’re the ultimate way to wind down after a day of batting away pass-agg emails.

† Apr 8 and 9. Tickets £30.

† Ready to stretch skyward? For more information and to buy your tickets, head to www.timeout.com/eyeopeners
Promotional feature

Taste the Greatness of Northern Ireland in Borough Market

Exquisite produce, world-class cooking and exceptional restaurants: Northern Ireland is fast becoming a must-visit foodie hotspot. The best part? You can try it at the Northern Ireland food pop-up at Borough Market from March 13-23.

Sure, you might think of Northern Ireland as a land of lush green fields and crystal-clear lakes buffeted by the clean, fresh waters of the Atlantic and the Irish Sea, but what if we told you it’s also an incredible place to go if you’re passionate about food? There’s nothing like experiencing this small yet mighty part of the world for yourself so, to whet your appetite, Northern Ireland is coming to London for 11 delicious days.

1 Try Northern Ireland’s traditional fare and meet the friendly makers
Not only does Northern Ireland lay claim to some serious culinary clout, it’s also home to the kind of world-class produce that will make any dish sing. Those lush landscapes and rich farmland provide fresh and delicious fare, which you can taste at Borough Market. Meet passionate producers like Mark Douglas, known as The Krazi Baker, who’ll be serving up (and making from scratch) his authentic soda and potato breads (March 20-23).

Taste organically reared local beef from the team at Ke Nako Biltong (you might have seen them on Tom Kerridge’s ‘Top of the Shop’ show), and stop by the lovely folk at three-star Great Taste winner Rooney Fish – oyster fans will love their Millbay varieties. Cheese nerds should make a beeline for Indie Füde (March 13-17), which established NI’s first cheese collective. For something a bit different, try Irish Black Butter: a spiced fruit conserve made from Armagh Bramley apples and cider. On top of that, there’ll be gin, whiskey, rum and craft beer to taste.

2 Pick up some cooking skills at a workshop
You’d be crazy to pass up the chance to learn from some of Northern Ireland’s finest chefs. One such celeb cook is Paula McIntyre, who’ll be creating hearty traditional dishes from the region in the demonstration kitchen from March 13 to March 17. She’ll be using products available at the showcase, so you can take them home and recreate the dishes in your own kitchen!

3 Have a party on St Patrick’s Day
Irish dancing, storytelling, traditional feasting – this St Patrick’s Day celebration is the real deal. Borough Market will be open on Sunday March 17 from noon-4pm especially for a family-friendly day to remember. Grow-ups: make sure you toast St Patrick with a tipple from Shortcross Gin, Northern Ireland’s first premium craft gin, which is made from fresh water from the Rademon Estate’s well, and botanicals including elderberries and wild clover. Cheers!

For more information and inspiration, visit ireland.com/northernirelandfood
THREE OF THE BEST

Alternative London runs

Been staring at that same spot on the gym wall for too long? Get a change of scene on these races where breaking a sweat isn’t even the half of it.

↑ ‘Where’s Wally?’ Fun Run

Prepare to look like a real wally on this fun run where hundreds of Londoners dress up as Martin Handford’s elusive creation to raise money for the National Literacy Trust. Friends and family can come and cheer you on – if they can spot you, that is.

→ Clapham Common. ☺ Clapham Common. Sun Mar 17. £27.

↑ Run with the Ancestors

You’ll feel miles away from Stratford on this 10k run taking you through 1 million years of British history. Download the app and feel like your racing past woolly mammoths and sabre-toothed tigers while listening to scientists’ commentary.


↑ 5km Street Art Running Tour

Build up your calves and your brain on this run through spray-can-strewn east London. Spot works by Banksy, Zabou, Phlegm and more as you pound the pavements and learn all about their art and inspirations along the way. Alexandra Sims

Thank God it’s Tuesday

It’s Time Out’s favourite day of the week and we want to encourage you to feel the Tuesday love, too. Here’s the inside scoop on five great mid-week activities.

Oh London, you’re lovely. From art galleries to axe-throwing, there’s a load of great stuff going on in our city – even on a Tuesday. And because you can have ice-cream fun on a Tuesday too, we’ve teamed up with Ben & Jerry’s lightest creation, Moo-phoria, to give you the skinny on everything cool taking place today. So take a look below at what’s being served up. And if you want to get stuck into one of Ben & Jerry’s new light ice creams while doing so? Well, we really wouldn’t blame you. After all, four varieties with all the flavour, chunks and swirls but only half the fat does sound pretty good. And if you don’t need a special occasion to dig into Moo-phoria, why should you need one to enjoy some midweek mischief? Up and at ‘em, people.

**Secret Sketch at Vaulty Towers**

Pencil pusher? Show off your graphite skills at this quirky life-drawing salon in the atmospheric Vaulty Towers pub on Lower Marsh, where you can mesh your midweek creative juices with nude bodies. Normal, innit.

34 Lower Marsh. ✈️ Waterloo.

**Whistle Punks Urban Axe Throwing**

Two days into your working week and you’re already over it? Try urban axe throwing, where you can lob your worries at the walls. Throwing lanes are empty and enclosed, so it’s totally safe – and don’t worry, an instructor will watch your every move. Oh, and you can’t throw drunk, in case you chop someone’s head off.

Arch 25, Handel Business Centre. ✈️ Vauxhall.

**Lady Celeste’s Parisian Rooftop Bar at Queen of Hoxton**

This Shoreditch pop-up channels 1900s Paris with an alternative Moulin Rouge-inspired experience, including a red light-up windmill. Swing by the absinthe bar for a glass of the green fairy before loading up on more cheese and wine than you can-can shake a baguette at. C’est parfait.

1 Curtain Rd. ✈️ Shoreditch High St.
Promotional feature

High Stakes Bingo at Dabbers
Bring your lucky marker, because Dabbers is a millennial take on original bingo halls – with an immersive twist. Expect comedians instead of bingo-callers, espresso martinis instead of cups of tea and a whole load of bouncing balls.
18-22 Houndsditch. 📍 Aldgate.

The Four Quarters in Peckham
All about the retro revival? Bring a pocket full of change and get it swapped for quarters at this American-inspired arcade and bar, where you can enjoy classic video games like Pac-Man, Tetris and Street Fighter II. Nostalgia, incoming.
187 Rye Lane. 📍 Peckham Rye.

Ben & Jerry’s Moo-phoria light ice cream family is available in supermarkets and at Ben & Jerry’s Soho Scoop Shop. Pick up a tub today for the lightest way to enjoy Ben & Jerry’s.

→ Want to win a trip to Manchester, with travel, accommodation, an indoor skydiving experience and food, courtesy of Ben & Jerry’s? Step right this way...
www.timeout.com/moophoria
**Friday Late**

**Cyborgs**

Free event  
Fri 15 Mar, 19.00–23.00  
wellcomecollection.org  
→ Euston  Euston Square

---

### LATES

1. **Making Science Happen**  
Visit Britain’s biggest lab after dark for an evening of pop-up science experiments. Insert yourself into DNA and enter the brain of a virtual mouse. We’ve got our ion this one.  
→ Francis Crick Institute.  
→ King’s Cross.  

2. **Show in the Dark**  
Hop between bars, shops, restaurants and galleries along Regent Street and St James’s, all opening up for one night to champion emerging artists, musicians, chefs and writers. Watch culinary masterclasses, join craft workshops or see Scala Orchestra play an intimate gig.  
→ Various locations.  

3. **Unbreakable**  
Challenge what ‘normal bodies’ look like at this night of talks, workshops and performances. Watch London’s first drag collective of queens and kings with Down syndrome, hear from the founder of the Alternative Limb Project and join collage workshops with Malady mag.  
→ Science Gallery London.  
→ London Bridge.  
Fri Mar 15. Free.

---

### SHOP

1. **Vauxhall Vintage Kilo Sale**  
Rifle through tons of pre-loved fashion from the ‘70s to early ‘00s. As each kilo of clothes costs only £15, you can grab yourself a whole new outfit for the price of a fancy cocktail.  
→ The Workshop.  
→ Vauxhall.  
Sat Mar 16. £15–£33.

2. **E17 Designers Mother’s Day Market**  
It’s never too early to buy your ma something special. Pick up a treat from the local designer-makers selling one-of-a-kind jewellery, prints, stationery and accessories at this crafty market.  
→ One Hoe Street.  
→ Walthamstow Central.  
Sat Mar 16. Free entry.

3. **Vegan Night Market**  
Watch the BBC’s epic documentary series complete with a live symphony orchestra who’ll be accompanying all the action in style.  
→ The O2.  
→ North Greenwich.  
Sun Mar 17. £36.75–£70.

---

### WATCH

1. **Rivoli Ballroom Pop-Up Cinema**  
This gorgeous 1950s ballroom – the only intact one left in London – is a pretty atmospheric place to catch a film. Watch ‘The Big Lebowski’, ‘Terminator 2’, ‘Pulp Fiction’, ‘Grease’ and ‘Breakfast at Tiffany’s’ as part of its Cult Classic series.  
→ Rivoli Ballroom.  
→ Crofton Park rail.  
Wed Mar 13–Fri Mar 15. £10.

2. **Portobello Vegan Night Market**  
The iconic street may be famous for antiques, but now it’s transforming into a plant-based party. Grab meat-free treats from London’s top vegan street-food traders before cutting some shapes to the resident vegan DJ.  
→ 281 Portobello Rd.  
→ Ladbroke Grove.  
Hitting the Spot: A Curated Guide to Sex Toys
Sex toy aficionado or curious novice? The founders of online sex toy company Jo Divine lead this fun, informative evening on how to choose the best gadgets to use solo or with a partner. Hear how toys can make sex more pleasurable and even help you overcome sexual health issues.

Traditional Craft: Wool Spinning
Experiment with the ancient art of wool spinning in this workshop led by textile artist Brenda Gibson. Get schooled in how to drop spindle and create your own skein of yarn using wool from heritage sheep. You better baa-leave it.

Woman SRSLY Takeover: Wildlife in Strange Waters
Prepare for a night full of sex, solidarity and sisterhood as art collective Woman SRSLY presents a night of film, live art, dance and cabaret from female and female-identifying performers, including Lucy McCormick, Lindy Nsingo and Becky Namgaju. Male allies are welcome too.
→ The Place. Euston. Thu Mar 14. £16.

Cinnamon Kitchen’s House of Holi
Mark India’s festival of colours by pelting your mates with paint in Cinnamon Kitchen’s special party pod, which is back in Devonshire Square. Go to turn yourself into a rainbow canvas, stay to tuck into the Kitchen’s ’Holi bites’ washed down with a special cocktail (or two).

Goating for Gold: The Goat Race Pub Quiz
Can’t wait for the annual Oxford v Cambridge Goat Race? Hit up this warm-up event – a pub quiz testing you on all things goat-related. Try your luck in rounds like ‘The Antiques Goat Show’ and ‘Name That Goat’. Funds raised will go towards Spitalfields City Farm and the winner will walk away with a pair of coveted goat race tickets. We goat this!

Cask Beer Festival
Here’s something that’ll make you hoppy. This smashing beer festival is back in town with a huge line-up of beers from some of the best breweries in the UK and beyond. Jostle between 42 breweries including Affinity Brew Co, Beavertown, Yeastie Boys and Brussels Beer Project. The entry fee gets you a snazzy festival glass, a programme and six half-pint tokens. All within stumbling distance of London Bridge station.
→ 60 Druid St. London Bridge. Sat Mar 16. £20.

Blue Cross Animal Hospital Open Day
See what goes on at the charity Blue Cross. Meet vets and the animals they care for, tour the hospital or browse pet stalls.

Tapestry Weaving with the London Loom
Do you know your warp from your weft? Learn to weave on a tapestry loom in this beginners’ class. Learn to dress a loom and create shapes, curves and tassel-fringing and walk away with everything you need to carry on at home.

ANIMAL MAGIC

EXCLUSIVE
Roll up, roll up! Save 40 percent on tickets to Zippos Circus – back in London for its nationwide Big Top tour. Tickets now just £35.
→ ZIPPOCAMPUK.COM

CAST COURTS

Special Event... Friday Late: Copy / Paste
22 March, 18:30 – 22:00
Free, drop in

V&A South Kensington
Admission free

Find 101 things to do at timeout.com/dolist
Film

TIME OUT MEETS

Andrew Garfield

The star of ‘Under the Silver Lake’ talks about mad dreams, being scared of horror films and taking time out to watch ‘Game of Thrones’. Portrait Andy Parsons

FROM ‘THE SOCIAL NETWORK’ to ‘Hacksaw Ridge’ and ‘Never Let Me Go’, British-American actor Andrew Garfield has starred in plenty of acclaimed films. But his latest, from David Robert Mitchell (‘It Follows’), is dividing critics. ‘Under the Silver Lake’ is an intriguing neo-noir thriller with Garfield as a strange young man investigating the disappearance of his neighbour. His journey takes him into an adventure that is nightmarish, surreal and very confusing. The actor tells us about starring in a movie that even he can’t make sense of.

This is a pretty mad film. Did you fully understand it when you read the script?
‘No and I still don’t. It’s still a conundrum to me. I don’t think it’s designed to be understood. It’s designed to be experienced. It’s like a dream. I had a dream last night that I was flying on the wings of a dragon while playing sudoku and feeding my unborn daughter sushi. I’ll never know what that means but it means something… This film is what it is and it doesn’t apologise.’

Were you familiar with David’s work?
‘I’m a real wimp when it comes to horror films. I had to watch “It Follows” on my laptop in the middle of the day, occasionally taking breaks to look out the window, walk around outside in the sun, remind myself it’s not real. It was the freakiest, scariest thing I’ve ever seen but I loved it so much.’

Some people absolutely love this film and others hate it. How do you feel about that?
‘I’ve been in films everyone’s loved.

‘I had a dream I was flying on the wings of a dragon while feeding my unborn daughter sushi’
I’ve been in films people were a bit “meh” on, but I’ve never been involved in one that’s been totally polarising. I think it’s great! It’s the beauty of subjective art forms – I’m not into Andy Warhol, but I know a whole lot of people are.’

On to ‘Spider-Man: Into The Spider-Verse’. Word has it there was nearly a scene with you, Tom Holland and Tobey Maguire and Tom Holland together as Spider-Men. Was that something you were made aware of?

‘No, I wasn’t aware of it but that would have been fun. I loved the movie. I thought it was so mind-bending and inventive, in a way you don’t get away with in live action.’

You haven’t made a film since shooting ‘Under the Silver Lake’ in 2016. You did ‘Angels in America’ on stage in London and New York, but has it been a deliberate decision to take a break from movies?

‘I’ve had some family stuff happening, which is what’s predominantly taking up my time, and I don’t feel the need to share beyond that. I’ve been feeling a pressure, which I think everyone feels at the moment, to be always producing and making and hustling… I love my job and don’t see myself in a sunlit LA. This Hitchcock blonde in a white floppy hat is soon missing. I’m just realising that I want to slow down.’

What have you been doing?

‘Spending time with family and friends, going on trips, reading books, watching TV boxsets.’

I caught up on all of fucking “Game of Thrones”. I had no idea! I watched “Breaking Bad”! I hadn’t seen any of this shit. Amazing shit!’

Ideal time to be getting into ‘Game of Thrones’, with the final series coming up.

‘I fucking nailed it! Did it in a month.’

Any theories on who is going to be on the throne at the end?

‘I kind of don’t care. I just want to see it play out. I love all the characters so much and they’re all so brilliantly played that I know that it’s going to be amazing. I just want to go along for the ride. I don’t want Tyrion to die.’

By Olly Richards

Who is also taking a break from movie acting. It has now lasted 39 years.

Under the Silver Lake

HYPNOTIC, SPIRALLING AND deliriously high on its own supply of amateur-sleuth movie references, David Robert Mitchell’s languid follow-up to his brilliant horror film ‘It Follows’ sends him into ‘Big Lebowski’ territory, by way of several Lynchian side streets.

The rabbit warren of a plot burrows beneath LA’s sunny haze to reveal an underlying darkness. We meet Andrew Garfield’s jobless slacker Sam sleepily queuing for coffee, before he heads back to his apartment to spy on his sunbathing neighbour Sarah (Riley Keough). This Hitchcock blonde in a white floppy hat is soon missing. Sam, driven by his hormones and the fuck-it-all idleness that comes with a six-day eviction notice, begins his own hazy investigation.

This is where ‘Under the Silver Lake’ becomes the stealth comedy it really is. The orchestral score goes full ‘Vertigo’, brewing a menace that Mitchell consistently undercuts with banal, dopy details. Who is the mysterious pirate in blue jeans running across a lawn? What exactly happened to deceased ‘billionaire daredevil’ Jefferson Sevence? And doesn’t Sam have anything to wear that isn’t pyjamas?

Some viewers will find flaws: a bitter rant about the homeless is needlessly harsh, and occasionally Sam gets Mike Hammer-violent. And a movie that’s as lovably baggy as this will always struggle to nail a satisfying ending. Still, its ambition is worth cherishing. It will either evaporate in your mind or cohere into something so wonderfully weird you’ll want to hug it.

By Joshua Rothkopf

WHAT IS IT...

An ace amateur detective-slash-stoner mystery set in a sunlit LA.

WHY GO...

Andrew Garfield is great as a kind of Scooby-less Shaggy on the case of a missing girl.

David Robert Mitchell (15) 139 mins.
UNDER THE SILVER LAKE

A FILM BY DAVID ROBERT MITCHELL
DIRECTOR OF ‘IT Follows’

WATCH A HAND-PICKED FILM IN CINEMAS EVERY SINGLE WEEK

£9.99 PER MONTH

mubi.com/go
The film is drenched in social awkwardness. Was that the starting point?

'Yeah, I think I was just trying to figure out who I was. Specifically, in my twenties [I was] single and lonely. [When I was writing the screenplay] it was difficult to try and figure out what I was up to back then. By the time we got to the shoot I understood the character’s journey, but when I started typing on the first day, all I knew was that I was interested in figuring out what’s wrong with me.' [Laughs]

Did you find out what was wrong with you in those younger years?

'I found out that what had been wrong with me, before I got a bit better, was that I was somebody who was terribly lonely [but] who was terrified of intimacy. I desperately wanted to be in a relationship, but was too scared to be vulnerable enough to love or be loved. And that’s the film.'

1. The film is drenched in social awkwardness. Was that the starting point?

2. Did you find out what was wrong with you in those younger years?

3. Do those revelations offer some closure?

'I’m now not the struggling person in his late twenties that you see in the film. But new stuff happens and you need to figure it out. Personally, I need to write it out of me and then get actors to perform it. That’s my process! [Laughs a lot] You have to write that I laughed there otherwise I’ll just seem like a total lunatic.'

4. What is it like directing a version of you?

'There was no way that I would be there asking Colin to do an impression of me. But still there were moments in the edit where I felt a bit sorry for my past self. He’d captured all that anxiety of loneliness. And the way it’s written, there are certain phrases that I recognise as me. Certainly when he’s struggling to flirt, I feel slightly embarrassed at my own past ineptitude.'

5. Isn’t that what makes it so resonant?

'Yes. If I cringe or feel like I can barely watch it, then I feel like it has a chance to connect with people. If you really drill down into the self, you find the truth of stuff that we’re all feeling. It’s a relief to me to get it out of me, and I think there’s some relief in the audience, that somebody has expressed the mania that’s in our heads.'

Interview by Alex Godfrey

→ ‘Benjamin’ is in cinemas from Fri Mar 15.

---

**Benjamin**

‘I JUST WANT someone to say, “You’ve done a good thing, now you can rest.”’ So says a weary Benjamin (Colin Morgan) after screening his first film and resting in the lap of his producer Tessa (Anna Chancellor). But perpetual worry Benjamin soon finds something else to fixate on: a new romance with sensitive singer-songwriter Noah (Phénix Brossard) — if only he could stop self-sabotaging.

While Simon Amstell is clearly on familiar territory in London’s arty scene, this film isn’t strictly autobiographical — the only stand-up comedian is Benjamin’s friend Stephen. But there’s a withering authenticity to the quickfire dialogue, particularly in the case of Billie (a hilarious Jessica Raine), a sort-of publicist who blasts through parties and men a drink at a time.

Less easy to watch are Benjamin’s attempts to make small talk and maintain a relationship: while initially funny, his insecurity becomes less entertaining and sympathetic the more it’s highlighted (comparisons with early Woody Allen are inevitable but not necessarily favourable). But ‘Benjamin’ is perhaps not always intended to be an easy watch: some scenes are so intimate you feel like you’re spying on someone.

It is an unusual mix of intense, angsty character-driven drama and laugh-out-loud jokes about the film industry. It’ll be best enjoyed by those who live in the milieu it depicts, along with fans of Amstell’s bittersweet wit — and there’s probably overlap between the two. ■ Anna Smith

---

**Girl**

WHAT IS IT...

A trans teen dreams of being a prima ballerina.

WHY GO...

For the tender father-daughter relationship.

WHAT BEGINS AS...

A sensitive portrait of a trans girl becomes more troubling in this Belgian drama. Having been born a boy, teenager Lara (Victor Polster) is preparing for the procedure that she’s been dreaming of. She has also enrolled in an elite ballet school in a new town, moving home with her father and six-year-old brother. The potential stresses are evident, but Lara approaches everything with a beatific smile on her face — initially, at least.

Despite his controversial casting (he’s a cis male), dancer Polster convinces in his acting debut. But the internalised nature of the character presents a challenge; there are perhaps too many scenes where Lara grips and bears it. With his first feature, Lukas Dhont invites empathy by exposing the challenges Lara must face, from the obvious to the subtle. At one point, a teacher asks Lara to close her eyes in class, asking anyone to raise their hand if they have a problem sharing a bathroom with her.

The dance scenes are credible but numerous, and given that the other girls are sketchy characters, these are less involving than those at home, where Lara’s relationship with her caring, tolerant dad really resonates. And yet a problematic finale has caused understandable controversy among the trans community, despite being defended by dancer Nora Monsecour, on whom the earlier part of the story is based. ‘Girl’ spends much of the time gracefully en pointe but stumbles with its last tricky move. ■ Anna Smith
What was your best West End premiere?
‘“Dad’s Army” was fun because of the cast. I remember joking to Michael Gambon and Bill Nighy on set that we should turn up to the premiere in a tank and pop out of the turret one by one. I don’t think Bill went for that one.’

Which London movie clichés annoy you?
‘That there are always so many black cabs. Where are they when you need one late at night?’

What’s been your most memorable London location to film at?
“It’s my two Mike Leigh films, “All or Nothing” and “Vera Drake”. “All or Nothing” was shot on a council estate in Greenwich that was about to be knocked down. It was a bleak place, but there was a weird beauty to it. We filmed a dance scene on “Vera Drake” in the Mildmay Club on Newington Green. We spent months learning the quickstep and, if we went wrong, Mike would stop the tape player and start again at the beginning. It was like something out of “Strictly”.

What was your favourite cinema as a child?
“We always went to the Odeon in Woodford. I remember seeing “A View to a Kill”, “Rocky IV” and “Arachnophobia” there. Me and my mates used to queue all the way down to the Sainsbury’s round the corner.”

Which one is your favourite now?
“I love the Phoenix in East Finchley. It’s an amazing part of the community. I take my kids there as often as I can.”

What’s your favourite film spot?
“I’m drawn to the bleakness of London for some reason, and one of my favourite films is “Mona Lisa”. Also “London to Brighton” and “Naked”. The darker underbelly of the city is always the thing that’s appealed to me in films, so not “Mary Poppins” and all that sort of stuff. Although I did love “Paddington”!”

Which films would you say sum up London?
“Iím drawn to the bleakness of London for some reason, and one of my favourite films is “Mona Lisa”. Also “London to Brighton” and “Naked”. The darker underbelly of the city is always the thing that’s appealed to me in films, so not “Mary Poppins” and all that sort of stuff. Although I did love “Paddington”!”
**ALSO OPENING**

**BEN IS BACK**

As the fresh-from-rehab Ben, Lucas Hedges drags his suburban family through another round of relapsing in a single event-filled Christmas Eve. The gifted young actor is impressive as a recovering addict (think Bradley Cooper in 'A Star Is Born' and Timothée Chalamet in 'Beautiful Boy'); indeed, by playing someone who’s better at hiding it – but still letting us into Ben’s weakness and guilt – he may even eclipse them. The narrative is peppered with melodrama, though, and Julia Roberts adds a distracting layer of movie-star-ness as Ben’s concerned mum. *Joshua Rothkopf*

**WHAT MEN WANT**

The update to 'What Women Want' that nobody asked for is (thankfully) minus Mel Gibson and flip-reversed for the Me Too generation. The protagonist in this fairly predictable but nonetheless enjoyable comedy is power-dressing sports agent Ali Davis (the magnetic Taraji P. Henson), who can suddenly read the minds of men. Although a lot of her ‘boys’ club’ colleagues are obsessed with willies and boobies (and farts), Ali inevitably learns that some men want more than to ‘get paid and get laid’ – plus a bit about her own self-worth along the way. Empowering stuff. *Laura Richards*

**FISHERMAN’S FRIENDS**

After being discovered on a Cornish quayside, ten sea-shanty-singing pals – the Fisherman’s Friends – landed a deal with a major label, recorded a Top Ten album and played Glastonbury. Alas, this comedy Cornish-ifies, ‘Full Monty’-ifies and crowdpleaser-ifies that inspiring true-life tale until it’s as authentic as vegan fish and chips. The script throws in the fictional character of a flashy music exec played by Daniel Mays, a genuinely funny actor with not much to work with here. It’s a harmless piece of Britcom silliness, though there’s a shortage of decent gags. *Phil de Semlyen*

**CHILDREN OF THE SNOW LAND**

Breath-taking Himalayan scenery lend this big-hearted doc widescreen visuals as three Kathmandu students trek back to their home villages for the first time in years. Moving moments are captured as the trio learn local traditions and get total wi-fi cold turkey. But as they reconnect on the roof of the world, the 2015 Nepal earthquake strikes and a sense of another, bigger story unfolding over the horizon slightly overshadows the narrative. Their return to the big city feels like something from a Roland Emmerich movie. *Phil de Semlyen*

**BOOK NOW**

**Human Rights Watch Film Festival**

The London leg of this international fest shines welcome light on some of the world’s shadiest corners with 15 gripping docs and dramas. It’s an early chance to see the ace ‘Minding the Gap’ (out on March 22), cautionary social-media tale ‘Roll Red Roll’ and plenty more besides.


**Chronic Youth Film Festival**

23–24 Mar

A weekend of coming-of-age stories through the lens of escape and rebellion

*Join Young Barbican for free and get £5 tickets*
14 reasons to love Barbra Streisand

‘Iconic’ is a horribly overused word, but it certainly applies here. The pop-culture colossus is playing Hyde Park, so here’s a reminder of why Babs is fab

1. She’s the only recording artist to have scored a US Number One album in each of the last six decades. Respect.

2. When she realised that Siri was pronouncing her surname wrong, she casually called up Apple’s CEO Tim Cook to get it corrected. (Just FYI, it’s Strei-sand with a soft ‘s’, like sand on the beach.)

3. Though she’s best known for singing show tunes and standards, she successfully went disco with the slightly (ahem) camp Donna Summer duet ‘No More Tears (Enough Is Enough)’.

4. Barbra loves her maltipoo dog Sammie so much that she had her cloned... twice.

5. She won an Oscar for the first film she acted in (‘Funny Girl’) and a Golden Globe for the first film she directed (‘Yentl’). A versatile queen.

6. She starred opposite Kris Kristofferson in the ‘70s version of ‘A Star Is Born’ and was the first woman to win an Oscar for co-writing a song (‘Evergreen’ – glorious).

7. She was a feminist before it was fashionable, saying, ‘Why is it men are permitted to be obsessed about their work, but women are only permitted to be obsessed about men?’

8. She embarked on her last US tour so she could treat herself to a new Modigliani painting (which she then loaned to the Tate): ‘I can’t work for money, I have to work for an object that I love. What does money do? It goes somewhere, a stock, a bond. I don’t see it. But a painting I can look at every day and enjoy.’

9. She’s surely – hopefully – the only person to have duetted with both Jamie Foxx and Michael Crawford.

She loves her dog so much she had it cloned... twice
Her Instagram is the gift that keeps on giving. Seriously – she’s posed with everyone from US politician Nancy Pelosi to Timothée Chalamet.

At this year’s Oscars, she asked to introduce Spike Lee’s hard-hitting ‘BlacKkKlansman’ instead of the more obvious choice, the remake of ‘A Star Is Born’, because she was so moved by it. She told the audience, charmingly, that bonding with Lee ‘was very easy because we were both raised in Brooklyn… and we both love hats’.

She agreed to make ‘The Guilt Trip’ with Seth Rogen (only her third film of this millennium) on the proviso that production was moved closer to her house.

Her 1978 duet with Neil Diamond, ‘You Don’t Bring Me Flowers’, was kind of an OG mashup. After radio stations began splicing together both artists’ solo versions of the song, they cut an official duet and scored a US Number One hit.

She had an actual Victorian-style shopping mall built under her house. ‘Instead of just storing my things in the basement, I can make a street of shops and display them,’ she explained, matter-of-factly. 

→ Barbra Streisand plays British Summer Time in Hyde Park on Jul 7

By Nick Levine
Who’s hoping Celine Dion will join Babs for ‘No More Tears (Enough Is Enough)’
WHY’S THE DEAL WITH

Charlotte Adigéry

Who’s she?
She’s a Belgian-Caribbean musician who’s one of the most exciting, inventive and underrated artists around right now.

Says who?
How about fellow Belgians and dance-punk icons Soulwax? Adigéry is a protégée of the brothers Dewaele, who also co-produced and released her excellent new EP ‘Zandoli’. If that’s not enough, she’s also been shown some love by another legend in Neneh Cherry, who she supported on her European tour last month.

Okay, so what does she sound like?
An unpredictable and exhilarating expedition around the world, via clubs, dance halls and breathtaking scenery. Adigéry brings together all the strands of her experience in her music, whether that’s the pulsating Martinique and Guadaloupean gwo ka rhythms of her heritage, or the wonky synths and strobing beats of darkened Euro clubs. There are hints of trip hop and pop in the mix, too, as she fuses the traditional with the modern.

Tell us a random little factoid, then.
Well, working with a songwriting partner is as old as time, but how about matching with one on Tinder? That’s what happened with Adigéry and Bolis Pupul, who luckily managed to move things off-app and into real life, becoming collaborators and pals in the process.

I’m intrigued, where can I check her out?
You’ll find her ‘Zandoli’ EP plus past works (including her electro-punk work under the name WWWater) in the usual places online. Better still, have an in-the-flesh encounter at Sebright Arms later this month, where she’s playing a headline show.

Rhian Daly
Charlotte Adigéry plays Sebright Arms on Mon Mar 18.

Check out more new artists at timeout.com/music
THE ENDS
FESTIVAL 2019

FRI 31 MAY
NAS
DE LA SOUL
NIPSEY HUSSLE
GHETTS
A2
KOJAY RADICAL
NADIA ROSE
RACHEL ANSON

SAT 01 JUNE
WIZKID
WANDE COAL
MALEEK BERRY
KOJO FUNDS
KRANIUM
DONAE’O
TENI THE ENTERTAINER
JULS

SUN 02 JUNE
DAMIAN “J. R. GONG” MARLEY
J BALVIN
BURNA BOY
NAO
MASEGO
MANSUR BROWN
THE COMPZERS
JAZ KARIS
CROYDON FM

ON SALE NOW

THEENDSFESTIVAL.COM

SUBJECT TO LICENCE
Music & Nightlife

BYOV
(that’s ‘bring your own vinyl’)

Places in the city where anyone can take over the decks

Ducksoup
Based in the centre of Soho, Ducksoup is primarily a restaurant focusing on natural, seasonal ingredients. Just as tasty a prospect, though, is its record player, kitted out with a delectable selection of records for you to play.

⇒ 41 Dean St. Tottenham Court Rd.

Sunday Jam at Behind This Wall
Hackney’s Behind This Wall has an ace sound system, originally owned by Joy Division producer Martin Hannett, and it’s paired with a Technics deck. Sunday is a certified funday at the bar, giving you an opportunity to pump up the jam yourself.

⇒ 411 Mare St, Hackney Central.

Vinyl Jukebox at Hand of Glory
This sweet Dalston boozer throw its 1s and 2s open every Sunday, meaning punters can either use the pub’s heaving stash of discs or slap down their own platters that matter.

⇒ 240 Amhurst Rd, E8 2BS.

Whisky and Wax at Brickfields Bar
Brockley’s Brickfields Bar hosts a BYOV every Thursday night, giving you an opportunity to whack your favourite records down on a pair of Technics. It also runs Rum and Records in the summer, too. We’re hoping for a Vodka and Vinyl night next.

⇒ 293 Brockley Rd. Ladywell rail.

ROYAL ALBERT HALL PRESENTS

CARL CRAIG
THE CHINEKE! ORCHESTRA

SUNDAY 28 APRIL
The Detroit techno pioneer takes his music from the club to the concert hall

royalalberthall.com
Part of LOVE CLASSICAL
Guilty Pleasures
15th Birthday
Pop institution GP celebrates 15 years in the game and the start of a bi-monthly stint at Camden’s Electric Ballroom.

Bradley Zero
Residency at XOYO
One of London’s coolest selectors builds on the awesome rep of his Rhythm Section nights and label with a 12-week stint in charge of Fridays at XOYO.
Everyone from Lee ‘Scratch’ Perry, Laura Misch and Dele Sosimi to Legowelt and Maseo from De La Soul will be passing through.
→ XOYO. Apr 5-Jun 21.

Phase Array
After Detroit techno royalty Cybotron play the Barbican, head down to Hangar near London Fields for sets from Cybotron main man Juan Atkins, Terrence Dixon and John Heckle.
→ Hangar. Apr 12.

Naked City
New one-day festival in a mansion house in the middle of Beckenham Place Park? Featuring Neneh Cherry, LTJ Bukem, Alexander Nut and Fatima – and organised by party pros Krankbrother? Er, yes please!
→ Beckenham Place Park. Jul 27.

One Day at the Disco
Sexy new festival alert! Coming to Three Mills Island in Bow is a right old day of disco featuring classy spinners like Derrick Carter, 2manydjs, Colleen ‘Cosmo’ Murphy, CC:Disco and a live set from Inner City.

Little Simz
Big London date for the rapper behind recent ace album ‘Grey Area’.
→ EartH. Oct 29.

Whitney
The Chicago rockers return with a second album later in the year.

The Ends
This new Croydon festival was already off to a strong start with international headliners Nas, Wizkid and Damian Marley. But now the summer three-dayer in Lloyd Park has added a shedload of awesome new acts, giving the event a distinctly local flavour. London rappers Kojey Radical, Kojo Funds and Croydon’s own Nadia Rose join Ghetts, Teni (below) and soul hero Nao.
→ Lloyd Park. May 31-Jun 2.

More stuff for your earholes at timeout.com/music

Stunning Russian music in the intimate setting of Cadogan Hall
29 March – 16 May 2019

TCHAIKOVSKY Symphony No. 5, Violin Concerto
RACHMANINOV Vespers
MUSSORGSKY Pictures at an Exhibition

cadoganhall.com
020 7730 4500
The brilliant, divisive US playwright has scored her first West End hit with her adaptation of seminal sci-fi TV show ‘The Twilight Zone’

What’s your relationship with the original TV show?
‘Every American knows it. For my generation, it’s the sort of thing a babysitter might have let you watch a repeat of when you weren’t supposed to. As I was trying to decide which episodes to use I was polling anybody: “Which episode traumatised you as a child?” And no one said, “What a funny question.” They said, “It was this one.”’

Some of it stands up amazingly and some of the stuff in the show now feels very funny...
‘After I said yes to this project, my next task was to watch all 156 episodes. So I picked three at random and they were, shall we say, “non-lasting” episodes and I thought: Holy fuck, what have I gotten myself into? And then I calmed down and started watching from the beginning. Some are dreadful, some are still fabulous and still have a lasting impact.’

Is it nice to have a West End show?
‘Okay, I know this sounds weird but I really do feel like it’s [‘Twilight Zone’ creator] Rod Serling having a transfer. I’m implicated in this evening, but I feel like the qualities that made it are his. It’s delightful to come along for the ride, though.’

It’s very fun, whereas your other plays are more, er, ‘divisive’ ...
‘I don’t set out to be a non-pleasurable playwright, I truly don’t! Because going to the theatre is an investment of money and time, I would love it if, to the degree that I am personally responsible for the experience anybody had in the theatre, it was able to be the best experience in their life.’

Your other current play, ‘Shipwreck’, features Donald Trump as a character: was that difficult to write?
‘Those scenes were the hardest. The scene where he’s duking it out with [George W] Bush, I wanted him to have a heroic quality. But that was hard, hard, hard to write because I kept really wanting to undermine it. We live in a world of Trump satire and that’s me just trying to push against that, [do] something a little different.’

You’re in Brexit Britain with a show about Trump – are there parallels?
‘Something I think about a lot is the people in the North Tower on 9/11. After the South Tower collapsed, some of them left, but most people stayed because they didn’t think it would happen to them, and they were told to stay, and I think I would have stayed. Brexit and Trump feel the same: everyone knows something is very wrong, but we’d rather wait and see than take action.’

You’ve done shows about ‘The Twilight Zone’ and ‘The Simpsons’ – do you see Trump as a pop-cultural figure too?
‘Oh my God, he kind of is Bart Simpson – oh, whoa.’

‘The Twilight Zone’ is at the Ambassadors Theatre until Jun 1.
‘Shipwreck’ is at the Almeida Theatre until Mar 30.

By Andrzej Lukowski
Whose favourite episode is ‘The Shelter’.
**Waitress**

**THE SPECIALS BOARD** in the diner in ‘Waitress’ advertises a bacon-and-blueberry pie. Now, most of the pies in Diane Paulus’s Broadway-conquering musical are allegorical: their lurid lists of ingredients are flights of fancy in the mind of Katharine McPhee’s titular heroine Jenna, a pie-making prodigy who dreams of escaping her abusive marriage.

However, as far as I can tell, the show is serious about the bacon-and-blueberry one. Bacon. Blueberry. Individually these are reasonable things, but I cannot conceive why anybody in their right mind would even put them on the same level of the fridge, let alone lock them inside a pastry crust.

Similarly, ‘Waitress’ is made from the finest ingredients, but often they don’t actually feel like ones that should have been put together.

Adapted from Adrienne Shelly’s cult 2007 indie flick, ‘Waitress’ is a moving musical full of flawed, morally compromised characters.

Everyone, on some level, lets us or themselves down: indeed, the big showstopper, ‘She Used to Be Mine’, is Jenna’s bitter ode to her disappointment in herself.

But then there’s also the other ‘Waitress’. The ‘Waitress’ that desperately wants you to have a laugh, and not let the serious ‘Waitress’ harsh your buzz. That ‘Waitress’ features a pie-based cunnilingus scene, a Civil War-enactment-based cunnilingus scene and the alarming comic characters of Dawn — a nerdy waitress — and Ogie, the hyperactive loon who courts her.

Mix it with the serious stuff and…

It’s weird. A bittersweet drama about human frailty that’s also an OTT sex comedy. Maybe the two faces of ‘Waitress’ could exist side by side, but it’s when they overlap that it blows a fuse. This most especially goes for the character of Jenna’s brutish husband, Earl, who veers awkwardly from light-relief dickhead to frightening abuser.

It’s still an essentially classy show, though. McPhee gives a beautifully weary performance, and Sara Bareilles’s country-rockish songs are funny, literate and enjoyable. There’s really a lot to like; I just struggled to like all of it all at once. ■ **Andrzej Lukowski**

---

**ALSO OPENING**

**ALYS, ALWAYS**

Lucinda Coxon’s adaptation of Harriet Lane’s novel ‘Alys, Always’ isn’t a classic, but it goes down pretty smooth, a smart, slick psychodrama with a mischievous satirical undercurrent. Joanne Froggatt stars as Frances, an unremarkable woman who comforts a car crash victim. Invited to meet the late Alys’s monied family, she slowly burrows her way into their lives. Not as creepy as it should be, but darkly funny and effortlessly watchable. **Andrzej Lukowski**


**INSIDE BITCH**

Watch TV shows like ‘Orange Is the New Black’ and you might well wind up thinking that prison is kinda fun. The four women who perform ‘Inside Bitch’ beg to differ. So they create a totally different kind of show: one made by people who have actually been behind bars. They mock stereotypes, don ludicrous costumes and mete out careful doses of reality. It’s an uproariously funny, pacy education in representation, and who shapes the stories we’re told. **Alice Saville**

⇒ Royal Court Theatre. Until Mar 23.

**RICHARD II**

Directorial duo Adjoa Andoh and Lynette Linton take Shakespeare’s story of a feeble king and com through it, making the parts that matter to them shine, and the rest gently fade away. Andoh also takes the title role, and it’s not an ego-driven decision: she was basically born to play Richard. In the hands of a top-notch cast of women of colour, Shakespeare’s commonwealth-obsessed noblemen appear increasingly pathetic.

**Rosemary Waugh**


**THE RIDICULOUS DARKNESS**

It’s almost impossible to know where to begin with Wolfram Lotz’s ‘The Ridiculous Darkness’, a sort of very, very out-there postcolonial — possibly post-postcolonial — deconstruction of Joseph Conrad’s ‘Heart of Darkness’ and its famous film adaptation ‘Apocalypse Now’. But this version from director Anthony Simpson-Pike is an absolute bloody hoot, a non-white, non-male cast lampooning Western imperialist pomposity with surreal abandon. **Andrzej Lukowski**

⇒ Gate Theatre. Until Mar 23.
NEW SHOWS
THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

Admissions
Alex Kingston of ‘Doctor Who’ fame stars in this provocative US comedy.

Betrayal
Tom Hiddleston wraps up Jamie Lloyd’s epic Pinter season with a turn in the playwright’s 1978 masterwork.

Yamato – Passion
A bone-rattling drumming spectacular from Japan.

Billy Bishop Goes to War
This Canadian theatre classic follows a death-defying WWI fighter pilot.

Homegrown Festival: Occupy
A buzzing fest of new shows by under-represented artists.

Madrid Is a Female Name
A showcase of Spanish-language plays with a feminist focus.

Richard III
Alexandra Palace’s newly restored theatre stages its first ‘proper’ play with this Shakespeare history, starring Tom Mothersdale.

The Rubenstein Kiss
James Phillips’s Cold War-era drama is back, directed by Joe Harmston.

Undetectable
A new gay love story from Tom Wright.

Homegrown Festival: Occupy
A buzzing fest of new shows by under-represented artists.

DON’T MISS

The Thread
Choreographer Russell Maliphant is teaming up with ‘Chariots of Fire’ composer Vangelis to create an electro-fuelled dance extravaganza inspired by Greek myths and folk dance.

OFF-WEST END

Betrayal
Tom Hiddleston wraps up Jamie Lloyd’s epic Pinter season with a turn in the playwright’s 1978 masterwork.

The Thread
Choreographer Russell Maliphant is teaming up with ‘Chariots of Fire’ composer Vangelis to create an electro-fuelled dance extravaganza inspired by Greek myths and folk dance.

TOP-SELLING TICKETS
AT TIMEOUT.COM/TICKETS

1. Betrayal
Tom Hiddleston stars in Pinter’s chilling masterpiece.
→ Harold Pinter Theatre. Until Jun 1.

2. Come from Away
The foot-stomping Canadian musical smash hit.

3. Wicked
A ‘Wizard of Oz’ riff that’s still enchanting West End crowds.
→ Apollo Victoria. Until Nov 30.

4. Waitress
This show is as sweet as pie.

5. The Curious Incident of the Dog in the Night-Time
Whip-smart novel adaptation.
→ Piccadilly Theatre. Until Apr 27.

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

EXCLUSIVE
Get 23 percent off tickets to ‘Undetectable’, a tender and witty love story from the award-winning producers behind ‘Five Guys Chillin’. Tickets now just £15.

EXCLUSIVE
‘SHIT-FACED SHOWTIME: OLIVER! WITH A TWIST!’
Get 41 percent off tickets to a musical performance of ‘Oliver Twist’ given an unconventional spin – one of the cast members is absolutely bladdered. Tickets now just £10.

LOADS MORE LONDON THEATRE LISTINGS AT TIMEOUT.COM/THEATRE
**Show of the Week**

**Martin Parr: ‘Only Human’**

*Reviewed by Eddy Frankel*  
timeout.com/art  
@timeoutart

AS BRITAIN’S SELF-LOATHING Olympics head towards their Closing Ceremony, the country’s favourite documenter of our endlessly conflicted national identity lands at the NPG. This is not a coincidence. Since the referendum result in 2016, photographer Martin Parr has been pointing his lens at various aspects of the nation to investigate, in his word, ‘Brexitness’. That’s the background to this show, but the result is more of a latter-career retrospective. Along with the Brexit images, there are celeb portraits, weird self-portraits, portraits of groups of people doing stuff (bog-snorkelling, Indian dancing) that Parr made for the BBC, a merch shop and a cafe where you can have a cuppa and a piece of battenberg cake. One room has a disco ball and a pub carpet in it. Another has astroturf on the floor. To be honest, it’s all a bit of a mess, but then so is the UK right now, so maybe it’s fitting. Parr has always been a keen observer of the contradictions of being a person and how those contradictions are magnified and distorted by also being a person of a certain age, gender, race or class, then magnified and distorted out of all recognition by the idea of nationhood. So Brexit is very much business as usual for him. There are St George’s flags, people watching the royal wedding, florid toffs at the test match, tattoos, Carnival mas-paraders and plucky pensioners. The cumulative effect is a kind of Parr-land (which wouldn’t be a bad shout for Margate or Herne Bay or somewhere), populated by sort-of pantomime stereotypes who are also actual, real people. It’s a good trick. Parr is one of those photographers who makes you see things like he
Phyllida Barlow: ‘Cul-de-Sac’
Big, imposing sculptural assemblages of concrete and fabric: Barlow knows how to dwarf a viewer, but something about that is totally and perfectly calming.
→ Royal Academy of Arts. Piccadilly Circus. Until Jun 23. £12, £10 concs.

Diane Arbus: ‘In the Beginning’
A powerfully affecting look at one of the most iconic photographers who ever lived. From freaks to geeks and everything in between, Arbus had a seriously brilliant eye.

Daria Martin: ‘Tonight the World’
The dreams of a refugee who fled Nazi oppression are recreated in video game and film form in this immersive, challenging and affecting installation.

BEST OF THE BEST
The top exhibitions you have to see in London right now

By Chris Waywell
Who didn’t give Mr Parr permission to photograph the back of his neck.
ART

I THINK YOUR INTELLIGENCE HAS GOTTEN IN THE WAY OF YOUR ABILITY TO BE INTIMATE.

BETTY TOMPKINS'S PAINTINGS were once considered so obscene, the French wouldn’t even let them into the country. Betty couldn’t catch a break with her ‘Fuck Paintings’ among her peers in the 1970s feminist art movement, either. Many criticised her work, seeing it as an objectifying play into patriarchal hands. Hers was the wrong kind of politics. The wrong kind of radical.

But in the early noughties, Betty got her second coming. ‘Fuck Paintings, Etc’ is her first ever solo London exhibition. And what a show it is: enormous depictions of full-on penetration and vivid greyscale labia fill the entire gallery.

The ‘Fuck Paintings’ on display here are a mix of old and new (the more recent capturing a shocking lack of pubic hair). It’s thrilling to see a woman claiming this sort of space with such aggressive, intensely sexual, graphic art.

It is unashamed, but the world at large doesn’t allow them to exist without shame. Four paintings are overlaid with the vile comments women experience in their exterior and interior lives (‘She’s difficult to work with’, ‘Who will ever love you if you look like this?’).

The genitals are slightly out of focus, as though seen through a Vaseline-smeared camera lens. Though Tompkins’s works are described as ‘photorealistic’, they play with abstraction, forcing you to look – really look – at the sexual organs in front of you. They got through customs this time, but they still have the ability to shock. Tompkins might not be the ‘right kind’ of radical, but if this show proves anything, it’s that she still just doesn’t give a fuck. ■ Katie McCabe

Find less NSFW art at timeout.com/art
Groovy Peruvians

Slave to ceviche? Addicted to anticuchos? We’ve got you covered with our pick of the best places to eat Peruvian in the capital

Casita Andina Soho
Soho townhouse meets Peruvian den at this venture from the team behind Ceviche and Andina. Kick off with the usuals: annatto-marinated lamb loin say, or a plate or two of ceviche. But don’t miss the corn tamal, a soft steamed dumpling with a fiery, meaty middle.

→ 17 Frith St, W1D 4NG. ◇ Tottenham Court Rd.

Chicama Chelsea
The grown-up Chelsea sibling of Marylebone’s Pachamama, Chicama is all about seafood with pizzazz. Look for contemporary Peruvian small plates such as sea bass ceviche and chargrilled bream with smoked aji panca, which deliver knockout flavours without troubling those size-zero waistbands. Chicama’s genial young staff, bubbly vibe and deep Latin beats may set your pulse racing but – oh – those tapioca marshmallows!

→ 31 Great Windmill St, W1D 7LP. ◇ Piccadilly Circus.

Ceviche Soho
Martin Morales’s original restaurant-bar instantly struck a chord with Londoners, and the party hasn’t stopped on Frith Street since.

→ 14 Garrick St, WC2E 9BJ. ◇ Leicester Square.

Coya Angel Court Bank
With three open kitchens and multiple dining rooms and curtains, this City offshoot of Mayfair’s Coya delivers pisco-fuelled Peruvian entertainment for those with chunky wallets. Expect big hits on small plates: ceviches, tacos, tiraditos and steaks, backed by thumping music, bright Inca-themed decor and hugely welcoming staff.

→ 31-33 Throgmorton St, EC2N 2AT. ◇ Bank.

Floral by Lima Covent Garden
This Covent Garden offshoot of Fitzrovia’s high-rolling Lima has more to it than just attractive contemporary interiors and a bevy of easygoing staff. It’s also known for its playful, imaginative cooking, subtle plays on texture and striking visuals.

→ 18 Thayer St, W1U 3JY. ◇ Bond St.

Señor Ceviche Soho
Harry Edmeades (aka Señor Ceviche) had plenty of practice before opening his first bricks-and-mortar restaurant in Kingly Court, and it shows. There’s a touch of Lima’s boho Barranco district about the vibrant interiors and upbeat music, and the food – from chargrilled anticuchos skewers to superfood salads and zingy ceviches – is no less colourful.

→ Kingsly St, W1B 5PW. ◇ Oxford Circus.
Going out? Try here.

MARGOT LONDON SAYS:
‘Feeling peckish? AA Food Service Award winners Margot London are pleased to have added breakfast to their menu, including everything from classic toast and jams to gorgeous granola and all kinds of eggs. Breakfast is served from 8am Monday to Friday and is a delicious way to begin the day. Reserve now.’
45 Great Queen St, WC2B 5AA.

TEMPER CITY SAYS:
‘Head to temper City for brunch, with sharing steaks, pastrami poutine and ’80s classics. Try these and more at the new weekend brunch, which you can enjoy for £20pp, or add free-flowing margaritas, mimosas and French 75s for an extra £20pp. Available Saturday from 11am until 4pm. Call to book.’
2 Angel Court, 30 Throgmorton St, EC2R 7HU.

ICCO SAYS:
‘When it comes to great pizza, ICCO is fantastic value for money. The locations at Goodge Street in Fitzrovia and Camden both offer pizzas with freshly made dough and a wide variety of toppings to suit every kind of foodie. ICCO aim to be fresh, fun and friendly with great value, top service and amazing flavours.’
46 Goodge St, W1T 4LU.

CASA TUA CAMDEN SAYS:
‘Casa Tua in Camden is an award-winning coffee bistro serving authentic southern Italian cuisine in a beautiful setting. The menu offers appetising breakfast and brunch, pasta, Italian wine, fresh juices and invigorating coffee. Casa Tua uses fresh ingredients daily, offers great service and doesn’t compromise on quality.’
176 Royal College St, NW1 0SP.
**RESTAURANT OF THE WEEK**

**Chisou**

22-23 Woodstock St, W1C 2AR. Bond St.

**CHISOU WAS IN** the same Mayfair spot for 16 years before the owners decided to change things up a little. Now, the Princess Street original is no more but this new, bigger site has opened on Woodstock Street, just around the corner.

It’s beautiful inside: light and airy, with lots of pale oak tables, a calming wall of sake bottles at the entrance and an open sushi counter so you can watch the chefs at work while you eat. On our lunchtime visit it was buzzy, relaxed and the service was lovely. Just the right amount of bustle: no one rushing you through your meal.

Cold dishes are its strong suit. A favourite was the horenso salad starter: fresh spinach leaves, beautifully arranged into a spiral, with crispy, spicy pieces of prawn topped with a creamy yuzu sauce and some ultra-thin fried, spiralled carrot for texture. Next up, three different types of perfect sashimi (yellowtail fin, salmon and prawn) and some delicious inside-out rolls with soft-shell crab. From the hot selection, the fried chicken karaage had an excellent bubbly batter, while the skewered chicken tsukune (meatballs) were nicely breaded and juicy.

The bill was on the steep side, but this was top-notch sushi in a truly lovely spot – it was absolutely worth the price. If you’re on a budget, stick to the cold stuff, or go at lunch and you’ll find a slightly cheaper menu. If you love sushi and don’t mind paying for it? Splash out and go for the real deal. — Kelly Pigram

**WHY GO...**

For sashimi and salads you’ll dream about for days.

**Pastificio Al Dente**

51 Goodge St, W1T 1TG. Goodge St.

**AL DENTE IS** refreshingly un-gimmicky. The focus at this pasta bar and wine shop is on the quality of the food. Born out of a group of friends’ passion for handmade fresh pasta, the place serves it up artisanal and al dente, tasting like it comes straight out of an Italian nonnina’s kitchen.

The small restaurant has limited seating – a lot of space is taken up by the on-site ‘pasta laboratory’ – with high tables and bar stools along counters. Cutlery and water glasses can be found in the table drawers, with this lack of set-up adding to the casual vibe. It’s got an unexpectedly neighbourly feel, even though its neighbours are office blocks and a tube station.

Although a pasta dish here is sufficient for one person, it’s worth going in a group and sharing, so you can try as many options as possible. No-miss selections include the spaghetti alla carbonara: chunky tendrils in a rich, creamy, eggy pudding of perfection, sprinkled with guanciale (cured pork) for added saltiness. Also good was the tonnarelli cacio e pepe: creamy and fairly peppery, as you’d expect from the name.

Finally, the ravioli zucca e pecorino: silky pockets of pasta stuffed with pumpkin and pecorino in a ricotta cheese sauce.

Dessert, though not the main event (there are just three choices), was equally delicious. Specifically the cannoli: a beautifully crisp pastry cigar, bursting with sweet ricotta and sprinkled with bitter chocolate.

Best of all, you can eat like you’re at a royal banquet, but without paying a princely sum. I’m almost reluctant to share how good the food at Al Dente is, as it’s currently still an easy place to wander into without a reservation. Go soon, before everyone else finds out about it. — Nina Clark

**WHY GO...**

For the spaghetti alla carbonara: as good as a real nonna would make.

**Exclusive**

Get your French fix with our exclusive offer for chateaubriand, frites, salad and fizz for two at L’Escargot. Now just £44.

TIMEOUT.COM/LESCARGOT
**Little Kolkata**

‘**COOKED FROM THE HEART**, served with love.’

So says the website of Little Kolkata, which sums it up pretty well. The first permanent restaurant from the crew behind a popular Indian supper club, there’s an endearingly amateurish quality to this place. The room is two knocked-together units, with a tiled black-and-white floor that slopes in parts. There’s a quirky table for two wedged tightly between two columns (do ask for it: it’s cute). Wine is in a clear-fronted chiller. The music veers from Tracy Chapman remixes to upbeat boyband pop. And so on. You get it.

As for the food, it’s homely stuff, drawn from the kitchens of Kolkata (once known as Calcutta). And some of it is marvellous. Like dinky breaded cod cakes, perfectly spiced and tasting every bit like you get at Indian family functions. Or Indo-Chinese battered chilli chicken, with mellow onions and equal hits of sour, sweet and heat. Then: slow-cooked Bengali goat curry, its rich, yellow sauce spiked with skinny slivers of ginger.

But a few dishes — a snack bowl of brittle, overcooked okra, or a side of too-sweet yellow lentil dahl — lacked sparkle. Still, Little K is kind to wallets, so if you’re on a budget and looking for comfort, it’s well worth a whirl.

■ Tania Ballantine

Dinner for two with drinks and service: around £80.

---

**Peckham Bazaar**

**SO YOU’VE NEVER BEEN TO**

**How bazaar.**

Oh, stop it.

**Seriously though, what is this place?**

A pan-Balkan neighbourhood restaurant and one of the original Peckham princes. A trio of places (the others being The Begging Bowl and Artusi) that first put SE15 on London’s culinary map, catapulting it from Del Boy to del-icious in the space of two years.

**What’s the vibe?**

Well, if you looked up ‘atmospheric’ in a dictionary, it would probably say ‘See Peckham Bazaar’. It’s a genuine feast for the senses, with loud Balkan folk music (an area, for those of you who failed your Geography GCSE, which stretches loosely from Greece and Turkey up to Croatia and Serbia), rustic woods, flickering oil lights and smoke from the open kitchen.

**How about the food?**

Magnificent. The daily-changing small-plates menu is packed with strong, sunny flavours. We were blown away by the impossibly tender octopus, its herb-flecked flesh nicely offset by strands of pickled red onion and a dollop of creamy roe. Also wonderful: fat courgette-and-feta fritters, served with a thin, garlicky yoghurt, a cigar-shaped pastilla (savoury filled pastry) packed with braised lamb, prunes and pine nuts, and the golden kourkourbines (flat, pan-fried dumplings).

**Any other tips?**

Go with a thick skin: the only slight niggle on our visit was our unsmiling (though efficient) waitress. ■ Tania Ballantine

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

→ 119 Consort Rd, SE15 3RU. Peckham Rye Overground.
Homeboy

108 Essex Rd, N1 8LX. Essex Rd rail.

DON'T EXPECT ANY shamrocks or fiddles at Homeboy, an Irish-run bar on Essex Road that mostly avoids clichés. It’s got a green colour scheme, but it’s hardly overkill. Windows at the entrance were incredibly steamy on a Saturday night, suggesting the amount of revellers inside, and it was the kind of crowd who’d have probably frequented London Cocktail Club, which used to be on this spot – they were up for a party and wiggled along to Robin Thicke’s ‘Blurred Lines’ like the song wasn’t six years old and gross. Don’t worry: a neat lines’ like the song wasn’t six years long to Robin Thicke’s ‘Blurred w

Where up for a party and wiggled w

Kind of crowd who’d have probably visited, and it was the right, suggesting the amount of ni

Windows at the entrance were W

Shamrocks were made for papping.

Hollywood factor. But the cocktails, at least, were comfortable making recommendations. The Princess Parrot (£12; gin, bergamot liqueur, rosemary) were good, if a little samey. A Blue Macaw (£1.4) was a fun and fruity rum drink for those buying into the tropical theme.

So don’t flock to The Parrot expecting the Hollywood factor. But the cocktails, at least, were made for papping. ■ Laura Richards

The Parrot

The Waldorf Hilton, 45 Aldwych, WC2B 4DW. Temple.

IDRIS ELBA IS the co-founder of this Aldwych bar attached to The Waldorf Hilton. And yet, it’s neither the vibing hangout you’d expect from Big Driis nor a snazzy hotel spot. We walked in via a celeb-appropriate carpet and velvet rope to find zero celebs – just curious hotel guests and a few friends supporting a covers band on stage (‘Isn’t She Lovely’ was very unlovely). Much has been done to make an oddly shaped place look like a tropical paradise – neon, palms and eponymous stuffed birds – but with passing buses visible through the windows, any illusion was shattered. Still, the bar and the stage looked pretty fine.

Drinks were a visual feast, too. I sipped one through a bong-like vessel, while another cocktail came with a light switch at the base, providing uplighting for my face that made me wish I’d gone there on a date. Making a decision on what to drink felt agonising, since each of many cocktails had a paragraph-long description, but bar staff were friendly – ushering us in, offering cherty and speedy table service, even giving us Barry’s tea bags to take home – we chose to look (or smell) past it. We’d forgive most things for famous Irish hospitality and whiskey drinks this good. ■ Laura Richards

WHAT IS IT...

An Irish-run bar doing a strong line in whiskey drinks.

WHY GO...

Put your feet up with an Irish coffee, or get dancing with a Wogan.

DRINK THIS

Harvey Wallbanger

Bear with us: we know the Harvey Wallbanger (vodka, orange, Galliano) is hardly revolutionary. But that’s totally how this ’70s surfer favourite feels at Mayfair’s Gridiron. The Venning brothers (of Three Sheets fame) have designed a list of retro drink hits redone. This twist favours mandarin orange, while green tea is used in place of Galliano. A gnarly trip down memory lane.

Gridiron, Como Metropolitan
Hyde Park Corner. £13.50.

Drinking made for that Instagram close-up.

WHAT IS IT...

Tropical-themed cocktail bar brought to you by Idris Elba.

WHY GO...

More banging bevvies at timeout.com/bars
Have a weekend as long as this guy!

He's 2.5 days long

Virgin Trains

No peak fares on Friday afternoons!

No Friday Peak Fares (15:01 - 15:44) from London Euston
A perfect day in Lulworth Cove

Sea breezes, freshly caught delicacies and World Heritage coastline

ON THE JURASSIC COAST, a fossil’s throw from the iconic natural limestone arch of Durdle Door, Lulworth Cove is a shell-shaped oasis edged with white pebbles. Rock formations along this stretch of shoreline represent 185 million years of history, and while the cluster of buildings around Lulworth haven’t been around quite that long, they’re far from modern. Visit for laidback charm and a dip in some of the UK’s bluest waters.

First up
Head to The Boat Shed Café right on the edge of the semicircular cove for a coffee with a side order of invigorating salty sea air. Take away some fresh crab sandwiches, in case you get peckish later on.

Soak up the vibes
Explore the breathtaking views and rolling cliffs of the surrounding area, which became a World Heritage Site in 2001. Take the short walk to Stair Hole to see geological talking point the Lulworth Crumple. Or get out on to the water with Jurassic Coast Activities for a kayaking or coasteering session. A solid way to earn that lunchtime pint.

Stop for lunch
Stroll 15 minutes inland and you’ll reach The Castle Inn, a thatched-roof boozzer specialising in local ales and posh pub grub. Think richly flavoured mussels and perfect puddings. If all the hills have got you feeling justifiably lazy, Lulworth Cove Inn is an equally good lunch spot. It’s situated right on the main stretch leading up from the sea, and boasts a sun-trap beer garden.

Go on an adventure
The cove itself might have a quiet pace, but there’s plenty to do nearby. Seventeenth-century Lulworth Castle & Park (home of Bestival) is within walking distance, while renowned primate sanctuary MonkeyWorld, which has its own orang-utan nursery, is a short drive away.

Drink like a local
Settle in with a cold pint or a sparkling cocktail at Lulworth Lodge. Maintaining a wholesome level of sobriety? Order hot drinks at super-cute The Dolls House, which also sells old-fashioned sweets and locally made fudge. ■ Lisa Wright

→ Get there: two hours 45 minutes by train from London Waterloo to Weymouth then bus or taxi; around two hours 45 minutes by car.

Strip off for a bracing spring swim at timeout.com/daytrips
Escapes

THREE OF THE BEST

Farm-to-fork spots

Hanami Picnic

CHERRY BLOSSOM SEASON is nearly here, and while petal-worshippers can see the bright buds in any number of London parks, hardcore flower fans should head to Kent to find a sea of bloom-laden boughs at the Brogdale Collection. The orchard – home to more than 4,000 varieties of fruit trees – is hosting Hanami Picnics next month, inspired by the Japanese celebrations where people party under cherry tree blossoms.

Tickets for the BYOP (bring your own picnic) event include workshops in calligraphy and origami. For a bigger hanami hit, book tickets for the Hanami Festival, set to feature tea ceremonies and iaijutsu demos. Looks like flower power is alive and well. ■ Lucy Lovell

→ Brogdale Collections, Faversham. Hanami Picnics, Apr 7-27. £11.50. Hanami Festival, Apr 14-17.20. www.brogdalecollections.org

The Straw Cottage, Powys, Wales. From £390 for three nights. www.tygwynfarm.co.uk

FORGET WHAT HAPPENED to the Three Little Pigs. No wolf would have enough puff to blow down this eco-friendly cottage. The walls are made of more than 180 straw bales and the cedar shingle roof is stuffed with sheep wool, keeping it deliciously warm even in the depths of winter. Best of all, there’s no electricity or phone signal, so you can curl up by the wood-burning stove with a good book and zero FOMO.

Surrounded by hills and ancient woodland, the Straw Cottage sits in a meadow in a quiet corner of a big farm in Wales. It’s kitted it out with everything you could need for an off-grid weekend, including candles, solar lights and a fire pit for toasting marshmallows under the inky night sky.

Eat alfresco on the veranda, listening to the chattering birds and gurgle of the stream. We know what you’re thinking. And, yes, guests have been known to skinny-dip. ■ Claire Webb

→ The Straw Cottage, Powys, Wales. From £390 for three nights. www.tygwynfarm.co.uk

The Field Kitchen Devon

Best known for its veg delivery service, Riverford run a restaurant too, where organic produce is picked just metres from the kitchen. Seats offer views over the lush farmlands, while guests share platters on communal tables. Expect a veg-centric menu and a dreamy buffet of desserts.

Lunch £25 per person. fieldkitchen.riverford.co.uk

→ The Field Kitchen Devon, Devon

Where the Light Gets In Stockport

In the attic of a Victorian warehouse, ambitious chef Sam Buckley is redefining northern food with dishes that are humble, exciting and underpinned by a commitment to sustainability. Buckley runs his own farm, where they grow the bulk of the tasting menu.

Dinner £90 per person. www.wtlgi.co

→ The Forest Side Lake District

This Michelin-starred spot is big on hyper-local ingredients. When chefs aren’t gathering sorrel from their private fellside, they’re harvesting veg from the kitchen garden. During the winter months, the menu relies heavily on preserved ingredients – think pickling, fermenting, curing.

Four-course lunch from £35. www.theforestside.com

→ Four-course lunch from £35. www.theforestside.com

Give food miles the finger at timeout.com/daytrips
THE
Lightest
WAY TO
ENJOY
BEN & JERRY'S®

salted caramel brownie

ben&jerry's