

# TimeOut

LONDON



**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.

Ziping 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.**

FREYA BETTS, STEVENAGE & KERRY ROPER



LNER



# 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

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## Where is Wally?

You'll have no trouble spotting  
him at the fun run on Clapham  
Common: they're all Wallies

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## Snap election

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

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## 'Waitress'

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

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## '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

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# Hello, London

**Isabelle Aron**  
Deputy Features Editor



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.

## 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 tossing 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*

## COMMENT OF THE WEEK

After announcing Celine Dion as a headliner 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 whopping six years ago. This reader is confused, though. He thought he was waving goodbye for ever in 2013. **'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...

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**Cover** Richard Pendrill,  
Dave Brooks and Chris Ruocco  
at Highgate Men's Pond  
Photography Andy Parsons





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\*\*](https://your.fb.com)

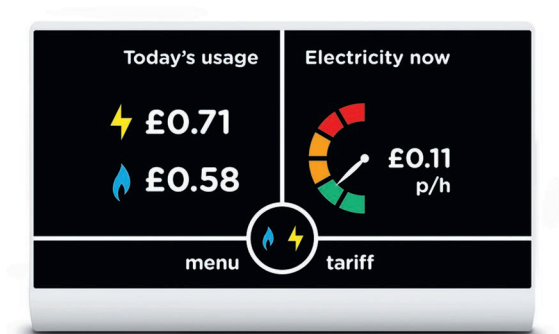
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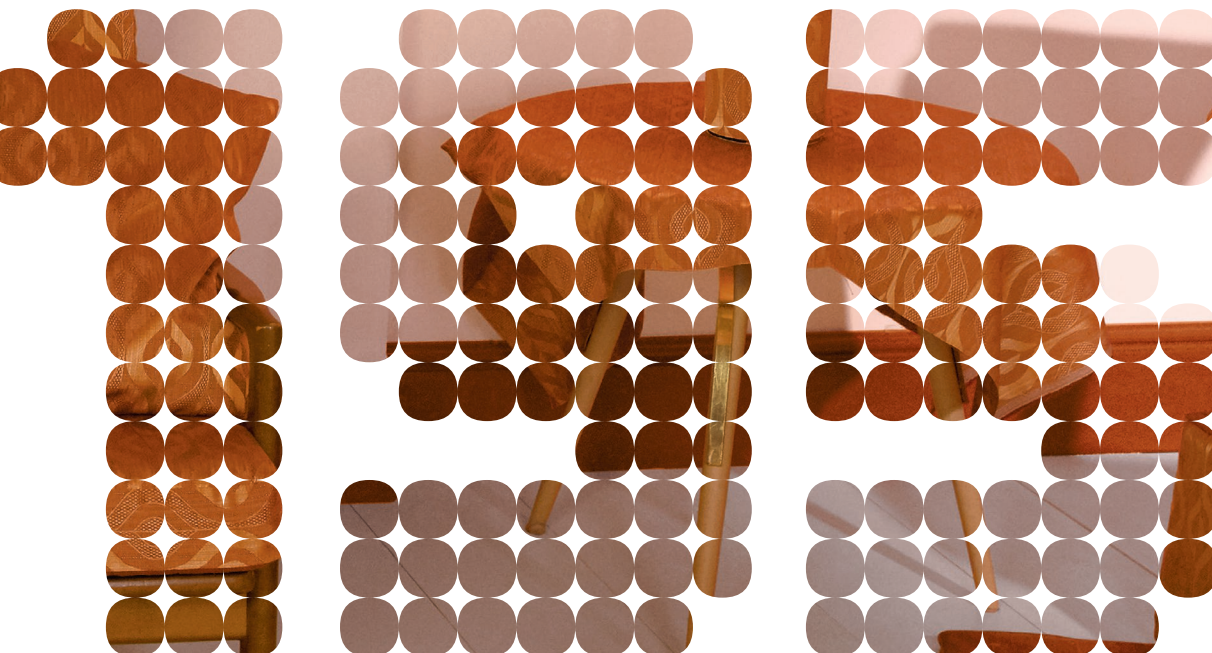








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# City life

Edited by James Manning  
@timeoutlondon

## 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**

→ 'Panorama: London's Lost View' is at the Museum of London.  
Fri Mar 15-September. ☉ St Paul's. Free.



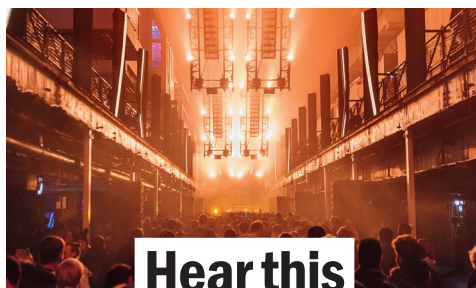
## THE ESSENTIALS

Three things you have to do this week



### Eat this

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.



### Hear this

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, obv.



### Do this

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](https://www.timeout.com/news)



**BEN & JERRY'S**  
moo-phoria!™

It's  
**LIGHTER.**  
Kind of  
like a  
cow with  
wings.



## City life



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

## 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](http://www.itai.info)

ROB GREIG



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# *Barbra Streisand*

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## MY LONDON STORY

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'

ANDY PARSONS



DISCOVER A DIFFERENT SIDE TO



Limited availability. Prices are available each way based on a return 'Basic' World Traveller (Economy) fare from London Gatwick and include taxes, fees and charges. Correct as of 5 March 2019 but subject to change at any time. Departing from London Gatwick to Fort Lauderdale on select dates between 1-30 November 2019. Availability may be limited during these dates and not all days will be available at this price. See [ba.com/florida](http://ba.com/florida) for details.





**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](http://www.ouradaptiveworld.com)

For more unique looks at London life, head to [timeout.com/news](http://timeout.com/news)

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## HEADS UP

# Loads of tall buildings are heading our way



**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...

**84**

← 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.

**1,001 feet**

← 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.

**110,000**

← 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.

**50%**

← 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](http://www.newlondonarchitecture.org)

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at [timeout.com/news](http://timeout.com/news)

**BEN & JERRY'S**  
**moo-phoria!**  
**It's**  
**LIGHTER.**  
**Kind of**  
**like a**  
**cloud**  
**but**  
**tastier.**

**BEN & JERRY'S**  
**moo-phoria!**  
**132 kcal per 100ml**  
**chocolate cookie dough**  
chocolate ice cream with chunks of chocolate chip cookie dough





deliveroo



**first-bite  
happy face  
delivered**

**FOOD  
FREEDOM**





# WORD ON THE STREET

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

'I kind of want to find  
the man of my dreams,  
but I also fucking  
hate everyone.'

**'My mate wiped  
his arse with  
a pitta bread.'**

'I'm too tired for real sex  
because I'm busy fucking  
everyone I see on the street  
in my mind.'

'I'm so thick  
sometimes I surprise  
myself.'

**'Oh, no! I broke my  
Theresa May snow globe!'**

**'We took a term off  
school last year and  
went to live in  
Sri Lanka.'**

'These are my "end of the world"  
shoes. I'm armageddon ready.'

**'I'm pretty sure  
you need consent  
to put a dick hat on  
someone.'**

'Can you get a train  
to Sweden?'

'I really don't like  
brown coins – they  
freak me out!'

Overheard something bizarre? Tweet us! #wordonthestreet @timeoutlondon



## Being home for bedtime was **my rightmove**

More properties than anywhere else

**rightmove**   
find your happy





**messy  
if done  
right**



**FOOD  
FREEDOM**







## THE VIEW FROM YOU

What Time Out Tastemakers have been  
Instagramming this week



@eatnldn  
'London, even rain can't steal your thunder.'



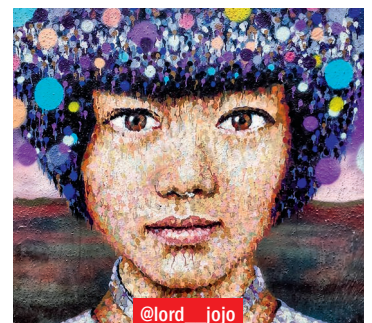
@dr.ed.ldn  
'Back at @royaloperahouse, this time watching "Don Quixote".'



@lty.eats.travels  
'A novel way to eat xiao long bao (soup dumplings) @redfarmldn.'



@nonipapp  
'Morning Gloryville is a thing I would prescribe for everybody!'



@lord\_\_jojo  
'"You are a child of the universe, no less than the trees and the stars."'

Send us your Instagram pics with  
**#timeoutlondon**

**BEN & JERRY'S**  
**moo-phoria!™**

**It's  
LIGHTER.  
Kind of  
like a  
spoon  
in outer  
space.**





150 Sainsbury's  
Est. 1869

What do you call  
a Red Nose  
with no body?



uhhh...



Nobody  
nose!



Pick your nose  
at Sainsbury's.





# FREE LONDON



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](mailto:uk.press@drmartens.com) to snap 'em up. Come on, vogue!

→ Dr Martens Camden. ☹ Camden Town. Thu Mar 14.

## HOT OFFER

### Pizza at Za

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

→ Za, Fenchurch St rail.  
Thu Mar 14.

## 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!

→ Ely's Yard, Truman Brewery.  
Shoreditch High St Overground.  
Tue Mar 12.

## 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.

→ The Francis Crick Institute.  
☹ King's Cross. Until Nov 30.

99 problems? Try 101 things to do at [timeout.com/thingstodo](http://timeout.com/thingstodo)





The Abominable Snoseman



Conk Jester

Snufflekins



Honkus Ponkus



Nosediva



The Gnose



Hairy Nostroll



Schnoz III



Wolfnose



Hoppy Hofter



150 Sainsbury's  
Est. 1869

Ha ha  
you  
picked  
your  
nose  
yet?

COMIC RELIEF  
**RED NOSE DAY**  
FRIDAY 15 MARCH



# SHOW

IN THE

# DARK

---

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REGENT STREET AND ST JAMES'S

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6PM-9PM

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&



ST JAMES'S  
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St James's Market

**NIGHTHOUSE**

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

**CUBITTS**

Spectacle Demonstration, St James's Market Pavilion

**ISAAC CAREW**

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Smeg, Regent Street St James's

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**SHOWINTHEDARK.CO.UK**

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Cold water generation  
Richard Pendrill,  
Dave Brooks and  
Chris Ruocco

# 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

ANDY PARSONS





## 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.

### LIFE LESSONS

'Get a trade. If you're an electrician, plumber or anything in the service industry, you'll always make a few bob. And keep off the drugs!'

Dave Brooks

now...







### 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!'

## The chef who salsas

Dolores Sardinias (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](http://www.migrateful.org)







## 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!'

→ [www.easysaturdayskate.com](http://www.easysaturdayskate.com)

### 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





## 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.'

→ Company of Elders perform at Sadler's Wells on Jun 14. [www.sadlerswells.com](http://www.sadlerswells.com)

### LIFE LESSONS

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



**Proper knees-up** Dahlia Douglas, Christopher Dunham, Sybil Fox and Almeric Johnson

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## 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."'

→ [www.silverfit.org.uk](http://www.silverfit.org.uk)



### 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!'



## The tour guide

Andrew Lumsden (77) is a guide for Queer Tours of London

### When did you join Queer Tours 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](http://www.queertoursoflondon.com)

### LIFE LESSONS

'If London's trying to look down on you, maybe go to Richmond Park or Hampstead Heath and look down on London'







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### LIFE LESSONS

'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*



**Golden girls** Cyrlene Power, Gloria Omotoso, Barbara Layne, Angela Roach, Mabelyn Dick

## 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]

**Angela** 'Our table's got a reputation – we're the naughty table.'

**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 detached or

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?"'

**Cyrlene** 'What I didn't understand was a bedsit. I thought: This is weird; your bedroom and sitting room should be separate!'

### 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!'

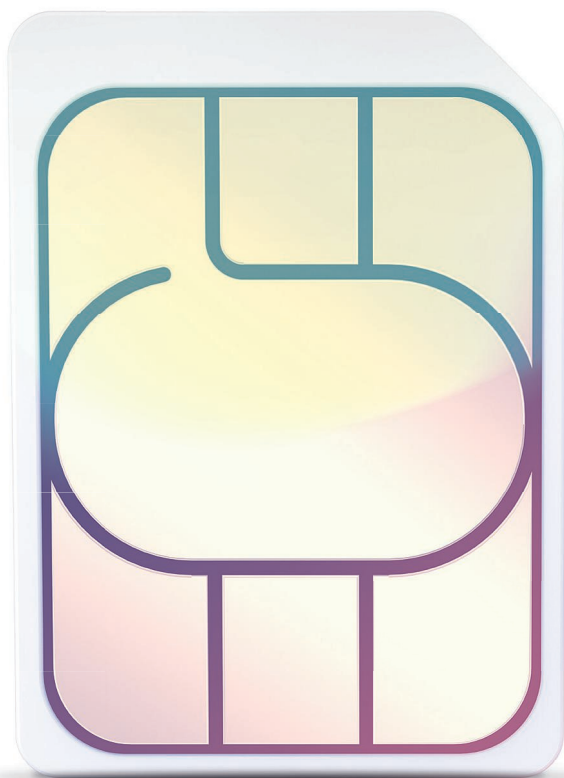
**Angela** 'Well, I'm only 25... so I have a long way to go.' ■

→ [www.theposhclub.co.uk](http://www.theposhclub.co.uk)



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# Mind the (generation) gap

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'**



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takes a few seconds for me to register the elderly residents sitting quietly among them.

'We're holding a bakery session today,' says Addison, gesturing at a hectic table of children – all between the ages of three and four – as they clumsily try to form dough into a challah shape. They're being guided by some of the home's older residents (mostly aged between 80 and 100), who gently correct any mistakes.

For a newcomer like me, it's a heartwarming scene. But for the staff of Nightingale House, this

is just another day. The Jewish care home is on a quest to make this kind of interaction normal, which is why, 18 months ago, it became the first intergenerational facility of its kind in the UK. Now, Nightingale House is home to elderly residents and nursery children by day, with the two groups uniting for a variety of activities – from gardening to arts and crafts.

'It's terribly good seeing them,' says resident Anne Dunne, as she watches some four-year-olds violently attack their misshapen dough. For her, this is a new experience: she has no children of her own. 'It's nice to see people who are so young, and it's lovely when they come and talk to you.'

While there haven't been any major studies into the benefits of intergenerational nursing, the anecdotal evidence seems positive. It's been shown to increase confidence and improve social skills for both groups, with the older people feeling stimulated and more in touch with their past.

'I think it makes the residents feel like they're at home with the grandkids,' says activities coordinator Rosa Gauld, who works with Nightingale's Dementia Care Unit. 'For the majority of residents, it really makes them happy to see the children running around.'

For the children, it's a way of learning about their history and shutting down ageist stereotypes before they have time to develop. It also teaches them about death. 'It's a taboo subject for most people but for us it just becomes a natural process,' says nursery head teacher Cindy Summer. 'We take pictures of that person and stick them to the wall of their room, and we ask the children: What do you remember about them?'

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.' ■

→ [www.nightingalehammerson.org/innovation](https://www.nightingalehammerson.org/innovation)



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# Things to Do



Edited by Katie McCabe  
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## Seven brilliant ways to spend

# St Patrick's Day



Sodom & Begorrah

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.  
→ The Water Poet and The Crown and Shuttle.  
Shoreditch High St Overground. Tue Mar 12–Sun Mar 17. Prices vary.

### 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.



St Patrick's Day Parade







## EDITOR'S PICKS

### The best Irish bars

A totally biased selection of great Irish boozers



#### ↑ 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.

#### 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.

→ 441 Bethnal Green Rd. ☉ Bethnal Green.

Sun Mar 17. Free entry.

#### 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 schtuff for £20. Go easy, as any Guinness flatulence victim will tell you, it's not necessarily that 'good for you'.

→ 1-5 Bloomberg Arcade. ☉ Mansion House.

Sat Mar 16-Sun Mar 17. From £30.

#### 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.

→ Various locations through central London.

Sun Mar 17. Free.

#### 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. ■ *Alexandra Sims and Katie McCabe*

→ The Glory. Haggerston Overground. Mar 16.

£10 on the door.

SODOM & BEGORRA: EVIND HANSEN PHOTOGRAPHY; ST PATRICK'S DAY PARADE: SANDOR SZANTIKO/DAVID MIBWU/SHUTTERSTOCK; THE AULD SHILLELAGH: NERIDA HOWARD; THE FALTERING FULLBACK: ELIZABETH BLANCHET





Promotional feature



## Wonderful World

# 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 feathery 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

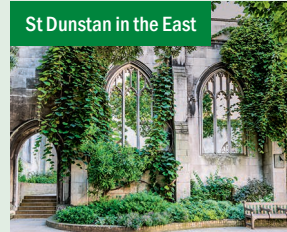
Retromania for a well-curated selection of old-timey garms, Kookie for upcycled accessories and Cave – with its on-site gallery – for a side of arty oddness.

**Did you know?**  
In 1905, fishmongers were banned from transporting their stock on the District line's trains.

### DID YOU KNOW?

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

St Dunstan in the East



### 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.

**Travel in Zones 2-6  
for £1.50**

MAYOR OF LONDON



TRANSPORT  
FOR LONDON

→ **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](https://timeout.com/culturaltflmap)



# SOMETHING FOR THE WEEKEND

## Friday



### '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.

→ Selfridges. ☹ Bond St. Until Mar 31. Free.

### 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.

→ National Portrait Gallery. ☹ Charing Cross. Fri Mar 15. £10.

## Saturday

### 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.

→ Gasworks. ☹ Oval. Sat Mar 16. Free.



### 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.

→ The Ecology Pavilion. ☹ Mile End. Sat Mar 16-Sun Mar 17. Free entry.

## Sunday

### Breddos x Tabasco TacOver

Chefs who've worked at Smokestack and The Clove Club team up with Breddos to make a five-course menu. Soak it up with booze by Neta Mezcal.

→ Breddos Tacos Clerkenwell. ☹ Barbican. Sun Mar 17. £35 (plus £25 for mezcal pairing).



### 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.

→ The Cinema Museum. ☹ Elephant & Castle. Sun Mar 17. £6.

### BUY DSFL Zine Fair

Browse zines from Mark Pawson and Spelling Mistakes Cost Lives. Bring a T-shirt for screen-printing.

→ DIY Space for London. South Bermondsey rail. Sun Mar 17. Free entry, workshops £7.

No need to lump it. Smooth events only at [timeout.com/thingstodo](http://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-polier 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.

→ Apr 2, 3 and 4. Parent-and-child tickets £30.

## 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 Djangui 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 voguing, 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 Ibiza roof terrace. In short, they're the ultimate way to wind down after a day of battling away pass-ag 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](http://www.timeout.com/eyeopeners)



Promotional feature



# Taste the Greatness of Northern Ireland in Borough Market

Dunluce Castle, Northern Ireland

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

**S**ure, 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.

That's right: from March 13-23, Borough Market's Market Hall will proudly go green with its 'Taste the Greatness of Northern Ireland' showcase. Here are three reasons to visit.

## 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 Fūde (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. Grown-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!

## MAKE 2019 YOUR YEAR TO DISCOVER NORTHERN IRELAND

There's no substitute for the real thing – and in Northern Ireland, you're guaranteed a tasty time. Last year, the region was awarded 'Best Food Destination' by the International Travel and Tourism awards. If Michelin-starred restaurants are your thing, head to Belfast's celebrated riverside spot, Ox, or sample Alex Greene's fiercely innovative cooking at Epic. Or maybe you prefer a combo of fresh, local and seasonal food and exceptional value? Then make a beeline for Belfast's Bib Gourmand winner, Home. Throw in places like Harry's Shack (a brilliant seafood spot in Portstewart) and your next gastronomic odyssey is pretty much sorted.

## AWESOME EVENTS

City breaks to Belfast and the Walled City of Derry or a trip along the Causeway Coastal Route are worth doing every year, but 2019 is set to be extra special for Northern Ireland. The 148th Open, at Royal Portrush, tees off in July and – steady yourself 'Game of Thrones' fans – the 'Game of Thrones' Exhibition arrives in Belfast next month. Dragonglass at the ready.

Fill your heart with  
**Ireland** 

→ For more information and inspiration, visit [ireland.com/northernirelandfood](http://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.

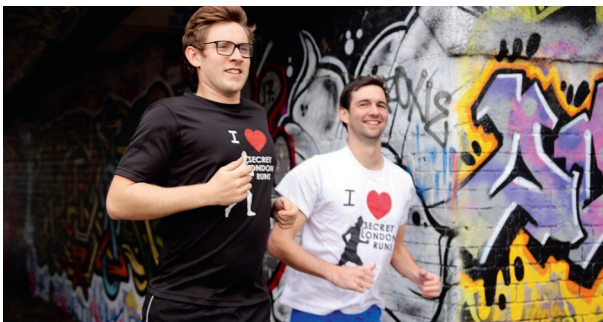
→ Clapham Common. ☉ Clapham Common. Sun Mar 17. £27.



#### ↑ 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.

→ Queen Elizabeth Olympic Park. ☉ Stratford. Sat Mar 16. £20.



#### ↑ 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*

→ Starts at Dorsett City London Hotel. ☉ Aldgate East. Wed Mar 13. £17.

Get a shake on at  
[timeout.com/fitness](http://timeout.com/fitness)

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## SAMPLE SALE

FRIDAY 15TH MARCH: 11:00 am – 8:00 pm  
SATURDAY 16TH MARCH: 9:00 am – 7:00 pm  
SUNDAY 17TH MARCH: 10:00 am – 6:00 pm  
Last entry 30 mins before closing

LARGE SELECTION OF  
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Our sample sale product is sold with a statutory rights only refund policy and all products must be checked before purchase.  
Entry to the sample sale will be £2 per person which will be donated to UNICEF (registered charity 1072612).



# 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

**O**h 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.

## **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.**

## **Secret Sketch at Vaulty Towers**

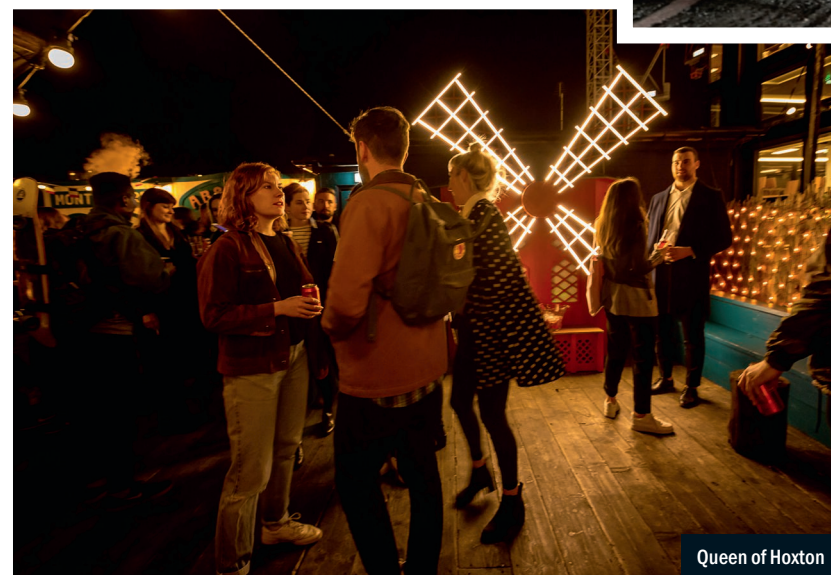
Pencil pusher? Show off your graphite skills at this quirky life-drawing salon in the atmospheric Vaulty Towers pub on Lower Marsh, where you can mesh your midweek creative juices with nude bodies. Normal, innit.

**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.**



Queen of Hoxton





The Four Quarters



Whistle Punks

### 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.**

Promotional feature

## BEN & JERRY'S moo-phoria!™

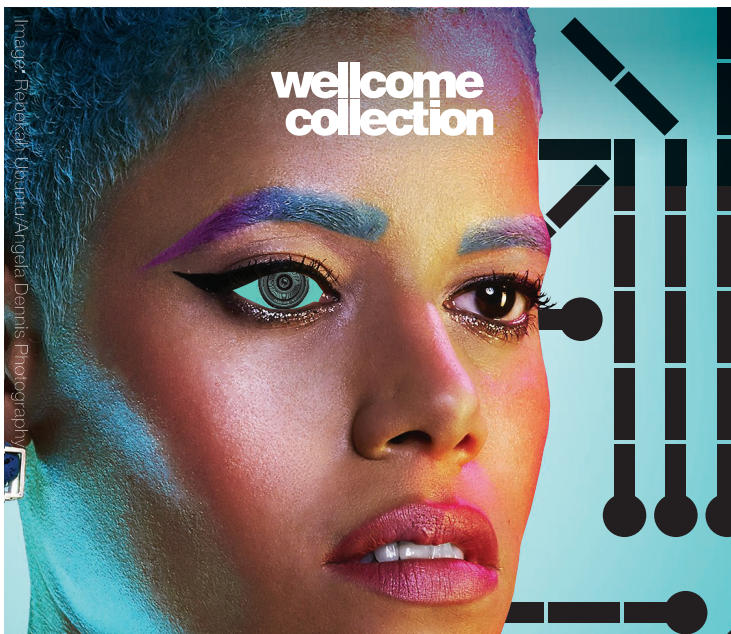
**Ben & Jerry's Moo-phoria** light ice cream family is available in supermarkets and at Ben & Jerry's Soho Scoop Shop. Pick up a tub today for the lightest way to enjoy Ben & Jerry's.



→ 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](http://www.timeout.com/moophoria)





**Friday Late**

# Cyborgs

Free event  
Fri 15 Mar, 19.00–23.00

[wellcomecollection.org](http://wellcomecollection.org)  
⇨ ⇨ Euston ⇨ Euston Square

EXCLUSIVE

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## Things to Do

# TO DO

The best events in your area

**C** Central **N** North **S** South **E** East **W** West

### LATES

#### **C** 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.  
Wed Mar 13. Free.

#### **C** 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.  
Thu Mar 14. Prices vary.

#### **C** 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

#### **S** Vauxhall Vintage Kilo Sale

Riffle 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. £1.50-£3.

#### **E** 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.

### WATCH

#### **S** 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.

#### **C** Movie Nights at the Museum

Catch a screening of 'Night at the Museum' in the actual Natural History Museum. Get cosy with a bag of popcorn in the glorious Hintze Hall under Hope the blue whale and prepare for a truly meta experience.

→ Natural History Museum.  
⇨ South Kensington.  
Tue Mar 12. £27.75.

#### **S** 'Blue Planet II': Live In Concert

Missing David Attenborough's gentle tones and the stunning camera shots of weird and wonderful marine life? 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.

### EAT

#### **W** 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.  
Wed Mar 13. Free entry.



## SEX ED

### ♻️ 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.

→ The New Cross House.  
New Cross Gate Overground.  
Thu Mar 14. £15.

### ♻️ 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 Namgauds. Male allies are welcome too.

→ The Place. ☯ Euston.  
Thu Mar 14. £16.

## JOIN IN

### ♻️ 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).

→ Cinnamon Kitchen.  
☯ Liverpool St.  
Until Mar 21. From £13.

### ♻️ 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.

→ The London Loom.  
Rectory Rd Overground.  
Wed Mar 13. £65.

### ♻️ 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 use a drop spindle and create your own skein of yarn using wool from heritage sheep. You better baa-lieve it.

→ The LookOut, Hyde Park.  
☯ Hyde Park Corner.  
Sat Mar 16. £25.

## ANIMAL MAGIC

### ♻️ Blue Cross Animal Hospital Open Day

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

→ Blue Cross Animal Hospital.  
☯ South Wimbledon.  
Sat Mar 16. Free, £2 tours.

## Things to Do

### ♻️ 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!

→ The Dundee Arms.  
☯ Bethnal Green.  
Thu Mar 14. £3.

## DRINK

### ♻️ 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 bevs 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.

## 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.

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Sadler's Wells Theatre  
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## Mark Morris Dance Group

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V&A South Kensington

Admission free  
[vam.ac.uk](http://vam.ac.uk)

The Ruddock Family Cast Court

V&A



# Film

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

## 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, 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 it as a job, but in the same breath I was burning out. I was back-to-back since the Spider-Man days. 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 box sets. 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.

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FILM OF THE WEEK

## Under the Silver Lake



### 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.

**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, dopey 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. ■

Joshua Rothkopf



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## FIVE QUESTIONS FOR Simon Amstell

**FROM HIS BBC** sitcom 'Grandma's House' to his book 'Help', Simon Amstell's work is often filled with therapeutic self-examination. He's now written and directed his similarly themed second film (after the brilliant 'Carnage'), the charming new comedy 'Benjamin', which stars Colin Morgan ('Merlin') as a young man navigating a romantic battlefield.

### 1 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]

### 2 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.'



### 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



### WHAT IS IT...

A romcom by comedian and filmmaker Simon Amstell.

### WHY GO...

The familiar London locations, from Hoxton bars to the night bus home.

→ Director Simon Amstell (15) 85 mins.



**'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 worrier 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.

→ Director Lukas Dhont (15) 109 mins.



**WHAT BEGINS AS** a sensitive portrait of a trans girl becomes more troubling in this Belgian drama. Having been born a boy, teenaged 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 grins 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*



## MY LIFE IN MOVIES

# Daniel Mays

Famous Londoners share  
their favourite film spots



### 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 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".'

### Which films would you say sum up London?

'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"!'



'Mona Lisa'

### 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?' ■

Interview by Phil de Semlyen

→ 'Fisherman's Friends' is in cinemas Fri Mar 15.

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# Girl

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DANIEL MAYS: WIREIMAGE, 'MONA LISA': MOVIESTORE COLLECTION/ALAMY



## 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. *Cath Clarke*



### CHILDREN OF THE SNOW LAND

★★★★★

Breathtaking 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 go 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



'Minding the Gap'

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.

→ Various London venues. Wed Mar 13-Mar 21. [ff.hrw.org/london](http://ff.hrw.org/london)

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# Music & Nightlife

Edited by Oliver Keens  
timeout.com/music @timeoutmusic

## 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?'

**She loves her dog so much she had it cloned... twice**

**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.







**10** Her Instagram is the gift that keeps on giving. Seriously – she’s posed with everyone from US politician Nancy Pelosi to Timothée Chalamet.

**11** 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’.

**12** 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.

**13** 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.

**14** 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)’

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## WHAT'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 Guadeloupean 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](http://timeout.com/music)

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## Vinyl Jukebox at Hand of Glory

This sweet Dalston boozier 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. ■ Kyle McNeill  
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## GIGS AND CLUBS

### 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.

→ Electric Ballroom. Mar 30.

### 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 classyspinners like Derrick Carter, 2manydjs, Colleen 'Cosmo' Murphy, CC:Disco! and a live set from Inner City.

→ Three Mills Island. Aug 24.

### 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.

→ Roundhouse. Nov 29.

## 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.



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# Theatre & Dance

Edited by **Andrzej Lukowski**  
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## TIME OUT MEETS

# Anne Washburn

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'.





**WHAT IS IT...**  
Sara Bareilles's enormo-smash musical about a smalltown waitress.

**WHY GO...**  
Tender, human characters and some lovely songs.

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→ Adelphi Theatre.  
↻ Charing Cross.  
Until Oct 19. £19.50-£150.

## 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-reenactment-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-rock-ish 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*  
→ Bridge Theatre. Until Mar 30.



### 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 comb 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*  
→ Shakespeare's Globe. Until Apr 21.



### 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.

→ Trafalgar Studios. ⊕ Charing Cross. Until May 25. £15-£70.

##### Betrayal

Tom Hiddleston wraps up Jamie Lloyd's epic Pinter season with a turn in the playwright's 1978 masterpiece.

→ Harold Pinter Theatre.

⊕ Piccadilly Circus.

Until Jun 1. £15-£99.50.

##### Yamato – Passion

A bone-rattling drumming spectacular from Japan.

→ Peacock Theatre. ⊕ Holborn.

Tue Mar 12-Mar 31. £15-£38.

#### OFF-WEST END

##### Billy Bishop Goes to War

This Canadian theatre classic follows a death-defying WWI fighter pilot.

→ Southwark Playhouse.

⊕ Elephant & Castle. Wed Mar

13-Apr 6. £14-£22, £18 concs.

##### Homegrown Festival: Occupy

A buzzing fest of new shows by under-represented artists.

→ Battersea Arts Centre.

Clapham Junction Overground.

Mon Mar 18-Apr 12. £6-£12.50.

##### Madrid Is a Female Name

A showcase of Spanish-language plays with a feminist focus.

→ Cervantes Theatre.

⊕ Southwark. Sat Mar 16

and Mar 23. £12.50-£25.

##### Richard III

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

→ Alexandra Palace. Alexandra

Palace rail. Wed Mar 13-Mar 31.

£9.50-£48.

##### The Rubenstein Kiss

James Phillips's Cold War-era drama is back, directed by Joe Harmston.

→ Southwark Playhouse.

⊕ Elephant & Castle.

Thu Mar 14-Apr 13. £14-£22.

##### Undetectable

A new gay love story from Tom Wright.

→ King's Head Theatre.

⊕ Angel. Wed Mar 13-Apr 6.

£19.50-£25, £5 concs.

## TOP-SELLING TICKETS

AT [TIMEOUT.COM/TICKETS](http://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.

→ Phoenix Theatre. Until Sep 14.

##### 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.

→ Adelphi Theatre. Until Oct 19.

##### 5 The Curious Incident of the Dog in the Night-Time

Whip-smart novel adaptation.

→ Piccadilly Theatre. Until Apr 27.

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#### 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.

→ Sadler's Wells. ⊕ Angel.

Until Sun Mar 17. £15-£55.

#### 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.

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# Art

Edited by Eddy Frankel  
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SHOW OF THE WEEK

## Martin Parr: 'Only Human'



**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 caff 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

### WHAT IS IT...

Brexit-plus images from the nation's favourite photographer.

### WHY GO...

Parr is a great recorder of human contradictions and he's in his element here.

→ National Portrait Gallery.  
⊖ Charing Cross. £18,  
£16.50 concs.



## BEST OF THE BEST

The top exhibitions you have to see in London right now



### ↑ 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.

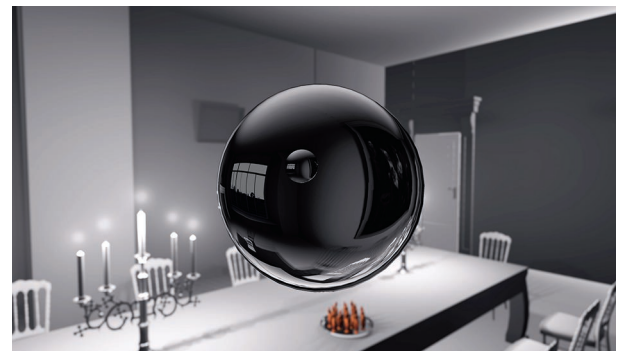
→ Hayward Gallery. ⊖ Waterloo. Until May 6. £14, £11 concs.



### ↑ 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.



### ↑ 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.

→ Barbican Curve. ⊖ Barbican. Until Apr 7. Free.

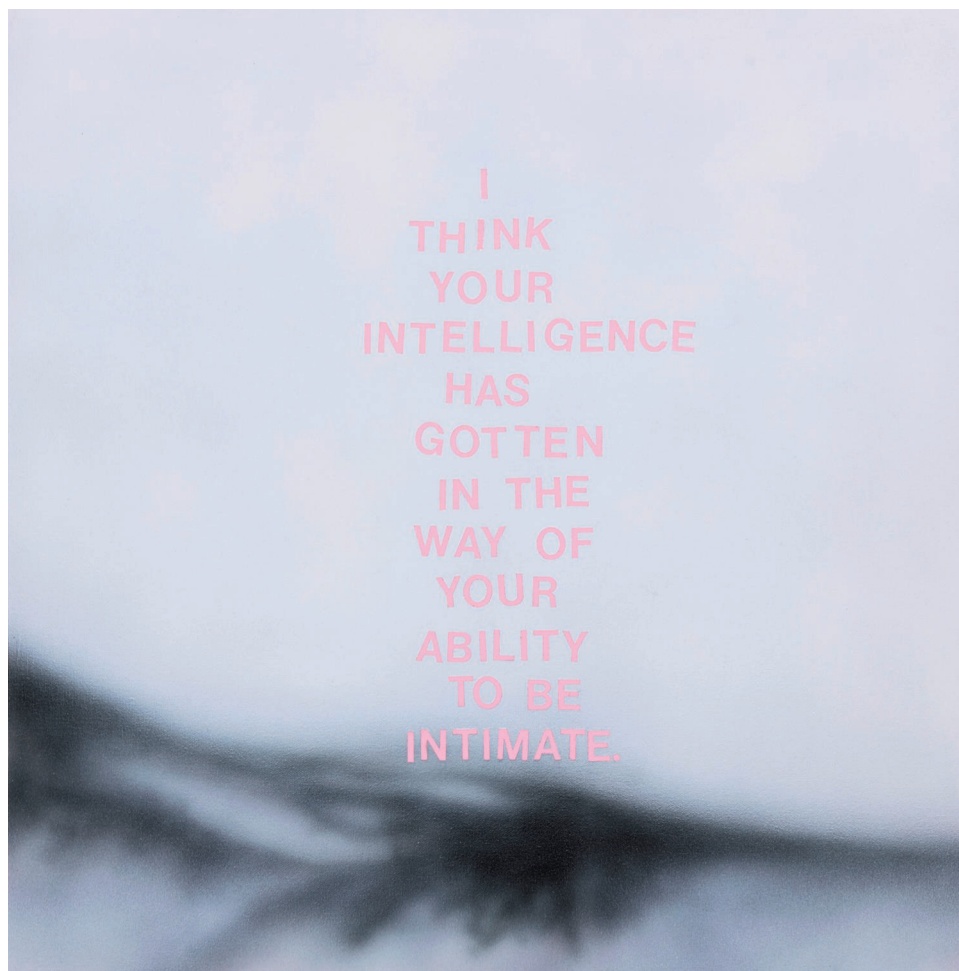
does. Suddenly things look 'very Martin Parr': glum or gaudy or a bit shoddy or apparently trapped in time. If this show lost some of its gimmicks, it would have a clear message about how the seeds of Brexit have been germinating all around us, all of our lives. But I suspect the daft gimmicks have a purpose, as a metaphor for distraction and complication. Parr probes at the contradictions of Brexit. People don't always want a clear message: they want to be entertained and to be allowed to believe what they want to believe, however silly or crass or counter-intuitive. To be human. ■



By Chris Waywell

Who didn't give Mr Parr permission to photograph the back of his neck.





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## Betty Tompkins



**WHAT IS IT...**  
Brutally confrontational, massive paintings of genitals.

**WHY GO...**  
Tompkins is a feminist pioneer, and these are stunning, important works.

→ J Hammond Projects.  
📍 Archway. Until Apr 13.  
Free.

**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**

BETTY TOMPKINS © THE ARTIST, COURTESY PPOW GALLERY AND J HAMMOND PROJECTS.



# Food

Edited by Tania Ballantine  
timeout.com/eatdrink @timeouteatdrink

Find the full list at  
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## 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

### 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.

→ 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.

There's plenty more to showcase Peruvian food than the famous ceviche, such as great grilled meats on skewers and colourful salads.

→ 17 Frith St, W1D 4RG. ☎ 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 ají 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!

→ 383 King's Rd, SW10 0LP. ☎ South Kensington.

### 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 Incan-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.

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

### Pachamama Marylebone

Named after Peru's Mother Earth, Pachamama is one to revere if you're a Marylebone hedonist – this gorgeous low-lit basement hotspot has it all. To eat, there are modish (but never wacky) Peruvian plates full of finesse and flavour, all accompanied by party-time DJs at

the weekends. Also, Pachamama's bottomless brunch is a local legend.

→ 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. ■

→ Kingly St, W1B 5PW. ☎ Oxford Circus.

Floral by Lima

Ceviche



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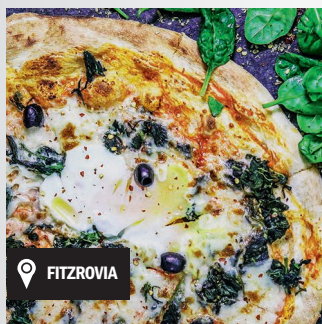
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CAMDEN TOWN

### 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 Princes 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, spiralised 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

#### WHAT IS IT...

A smart Japanese restaurant in Mayfair.

#### WHY GO...

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



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*

**Dinner for two with drinks and service: around £120.**

### Pastificio Al Dente

→ 51 Goodge St, W1T1TG. ↻ 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 neighbourhood 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



#### WHAT IS IT...

A pasta bar and wine shop in Fitzrovia.

#### WHY GO...

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

in a rich, creamy, eggy puddle 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*

**Dinner for two with drinks and service: around £45.**

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[TIMEOUT.COM/LESCARGOT](http://TIMEOUT.COM/LESCARGOT)



## Little Kolkata



→ 51-53 Shelton St, WC2H 9JU. ☞ Covent Garden.

### WHAT IS IT...

A permanent restaurant from an Indian supper club, in Covent Garden.

### WHY GO...

For the cod cakes. Order double so you don't have to share.

### BOOK

[timeout.com/  
restaurants](http://timeout.com/restaurants)



**'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, mellow 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.**

## SO YOU'VE NEVER BEEN TO

## Peckham Bazaar



**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 (savory 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.

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# Drink

Edited by Laura Richards  
[timeout.com/bars](http://timeout.com/bars) @timeouteatdrink

## 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 cluster of sofas by a fireplace at the entrance gave off a homely vibe

ideal for those less in it for the craic, and although it was booked out by a group, we also spied 'London's smallest Irish pub' – a tiny, comforting drinking booth hidden behind a mirrored door at the back.

Although many people seemed to stick to Guinness, cocktails averaged £9.50, with two house drinks costing a little less – a sweet Whiskey Smash (Irish whiskey shaken with mint and spinach syrup) and an

Irish coffee that was one of the best I've had in the capital. Sticking with whiskey-led drinks paid off: the Wogan was beautifully strong and sharp – with apricot brandy also in the mix – that drinking it practically had the opposite effect of kissing the Blarney Stone.

We didn't have the luck of the Irish on our side when it came to the night we visited, though – a waste pipe had burst during service, leaving

a stench throughout the bar that lessened and then worsened again (smells from the kitchen masked things for a bit). But staff were so friendly – ushering us in, offering cheery 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*



### BAR OF THE WEEK

#### 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.

## The Parrot

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



#### WHAT IS IT...

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

#### WHY GO...

Drinking made for that Instagram close-up.

**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 swanky 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 unlvely). 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 comfortable making recommendations. The Princess Parrot (£12; gin, pear, thyme) and Senegal Parrot (£14; gin, bergamot liqueur, rosemary) were good, if a little samey. A Blue Macaw (£14) 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: CATCH62

## 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 London, 19 Old Park Lane, W1K 1LB.  
 ☉ Hyde Park Corner. £13.50.

More banging bewies at [timeout.com/bars](http://timeout.com/bars)



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# Escapes

Edited by Ellie Walker-Arnott  
timeout.com/daytrips



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 boozer specialising in local ales and posh pub grub. Think richly flavoured mussels and perfect puds. 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 **Monkey World**, 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.

### IF YOU ONLY DO ONE THING

Lace up your walking boots and take the South West Coast Path from Lulworth Cove to nearby **Durdle Door**. The view will give you some serious top-of-the-world feels, while Durdle Door – with its natural limestone arch – is a genuine geological marvel. Pack a picnic and soak up the sense of being surrounded by millions and millions of years of history.

### WAKE UP HERE

## Rudds of Lulworth



There aren't many places that genuinely take your breath away, but Rudds's cliffside pool is one of them. It's nestled on a stretch of green above the stones of Lulworth Cove, and standing there makes you feel like you're on the edge of the world. The rest of the hotel is a gem, too. Family-owned, it oozes easy, relaxed warmth, from the cute congregation of buildings that make up its rooms to the log fires constantly being stoked by friendly staff. Play board games on squishy sofas in the bar and order hearty fuel for coastal hikes at breakfast. The only downside? You will eventually have to leave. ■ *Lisa Wright*

→ Lulworth Cove, Dorset. From £85 a night.  
[www.ruddslulworth.co.uk](http://www.ruddslulworth.co.uk)

Strip off for a bracing spring swim at [timeout.com/daytrips](http://timeout.com/daytrips)





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## 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. £7.20. [www.brogdalecollections.org](http://www.brogdalecollections.org)

## SWAP THE CITY FOR

## An electricity-free cottage made of straw



**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](http://www.tygwynfarm.co.uk)

## THREE OF THE BEST

## Farm-to-fork spots



### ↑ The Forest Side Lake District

This Michelin-starred spot is big on hyper-local ingredients. When chefs aren't gathering sorrel from their private fellsides, 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](http://www.theforestside.com)



### ↑ 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](http://fieldkitchen.riverford.co.uk)



### ↑ 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. ■ *Lucy Lovell*

→ Dinner £90 per person. [www.wtlgi.co](http://www.wtlgi.co)

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