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LONDON



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in no time at all

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TINY PARKS: ANDY PARSONS; KIDS SPECIAL: ANDY PARSONS

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Hello, London

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LONDON

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YOU SAID IT

What you've been rating and hating online

A London eatery made a 41-cheese pizza to celebrate Eurovision's 41 entrants. One Instagrammer pointed out that this time next year, our *fromage* won't have any friends. Sniff.

'Brexit pizza with just cheddar.'
@rei_deoliveira via Instagram

Last week's Time Out looked at AI in London. We even got a robot to generate 'Word on the Street' – things you've overheard in London. This reader thinks it all sounds a little too plausible.

'I think some of these are more believable than things I have heard when out in London tbh.'

Gina B via Facebook

London is getting its first pop-up 'meat massage' joint. No, not that sort, you uncouth swine! It's one that tenderises beef. Not sure who this commenter is referring to, though. Don't be so oblique, Tony!

'They should do one for seasoning *certain people*'
Tony S via Facebook

In other meaty news, hold on to your hangovers! Dishoom is now dishing up double naans (bacon or a meat-free version) for breakfast. 'No pleasing some people' alert.

'Where was the double option before?'

@nahul_311 via Instagram

COMMENT OF THE WEEK

It's the most wonderful time of the year. A whole seven days of grape-powered events, catering to the capital's dedicated oenophiles/winors. Yep, May 13-19 was London Wine Week. This news seemed to confuse one reader.

'Eh? They have just one week for that? I thought it was 52 weeks a year.'

Adrian H via Facebook

Adrian, sit up straight. Here's a little test. How many fingers am I holding up? No, *fingers*. Okay. Erm. Do you think you can stand up? No? Where's your other shoe? *Shoe*. Your shoe, Adrian... Never mind. You have a little lie-down.

GET ACTIVE

with an Amazon Echo Dot on us.

Offer ends 30 June.



*Does Alexa speak
Dachshund?*

And get fitness and nutrition tips
from the Alexa Vitality Skill.



New member offer until 30 June,
available with certain Vitality plans.



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City life

Edited by James Manning
@timeoutlondon

Time for a taco tussle

LOVERS OF LOADED tortillas, your wait is over. After five years of peace, Street Feast's Taco Wars have returned, promising discord and delicious food on the streets of Shoreditch. Tonight (Tuesday May 21), eight of London's best restaurants and taquerias will battle it out at Dinerama for the title of taco top dog, a £2,500 prize and the 'Corona Cup' – and you can join the hundreds of taco-lovers voting to crown the victor. Each ticket admits two taco-tasters to sample eight takes, as well as an ice-cream taco from Chin Chin Labs, a bottle of Corona and a Patrón Chilliback to wash it all down. Whether you're backing Breddos or supporting Santo Remedio, this'll be a sizzling contest full of delicious rivalries. It's essentially 'Game of Thrones', but with tacos. And yes, that does sound like literally the best thing ever. ■ *Paula Akpan*

→ www.streetfeast.com/news-events/taco-wars



THE ESSENTIALS

Three things you have to do this week

EAT THIS: SHUTTERSTOCK; TACO WARS: JOHNNY STEPHENS PHOTOGRAPHY



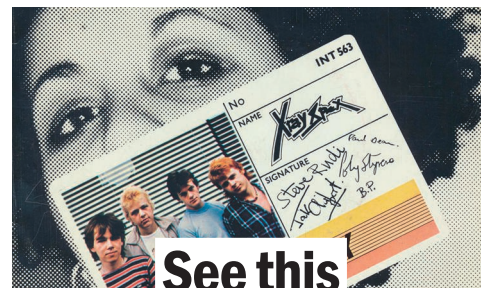
Eat this

Nothing says 'the high life' like eating a delicious meal 90m above the Thames. **Sky High Dining's** five-course menu on the Emirates Air Line takes 'treat yourself' to new heights.



Do this

You've heard of Jack the Ripper, but you probably know less about his victims and their stories. The new **Feminist Jack the Ripper Tour** explores the grim reality of being a woman in Victorian London.



See this

Celebrate a London punk icon at '**Identity! A Poly Styrene Retrospective**', an exhibition at 198 Contemporary Arts in Herne Hill that looks at the X-Ray Spex singer's pioneering career.

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

WORD ON THE STREET

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

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

Wedding planner

Holly Poulter, 30

Wedding fomo is rampant in London

'A lot of couples feel like they're not doing enough to make their wedding unique. They see Instagrammable weddings in places like a clifftop in Hawaii and want to out-do them. Part of my job is to give people perspective: they don't need to add things just for the sake of it. Remember why you're getting married!'

Weddings are easy to plan – it's people that are the problem

'Scheduling the wedding day is a big part of the job, but speeches always run over and guests don't always do what you want them to. At one of our first weddings, some people who had only been invited to the ceremony turned up to the dinner too, and couldn't see their names on the table plan. The groom asked me to pretend it was a mistake – we had to find tables to squeeze the extra guests on to. And they blamed us, not the couple!'

Weddings equal meltdowns

'The pressure of putting on an amazing event takes its toll. A lot of family tension and

bridesmaid drama can come up. We often find ourselves being a shoulder for brides to cry on.'

Being 'spontaneous' involves a shedload of preparation

'We arranged a wedding in Florence a few years ago, and the couple flew out a surprise brass band. They wanted them to pop out on the steps outside the venue at the exact moment the cake was cut. Me and my business partner Susie were in a bush, keeping our eyes on the cake and the band members, frantically cueing people. But the timing was spot-on and the atmosphere was electric. The planning was worth the surprise!'

Interview by Jessica Brown

→ www.jointherevelry.com

'That's probably why she's deaf, from all that chanting she does.'

'You've got some food in your hair. Oh, it's just truffle mayo.'

'I've only got a two-inch Princess Margaret and I can't hang her above the kitchen window.'

'You can be vegan in your next life.'

'You would not believe how much vomit a Primark bag can hold.'

'I'd rather you didn't lick my meat, thank you.'

'I am so insulted. It's your dog's birthday and you can't even be there.'

'I love going downstairs. Gravity is your friend.'

'If I had to choose, I'd go for Nemo's dad, Marlin. I think he'd be really caring and a gentle lover.'

Overheard something weird?
Tweet us #wordonthestreet
@timeoutlondon



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GIVE IT A SILLY
NAME LIKE
'FRAPPERINOCINO'.
BUT WE DON'T.**



Great tasting coffee, simple

Subject to availability. Price and participation may vary. © 2019 McDonald's



BACK IN THE day, the valley in which London sits was crisscrossed by waterways. As the city expanded, most of them were covered over and became part of the sewer system. But their memories remain, echoing through road layouts, place names (Peckham, Westbourne Park, Fleet Street), novels and art. Now, a new exhibition at the Museum of London Docklands, 'Secret Rivers', is a chance to find out more about these elusive tributaries – and to have a good think about how we treat the London rivers that haven't been forced underground. ■ *James Manning*



THE VIEW FROM YOU

Want to see your Insta-shots of the capital in print? Tag them **#timeoutlondon**



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LONDON EYE



ANDY PARSONS

Tiny Parks on the tube

HAS YOUR COMMUTE got a little greener lately? Guerilla gardeners The Edible Bus Stop have worked with TfL to turn a series of disused tube ticket offices into urban oases. These Tiny Parks have cropped up at four appropriately named stations: St James's Park (where the scheme was first trialled in 2017), Kilburn Park,

Belsize Park and Wood Green. The plants only need watering around once a month, and are chosen for their positive effect on air pollution – and on commuters' moods. Keep your bleary eyes open for a tropical paradise in a ticket booth near you. ■ *James Manning*
→ www.theediblebusstop.org/tiny-park



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FREEDOM

wagamama



TIME OUT LIVE
PRESENTS



MOVIES ON THE RIVER

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Five nights a week, Tue-Sat, from June 4 until August. The boat boards at Tower Pier at 8pm.

› TICKETS

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Explore the line-up and book at

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citycruises

TimeOut
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CITY ENVY

Great things that we love in other cities

Santa Fe's puppy spa



HOT TUBS, STEAM ROOMS and aromatherapy sessions are all very well and good, but a spa in New Mexico has decided to take relaxation in a more fun, furry, four-legged direction.

Sunrise Springs Spa Resort in Santa Fe has recently added 'puppy playing' to its restorative experiences. Once guests are sauna-ed and steamed, they can have a go at working with some extremely young (and cute) assistance dogs that are taking part in their service training.

The programme, run in partnership with Assistance Dogs of the West, is beneficial for both pups and spa-goers. The dogs get used to having responsibilities that will aid their future jobs supporting veterans and helping trauma victims, while the humans get to play with some lovely little labradors. If all that energetic puppy play leaves you feeling pooped, there are some calmer older dogs nearing the end of their training.

Oh, and there's one extra twist: the spa also hosts animal communication lessons to help you have a one-to-one with your pet. Dr Dolittle, eat your heart out. ■

Charlie Allenby

→ sunrisesprings.ojospa.com

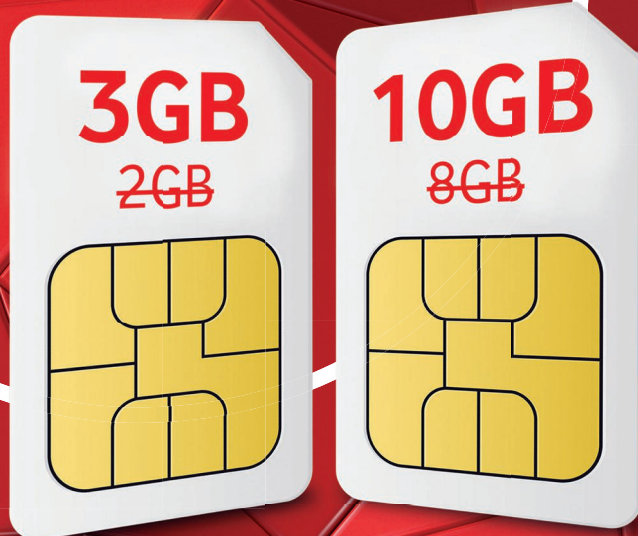
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FREE LONDON

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



DON'T
MISS

WOO KIE PHOTOGRAPHY

ALL RIGHT, PETAL!

Chelsea in Bloom

From a four-metre-long orca whale (made of foliage) to a coral reef (also made of foliage), west London's swimming with 'Under the Sea' themed installations this week for Chelsea in Bloom. More than 80 venues have decked their halls with fishy-meets-floral decor. Head to Sloane Square to book a free rickshaw ride or walking tour so you don't miss a tulip!

→ Various venues. Until Sat May 25.

BLOODY GOOD Free beer

To relaunch its fan fave beer 'Bloody 'Ell', a blood orange IPA, Beavertown Brewery is giving away 500 free beers to punters. All you have to do to get your hands on one is sign up to donate blood to the NHS – and you were going to do that anyway, right? Right!?

→ Beavertown Brewery.

⊖ Tottenham Hale. Sat May 25.

FLOWER POWER Floral Court Festival

Petersham Nurseries in Covent Garden is marking its first birthday with a four-day celebration. Get down there for free yoga, live music and free booze – the first 100 punters on Friday will get a bellini. Cheers to that!

→ Petersham Nurseries.

⊖ Covent Garden. Fri May 24.

A RED FLAG Red Bull Fitness

Red Bull might give you wings, and now it can help you to get abs. The energy-drink brand is hosting lunchtime workouts in May. There are cardio, HIIT and mobility sessions. Use the code 'TimeOut' to book at www.redbull.co.uk/awol and go get sweaty!

→ Red Bull HQ. ⊖ Covent Garden. Until May 31.

WORK IT OUT Summer Bootcamp with Wild Cat Fit

Cancel your gym membership and get shredded in the sun (or rain) at these 50-minute outdoor workouts. Expect a killer mix of cardio and strength training and plenty of #gains.

→ Merchant Square.

⊖ Edgware Rd. Every Tuesday May 21-Jul 9, 6pm.

99 problems? Try 101 things to do at timeout.com/things todo

FASHIONABLE MEETS STRETCH-OUTABLE

The Cubana combines modern design with comfy features like cushioned arms and a moveable lounger seat. It's also handmade to order and guaranteed for 15 years.
So why not come and take a closer look?



Cubana 4 seater lounge sofa £799
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making everyday
more comfortable



Cubana 4 seater lounge sofa, scatter cushions optional extra. After event price applies from 18.06.19 - see in-store or online for details. 15 year guarantee applies to frames and frame springs on all sofas, chairs and footstools. Delivery charges apply. DFS is a division of DFS Trading Ltd. Registered in England and Wales No 01735950. Redhouse Interchange, Doncaster, DN6 7NA. dfs.co.uk

>LL POIN

The
chemical
brothers

Kate Tempest > Spiritualized > Little Dragon > Roisin Murphy > Steve Mason > Danny Brown > Peggy Gou Presents Gou Talk > Optimo > David August > Josey Rebelle > Little Simz > Jadu Heart > Petite Noir Maurice Fulton > Ibibio Sound Machine > Lane 8 > Ge-ology > Elder Island > DMX Krew

THE RACONTEURS > INTERPOL

Johnny Marr > Jarvis Cocker introducing JARVIS IS... > Courtney Barnett > Fat White Man
Parquet Courts > Connan Mockasin
Amyl and the Sniffers > Angie McMahon
Our Girl > Viagra Boys > Bakar > The Nude Par > Healey > Demob Happy

CHRISTINE AND THE QUEENS

Kamasi Washington > Beach House > Honne > Kurt Vile and the Violators > Princess Nokia > Ezra Collective > Toro y Moi > Rina Sawayama > Bob Moses > Andrew Weatherall > Yves Tumor (Full band) > Baloji > Cuco > Moxie Presents On Loop > Octo Octa > Galcher Lustwerk > Paquita Gordon

+ MANY MORE ACTS A

>LL
POINTS
E>ST

- > KIDS ACTIVITIES
- > FILM SCREENINGS
- > LIVE MUSIC
- > DANCE WORKSHOPS
- > CRAFT BEER FAIR (MON 27 ONLY)

FREE ENTRY & FREE ACTIVITIES



16:15 MARY POPPINS RETURNS (U)
19:00 THE GREATEST SHOWMAN (PG)

16:15 BACK TO THE FUTURE (PG)
19:00 BLACK PANTHER (12A)

17:25 GOODNIGHT LONDON
19:30 NAPOLEON DYNAMITE (PG)

16:15 E.T. THE EXTRA-TERRESTRIAL (U)
19:00 BOHEMIAN RHAPSODY (12A)

TS E>ST

VICTORIA PARK, LONDON E3

Fri 31 May

BRING ME THE HORIZON

ARCHITECTS > RUN THE JEWELS

NOTHING BUT THIEVES > WHILE SHE SLEEPS > IDLES

Sleeping With Sirens > Alice Glass > Employed To Serve > Scarlxrd > Yonaka > Lotus Eater > Happyalone

Sat 01 June

MUMFORD & SONS



GENTLEMEN OF THE ROAD
> LL POINTS E>ST

LEON BRIDGES > DIZZEE RASCAL

THE VACCINES > DERMOT KENNEDY

Villagers > Sam Fender > The Staves

Jade Bird > Marika Hackman > Dizzy > Gretta Ray > HYYTS > Alan Power > Delilah Montagu

Sun 02 June

BON IVER

MAC DEMARCO > FIRST AID KIT > JOHN GRANT

THE TALLEST MAN ON EARTH

EZRA FURMAN > RY X

Phosphorescent > Julien Baker > Snail Mail > KOKOKO! > Charlie Cunningham

CROSS ALL STAGES



IN THE NEIGHBOURHOOD VICTORIA PARK > LONDON E3



allpointseastfestival.com

For Full Line Up & Further Information

>>>>> BANK HOLIDAY MON 27 > THU 30 MAY





Switch



off!

Glued to your phone? Trying to find some digital-free
headspace? Seems like the whole of London is – in our different
ways. Bobby Palmer identifies the city's unplugged archetypes.
Which one are you? Illustrations Anna Wray

The crafty so-and-so

For you, being a 'maker' (your words, not ours) isn't just a way to fill up Friday evenings. Although that is exactly what it does, whether you're painting pots at Peckham Levels, prosecco in hand, or doing life drawing at the Royal Drawing School, erm, prosecco in hand. Your kitchen is stacked to the roof with slightly wonky bowls, mugs and vases that don't really function very well on a practical level. And so what? It's a learning process, and you're learning: everything from hand-stitching to coin-pendant-cutting, with nothing more than a rubber-banded ponytail, perpetually inky fingernails and an admirable can-do attitude. It's all part of your masterplan to quit your job in PR and set up an Etsy store selling vegan soaps, or glow-in-the-dark doorstops, or hand-embroidered 'Keep calm and drink gin' pincushions. You haven't decided yet. It's a learning process...



Sound like you?
You'll probably love...

Natural dyeing

Get closer to nature at an intensive workshop from Stemmwell, which will teach you all about using things like onion skins and avocado stones to dye fabrics.

→ 3rd Rail Print Space, Peckham Levels.
Peckham Rye Overground.
Sat May 25. £65.

Needle crafts

Knitting, crochet, tapestry... however you want to use needles, Tribe can help you out at one of its Thursday Night Knit Nites. Try saying that after a couple of beers.

→ Tribe Yarns. ☹ Richmond. Fortnightly.
Next nite Thu May 23. Voluntary donation.

Neon naked life drawing

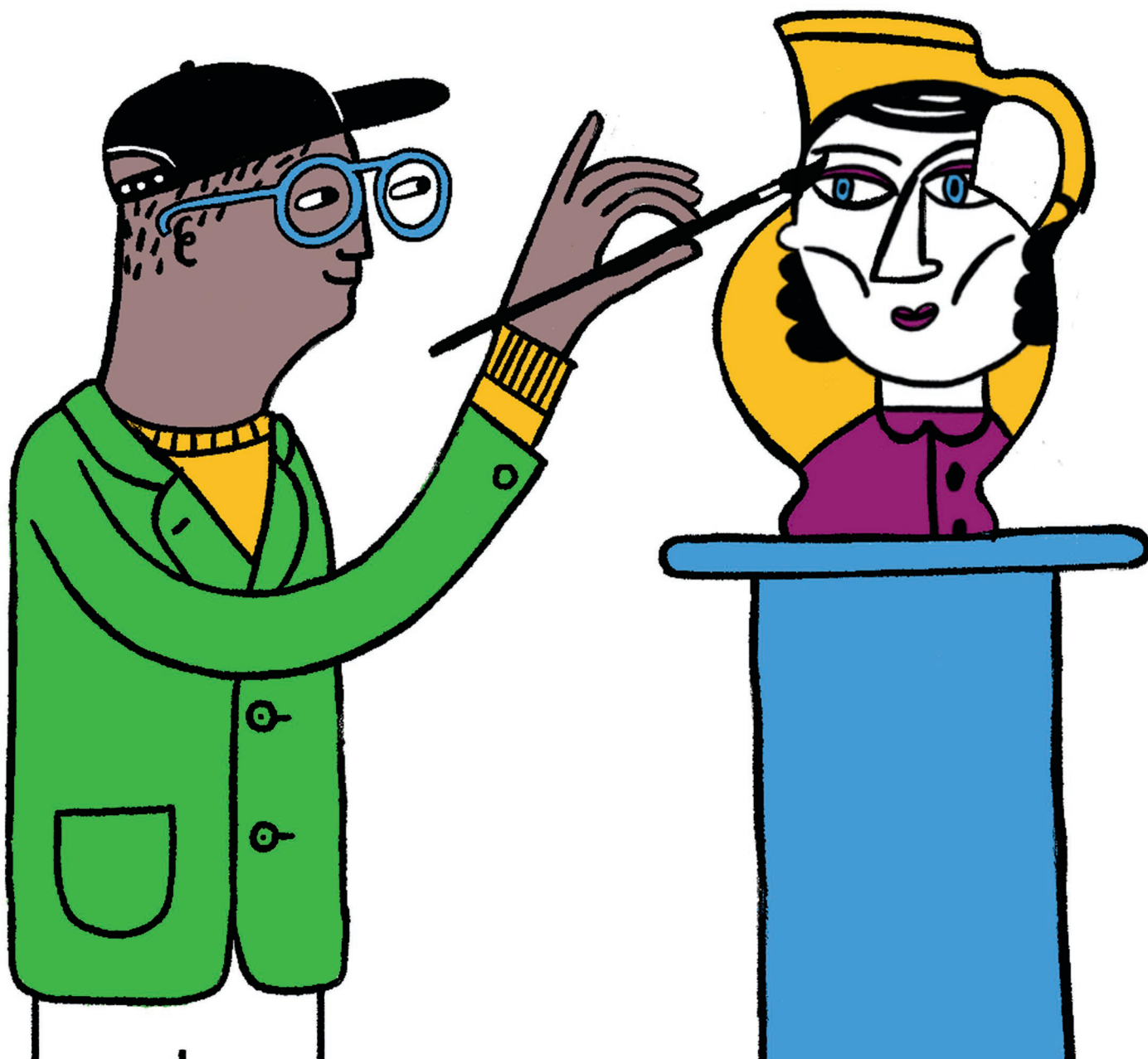
Like regular life-drawing on acid, these classes allow you to experiment with light and colour, thanks to nude models daubed in UV-reactive paint and fluorescent accessories.

→ Drink, Shop & Do.
☹ King's Cross. Jun 6. £22.

Pottery at a city farm

What's better than designing and making your own pottery to fire in the kiln and take home? Doing it while surrounded by donkeys, goats and lambs, of course.

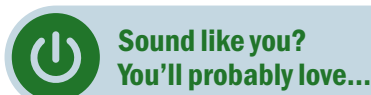
→ Hackney City Farm. Cambridge Heath Overground. Wed-Thu evenings. £15.





The wellness-scheduler

Anyone who says meditation isn't time-efficient hasn't met you, the cash-rich, time-poor wellness-scheduler. You cram a Headspace session into your tube journey and a Skin Laundry Ultra Fractional Laser Facial at Liberty into your lunchbreak. You work in the City on a packed schedule, so time is of the essence in every aspect of your life. That means early-morning cryotherapy sessions at KXU, IV therapy at Reviv (for rapid recovery from a particularly rowdy 'working lunch') and a conscious breathing class at Blok when a rare chink appears in your usually steel-plated Google Calendar. You drink Huel, take pseudo-scientific 'brain power' supplements, and you're always the first to tell friends you're barely ever on your phone because you have an app that tells you not to be. Besides, your WhatsApps come through to your Apple Watch anyway.



Conscious breathing

Stylish Clapton gym Blok is all about wellness in every sense of the word, so it even offers classes in pranayama (yogic breathing) for both physical and mental fitness.

→ Blok London. Clapton Overground. Every Wednesday. £17.

Digital detox workouts

Gymbox offers a mindfulness class specifically for the swipe-addicted. It engages the five senses through yin yoga and meditation. Strictly no phones.

→ www.gymbox.com. Various locations. Times and prices vary.

Flotation therapy

If you work in a high-stress environment, Floatworks allows you to cut out the outside world by spending

time in an eerily silent, epsom-salted sensory deprivation tank.

→ Floatworks. ☺ Vauxhall. Daily. £50 one-hour float.

Super-charged spinning

Perfect for the easily bored, 1Rebel Victoria's raucous spin classes feature borderline-celebrity trainers and an atmosphere akin to a Vegas superclub.

→ 1Rebel Victoria. ☺ Victoria. Daily. £22 single ride.

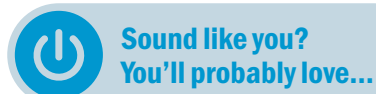
No-funny-business yoga

Fly employs a no-nonsense approach and the best teachers in the biz to provide flow, barre and Pilates classes for those who think 'yoga' is a dirty word.

→ Fly Ldn. ☺ Aldgate. Daily. £10 first class, £20 thereafter.

The Friday-night fixer-upper

You bound into the pub on Friday evening, with paint-splattered overalls and a glint in your eye, desperate for your pals to ask about your latest 'project'. You have a lot of 'projects', each at different stages of completion. Your Catford flat features decking upon decking and lots of odd furniture picked up in Herne Hill and Crystal Palace and then 'upcycled', by which you mean 'painted a different colour'. The look of the place is boho chic-meets-council tip, but your endless enthusiasm and wonkily charming 'eye' for interior design is always endearing. Maybe that three-legged chair you picked up on the way home from the pub is a total find. Or maybe you're just a bit pissed.



Carpentry

The not-for-profit Carpentry Club in Oxford House allows you to use high-quality woodworking tools for £1.

→ Oxford House. ☺ Bethnal Green.

Open access Wed-Thu. £1-£2 a visit, £5-£25 monthly membership.

Dry stone walling

There's something mesmerising about the jigsaw art of dry stone walling. It makes learning how to do it all the more enjoyable.

→ Mudchute Park & Farm. ☺ Canary Wharf. London School of Dry Stone Walling workshop, Jul 6. £85.

Plumbing

Okay, plumbing isn't exactly glamorous, but it's probably the most useful household skill to have. And it only takes

a day for The Goodlife Centre to teach you the basics.

→ The Goodlife Centre. ☺ Borough.

DIY in a Day - Plumbing, Jun 29. £175.

Upholstery

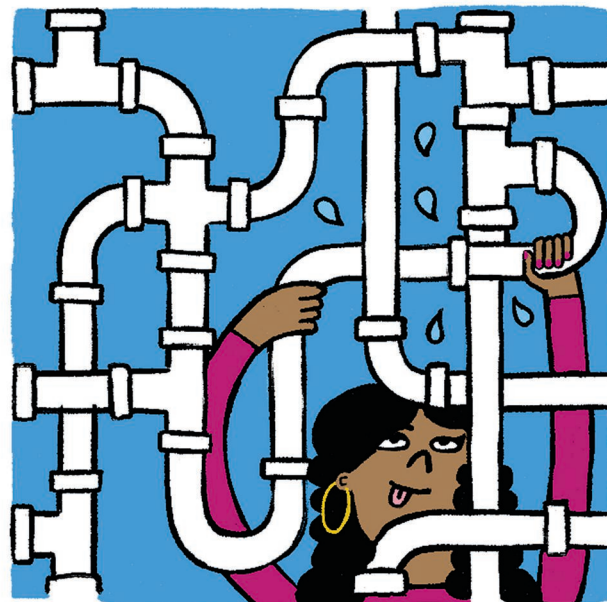
Just under £800 might seem a lot to spend on learning how to upcycle furniture, but it is for four months of sessions. After that little lot, you'll be a pro.

→ Shoreditch Design Rooms. Hoxton Overground. Tue or Wed evenings from Sep. £790 for 18 weeks.

Welding

Nailing together bits of wood? Child's play. Using fire to join bits of metal? That's properly awesome. And you can pick it up in just two days.

→ Blackhorse Workshop. Blackhorse Rd Overground. Weekend Introduction to Welding, Jun 15-16. £215.



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Switch off!

The ultra-social climber

It's hard to keep up with you. After all, you're someone who thinks the London Marathon is low-intensity. You're an accountant, or maybe an estate agent, but it doesn't define you because at the end of each day you burst, Hulk-like, out of your suit, ready for another exhausting adventure. It could be wakeboarding on the Thames, taking a beleaguered Bumble date bouldering under the Vauxhall Arches or escaping the city on a weekend for a spot of fell running/spelunking/something similarly tiring. Any movement is good for the chalk-handed champion who practically invented Tough Mudder, and did F45 back when it was just called CrossFit. Your friends whisper warnings to each other to *never* join your running club.



Sound like you?
You'll probably love...

Abseiling down a landmark

That sculpture-slide hybrid in the Olympic Park isn't just there to be an eyesore, you know. With the help of Wire & Sky, you can abseil down it too.

→ ArcelorMittal Orbit, Queen Elizabeth Olympic Park. ☹ Stratford. Times vary. £75-£100, add £15 for GoPro footage.

A military boot camp

Come and have a go if you think you're hard enough to do Be Military Fit, where ex- and serving soldiers put you through your paces. (Spoiler alert: you're not hard enough.)

→ www.bemilitaryfit.com. Various London locations. Prices vary, first class free.

A huge climbing centre

Choose between bouldering, top roping and lead climbing at a specially kitted-out

centre that's housed in an imposing castle-shaped former pumping station.

→ The Castle Climbing Centre. ☹ Manor House. Daily. £13 single visit.

Trapeze lessons

Fly through the air like a chimpanzee or orangutan or another, even larger primate at this outdoor trapeze class catering for all skill levels.

→ Gorilla Circus Flying Trapeze School, Regent's Park. ☹ St John's Wood. Daily. £25-£30 a class.

Wakeboarding

Ever cross over the Thames and think: You know what, I'd love to wakeboard on that? Well, have the guys at Wakeup got a nice surprise for you!

→ Wakeup Docklands. ☹ Canning Town. Tue-Sun. £35 single session.

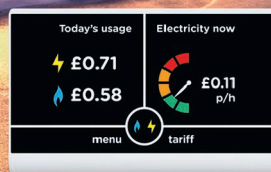




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The inner-city hippy

In a perfect world, you'd live free, untethered and blissfully happy in the forest with the animals. You know this isn't realistic, though, so the closest alternative is a formidable chunk of rose quartz on your desk and a weekly appointment with a 'rainbow witch' in Brixton. You drink a By Chloe CBD bubble tea every morning, spend your evenings attending gong baths for a spot of 'sound healing' and are learning to read the tarot in your spare time. If only the cards could tell you that foraging for mushrooms on Hackney Marshes isn't the best move for stomachs of a delicate disposition.



Sound like you?
You'll probably love...

Aura photography

The Aura Photo Clinic uses a special camera to snap your electromagnetic energies then prepares a report to help you go about your 'spiritual healing' business.

→ Aura Photo Clinic. ☎ Liverpool St. Photography sessions Sat-Sun 3pm-5pm. £25 for 30 mins.

Foraging

The city is full of things you can just pick up and eat, but it's best to consult experts like the clever folks at Forage Wild Food to tell you exactly what (not) to gather.

→ www.foragewildfood.com. Next course Jun 16. Hampstead Heath. Gospel Oak Overground. £35.

Gong bathing

Sound healing uses gongs, ritual instruments and overtone singing to relax the body and heal the mind.

Prepare to feel rested and recharged, and possibly a little unnerved.

→ The Swiss Church. ☎ Covent Garden. Next psychedelic gong bath May 27. £13-£16.

Reiki

Soothe your soul with fellow wannabe healers at this group reiki ('energy healing') session with Sophiero, which also offers courses in how to use crystals effectively.

→ Sophiero Healing. ☎ Balham. Every four to six weeks, contact for dates. £15.

Tarot reading

London's original occult bookshop and safe space for witches, Treadwell's is famous for its in-depth tarot sessions with empathetic readers. Expect heaps of uncanny insights.

→ Treadwell's Books. ☎ Goodge St. Daily. £40 half hour, £70 one hour.

The constant gardener

You're nearly always found in your back garden in Clapham, tending to the ferns and alpines you proudly bought at Columbia Road last weekend. Okay, by 'garden' you mean balcony. And by 'balcony', you mean the two window boxes bolted to the wall outside your third-floor flat. Your Instagram is so green it looks like you live in the Home Counties. That's because you spend every free moment amid the wisteria at Kew Gardens or among the actual gardeners at your local allotments. The old guard there haven't registered your existence yet, but you're going to earn their respect even if it takes a lifetime of weeding.



Sound like you?
You'll probably love...

Beekeeping

As well as harvesting honey, The London Honey Company makes amateur beekeepers out of regular Londoners at their taster classes.

→ The London Honey Company. ☎ Bermondsey. Next beekeeping for beginners taster session Aug 10. £45.

Flower-arranging

Why grow flowers if you can't arrange them? Luckily you can learn to tie your own bouquet in no time with the help of Rebel Rebel.

→ Rebel Rebel, Regent Studios. Cambridge Heath Overground. Hand-tied bouquet workshop Jun 6. £75.

Micro-gardening

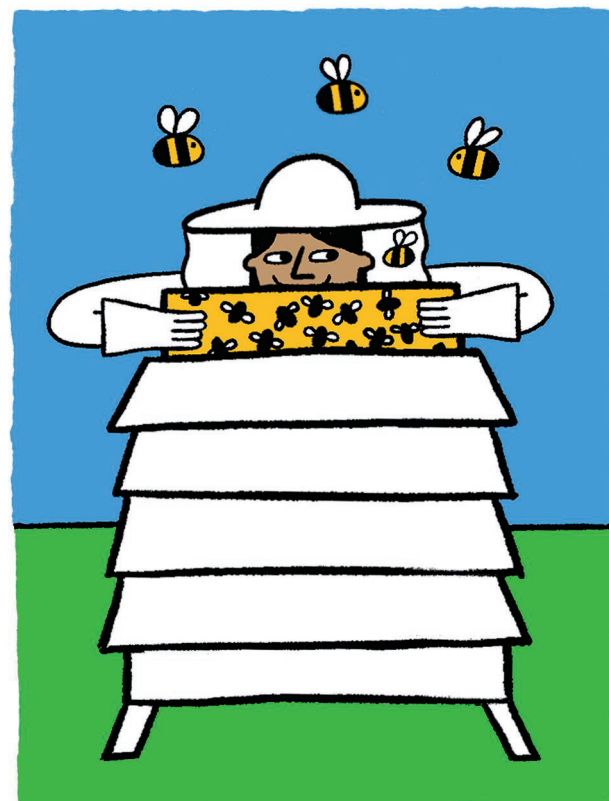
The Goodlife Centre does a range of courses on Gardening in Small Spaces – from creating plant walls and brewing garden teas to making a 'pond in a pot'.

→ The Goodlife Centre. ☎ Borough. Times vary. £50 a class.

Terrarium-making

Join London Terrariums at Material and create your own self-sustaining ecosystem inside one of those round flasks you'll remember from science GCSE.

→ Material. Nunhead rail. Boiling flask terrarium workshop May 29. £60.





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The dinner party gourmand

'Foodie' is a title you bestowed on yourself that your mates begrudgingly agree with. Whether you're at Silk Road in Camberwell or Twist in Marylebone, you know what you just *have* to have. You claim to be the first person to discover the black daal at Dishoom, and you don't see the point in queuing at Padella because you've just bought a pasta machine and some semolina from a 'proper' Italian deli in Streatham. You can be infuriating, sure, but your friends have to admit that the food at your bi-weekly 'supper club' really is pretty good. Woe betide anyone who opens your fridge, though – your kombucha mother is in there, and she doesn't like to be disturbed.



Sound like you?
You'll probably love...

Baking rye bread

The Dusty Knuckle is London's anointed lord of rye, so where better to learn the ins and outs of home-made Scandi bread?

→ The Dusty Knuckle Bakery. Dalston Kingsland Overground. Jun 7. £70.

Cheesemaking

Never mind the cheddar – this is one for the mozzarella-heads. You'll stretch 1kg of the milky-white stuff to take home for yourself.

→ Wildes Cheese. White Hart Lane Overground. Mozzarella stretch session Jun 30. £40.

Pickling

No prizes for guessing what's on the menu at Newton & Pott's 'Pickle, Pickle, Pickle' class, where you'll be taught to

preserve a whole range of in-season produce.

→ Newton & Pott, Unit 2b, Regent Studios. Cambridge Heath Overground. Jun 13. £50.

Sausage-making

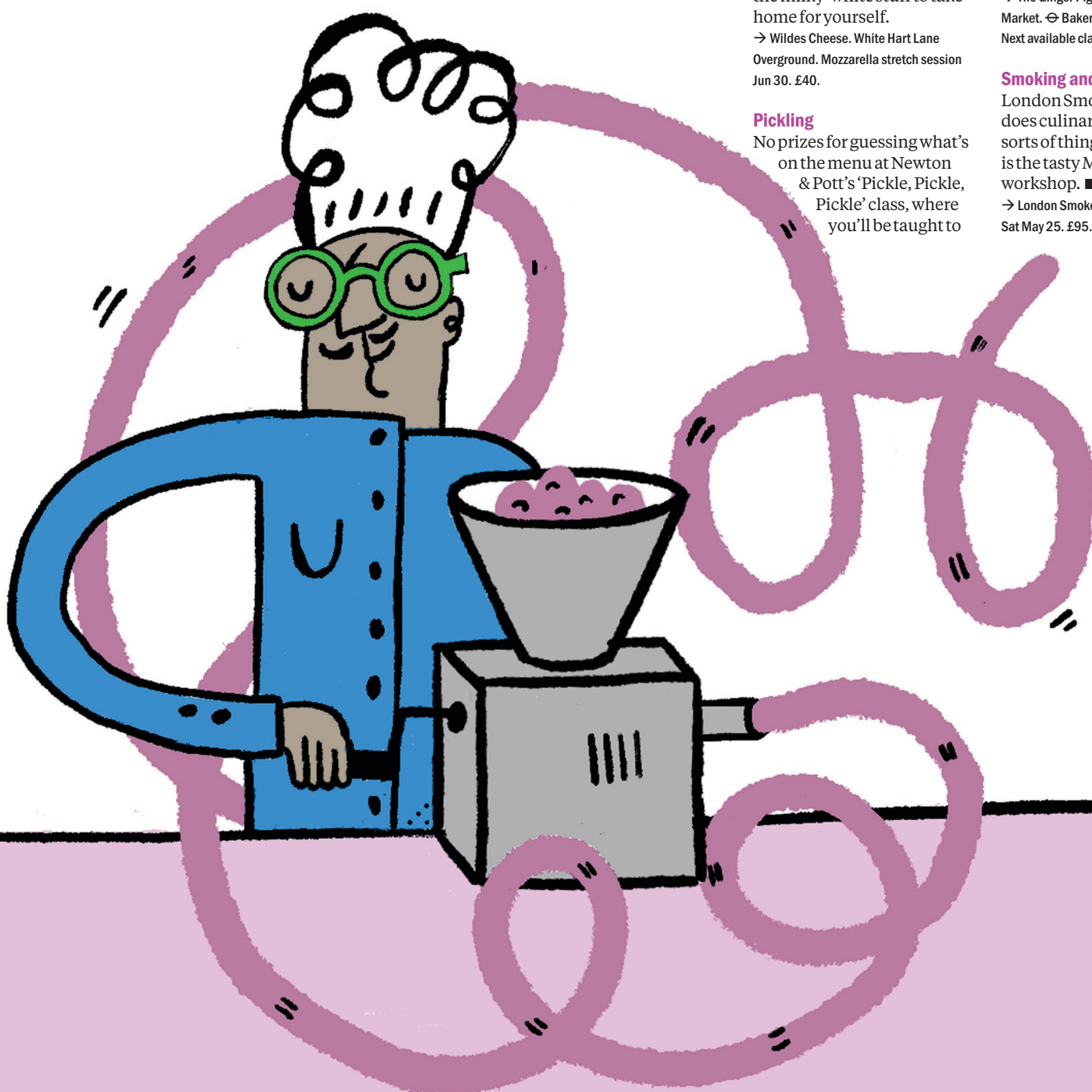
The Ginger Pig is the most sought-after butcher in the city. Splash out on its sausage-packing class – you'll never look at a pig's stomach in the same way again.

→ The Ginger Pig, Moxon St and Borough Market. ☉ Baker St and London Bridge. Next available class Jun 22. £165.

Smoking and curing

London Smoke & Cure does culinary classes in all sorts of things, but our pick is the tasty Makin' Bacon workshop. ■

→ London Smoke & Cure. Streatham rail. Sat May 25. £95.





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Grassroots culture

All eyes might be on Chelsea this week, but *Dominique Sisley* meets the Londoners whose love of gardens is helping to transform the whole capital



Pretty green
Clockwise from top:
Nomadic Community
Gardens, guerrilla gardener
Verena Wimmer, the
Phytology Medicinal Garden

Grassroots gardens



‘Nature helps me regain my sanity’

Katy Renwick

Business director of gardening social enterprise Urban Growth

‘OUR AIM IS to create (and maintain) beautiful spaces in London, increasing biodiversity. We’ve worked on loads of different projects, from working with the community to grow food across Lambeth housing estates to developing a green space inside Mare Street Market.

‘I grew up in the Kent countryside, so I’m a country girl at heart. Nature helps me regain my sanity in the concrete jungle. Thankfully, younger generations are now getting taught about the outside world, and how valuable it is. Urban Growth is about educating people about this, too: we want people to recognise that being around plants hugely beneficial for our personal wellbeing. It’s about enhancing London and improving the life of everyone in the city.

‘I’ve learned a lot since I started working in the environmental world: this year is the first that I’m growing my own veg at home. I’ve got kale coming, tomatoes, peas, beetroot and lettuce (it’s the most incredible feeling picking lettuce from your garden and putting it on your dinner plate). I’ve managed to do it all in one raised planter, which is just a metre by half a metre. It’s so easy to do in a small space, it’s just about starting.’

→ Find out more at urbangrowth.london.



GET INVOLVED!

Urban Growth runs volunteering sessions at Pop Brixton, Brixton Orchard and The Jetty in Greenwich. Check its website for more information.



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‘We’re taking the garden to the streets’



GET INVOLVED!

The Phytology Medicinal Garden is open to visitors from May to September. You can harvest plants with support from the team.

Michael Smythe
Artist and founder of the Phytology Medicinal Garden

‘I STARTED TO develop the Phytology Medicinal Garden in 2014 because I was interested in the medicinal benefits of plants commonly found on the streets of London, like dandelions and nettles. On the surface, the garden looks like a wild, undeveloped site filled with plants that are often dismissed as “weeds”. But once you dig a little deeper, you can understand how these plants benefit your own personal health.

‘One of our new projects in 2019 is called the Mobile Apothecary, where people from the local area can come together to learn about plants, and harvest and produce a range of fresh medicinal products – such as cough medicines, skin balms and mouthwashes. All basic home remedies that are fresh and local. Once a month our team, including medical herbalists, offers free information and home remedies outside Bethnal Green tube, alongside the Refugee Community Kitchen. It’s a way of taking the garden to the streets and offering fresh remedies to people who may not have equal access to health services.’

→ Find out more at www.phytology.org.uk.

‘It was the first time I grew something from a seed’

Verena Wimmer
Guerrilla gardener

‘I STARTED GUERRILLA gardening last year, when I was working in London Fields. I was walking past this derelict corner of soil every day and it made me sad because I could see that it used to be a garden. It had become overgrown and filled with trash. So one day, I just decided that I was going to do something about it. I started tidying it up, which was really awkward at first – people gave me weird looks. It was also sometimes a bit grim as I had to pull out loads of rubbish, like half-empty cans of cider and chunks of half-eaten fried chicken.

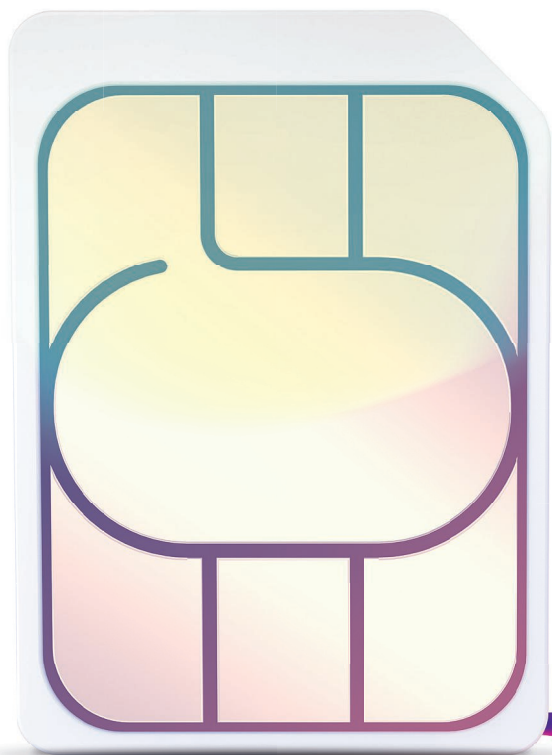
‘Eventually, other people came to join me. We called it the “care home for plants” and asked people to donate their unloved or struggling plants. Sometimes I would come at lunchtime and there would be a flower waiting to be potted.

‘My favourites were the sunflowers that I planted. It was the first time I grew something from a seed – they became really tall and looked so positive and radiant. At the time I didn’t have a garden at home, and my job meant I spent most of my time working at my desk. I missed doing something where you can see physical results.’



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Grassroots gardens



‘I’ve got really attached to all the plants. They’re like your kids’

Damien Doughty
Creative director at the
Nomadic Community Gardens

‘I FIRST CAME across the Nomadic Community Gardens – an urban garden just off Brick Lane full of open allotments and street art – about two months after it opened in 2016. I would come and hang out with my guitar and sit around the fire. I started helping out by building things on a volunteer basis. Then after I’d been involved for six or seven months, I was invited to arrange events and celebrations in it.

‘Since I’ve been working here I’ve got really attached to all the plants. They’re like your kids in a way; your life almost revolves around them. We planted loads of fruit and nut trees after we opened and just watching them blossom has been really beautiful. You see plants that you think have been destroyed by something, and then suddenly they will come back to life.

‘The garden is a means of creating community. We’re open: we want anyone to feel free to contribute if they want to. There’s a huge number of artists in the local community who want to put their stamp on it, by building installations and painting the walls. That’s good because it leaves a lasting impression. It inspires people and gives a sense of belonging. People can leave their mark.’

→ Find out more at nomadicgardens.weebly.com.



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‘Our 5am licence means that we double up as a night club’

Paul McGann

Co-founder of social enterprise
Grow Tottenham

‘WE SET UP Grow London – a not-for-profit social enterprise that turns derelict spaces into community gardens – back in 2011. We’ve had four temporary homes since then: the first three were in Elephant & Castle, and we’re now in Tottenham until 2020. We have to keep moving because land is so valuable in London that spaces get turned into flats.

‘We like to make our gardens as varied as possible. As well as having wildflower meadows and allotment plots, we also have a café and event space. Our 5am licence on weekends means that we can double up as a night club, subsidising our community projects.

‘I’m from Dublin. There, most people have gardens. You’re also just a short drive from the countryside – here, getting out to nature is much more difficult. With Grow London, I get to have the space to garden. I also get to meet lots of people, from parents with young kids to people who have retired. Gardening is something that cuts across all sorts of cultural boundaries and age groups.’ ■

→ Find out more at www.growtottenham.org.



GET INVOLVED!
Grow Tottenham holds weekly gardening sessions from March until November (usually on Saturdays). Check the website for dates.



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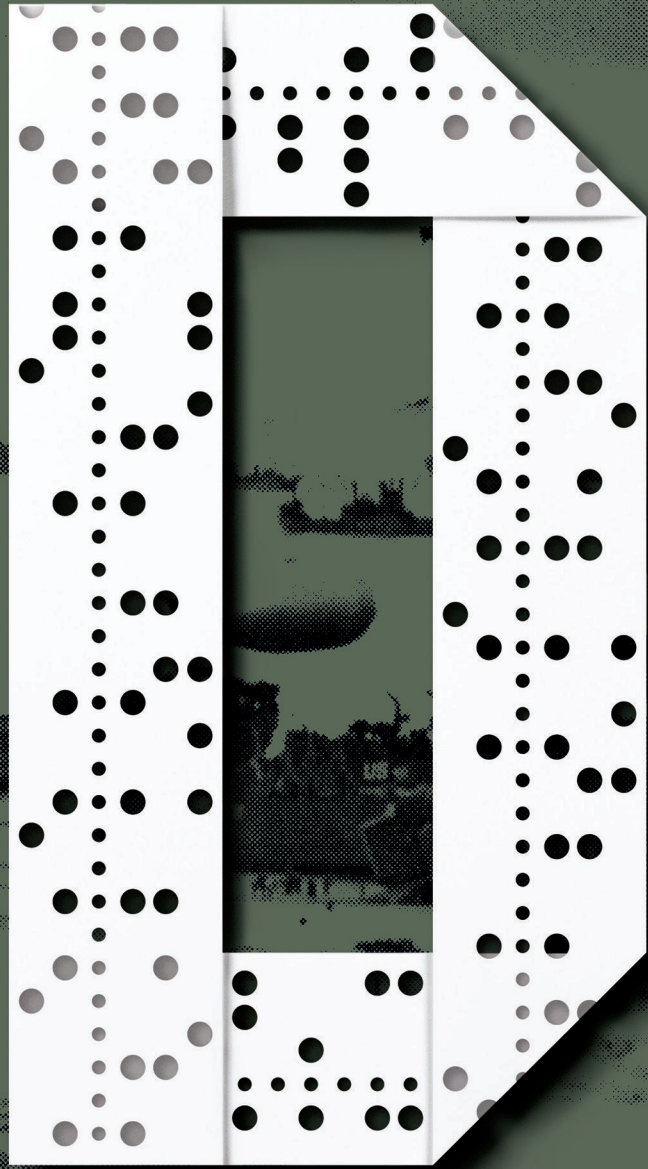
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BLETCHLEY PARK

Time Out Market Lisbon celebrates our fiftieth birthday in 2018

DUARTE DRAGO

From magazine to foodie dream

Not to toot our own horn but, five years ago, Time Out editors created one of the world's best eating spots. *Chris Waywell* tells its story and reveals what's next

IN 2010, I WAS WANDERING around the Portuguese capital, Lisbon, when I found a huge nineteenth-century market. On the ground floor were some traders selling produce. A gallery ran round the building on the first floor. It had a tremendous atmosphere, but as a business, it looked like it was dying on its arse. It felt like it could only have one future.

Today, the Mercado da Ribeira is not just Lisbon's, but Portugal's, number one attraction. Last year it had 3.9 million visitors. That's about the same as the V&A gets in London. They come for some of the city's best food and drink, live events, and to hang out. But it's not some kind of corporate repurposing: the old traders are still there; the atmosphere is more lively, but it's recognisably that of the old market. So what happened? Basically, Time Out did.

'Time Out was doing well in Lisbon,' says João Cepeda, editor at the time. 'We were a cult brand and people respected us. We organised parties for like 5,000 people, and we thought: Why not do this in a more permanent way?' Looking around for a venue, they saw that there was a public tender for the Mercado da Ribeira. A city icon, the market opened with massive civic pride in 1882, and in its heyday was kind of Covent Garden, Borough, Billingsgate and Smithfield rolled into one. But times had changed. 'The market had lost its function,' says Cepeda. 'It still sold to small grocery shops and restaurants, but not directly to customers. They had supermarkets and online.' So Time Out put in a bid to take it on, as an experiment. And won. 'It was huge,' says Cepeda. 'There was a lot of scepticism, because of its size. So we had to come up with a project.'

That 'project' was to invite in the best of Lisbon's food and drink scene, plus some cultural stuff, while ensuring the original traders could keep their places in the market. It sounds simple enough. Oh, except they're journalists, right? A breed of people not historically known for gastronomic flair. Boozing, yes. Cooking, not so much. What they *did* know, though, was Lisbon, and what was worth eating and drinking. They created a rule: it didn't matter how big or popular a restaurant was, it would only be invited to be part of the market if it had been awarded four or five (or, in one special case, six) stars by Time Out's critics. Little-known local spots would sit alongside legendary chefs and restaurants, just like they do in the magazine.

'The main criticism – us not being from the industry – was actually our biggest strength,' says



Time Out Market



Cepeda. 'We made no effort to achieve the usual goals of the real estate or mall business. We just thought: What would be cool for people? Being journalists helped us understand what people wanted.'

The market's existing traders took more convincing. 'You have to understand, some of them have been there for four generations,' says Cepeda. 'Some of the fishmongers were throwing rotten fish at the construction workers.' He stepped in and addressed the throng, in a scene that sounds like one of those cheesy romcoms where a city type arrives in town to shut down the failing wellington boot factory but has their mind changed by the sexy shop steward. 'I got up on a box of fruit and told the vendors: "We're not trying to destroy anything here. We're just another tenant. We're the same as you."' It did the trick. The traders gave Time Out the benefit of the doubt; so did Lisboetas. Within six months of opening in 2014, the market had become one of the city's most-visited attractions, purely on local word-of-mouth.

So this is about more than the reinvention of a building. From the Roman agora to the Arab souk, markets are at the heart of cities. They're where you trade, gossip, eat and drink. A market is perhaps the single most potent symbol of an urban community. Key to the success of Time Out Market Lisbon is that it has given that dynamism back to this building, and restored something to the city. The original traders have got new customers. Plus, the food is excellent. It currently boasts three Michelin-starred Lisbon chefs:

Henrique Sá Pessoa, Miguel Laffan and Alexandre Silva (whose black rice with scallops is the stuff of legend). 'It's like a family,' says Silva. 'Different every day and really intense. We're showcasing Lisbon and I feel privileged to be a part of that.' You can eat their food with none of the usual stuffy Michelin-star rigmarole. 'Some people don't want to sit down with just one or two people and white tablecloths,' says Cepeda. Time Out Group CEO Julio Bruno echoes this: 'It's the way people will eat in the future: you can have vegan and your friend can have a steak in the same place, and they're both incredible.' Bruno also thinks this trend is about more than just diet: 'We're creating a community around the *experience* of eating: somewhere you have to put your phone away.'

Now that change is going global. Time Out Market Miami (curated by Time Out Miami) launched last week, featuring local gastro-talent including Norman Van Aken, Jeremy Ford and Michael Beltran. New York is opening soon, and Boston, Chicago and Montreal later this year. Dubai is on the cards for 2020, and lucky old London is set to get one the year after that. But how replicable is the Lisbon original? According to Cepeda, it's not. And that's the point.

'The biggest challenge is to make all the markets completely local,' he says. 'We only have vendors from each city. We have pink terrazzo for all the counters in the Miami Market, which really speaks of that city. We go to tremendous lengths to get those local details so that a person from Chicago or New York can see that we are respecting their city and the people around us.'

Miami bites

Clockwise from top left: cocktails from Time Out Market Miami's curated menu; the vibe on opening night; huevos rotos from Miguel Massens; gator bites by Kush; patisserie by Bachour; a sushi bowl by Wabi Sabi

It's the exact opposite of the idea that a Big Mac is the same in São Paulo or Solihull, and that that's meant to be a good thing. Time Out Market might be expanding worldwide, but its focus on remaining true to the spirit of each city is a riposte to homogenised globo-dining. That's not to say that the one in the capital will be full of whelk stalls and vats of parsley liquor – it's pretty safe to assume it will bring craft beer, bao buns and vegan delights – but it will feel like London. Just like the Mercado da Ribeira is still Lisbon to its very bones.

'As an editor,' says Cepeda, 'if I see a project that values the city, I'll give it coverage. Businesses often forget that putting value into the ecosystem you belong to pays off. The community will look at what you're doing and decide they like you.'

I reckon we can all raise a glass to that. ■

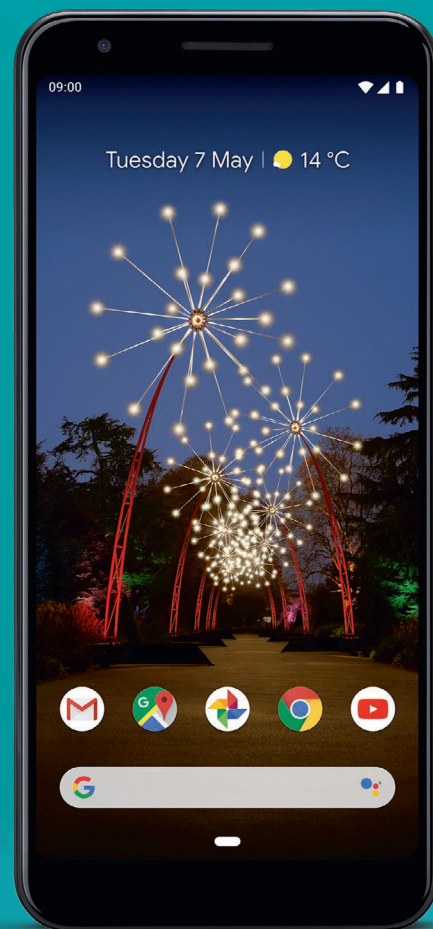
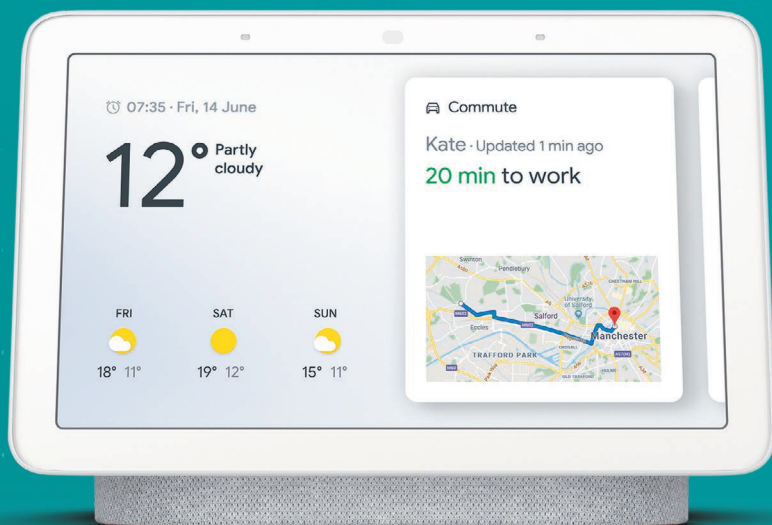
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Ceviche

What is it? A meal and a pisco sour at one of five much-celebrated Peruvian joints.

Why go? For delights like cassava fries, an Inca burger with beetroot and quinoa, a creamy chicken curry with pecans and Amarillo chilli, and more. Oh, and one of the finest pisco sours in the city.

What's exclusive? Prices start at £18 for two courses, a side and a drink.

→ Multiple locations. Until Aug 31. www.timeout.com/ceviche19

Cross the Tracks

What is it? A new jazz, soul and hip hop festival for south London.

Why go? To see performances from the likes of Chaka Khan, Norman Jay MBE, Masego and Martha Reeves & The Vandellas. Plus a selection of food and booze from 40 of London's most-loved street food vendors.

What's exclusive? Standard admission and a £10 food voucher is just £45.

→ Brockwell Park. Herne Hill rail. Jun 9. www.timeout.com/tracks

Ministry of Sound Fitness

What is it? Four classes of your choice at this trendy studio.

Why go? Ministry might be best known for its club nights, but it's got another string to its bow: a wicked fitness studio. Expect top-class instructors, a banging soundtrack (naturally) and a bar serving more than just protein shakes.

What's exclusive? Four classes are usually £72, but with us they're £25.

→ Ministry of Sound. ☎ Elephant & Castle. Until Jun 30. www.timeout.com/mos

Ballie Ballerson

What is it? The chance to mess about in Shoreditch's adults-only ball pit.

Why go? Who wouldn't want to let loose in a pit filled with a million balls? Throw in fruity cocktails and a DJ spinning retro party bangers and you've got yourself one hell of a night out.

What's exclusive? Tickets are 50 percent off – now just £3.75.

→ Ballie Ballerson. Shoreditch High St Overground. Until Jun 30. www.timeout.com/ballie19

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Property

Edited by Laura Richards
timeout.com/property

Five things to see at Clerkenwell Design Week

Take a rare glimpse inside the area's coolest buildings and get inspired by interior designers at this year's festival and its fun fringe events

1 Discover new design talent in an old subterranean prison

CDW's annual **Platform** exhibition at the House of Detention – an underground former prison that's rarely open to the public – showcases up-and-coming talent in interior design across three days. Find home inspo in its atmospheric cells, meet a few of the designers and maybe even buy some unique homeware and one-off furniture items. Pieces on show include geometric sideboards by Parisian company Decimal Design; sleek Bauwouwhaus dog beds made in Bermondsey's Biscuit Factory; modular sculptural 'rails' that can be stacked to make chairs and tables by London-based French designer Gwendoline Porte; and Olenka's acid-trippy wallpaper, where Russian folk art meets a modern British colour palette.

→ House of Detention, 12 Sans Walk, EC1R 0AS. ☉ Barbican. Tue May 21–Thu May 23.

2 Explore a Tudor mansion

As well as giving us a new love for Olivia Colman and a fascination with royal power-plays, 'The Favourite' got us curious about period design (just imagine flouncing around a big old palace). **The Charterhouse**, which had been a monastery, private mansion and almshouse in its time, hasn't changed much since its Tudor heyday. The well-preserved decor is all about dark wood panelling, candles, massive stone fireplaces, red leather chairs and paintings of ladies in bonnets and men rocking Jacobean ruffs. It's offering a series of special free lunchtime tours for CDW – an opportunity to walk under the dramatic vaulted ceilings and check out the original medieval wall paintings up close. If you love a bit of ruff, this is a great chance to discover Tudor decor at its finest.

→ Charterhouse Square, EC1M 6AN. ☉ Barbican. Tue May 21–Thu May 23. Book via tours@thecharterhouse.org or call 3818 8873.





Checking out the best in contemporary design. (Top left) People Powered Press; (above) The Charterhouse



3 Make your own on-trend print

Nerdy about typography? Here's your chance to get hands-on with it. Leeds-based design studio Split has created one of the world's biggest letterpresses – the **People Powered Press** – as part of its These Northern Types project, which aims to capture the essence of northern identity through typography. The result: inks made with chip-shop gravy powder and curry sauce, and giant posters printed by members of the public saying things like 'We are the makers of the world' (in Split's specially designed Graft typeface). The People Powered Press will be popping up at Clerkenwell paper-maker Fedrigoni, so, northern or not, head there to use its chunky steel-cut letters, then try a bit of printing for yourself. Ideal if you're keen to create one-of-a-kind art for your living room wall.

→ Fedrigoni, 67 Clerkenwell Rd, EC1R 5BL.
 ↻ Farringdon. Tue May 21–Thu May 23.

4 Take a free tour on a handmade bike

Get your CDW bearings with **Temple Cycles** – which is offering free tours of the show's highlights on its handmade bikes. Hour-long tours start and finish at Fabric (which is putting the beats on hold to host installations from cutting-edge lighting brands), stopping off briefly at Platform and CDW's British Collection show of homegrown furniture designers, plus key architectural landmarks including Clark's Well and St John's Gate. You'll also see some of the show's specially commissioned street art – from a neon explosion by Natasha Lopez that depicts an attempted prison break in 1867 to Alba Skottowe's abstract purple graphic of the original Metropolitan line on the pavement outside Farringdon station.

→ Meet at Fabric, 77a Charterhouse St, EC1M 6HJ. ↻ Farringdon.
 Tue May 21–Thu May 23. Register free at templecycles.co.uk/cdw

5 Get a 'colour prescription'

If you walked around Olafur Eliasson's bright yellow room at the National Gallery last year and felt an instant energy boost, you won't need much persuading on the pros of a decent colour scheme. At Fora, colour expert Mark Wentworth – who's praised the benefits of picking the right hue on telly for Channel 4 and the Beeb – talks about how colour affects your happiness and lifestyle. Stay on for his **colour therapy workshop** to pick a frequency for your home that suits your core values, or get a 'colour prescription' to reduce your stress levels. ■

→ Fora, 71 Central St, EC1V 8AB. ↻ Old St. Thu May 23.
 Free entry to talk, workshop £10. Booking advised.



By Clare Vooght
 Whose colour frequency is probably pink.

A LOCAL'S GUIDE TO LIVING IN

Ladywell



Tell me about the local tribe.

A lively, multicultural brew of recently installed parents and community-minded Lewisham lifers. Plus a sprinkling of young professionals, ambling through the park with KeepCup flat whites.

What's new in the area?

Long known as an attractive-but-relatively-unhip thoroughfare, Ladywell Village is on the brink of big things. Case in point: the crumbling Victorian **Playtower** bathhouse is being turned into a three-screen Curzon cinema (and restaurant) that's due to open in 2020.

Are there any community groups?

The Ladywell Fields User Group – which encourages residents to don waders for an annual mass clean-up of the river – is worth knowing about. And **ladywell-live.org** is an essential, passionately run oracle for all things SE13.

Where can I grab a morning latte?

The **Good Hope Café** (a parkside, dog walkers' fave that even does pup-friendly ice cream) is great to spill out of on summer days. Ditto the recently revamped **Oscar's**, with its dinky sun-trap garden.

Is Ladywell family-friendly?

From the plentiful toys in the authentically Gallic **Le Délice** café to a constellation of well-regarded nurseries, this is parental nirvana. But, crucially, there's enough of a social mix to stop the area being wall-to-wall with double buggies.



Soon-to-be cinema Ladywell Playtower



Ladywell Fields

What's the nearest green space?

Ladywell Fields is the jewel in the crown. A sprawling grassy expanse dotted with playgrounds, teeming with parakeets and bisected by the River Ravensbourne. Or venture to Hilly Fields for further bucolic vibes.

What are the supermarket options?

There's a **Tesco Express** on Lewisham High Street or an **Aldi** near the edge of Catford. **The Larder** deli is great for schmancy add-ons and impromptu picnic provisions too.

Is there a market at the weekend?

Sadly not. However, there is a volunteer-run Christmas market every December.

AVERAGE PROPERTY PRICES:
Flats £340k,
houses £650k

AVERAGE RENT:
£640pcm per person

NEAREST TRANSPORT:
Ladywell rail

BUS ROUTES:
Lots to Lewisham and other parts of south London. The P4 to Brixton is particularly handy.

LOCAL MP:
Vicky Foxcroft (Labour)

Any takeaway hotspots?

Mamma Dough's expertly scorched sourdough pizzas can be eaten in, boxed up for the park or ferried to the hungover via Deliveroo. **The Village Cafe** does above-average greasy-spoon staples as well.

How about keeping fit?

Ladywell Arena has a small gym and, impressively, its own 400m running track. Would-be Serenas can also work up a sweat at a handful of swish, floodlit tennis courts.

And where do the locals drink?

The **Ladywell Tavern** is a visual riot of a pub (complete with an actual giant painting of Russian activist group Pussy Riot) with capable food, banging craft beers and, occasionally, raucous live gigs. Expect hulking roasts and lots of pint-supping NHS staff from nearby University Hospital Lewisham. ■ *Jimi Famurewa*





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HOUSING CRISIS

We put your London property problems to the experts

This week: noisy neighbours causing a nuisance

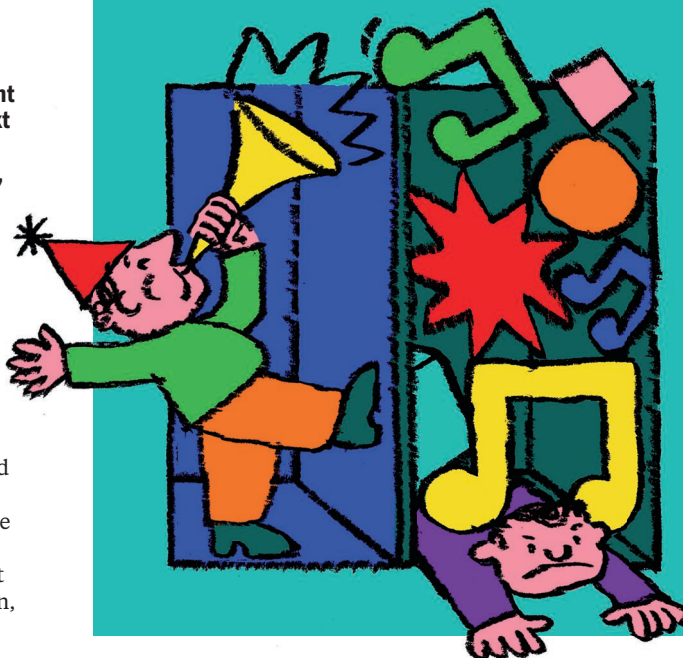
Oli in Hackney says:

'My neighbours keep having all-night parties that often go on into the next day. I don't want to be *that* guy who complains about people having fun, but the noise is starting to really affect me. There are only so many times I can wake up at 4am to a "Mr Brightside" singalong.'

Mark Cook from Shelter replies:

'I'd keep a log book of all the disturbances – including the date, the time, duration and what the noise was. You'll end up with all the information in one place if you need it in the future. I'd also talk to your neighbour to make sure you've done everything that you can.'

'I wouldn't advise anybody to put themselves in a dangerous situation, so perhaps wait until the party's



RYAN GILLET

over. But during your chat, propose whatever you can think of that may help resolve or ease the situation. You might be able to reach some sort of mutual agreement where noise is okay on some nights but not others.

'People sometimes find it easier to write a letter saying how it's affecting them. Or you could involve a mediator – this could be another neighbour or a more formal service, although there might be a cost attached and both parties need to be open to this approach.'

'The final step would be contacting the local council, and maybe the police if things start to get really difficult. The thing with the council and the police is that they're less likely to get involved if it's 50/50, so try not to retaliate and be as communicative with your neighbours as you possibly can (despite the lack of sleep!).' ■

→ Get more housing advice at england.shelter.org.uk.

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↑ Walled garden

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→ Karoo green wall module, £69.95.
www.clifton.co.uk



← Hip flask

This on-trend terrarium inside a boiling flask is like a miniature forest. A low-maintenance solution for budding gardeners.

→ The Boiling Flask, from £60.
www.londonterrariums.com



↑ Hanging out

Transform succulents into superstars without taking up any more of your already-scant surfaces.

→ Marble and leather hanging pot, £48.
www.wagreen.co.uk



→ Pothead

Create a lush ceiling from these upside-down planters – just consider placement carefully if you're blessed with height.

→ Sky planter ceramic, from £49.95.
www.boskke.com

Potty about plants

Don't get green with garden envy. No outdoor space? No problem. *Alim Kheraj* and *Laura Richards* select some indoor solutions for all your homely horticultural needs



↑ Grow your own

Cultivate some (legal) herbs with this state-of-the-art indoor garden that uses grow lamps and 'smart soil' to get results.

→ Smart Garden 3, £95.
www.conranshop.co.uk



↑ Wallflower

Fresh out of ground space for tall plants? Nail them to the walls instead. This pair of glitzy planters are great for letting trailing plants do their thing in style.

→ Zinc wall planters, £34.95. www.londongardentrading.com



↑ Big fish, little fish, windowbox

Change up your grey view with one of these bright, box-clever beauties sitting on your sill.

→ The Spring One, from £39.99.
www.livingwindows.co.uk

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Things to Do

Edited by Alexandra Sims
timeout.com/thingstodo @timeoutlondon

SEVEN THINGS TO DO AT

Chelsea Fringe

Wake up and smell the roses – this indie gardening party offers a cheaper green fix that's just as blooming beautiful as Chelsea Flower Show



1 Wander around Walthamstow Wetlands

Take in Europe's largest urban wetland *and* some local art while you're at it. **Hydrologic**, created by E17 floral studio Borrowed Light, is a trio of suspended sculptures peppered across the huge 211-hectare nature reserve and inspired by the wetlands' unique water cycle. Gaze at wispy clouds of reeds harvested from the wetlands hanging in the historic Engine House's Turbine Room. See a shower of shimmering seeds swinging from the Boiler Room and cascades of cymbidium orchids across the building's exterior. Walking on the wild side never looked so pretty. → Walthamstow Wetlands. ⊕ Tottenham Hale. Until Sun 26 May. Free.

2 Bask in London's newest gardens

For the first time in more than 150 years, Londoners can step into **Chelsea Barracks**, but you won't find brigades and battalions there any more. The former British Army base, which was built to house the infantry back in 1862, is now an



evergreen paradise overflowing with flowers, vegetables and herbs. Take a gander around two of the newly developed garden squares – Mulberry Square, packed full of eye-popping edible plants, and Bourne Walk, an ecological corridor for wildlife. Feeling peckish after your green adventure? Ollie Dabbous (the brains behind Hide) will be running a pop-up at Chelsea Barracks Kitchen exclusively for the festival. Yum!

→ Chelsea Barracks. ⊕ Sloane Square. Tue May 21–Sat May 25. Free.

3 Stand up and take chard

Don't be afraid to get elbow deep in soil and stuck in to the horticultural action. **Rainbow Grow**, an LGBT+ community-gardening initiative, is attempting to host a record-breaking plant-in at its Dalston HQ. Get ready to sow the seeds of love and join the gang to plant thousands of rainbow chard seeds. You can take your new

chard baby home or leave it in their care to flourish. Gardening can make for thirsty work, so rest assured there'll be refreshments (that we can only hope are as colourful as the chard).

→ Rainbow Grow. Dalston Junction Overground. Sat May 25. Free.

4 Find your perfect scoop

I scream, you scream, we all scream for ice-cream queen, Kitty Travers of La Grotta Ices. Take part in Kitty's **Scented Flower and Herbal Ice Cream** workshop, where you'll

be schooled in how to make creamy creations incorporating blooms and plants. Plus, there'll be recipes and samples to take home, so you can relive your own ice-cream dream at yours. Ewe's milk ice cream using flower honey from the gardens, anyone? Mmm.

→ King Henry's Walk Garden. Dalston Junction Overground. Sat May 25. From £10, booking essential.

5 Discover mushroom magic

Know your maitake from your shiitake shrooms? Put your mushroom knowledge to the test at one of three **How Well Do You Know Your Fungi?** workshops. Fun-guy





Chelsea Fringe Glasshouse Tour



How Well Do You Know Your Fungi?

Patrick Mallory from Upcycled Mushrooms will walk you through outdoor cultivation techniques, talk about the hidden powers of the fungi kingdom and teach you methods of cultivating mushrooms using materials that you'll probably already have at home. Sorted.
→ Omved Gardens. ☉ Highgate. Sun May 26.
From £10 per workshop, booking essential.

6 Take a peek at Victorian glasshouses

Get clued up on all there is to know about greenhouses. On the **Chelsea Fringe Glasshouse Tour** Chelsea Physic Garden's glasshouse manager Jess Snowball will let

you in on her balmy conservatory world. Learn about houseplants and historic conservatories while checking out the tropical plants in these iconic buildings that have survived two world wars. Just be sure to leave any stones at home!

→ Chelsea Physic Garden. ☉ Sloane Square.
Thu May 23. £30 (includes entry to the gardens).

7 Help grow a better future for the planet

Get growing or die trying because the planting revolution is here! Lead a hand in this one-off **Extinction Rebellion Protest Tree Planting**.

The group has collected nearly 50 donated plants and trees from its recent protests, which are now in need of a new home. Help plant some of the homeless trees in south London's Hoopla Pocket Park, including a gorgeous crab apple. We're digging it. ■

→ Hoopla Pocket Park. Tulse Hill rail.
Sun May 26. Free.



By Angela Hui
Who lives life in full bloom

WHERE TO FIND

Beautiful flower displays



↑ Mayfair Flower Show at Sketch

Sketch London already has a reputation for looking spectacular, but right now it's looking even more fabulous. Flower installations will grace the quirky restaurant, including works by Belgian florist Thierry Boutemy and London florists Rebel Rebel. If you're feeling flush, there's a special Mayfair Flower Show afternoon tea on offer.

→ Sketch London. ☉ Oxford Circus. Until Mon May 27.
Available to see when dining at Sketch.



↑ Belgravia in Bloom

See Belgravia blossom into a botanical wonderland.

Drop in at one of the free immersive experiences, activities and workshops happening this week.

While you're at it, be sure to catch a glimpse of the flourishing floral storefronts, with more than 50 retailers showcasing their own flowery fantasies.

→ Various locations. ☉ Sloane Square. Until Sun May 26. Free.

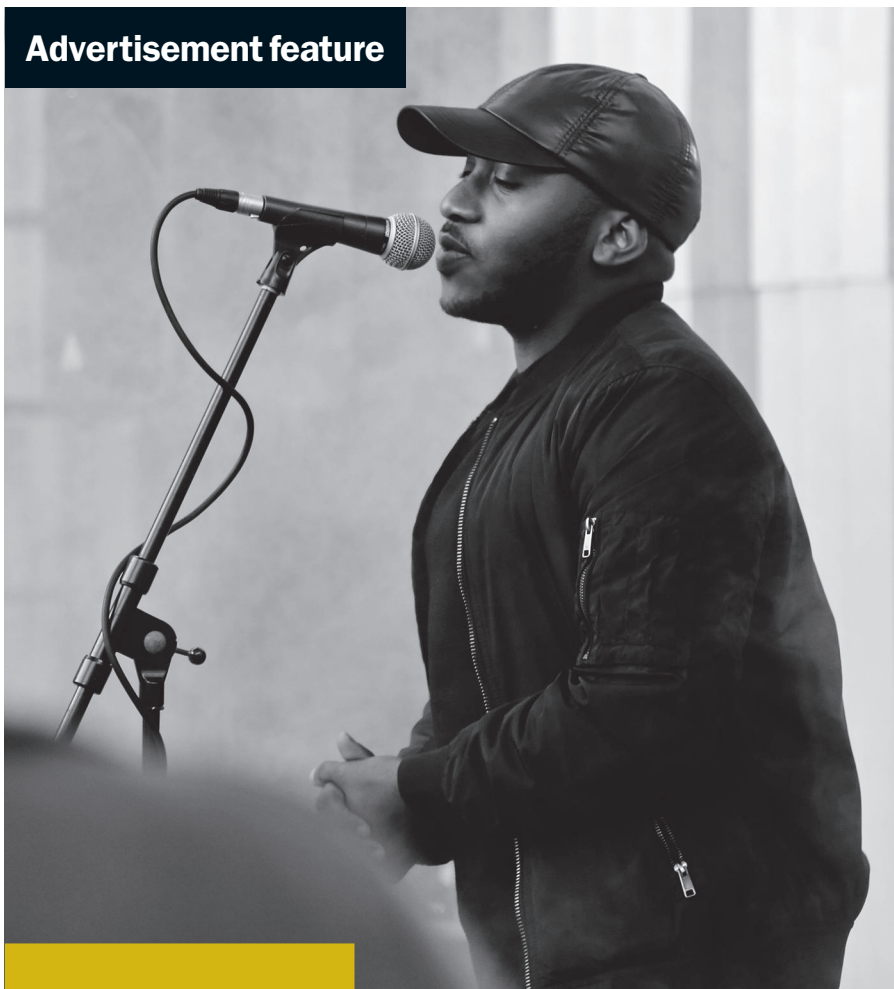


↑ Matisse-Inspired Bottle Garden

This recycled bottle garden display inspired by the twentieth-century art maestro is sure to brighten up your day. Created by the kids from Horniman Primary School, the magical hanging creations are plastered in colourful abstract cut outs and filled with bee-friendly plants. Go for the 'Parakeet and the Mermaid' vibes, stay to enjoy the Horniman Museum's own lush foliage.

→ Horniman Museum and Gardens. Forest Hill Overground.
Until Sun May 26. Free.

Advertisement feature



Made in Brentford

Heard about The Brentford Project? Here's why Brentford is the place to be this summer, including all of the events that are coming your way

It's one thing to rep your ends, but there are some brilliant communities outside of your local postcode that are worth jumping on public transport for. And, situated in zone four, Brentford's one of them.

Bursting with creative talent, a growing foodie scene and a bucketload of actually quite interesting history, this waterfront spot is well worth a visit. But other than the usual itinerary ideas that you'll find popping up on area guides, The Brentford Project will include a smorgasbord of exciting

events that'll give you a much more authentic feel for the place.

Yep, to celebrate the cultural side of this leafy west London neighbourhood, Ballymore is bringing together music, food and art to create a vibrant and family-friendly summer series. Focused on promoting the Brentford community and cultural diversity, you can expect an inclusive showcase including complementary workshops, crafts, edibles and a programme of live music.

So what events are lined up?

First up, Saturdays are all about themed day events. June 1 salutes the local music scene, with live sounds from Donal, runner up on The Voice, and Aston Merrygold, formerly of JLS. July 6 is centred around wellness (think yoga and mindfulness sessions) and August 31 flies the flag for crafts. There are also 'Lates', which include ticketed workshops and talks from 'beers and blues', a 'start-up masterclass' with classic car entrepreneur Merlin McCormack, and the 'history of Brentford', an evening exploring Brentford's rich history.

Plus, if you start to feel peckish, pop on your apron and get creative at Rye By The Water, an on-site bakery run by Janine Edwards and

Ben Rand, supported by Robin Gill – the celebrated Dublin-born chef behind The Dairy, Sorella and Counter Culture. They'll be hosting pizza decorating classes for kids and baking classes for adults. Tasty.

Not only that, but since this summer series will be running from June 1 to August 31 2019, that gives you plenty of time to plan your day out (so no excuses, homebodies). Get a day off work, organise a weekend, clear your schedule – it's gonna be a real jolly. Big up Brentford!

ballymore.

→ For more information, visit www.thebrentfordproject.com

SOMETHING FOR THE WEEKEND

Friday



Feria de Londres

The sun-drenched Spanish climes of Andalusia are coming to the banks of the Thames for a festival full of mouth-watering tapas, sherry tastings and Jamón Ibérico masterclasses. Tuck into some organic gazpacho, watch live flamenco dancers and sample some moreish Andalusian cocktails. Arriba!

→ South Bank. ⇄ Waterloo. Fri May 24-Sun May 26. Free.

WATCH Meals on Reels: 'Withnail and I'

Anyone for a rhesus-negative bloody mary? The Signal in Forest Hill is serving up a menu inspired by the cult film, so you can dig in while watching.

→ The Signal. Forest Hill Overground. Fri May 24. £20-£25.

STROLL Open Gardens at The Charterhouse

Step inside one of London's best-kept secrets, as Clerkenwell's gorgeous Charterhouse opens up its seven-acre gardens to the public for one night only.

→ The Charterhouse. ⇄ Farringdon. Fri May 24. £10.

Saturday



SHOP Depop Market

Depop is bringing together some of its biggest sellers for an in-person, real-life market, with added vegan street food.

→ Bohemia Place. Hackney Central Overground. Sat May 25-Mon May 27. Free entry.

SPIN Peckham Record Fair

Hackney Record Fair takes a trip south, offering up hidden gems and uber-rare treats across 30 stalls.

→ Copeland Park. Peckham Rye Overground. Sun May 26. Free entry.

Bike Shed

Rev up and ride down to Tobacco Dock for two days of motorcycles, where riders and bespoke makers from across Europe will be showcasing their builds, alongside street food, live music and art.

→ Tobacco Dock. Shadwell Overground. Sat May 25-Sun May 26. From £22.

Sunday

Adams Antiques Fair

This huge antiques fair has been going since the 1970s. Join the snaking queue that usually forms before the doors open to be one of the first to bag a bargain.

→ The Royal Horticultural Halls. ⇄ Victoria. Sun May 26. £4.



LEARN Tide Walk

Learn about the power of the mighty Thames on a guided walk with tidal expert William Thomson.

→ Gabriel's Wharf. ⇄ Waterloo. Sun May 26. £20.

PERSEVERE The Ultimate Harry Potter Marathon

Every film, back-to-back, from 8.30pm on Sunday to 5.25pm the following evening. One to separate the would-be aurors from the sleepysquibs.

→ Prince Charles Cinema. ⇄ Leicester Square. Sun May 26-Mon May 27. £32.50.

More markets and magic at
timeout.com/thingstodo

Discover Kent's hidden gems

This weekend, why not find a new favourite place to explore? From city to coast to countryside, Kent's pleasures are just a train ride away with Southeastern's Summer offer



Whitstable

Oysters and earrings

Whitstable combines by-the-sea relaxation with first class food and village-vibe boutiques. It's famous for shellfish and the curious Maunsell Forts standing tall out at sea – both popular subjects for local artists who sell their work at the Harbour Market. Browse along Harbour Street, chill out in Whitstable Castle gardens, then pick up goodies from David Brown Deli or Windy Corner Stores for a picnic on the pebbles.

Brunch and boutiques

Centuries of drama stand alongside modern pleasures in **Canterbury**, from the Cathedral and Roman Museum to the Marlowe Theatre and The Beane House of Art and Knowledge. Start your day with a superfood smoothie at Kitch and end up at the Foundry Brewpub, a restaurant and bar – in a beautifully converted Victorian foundry – that brews its own beers and spirits.

Old-school new style

In **Margate**, you can make sandcastles on the beach one minute and browse for mid-twentieth century furniture in Junk Deluxe vintage store the next. Or stroll from the beach to Turner Contemporary art gallery in the time it takes to devour your ice cream from Melt Gelato Parlour, and afterwards, refresh yourselves with a homebrewed pint at the tiny Harbour Arms pub on the waterfront.



Canterbury



Folkestone

Art by the sea

Did you know **Folkestone** is a 24/7 art gallery? There are sculptures and installations by Tracey Emin, Antony Gormley and other notable artists on street corners, in buildings and even on a lighthouse. Book a free guided tour then refuel down on the Harbour Arm – spring to autumn, it's a hub for cafes, bars and music, with everything from Spanish street food (at Pick Up Pintxos) to live Jamaican reggae on its promenade.

Sip, surf and SUP

Cliff-top walks, indie boutiques and first rate café culture, **Broadstairs** has it all. Kent Surf School at Viking Bay hires out kit, including stand up paddle boards, if you fancy taking to the waves, then dine on shellfish whilst overlooking the sea at Wyatt and Jones. Making a trip 'à deux'? Stark is an intimate restaurant with a beautifully crafted set menu. Book ahead and find out why it's got the critics and the locals raving.

HIDDEN GEMS AT A GEM OF A PRICE

With off-peak day return tickets from London starting at just £15 you can explore 12 wonderful destinations with the Southeastern Summer Offer. It includes 'Kids for £1' so children aged 5 to 15 travel for just £1! Offer ends June 16.



Broadstairs



Margate



Deal

Cakes and castles

Deal's independent shops, its 'flower'-shaped castle and the views from the pier all add to the town's charm, but its star appeal is its food. Award-winning café Goose on the Green is perfect for brunch with a view, and for afternoon tea you can't beat Little Harriettes, but for a romantic lunch date, try 81 Beach Street after a stroll by the sea.

Dockside delights

At **Chatham's** Historic Dockyard, family events keep the kids busy while older visitors head for Nelson Brewery, the Dockyard's very own ale-makers. Into shops more than ships? Get your retail therapy at Dockside Outlet Centre and take a tour of Copper Rivet Distillery – makers of gin, whisky and vodka using Kentish grain.



Faversham

Down by the riverside

The home of Shepherd Neame (Britain's oldest brewery), **Faversham** seems to inspire fine brewing. Good news for discerning drinkers. Local delights include Mad Cat Brewery at Brogdale Farm and Boutilliers, brewed in The Hop Shed and sold at Macknade Fine Foods.



Chatham

southeastern

→ Discover Kent's hidden gems! www.southeasternrailway.co.uk/summer #SEhiddengems

Advertisement feature



A big night out with the Bard

It's 2am on Saturday morning, and you're having a raucous evening with... Shakespeare? This summer, the Globe is partying like it's 1601

We'll get to the Shakespeare in a minute, but first, a quiz: which of these statements is correct? A) a matinée is a performance held in the afternoon; b) audiences should always know which show they're about to see when they walk into the theatre; c) yelling, cheering and foot-stamping in the theatre may result in you being (semi-) politely asked to leave.

When it comes to Shakespeare's Globe this summer, the answer is: none of the above. For three magical nights this summer, the Globe will

present a Midnight Matinée, where the action kicks off at 11:59pm and runs into the early hours. While the city turns in for the night, the famous wooden 'O' will transport audiences to worlds of shipwrecks, fairies and forests under the stars. It's an atmosphere unlike any other you're likely to find in a theatre – audiences have described it as feeling more like a festival.

And here's where it gets even more radical. On Friday June 21 – which just happens to be the summer solstice – they'll be running one of their increasingly

popular 'Audience Choice' shows. That's right: you get to vote for your favourite of three plays (the one that gets the loudest cheer wins). Will it be the rarely-seen romance 'Pericles'? Or one of two comedies, 'Twelfth Night' or 'The Comedy of Errors'? The best part is, whichever play the audience chooses will be performed by the Globe's Touring Ensemble, an international cast of actors bringing these plays to life in a similar method to how they would have been staged in the seventeenth century, doubling roles and performing in a stripped-back set. You can't really go wrong, but if you do have a particular fave, then make sure you're prepared to cheer as loudly as possible – audiences have been known to really get into it.

Can't make it on the summer solstice? There are two other Midnight Matinées this summer: one on Saturday July 20, where you'll catch the magical 'A Midsummer Night's Dream', and on Friday September 6, with 'As You Like It'

To make the most of your Midnight Matinée, head to the Globe's Swan Bar beforehand for a drink overlooking the river. Then at 11.59pm, get set for a Shakespearean experience to remember.



**SHAKESPEARE'S
GLOBE**

→ Buy your tickets now at shakespearesglobe.com



Princess Jellyfish Akiko
Higashimura/Kodansha Ltd

WHERE TO FIND

Manga shops

As the largest ever exhibition of manga outside Japan opens at the British Museum, we pick the best places in London to find the iconic comics



Gosh! Comics

Adanami Bookstore

Don't be fooled by the sign saying 'De-Luxe Cleaning', or the food joint that greets you at the entrance. Carry on to the back of this tiny Soho shop and down the stairs to a little secondhand Japanese bookshop hidden in the basement where you can rummage through affordable Japanese-language manga, novels, DVDs and old-school posters. For those who haven't mastered the language, there's also an English manga section where we found series such as *Naruto*, *Flame of Recca* and *Bleach* on our visit. But the surprises don't stop there. Behind the bookstore you'll find Karaoke Epoc, which has secret booths where you can belt your heart out to Japanese, Chinese, Korean and British tunes, plus Disney songs. Oh, and did we mention it's BYOB?!

→ 30 Brewer St. ☎ Piccadilly Circus.

Gosh! Comics

Duck down to the basement of this friendly Soho bookshop where you'll find a veritable goldmine of manga. You can get your mitts on everything here from popular *shonen*, *shojo* and *seinen* titles like *Fruits Basket* to the more thematically complex *gekiga* work of *mangaka* (manga

artists). Classic stuff by Yoshihiro Tatsumi, Seiichi Hayashi, Osamu Tezuka and Go Nagai sits beside work from modern, cutting-edge creators such as Taiyo Matsumoto and Tsutomu Nihei. To tie in with the British Museum's exhibition, Gosh! has also been asked to curate collections for Islington's libraries – a good option if you're low on pennies.

→ 1 Berwick St. ☎ Tottenham Court Rd.

Japan Centre

This London institution has been serving up grub from the Far East since 1976. While the *depachika* (that's Japanese for basement food hall) is best known for its psychedelic specialist groceries, Japanese bakery and chill counters full of colourful sushi, you'll also find a stash of mags that are perfect for those with an insatiable appetite for what's new in the manga world. Pick up issues of *CoroCoro Comic*, *Shōnen Jump* and *Animedia* to read while you sip green tea in the shiny cafeteria.

→ 35b Panton St. ☎ Piccadilly Circus.

Japan Craft Manga

A staple of the Stables Market and a must-visit for manga lovers, this little shop is lined with shelves teeming with comics,

figurines, toys, clothing and other manga and anime merchandise. It's probably one of the only places in London where you can pick up Gunpla figurines. You'll also find Dragon Ball and Pokémon merch ranging from the ubiquitous to the rare. It's a good spot to load up on sweets too. Mango Pocky, anyone?

→ Unit 841, Stables Market. ☎ Camden Town.

Japan House

Get a dose of authentic Japan at this slick spot where everything from the floor tiles (from Awaji Island) to the food (cooked by renowned chef Akira Shimizu) is the real deal. While you can already pick up many a manga here, from tomorrow its library display 'LGBTQ+: Diversity in Manga' will show how manga culture has helped to challenge stereotypes and social norms in Japan. Plus, forthcoming immersive exhibition 'This Is Manga – the Art of Urasawa Naoki' will look at the art form through the unique style of the artist responsible for *Yawara!* and *Monster*. Check out Urasawa's original hand-drawn storyboards and look out for a new range of LGBTQ+ manga in the shop. ■

Alexandra Sims

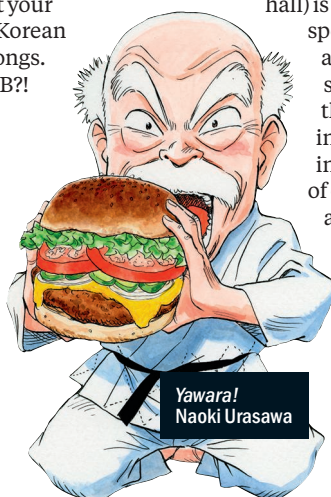
→ 101-111 Kensington High St. ☎ Kensington High St.

'LGBTQ+: Diversity in Manga' runs Wed May 22-Aug 31. Free.

'This Is Manga – the Art of Urasawa Naoki' runs Jun 5-July 28. Free.

→ 'Manga'. British Museum. ☎ Russell Square.

Thu May 23-Aug 26. £19.50.



Yawara!
Naoki Urasawa

Own your lunch break

Step away from the desk, office workers! This month, Red Bull is encouraging Londoners to get AWOL (that's Active When on Lunch), and offering free fitness classes to get you into gear

Where are you reading this right now? On the Tube? At home? Or, are you at your desk, leafing through this magazine while munching on a sandwich? As much as we love that you're paying attention, we reckon you need to get outside, stat. Increasingly, we're spending our precious lunch hour sat at our desks, and it's really not doing our physical or mental wellbeing any favours. Getting out and doing some exercise during the day has been proven to improve concentration levels, boost motivation and reduce risk of depression and anxiety.

If you're not sure where to start, then fear not: Red Bull has you covered. In May, Red Bull is running

free, 30-minute lunchtime fitness classes at its Covent Garden HQ. By helping you get AWOL (that's Active When on Lunch, obvs), Red Bull is inspiring you to cultivate an awesome active routine that will instantly elevate your workday. Getting AWOL can be anything from a social walk in the park with workmates or a gym session, but this month, start with these classes, which are run by ace London fitness studios. Spaces are limited to just 25 people per session, so make sure you sign up to your preferred class online at www.redbull.co.uk/AWOL. And if you can't make it to the classes, head over to the AWOL page for inspiration, expert advice and motivation on how to get active at lunch. Good luck!



TUESDAY

Sophie Grace Holmes

What is it?

A dynamic HIIT class (that's high-intensity interval training), hosted by London personal trainer, public speaker and fitness blogger Sophia Grace Holmes.

What will I be doing?

A variety of body movements, tailored to all abilities, and designed to improve cardio fitness.

How will it make me feel?

Hopefully, you'll have such a good time that you'll feel motivated to continue your fitness journey.

→ May 28. 12.30pm.

WEDNESDAY

Milo and the Bull

What is it?

A game-changing HIIT class run by boutique Clapham fitness studio Milo and the Bull. Their sessions centre around the use of a super-smooth WaterRower.

What will I be doing?

Rowing! But it's not as you know it: this will be a high intensity interval training session. It's an invigorating, fat-burning combo of strength and cardio work.

How will it make me feel?

In a word: wrecked. But not for long. You'll leave the Red Bull HQ feeling refreshed and energised.

→ May 22 & 29. 12.30pm.



THURSDAY

Onyx London

What is it?

A class that takes a holistic approach to working out, run by North London fitness studio Onyx.

What will I be doing?

A series of bodyweight dynamic movements that are designed to challenge your body's flexibility, strength and mobility.

How will it make me feel?

Like you've just moved in a way that you never have before. You'll have worked up a sweat, but also learned some nifty new exercises and stretches.

→ May 23 & 30. 12.30pm.

FRIDAY

UN1T

What is it?

A worldwide fitness franchise that focuses on teamwork, mutual support and working as one to complete strength and conditioning tasks.

What will I be doing?

A partner-based class, where you'll both be challenged to complete a certain number of reps per exercise within a set amount of time.

How will it make me feel?

Like you've really achieved something! Hopefully, you'll high-five your partner as you complete your goals, ready for the afternoon ahead.

→ May 24 & 31. 12.30pm.

Advertisement feature

SIGN UP TO GET AWOL



Ready to get AWOL? Red Bull's free fitness classes run from now until May 31 at Red Bull's Covent Garden HQ, located at 42-56 Earlham St, Seven Dials WC2H 9LA. Classes start at 12.30pm with a 12.15pm arrival. Remember: classes are limited to 25 people, so book online to secure your spot.

Can't make it to a session? You can also sign up to the full AWOL campaign online at www.redbull.co.uk/AWOL, which will unlock access to hints and inspo for staying active throughout the month, plus expert-built 15-minute lunch workouts.



→ Sign up to Red Bull's Active When on Lunch campaign at www.redbull.co.uk/AWOL #RedBullAWOL

Advertisement feature



Discover Victoria

Always dreamed of an Aussie road trip? Let Flight Centre curate an incredible journey from Melbourne into the stunning state of Victoria

Whether you're an auto-junkie or a total sun-seeker, there's nothing quite like an Aussie road trip. From world-famous golden coastlines to amazing animal encounters, the natural beauty of the south-eastern state of Victoria is best explored by putting your foot to the pedal. What's more, there's also the buzzing city of Melbourne to visit. It can be a little tricky to know where to start – but that's where Flight Centre comes in, with its tailor-made trips that'll make you want to get going ASAP Ready to hit the road?

First stop: Melbourne

The rumours are true: Melbourne really is one of the world's most vibrant creative capitals. A great spot to start or end your road trip, the city is a cultural hotspot and full of fun (not to mention amazing food and wine). Explore its hidden laneways full of amazing street art, discover rooftop bars; catch a gig at one of the city's many live music venues and lose yourself in lush greenery in the Royal Botanic Gardens. Then, drive an hour out of the city to the rolling hills of the Yarra Valley wine region.

Up next: Regional Victoria

You might not know as much about Victoria, but this super-diverse

state is home to world-class sand, surf and national parks. It's also a little more compact than other regions of Australia, which means you can spend more time veering off the beaten track and stopping to take it all in. First off, a trip to the Grampians will have you looking on in awe. Here, you can scale majestic sandstone mountains and learn about the fascinating history of the region's Indigenous peoples. Naturally, you'll spot incredible wildlife, including kangaroos and emus. And speaking of cute Aussie animals, you'll get up close to little penguins, koalas and even a fur seal colony on Phillip Island. No trip to Victoria is complete without a scenic drive along the Great Ocean Road – one of the world's great coastal journeys. Our advice? Stop by the Great Ocean Ecolodge for a super-relaxing and immersive nature experience. Then, you'll be refreshed and ready to explore the temperate

rainforests of Great Otway National Park, the dramatic shores of the Shipwreck Coast and the iconic Twelve Apostles rocks.

Pick up the pace

No one needs the stress of holiday planning, and why put yourself through it when you can chat with one of Flight Centre's friendly travel consultants over a cuppa? They'll book the trip, including flights, car hire and hotels, so you'll have more time to relax. Plus, they'll get to know you and tailor-make an itinerary perfectly suited to your needs. Flight Centre is basically a know-it-all tour-guide, so your much-needed (and deserved) vacay is in good hands.

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→ For more information, visit www.flightcentre.co.uk

WHAT'S THE DEAL WITH

The Departure Lounge

More dead good stuff at
timeout.com/thingstodo

Things to Do

A departure lounge! Are we going on holiday?

Kind of. This pop-up in Lewisham Shopping Centre may look like an airport – there are piles of suitcases and posters of sunny beaches – but shoppers wandering in will examine another kind of journey: the one-way trip that (as sure as we pay taxes) we're all destined to take one day. 'Over half of British adults avoid saying the word "death",' one poster reads. The Departure Lounge is here to change all that.

Death?! That doesn't sound like fun.

Well, this initiative created by The Academy of Medical Sciences and The Liminal Space isn't trying to make dying jolly. It's aiming to demystify death and get us talking about a topic often seen as taboo.



WHAT IS IT?

A pop-up getting us to open up about death and dying.

WHY GO?

To make a taboo topic a bit less scary.

→ Unit 4, Lewisham Shopping Centre.
Lewisham DLR.
Until Jun 7. Free.

What will I find there?

Head along and you'll find suitcases filled with stories of people's experiences with dying loved ones and luggage tags revealing how medical science has changed the way people die. There are 'lockers' with each door revealing statistics, recordings from medical professionals and practical advice.

Friendly experts, who have all been involved in palliative care, are on hand if you fancy having a deeper chat. Or you can write your hopes and fears about the end of life on an interactive departure board. One note says: 'For my final journey I'd like my coffin to come into a cabaret bar and everyone do karaoke (whether they like it or not).'

Maybe it doesn't sound so scary after all!

That's the idea. In fact, one expert told us about a group of school children who started discussing immortality after seeing the question 'Do you want to live for ever?' written on the wall. If they can break taboos, you can too. ■
Alexandra Sims

ASHLEY BINGHAM

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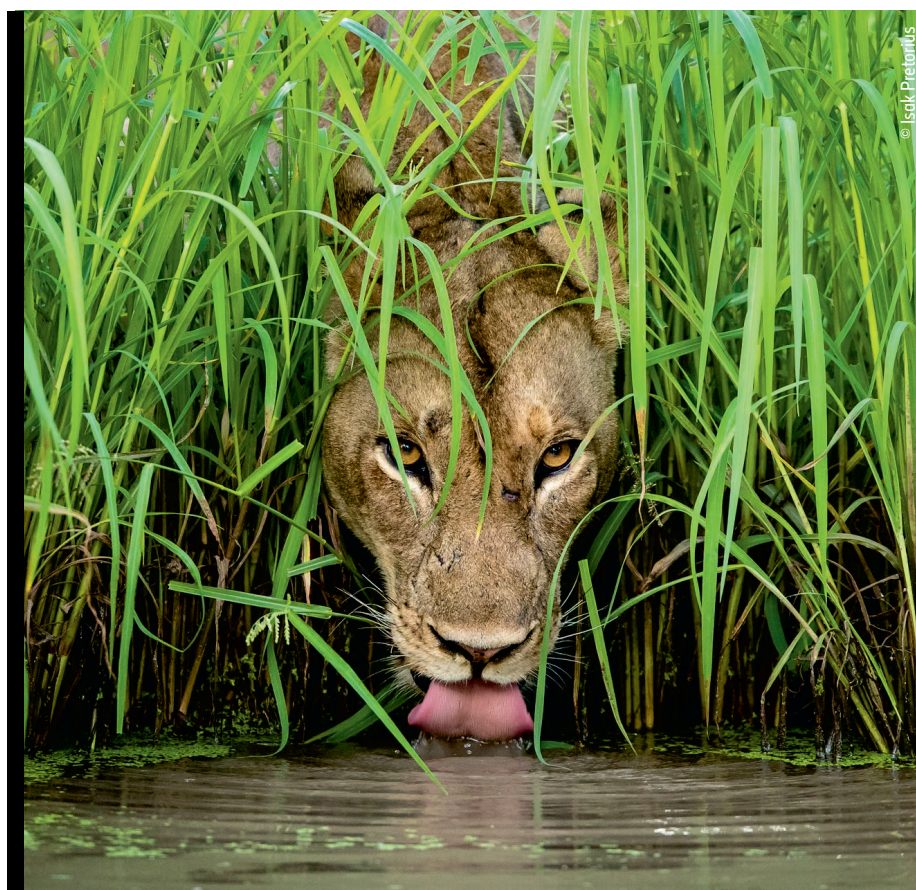
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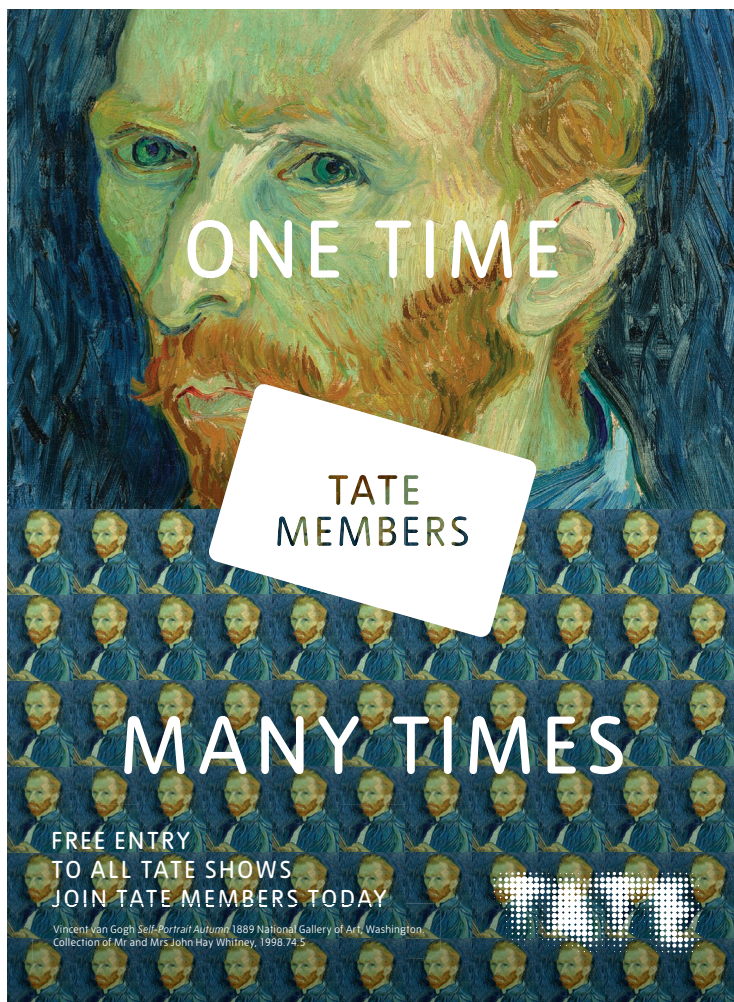
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Konami Kanata (b.1958),
Chi's Sweet Home, 2004–15.
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ねー あそぼう チーと みゃー

THREE OF THE BEST

Food fests for carnivores

Veganism may be en vogue, but London hasn't given up on the meat just yet



↑ Bull's-Eye BBQ's Meat Massage Joint

Walk in, pick your meat, and the on-site masseuses will rub and pound it for optimum tenderisation before slathering on some sauce and barbecuing it for you. Meat is first come, first served, with 100 free cuts available on each day.

→ Old Truman Brewery, Shoreditch High St Overground. Thu May 23-Fri May 24. Free.



↑ Jerk & Beyond

Chicken wings coated in scotch bonnet and mango jam are the stars of the show at this Caribbean festival. As for the 'Beyond', expect cod fritters, plantain balls, curry crab and frozen daiquiris courtesy of Plantation Rum, plus DJs and dancers.

→ Old Spitalfields Market. ⇨ Liverpool St. Sat May 25-Mon May 27. Free entry.



↑ Meat vs Fish vs Veg

Three major grub groups go head-to-head at this food fest, with four chefs giving each the gourmet treatment. You're in it for the meat, which means eating juicy slabs from Galvin, The Frog, Hawksmoor and Bluebird. ■ **Bobby Palmer**

→ Flat Iron Square. ⇨ London Bridge. Wed May 22. £25.

There's veggie stuff too at
timeout.com/thingstodo

Advertisement feature

5 reasons why you need to visit Norwich

From neat eats to stunning vistas, here's why you should bag a short break or day out in the east of England



Even the most steadfast of Londoners sometimes just need to escape the city.

Luckily, we've got five reasons for you to clock off early for a long weekend in Norwich. And you don't have to worry about counting the pennies, because with Greater Anglia you can get advance one-way fares from just £10* from London Liverpool Street. Back of the net.

1. Norwich Cathedral and grounds

Constructed way back in 1096, this Romanesque, grade I-listed building is a treasure-trove of ornate architecture. When it gets a little warmer, be sure to nosy round the gardens, too.

2. Norwich Market

It might not sound like anything much, but Norwich market is a vibrant and must-see spot, because it's actually one of

the largest and oldest open-air markets in the country.

3. The Plantation Garden

Step into this secret garden to discover a playful wilderness where you can unwind with a book and enjoy a breath of seriously fresh air.

4. Norwich Lanes

Fancy getting an authentic taste of the locale? This shopping destination features quirky independent stores, stylish cafes, inspiring historic buildings and art galleries too.

5. River Wensum

Taking to the water with a boat tour is a dreamy way to unwind. As the river flows past the cathedral and the football club, you can revel in the romantic vistas and then moor up at the yacht station.

→ Visit www.greateranglia.co.uk/daysout to find value train fares from London Liverpool Street, and loads of 2FOR1 offers to attractions, restaurants and museums.

greateranglia



*Advance fares are subject to availability for nominated trains, one way.

Time to take another look at central London

Think Leicester Square and Piccadilly Circus are just for the tourists? We're gonna beg to differ...



10

Piccadilly Circus

Sure, there are plenty of must-visit places here for any out-of-towner, but if you're thinking there's little else to this part of town? You're missing a trick. We thought it was high time we took another look, so here are our top tips that any Londoner needs to check out.

1. TKTS

West End theatre tickets are expensive, always sold out and basically impossible to get on the day, right? Wrong. This is where TKTS come in, with last-minute, affordable tickets to some of theatre's finest shows.

2. Dover Street Market

Okay, okay, we're always banging on about this place but it is incredible. Moving to Haymarket hasn't lessened the magnificence of Japanese fashion designer Rei Kawakubo's groundbreaking mecca for the fashion-obsessed.

3. Farzi Café

This brand new, modern-Indian restaurant is from a restaurant group that really knows what it's doing. Our top tip? Try the dhal makhani – a simple lentil dish elevated here to something approaching sublime.

4. Picturehouse Central

Part of Trocadero, this is less a stale popcorn spot and more a vibrant ode to all things film. Wander through the quirky foyer pre-movie and you'll be met by a grand staircase complete with film murals by artists Patrick Vale and Paul Davis.

5. The Halal Guys

A new addition to London's food scene, The Halal Guys is a fast-food phenomenon and NYC import. Look for their eye-catching red and yellow logo, here you can nibble on pittas and middle-eastern platters. Humm-us where the heart is.

Shaftesbury Avenue

12

6

2

3

Haymarket

Leicester Square



6. Japan Centre

Soy ahoy! If you're searching for the good stuff straight from Japan, this flagship store will have you chomping at the bit. The shelves are stocked with cookware, manga, and more, and you'll find some chopstick-ready cheap eats.

7. Lego

Think you're not the right demographic for Lego? Think again. The building brick of childhood whimsy, this place is not only nostalgic but seriously impressive. Spanning across 914 square meters, it's the largest Lego store in the world.

8. Fish & Chipper

Fish and chips are the bedrock UK cuisine, and while getting a slice of this seaside fare may be

optional, it's also highly advised. Oh and this spot's track record is pretty good too; they've been dishing up fishy delights since 1971.

9. National Portrait Gallery

Portraits don't have to be stuffy. The National Portrait Gallery has everything from oil paintings of stiff-backed royals to photos of soccer stars and gloriously unflattering political caricatures.

10. Crystal Maze

Ready for the crystal dome? You may have seen the gameshow on the telly, but you won't really know what's in store for you at this offbeat experience until you step inside. We'll play a mystery game, please.

11. Hippodrome Casino

Of course you know the house always wins but there's more to this place than baccarat and blackjack. Think restaurants, bars, pop-up immersive experiences and some very pert peccs courtesy of 'Magic Mike Live'. Easy now.

12. Perception Bar

W London is a pretty swanky hotel, but naturally those rooms come at a premium price. Our tip? Head to its very classy cocktail bar and pretend you're staying in the penthouse suite. All it takes is confidence – fake it till you make it, people.



Leicester Square

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MILLENNIUM TIME

DON'T MISS

All Points East: In the Neighbourhood



IF YOU'RE A Londoner with your finger on the pulse, you'll already know about All Points East. If you don't, hey, no judging. It's only east London's newest, coolest festival double-weekender, returning for its second year with headliners including The Strokes and Chris. But anyway, we're not here to flog you a ticket. In fact, we don't need to, because, for one week only, you can enjoy the festival life without paying a penny of your hard-earned money. Between the two weekends of music, the folks behind APE are teaming up again with Tower Hamlets Council to offer a smörgåsbord of free events in the festival's sunny Victoria Park setting. The initiative, called In the Neighbourhood, allows locals, farther-flung Londoners, and those who don't even live in the city but want to make the most of a) the area's flourishing cultural scene and b) a freebie. Events include (but definitely aren't limited to) a craft beer fair, open-air screenings of films like 'Bohemian Rhapsody', 'Black Panther' and 'Back to the Future', yoga classes, creative workshops, storytelling, live music, drag and burlesque performances, plus a panel discussion with Frank Turner and *gal-dem* founder Liv Little linked to a screening of the gentrification documentary 'Goodnight London'. There'll also be street food vans and cocktail bars, free-to-use tennis courts, and kid-friendly shows and pop-ups for the weans to enjoy. Full disclosure: the JägerHaus is not one of them. ■ **Bobby Palmer**

WHAT IS IT...
A four day-long bonanza of fun in between the two big weekends of All Points East festival.

WHY GO...
To get your fest fix without spending a penny.

→ Victoria Park.
⊖ Mile End.
Mon May 27-May 30. Free.

More free and easy events at
timeout.com/free

Historic Royal Palaces
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*Prices start from £71 for direct debit annual adult membership. Visit kew.org for details.

Dale Chihuly, Summer Sun, 2010 © Chihuly Studio

Things to Do

SING

N Karaoke at The Old Queen's Head

The best karaoke night in London returns to the Old Queen's Head, featuring free shots on The door and prizes, if you dare to spin the notorious wheel of doom. We're doing Ronan Keating, wbu? → Old Queen's Head. ☺ Angel. Wed May 22. £2.50.

E So if You're Lonely

Club night celebrating the best of the '00s indie scene, with singalong bangers from The Strokes, The Killers and Arctic Monkeys, alongside more niche selections from The Bravery, We Are Scientists et al. It's an indie-disco time capsule, basically. → Stag's Head. Haggerston Overground. Sun May 26. £6.

LISTEN

N How to Read Your Dog's Body Language

Learn about the inner workings of your pooch's mind on this walk-and-talk with an expert trainer. Ticket permits one dog and two humans, and includes a goody bag. → Hampstead Heath. Gospel Oak Overground. Sun May 26. £5.

TO DO

The best events in your area

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

E Voices at the Table No.12

An evening of thought-provoking readings and performances revolving around food, with journalist Elizabeth Day, chef Gill Meller, TV presenter Ravinder Bhogal, writer Yemisi Aribisala and more. Tickets include cocktails and snacks. Yum. → Town Hall Hotel. Cambridge Heath Overground. Wed May 22. £20.

FOOD FESTS

W Foodies Festival

Food lovers can tuck into a range of masterclasses, talks and tastings at this festival. Watch 'Celebrity MasterChef' winner John Partridge do his thing, or sample new champagnes, wines and craft beers. → Syon Park. Syon Lane rail. Sat May 25-Mon May 27. £29.

S Merton Sausage and Cider Festival

Join the second year of this banging bash. Enjoy 20 different ciders, live music and, of course, sausages galore. Tickets include a half-pint, a souvenir pint glass and a tasting notes guide book. → Morden Park House. Morden South rail. Sun May 26. £10.



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/THAN/
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E Free From Festival

If your dietary requirements mean you spend a noticeable portion of time squinting at ingredient lists, this food festival in Brick Lane will be a chance to let loose. A whole host of exhibitors will be on hand to introduce you to alternative ingredients to dairy, gluten or sugar. Naturally, there'll also be plenty of 'free-from' treats, and demonstrations from specialist chefs.

→ The Boiler House.

Shoreditch High St Overground.
Mon May 27. £5-£10.

N StrEATlife

Ally Pally will be bursting with 25+ street food traders for this food and craft beer fest, including Pink Cactus and Browski Burgers, while breweries such as Five Points and Mikkeller provide the booze. On Saturday, look out for performances from Old Dirty Brasstards and a DJ set from Hoxton Radio on the Sunday.

→ Alexandra Palace.

Alexandra Palace rail. Sat May 25-Sun May 26. Free entry.

FAMILY FUN

E Half-Term at Queen Elizabeth Olympic Park

Since it was opened to the public five years ago, the Olympic Park has become a popular spot for fun in the capital. Things are no different this bank holiday, with the park opening its doors for lots of activities, including trips on the slide, an enormous water obstacle course, and BMX and skateboarding sessions.

→ Queen Elizabeth Olympic Park. ⌘ Stratford. Fri May 24-Jun 2. Free entry.

C Wallace & Gromit's Musical Marvels

In the plasticine duo's evening and matinee family shows, Wallace performs his Proms commission 'My Concerto in Eee Lad', followed by a screening of 'The Wrong Trousers' with a live score.

→ Barbican Hall. ⌘ Barbican.

Mon May 27. £16-£28.

PAINTING

W Airbrush Effects

Legendary graphic artist Abram Games used airbrushing to create his WWII propaganda posters – try it out for yourself at a hands-on workshop.

→ National Army Museum.

⌘ Sloane Square.

Sat May 25-Sun May 28. Free.

CULTURE

E Pop Up Africa

Spitalfields is becoming a bustling African marketplace, filled with great food, art, books and furniture, as well as live music and dancing.

→ Spitalfields Market.

⌘ Liverpool St. Mon May 27.

Free entry.

HISTORY

N Going Underground: Buried London

Join archaeologist and comedian Paul Duncan McGarrity at this baby-friendly talk as he presents a guide to London's secrets.

→ Crouch End Picturehouse.

Hornsey rail. Tue May 21. £10.

BRAND BIRTHDAYS

E The Aperol Spritz Big Birthday Social

Aperol is celebrating its 100th anniversary in true Italian style with a '1919 Lido', complete with a revolving carousel bar, Aperol-glass-shaped ball pit and classic Italian car hot tubs. Then there's the lido itself, which is an opportunity to bob around on orange floats, drink orange drinks and take selfies under the orange waterfall. We get it, Aperol is orange.

→ Shoreditch Electric Light

Station. ⌘ Old St. Thu May

23-Jun 1. £10 on the door.

C The Sainsbury's 150 Experience

It's 150 years of Sainsbury's, so it's time for some immersive theatre, taking you back to its Holborn beginnings with a pop-up recreating its Drury Lane butter, milk and eggs store in 1869. There'll be performances taking you through the shopping experience to today, and interesting finds from the Sainsbury's archive.

→ Unit 6, 6a Langley St. ⌘

Covent Garden. Sat May 25-Sun

May 26. Free tickets on the door.

wellcome collection

Smoke and Mirrors

The Psychology of Magic

"Great free show...massive delight"
Derren Brown

Free exhibition
Until 15 Sept 2019

wellcomecollection.org
⌘ ⌘ Euston ⌘ Euston Square

W Wellcome's free museum and library for the incurably curious

VINTAGE

S Peckham Salvage Yard

Get your paws on vintage treasures including reclaimed light fixtures and secondhand furniture at this popular market, which brings more than 60 hand-picked traders together.

→ Copeland Park. Peckham

Rye Overground. Sat May

25-Sun May 26. Free entry.

C Paint 'The Great Wave'

Head down to The Horniman at Hays to get creative with a glass of wine in hand. You'll be given all the materials and advice to paint your own version of Hokusai's masterpiece 'The Great Wave'. Who knows? Yours might be even better. Or maybe that's the red talking?

→ The Horniman at Hays.

⌘ London Bridge.

Fri May 24. £34.99.

C Iftar at Dishoom

A charity Ramadan celebration at which guests of all faiths can share a traditional iftar (the meal where you break your fast at sunset). There'll be a call to prayer, followed by a festive feast of Dishoom favourites.

→ Under West Handside

Canopy. ⌘ King's Cross.

Wed May 22. £12.

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Kids

Edited by Rose Johnstone
timeout.com/kids



JUST OPENED

Five things to love about the Children's Garden at Kew

Kew Gardens has just unveiled its new verdant wonderland for children aged two to 12... and it's the size of 40 tennis courts! Photography *Andy Parsons*

1 It makes kids feel BIG
A 200-year-old oak inspired the garden. And a wooden walkway encircles the tree, encouraging kids to get up among its magnificent leafiness and survey the world from a new angle, four metres above ground. Over in the Water Garden, they can clamber over rocks and create their own rivers by damming streams and experimenting with water flow.

2 It's wiggly
Once they're done slithering down the 'worm hole' slides, kids can follow paths in different directions – on stepping blocks, over bridges and round walkways. 'They have to duck under branches and brush past bushes, hearing bark crackle underfoot and exploring different environments,' says Kew's garden designer, Suzie Jewell.



3 It smells
Many of the plants (all non-poisonous) have been chosen for their scents. Young explorers can enter through a tunnel of jasmine, whiff the eucalyptus trees, get down among those flower beds and give their olfactory system a treat.

4 It's bouncy
As well as sandpits and 'fishing huts' to play in, there are bright pollen balls to balance on, a giant log scramble to navigate and, brilliantly, little trampolines dotted around the lawn. Designed to handle excited friends jumping up and down all together, they're safe for adults too.

5 It's always changing
Different plants come to life through the seasons, and when interesting new things pop up, Kew's team will show young visitors what to look for. 'Like the rest of Kew, it'll keep growing. It's not fixed, it's not plasticky,' says Jewell. 'It'll change with each child who runs through it and each little hand that squashes something. And that's fine. It's good to have some squashage.' ■
→ Royal Botanic Gardens Kew, Richmond.
⊖ Kew Gardens. Entry included in the main Kew ticket. £16.50, £14.50 concs. £4.50 ages four to 16. Under-fours free.



By Laura Lee Davies
Who loves park life despite her hayfever.

OFF WHEEEE! GO

Three more playgrounds to try



↑ TUMBLING BAY

The Olympic Park witnessed wonders in 2012, but nothing beats the feats of greatness achieved by active youngsters at Tumbling Bay. They can scale treehouses, race over wobbly bridges and risk soggy socks in rock pools.
→ Olympic Park Avenue. ⊖ Stratford. Free.

DIANA MEMORIAL PLAYGROUND

The centrepiece of this playground is a fabulous wooden ship which, along with teepees and a beach, encourage Peter Pan-style romping.
→ Broad Walk. ⊖ Queensway. Free.

HIGHBURY FIELDS

The play space here was designed by children and includes swings and water play features, sand, climbing frames, a tunnel and lots of other frolicsome extras. But the star attraction is its super-long slide. Go daredevils!
→ Highbury Crescent. ⊖ Highbury & Islington. Free.

MAGIC GARDEN

On the former jousting ground at Hampton Court Palace, the Magic Garden has high walkways, Tudor-style awnings, slides and a big red dragon to clamber over.
→ Wilderness Cottage, Molesey. Hampton Court rail. Free with entry, or £8, £6 child, under threes free.

Find loads more half-term activities and ideas at timeout.com/kids



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Which family-friendly festival should I go to?

These days, loads of UK weekends cater for pint-sized punters. Let *Alim Kheraj* guide you to the best fest for your fam



Camp Festival

Some legendary acts are performing this year, such as Nile Rodgers & Chic. But tucked behind the campsite's castle, you'll also find heaps for toddlers and teens. Big names include MrTumble and Wallace & Gromit, and 13- to 17-year-olds can head to Rob da Bank's Music Club.
→ Lulworth Castle, Dorset. Jul 25-28. £187.50 adults, £11-£119 children, under-twos free.



Elderflower Fields

Designed specifically with families in mind, your little ones won't come across anything too wild at this festival in Sussex. Along with music, you'll find roving performers and even the chance to go on a bear hunt. There are also tree-listening sessions, zip wires, plus dance and circus workshops.
→ Pippingford Park, Sussex. May 24-27. £140 adults, £70 children, £7 children under three.

START

So, you want to take your kids to a festival?

I think so...

Do you want to do one of the big ones?

As long as I can boogie, I'm not bothered.

Yeah, go on then.

Nope, can't handle the stress.

This excursion is all about my little cherubs.

How important is the line-up?

I might have kids, but I'm not out of the loop!

Right, smaller festival it is. So how kid-friendly are we talking?

Okay gotcha. Final question: are you a wear-a-costume, throw-yourself-into-it kinda person, or is it a bit of glitter and off you go?

I don't know about my kids, but I've been planning costumes all year.

I love my kids, but for the price of these tickets I'd better have some grown-up fun, too.

What with all the stuff the kids will need, I think I'll leave my petticoats and top hat at home.

Latitude Festival

So, you're a muso, eh? Well, Latitude this year won't disappoint, with George Ezra and Primal Scream performing. There's a family camping spot and a kids' area – and for teens, there's a disco, stage and cinema.
→ Henham Park, Southwold, Suffolk. Jul 18-21. £202.50. £137.50 teens, £15 child under 13, children under five free.



Boomtown

Kidztown makes up the heart of this immersive festival's family area, hosting performers, circus acts, activities and workshops. There are interactive shops and venues for kids.
→ Matterley Estate, Hampshire. Aug 7-11. £244 adults, £199 teens, children under 12 free (ticket required).



Standon Calling

Not gonna lie, we're quite into the idea of Dick and Dom's DJ Battle, just one of the many family-friendly acts performing this year. There's also 'How to Train Your Dinosaur (Live)' and a swimming pool.
→ Standon Lordship, Hertfordshire. Jul 25-28. £169 adults, £139 teens, £45 child four-12, children three and under £5.





Have you heard about the new kids' play area at Kew?

If you're pining for the great outdoors, here's how you and your kids can make playing second nature

Kew Gardens has more than 250 years of botanical history within its walls, but now the world-famous horticultural hot spot is getting playful. It's unveiling a great-looking play area for younger visitors – and whether your child is an intrepid explorer, curious about nature or just requires a good run around, it's going to lead them on a serious sensory adventure.

This leafy Children's Garden stretches across 10,000 square metres (almost the size of 40 tennis courts), so it'll come as no surprise that the project has taken two years to design and develop. It's inspired by four elements that are vital to plant growth – earth, air, sun and water – and is pretty much the perfect spot for little rascals to get out among the blooms, surrounded by mature trees and plants.

But it's not just about Mother Nature's best bits. Kids can also leap on trampolines, whizz down slides and get messy in the sand pit. And if you're keen for them to get a fresh

perspective? Look out for a pretty-as-a-picture tunnel of jasmine plants – they lead the way to the garden's incredible four-metre-high canopy walk. Wrapped around a 200-year-old English oak tree, the walk gives kids the chance to experience a whole new take on all that bucolic beauty.

Plus, there's also a water play area (perfect for cooling down during the summer months), where stepping stones lead the way across a little stream. For older children, a giant log scramble sits among the pine trees. But the best bit? Kids will learn as they play, too, getting the lowdown on everything from the

germination process of an acorn to the importance of water in a flower's life cycle. Plant yourself on a bench and watch them grow.

Open to the public from May 18 2019, the Children's Garden is free to enter as part of a regular admission ticket to Kew Gardens, so you can enjoy your day out without shelling out any extra pennies. Botanical bliss.

Royal Botanic Gardens
Kew



→ Book online at kew.org

For updates on the Children's Garden, follow @kewgardens on social media

Taking baby to the theatre



'Emilia'

Think you can't take your tiny person to see a show? A baby-friendly revolution is happening on London's stages

DOES BECOMING A parent mean kissing your cultural life goodbye? Well, I can certainly attest that it makes it a lot *harder*: as soon as your sprogs are old enough to require things like babysitters, the logistics (not to mention expense) of doing anything fun in the evenings suddenly become borderline not-worth-the-faff.

However, a baby is not the obstacle to seeing cool stuff that first-time parents might expect. You're probably well aware that art galleries, restaurants and most pubs are open to all ages, and most cinemas aren't going to turn away a snoozy newborn. But did you know that London theatre is in the beginnings of a baby-friendly revolution?

Last month, the play 'Emilia' became the first West End show in history to have a parent-and-baby matinee. It's perhaps no coincidence that this has gone hand in hand with a rise in the number of women running London theatres. 'Emilia' was a transfer from Shakespeare's Globe, which is run by Michelle Terry. A new(ish) mum herself, Terry has made

parent-friendliness a big part of her approach to running the theatre. What's more, the Globe is the one major London theatre that offers free admission to under-threes to any outdoor show.

Unfortunately, the freewheeling Globe is something of an outlier – most major theatres ban under-threes unless they're staging a kids' show.

Naturally more welcoming are London's actual children's theatres. The Little Angel gives free admission to babies of up to 12 months and the Unicorn up to 18 months. As a rule, you do kind of need older kids to make a visit worthwhile, though the Unicorn in particular stages work that's as appealing to adults as children. Conversely, there is the occasional show actively aimed at babies – 'Baby Show' is a regular visitor to the Unicorn.

Finally, check out the London fringe theatre scene, where baby-friendly performances are more common. Theatre 503 and Ovalhouse are exciting new-writing venues that stage frequent parent-and-baby matinees, and east London's brilliant venue The Yard will admit babies into any show. ■



'Baby Show'



By Andrzej Lukowski
Whose kids will thank him one day for all the theatre he's forced on them.

Three baby-friendly theatre shows this half-term

'Henry IV Part I'

This superlative take on Shakespeare's history play is the best thing on at the Globe at the moment.

→ Shakespeare's Globe. ☉ Blackfriars.
Wed May 22-Oct 11. £5-£47.

'Rejoicing at Her Wondrous Vulva the Young Woman Applauded Herself'

What a name, eh? This epic experimental theatre romp about the need for positive sexuality has a baby-friendly matinee on Saturday. It's literally nothing they haven't seen before.

→ Ovalhouse. ☉ Oval. Until Sat May 25.
£16, £10 concs (babies free).

'Armadillo'

It's not an explicitly baby-friendly performance, but The Yard will let your under-one in to see the latest from up-and-coming playwright Sarah Kosar, 'about the dangerous ways we make people feel safe'.

→ The Yard. Hackney Wick Overground.
May 30-Jun 22. £14, concs £12.



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THREE OF THE BEST

All-inclusive holidays

The Greek islands are home to a new breed of spectacular family-friendly resorts



↑ Grecotel Club Marine Palace, Crete Best for: water babies

More of a mini-village than a hotel, Grecotel Club Marine Palace spreads out over sprawling, olive-tree-studded grounds. The big draw for families is the epic in-house water park. There are a further six pools – and a stretch of the Cretan Sea – on site.

→ Crete. From £69 per person, per night. www.clubmarinepalace.com



↑ Ikos Aria, Kos Best for: mini-explorers

Most all-inclusive resorts encourage you to stay on site, but micro-chain Ikos offers a complimentary hire of a Mini Cooper to get you and your family out and exploring. Nearby, you'll find picturesque villages on the slopes of Mount Dikeos.

→ Kos. From £73.50 per person per night. www.ikos-aria.com



↑ Daioi Cove, Crete Best for: pint-sized foodies

You won't find a tastier all-inclusive resort than Daioi Cove, which offers food as spectacular as its setting. Take your pick from six eateries; the Taverna is the best one, with zesty Greek dishes and fresh seafood. ■ *Marcus Webb*




→ Crete. From £176.50 per person per night. www.daioscovecrete.com



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Artwork by Year 2, Platts Primary School, Bedford. Photo © The National Gallery, London

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TO DO

The best family-friendly events around London this half-term



Half Moon Theatre

ANIMALS

Love Your Zoo Week

Mooch around with monkeys and look at otters at Battersea Park Children's Zoo's annual week-long animal extravaganza. There's a focus on a different animal each day (meerkat Thursdays, need we say more?) with keeper talks and story time.
→ Battersea Park Children's Zoo. Battersea Park Overground. May 27-31. £9.95, £7.95 child, under-twos free.

Fun Dog Show

Forget stuffy Crufts: here at Mudchute Farm's annual canine celebration, local kids

judge a series of cute competitions – think waggiest tail, best dressed and best trick. There'll also be stalls, cakes and games.
→ Mudchute Farm. Crossharbour DLR. Jun 2. Free.

CONCERT

My Great Orchestral Adventure

Hold on tight: you and your little one are about to travel through time! A full symphony orchestra will bring classics to life in this romp through musical history, from John Williams's majestic 'Jurassic Park' score to Alan Silvestri's

brilliant musical cues from 'Back to the Future'.
→ Royal Albert Hall. South Kensington. Tue May 28. £15-£42.50.

FESTIVAL

Dalston Children's Festival

On the two Saturdays that bookend half-term, venues all over Dalston will be buzzing with free events, including craft and dance workshops, performances, storytelling sessions and a pride event for rainbow families.
→ Various venues in Dalston. Dalston Junction Overground. Sat May 25 and Jun 1. Free.

london transport museum

Untangling the tracks

May half term family fun

25 May - 2 June

- Enjoy STEM inspired family activities
- Visit the new Untangling the Tracks exhibition
- Solve the interactive train tracks puzzle
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FILM

'The Gruffalo' pop-up

The Gruffalo is turning 20! Mega-fans will go wild at the chance to watch 'The Gruffalo' film and participate in drop-in arts and crafts sessions and character meet-and-greets.
→ 9-11 Short's Gardens.
☉ Covent Garden. Sat May 25-Jun 1. Free, book ahead.

HISTORY

'Beasts of London'

This installation traces London's history from Roman times to present day... narrated by animals. Think of what secrets the capital's lions, horses and rats have hidden.
→ Museum of London.
☉ Barbican. Until Jan 5 2020.
£12, £6 child, under-fives free.

'The Day the Circus Came to Town'

The Victorians were mad about circus. Find out why (and marvel at acrobatics, aerialists and jugglers) on this theatrical tour.
→ Tower Bridge. ☉ Tower Hill.
Mon May 27-May 28. £8.80,
£3.80 child, under-fives free.

Discovery Day: Victoria and Albert's Birthday Bash

Have a very Victorian day out at this celebration of the bicentenary of the births of Victoria and Albert. Expect skipping, hoops and sticks, and dress-ups.
→ Hyde Park. ☉ Hyde Park Corner. Wed May 29. Free.

Get Hands on with History at Eltham Palace

Attention! March into Eltham's wartime past at these super-fun 'Train the Troops' sessions. Kids will participate in interactive inductions that will see them

become a bunch of super spies and home front heroes.
→ Eltham Palace. Mottingham rail. Sun May 26-Jun 2. £15.40,
£9.20 child, under-fives free.

SPORTS

MCC Cricket Academy

Help your cricket-obsessed young 'un

take their bat and ball skills to the next level at these one or two-day sessions at Lord's.
→ Lord's Cricket Ground.
☉ St John's Wood. Tue May 27-May 30. From £38 per child.

European Football Academy

Let your little ones have a ball at this week-long football camp. Expert coaches run the sessions, which

involve speed and coordination training, drills and fun matches.
→ Hampstead Heath. Gospel Oak Overground. Tue May 27-May 31. £90 (week), £20 (day).

Plonk Crazy Golf

South London's kookiest museum is hosting an even more bonkers crazy golf course which will pair classic loop-the-loops

with Horniman-themed specials.
→ Horniman Museum. Forest Hill Overground. Until May 31.
£6, £4 child.

THEATRE

Half Moon Theatre at All Points East

Vicky Park's In the Neighbourhood branch of All Points

East includes free children's shows.
→ Victoria Park. ☉ Mile End.
Tue May 27-May 30. Free.

'Suffrajitsu'

This punchy take on feminist history uses a quirky blend of puppets and music to bring the story of the battles for votes for women to life.
→ Angel Theatre. ☉ Angel. Thu May 23-Jul 13. £14, £12 child.

'Morgan & West's Utterly Spiffing Spectacular Magic Show for Kids (and Childish Grown Ups)'

Time-travelling magicians Morgan & West have sleeves full of tricks that will astound kids and bamboozle adults. Ages five-plus.
→ Underbelly Festival.
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→ Southbank Centre.
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Edited by Phil de Semlyen
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TIME OUT MEETS

Dexter Fletcher

The north London actor-writer-director tells *Phil de Semlyen* about making his Elton musical and having Christopher Walken round for dinner



SINCE MAKING HIS first screen appearance, aged ten in 'Bugsy Malone', Dexter Fletcher has acted for some of the directing greats (David Lynch, Derek Jarman, Mike Leigh), faced down one or two personal demons and made the leap into directing (with the terrific 'Wild Bill'). More recently, he quietly took the reins of 'Bohemian Rhapsody' when Bryan Singer left the production. And now he's finally stepping into some limelight of his own with Elton John musical 'Rocketman'. As he explains, it's definitely not 'Bohemian Rhapsody 2'.

What was your first Elton experience? Have you always been a fan?

'I always liked Elton. My first experience was going to my cousin Caroline's house when she'd just been to four Elton shows back-to-back at the Rainbow [Theatre in Finsbury Park], and she had the "Goodbye Yellow Brick Road" album. We'd listen to it incessantly. I was seven or eight, but that stuck in my memory.'

He was a producer on the film. Were there any red lines?

'Nothing was off-limits, but I had to be considerate. I don't want to make things uncomfortable for him; I just want to tell a good story. Sure, it's R-rated but that's the lifestyle he was leading in

the '70s and '80s. There are highs and there are lows, and you can't show the lows in a PG way.'

You've talked about your own struggles with addiction in your twenties. Was that something you connected with?

'It was certainly something that I had a handle on, and I spoke to Elton about it. My struggles are maybe a bit different from Elton's, but the result is the same – it's something to get through. I understand where you get to when you're sniffing a line of coke and you're paranoid and you feel like everyone's betraying you. That's what the film is dealing with.'

Originally, Tom Hardy was going to play Elton in the film. Were you involved at that point?

'No, I wasn't. I saw that and was like: Oh, interesting choice. But Tom's an incredible actor and I wouldn't have been remotely surprised if he'd been amazing. But Taron [Egerton] seemed like a really smart fit. He's physically more like Elton – stockier – and I knew he could sing.'

How do you look back on 'Bohemian Rhapsody'?

'[Producer] Matthew Vaughn called it my "Rocketman" boot camp". It was a unique set of circumstances and I'm very proud to be part of it. I love Rami [Malek] and I'm made up for him [that



he won the Oscar]. If it had gone badly, I could have gone: "Well, nothing to do with me!" That's why I've not said anything, because it's not my project. I directed 30 percent of it.'

Some people felt the film straight-washed Freddie Mercury. Do you feel a need to defend it from those criticisms?

'I'm not the spokesman for it. The only thing I can say about it is that they set out to make a PG film and that's what they made. All the other issues are for other people to talk about. I understand the debates around it [but] I personally don't think it's answerable to it. "Rocketman" isn't answerable to it – I just want to do what is responsible. There is a love scene in my film. There's drugs. But in a PG film, you don't expect that. "Rocketman" is very different [from 'Bohemian Rhapsody'].'

Is it true you once hosted a dinner party with Christopher Walken, Hugh Jackman, Alan Rickman and Jamie Oliver?

'It was quite something. Walken was over for two days to film "Eddie the Eagle" and I invited him over because he wanted to meet Rickman. He was the first to arrive and he sat on the sofa with me and my wife, and we talked about being child actors. Then Rickman turned up, so you had Rickman and Walken sitting at opposite sides of the table and one's talking about working with Tennessee Williams while the other's talking about Brecht. Jamie Oliver's looking at me, like: What the fuck is going on? Jackman bought this amazing bottle of wine. It was a special night.'

Alan Rickman was your best man. Did he give you a grilling in his speech?

'He took the piss, yes. It was at a little Polish restaurant, Patio, in Shepherd's Bush. We had no money at the time. Yeah, he'd known me since I was 14. God rest his soul. He was always very supportive and loving towards me. He was brilliant at boosting me up.' ■

→ 'Rocketman' opens Wed May 22.



FILM OF THE WEEK



Rocketman



WHAT IS IT...

A fantasy musical about Elton John's really tumultuous life and times.

WHY GO...

For a barnstorming 'Crocodile Rock' at LA's Troubadour club.

→ Director Dexter Fletcher (15) 121 mins.

TAKING THE HIGHS of an old MGM musical and pairing them with the lows of an addiction drama, 'Rocketman' is a turbo-charged rock fantasia that zips through the first four decades of Elton John's life. The songs explode from the screen, time-jumps catapult the story forward with exhilarating élan and the emotional stuff mostly lands too. Sure, Elton purists will point out flaws in the chronology, but they'll be doing it dancing in the aisles.

It's a credit to director Dexter Fletcher that any thoughts of 'Bohemian Rhapsody' quickly fade away. Fletcher helped finish that Queen biopic, but he's saved all his good stuff for 'Rocketman'. From an opening blast of 'The Bitch Is Back', which thrusts a young Reggie Dwight into a glorious sepia-tinged dance routine outside his Pinner home, the movie is filled with vividly choreographed, wow-isn't-cinema-great moments.

If there's one thing the films do have in common, it's a stellar central turn. Like Rami Malek's Freddie Mercury, Taron Egerton combats a lack of close physical resemblance by nailing John's physicality: he's a showman on stage but diffident off it, especially around his bullying manager and boyfriend John Reid (Richard Madden). His scenes with songwriting partner Bernie Taupin (Jamie Bell, terrific as ever) are touchingly played.

The breakneck energy flags a little at points, and the family stuff is a bit beige, but 'Rocketman' gets right far more than it gets wrong. Refreshingly, it doesn't shy away from Elton's sexuality either. There's even – gasp! – a sex scene between him and Reid that doesn't just lapse into coyness. It feels like a progressive moment in this retro rush of a musical. ■ *Phil de Semlyen*

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FIVE QUESTIONS FOR Olivia Wilde

The actor-turned-director on her riotous
high-school comedy 'Booksmart'

BEST KNOWN as a Hollywood actor, Olivia Wilde popped round to the other side of the camera to direct the thoroughly ace 'Booksmart'. A high-school comedy with loads of charm and big laughs, it features one of the most surreal drugs scenes in all cinema, plus Wilde's IRL partner, Jason Sudeikis.

1 The film is quite specific to 2019. Why did you want to do that?

'I wanted it to reflect the generation that is leaving high school this year. It should be universal, so it resonated with old people like us, but it's very specifically Gen-Z focused. We hired people of that generation behind the camera and in front, and I said: "Anytime something feels inauthentic, please raise your hands."'

2 Did they?

'Yeah! They'd just ask if they could put things in their own words. Skyler Gisondo [who plays Jared] added the line: "Sorry I'm late, traffic was *nerrrrts*", and for days afterwards, everyone on the crew was like, "This is *nerrrrts*!"'

3 The film has a mad stop-motion drug scene. What was its inspiration?

'I love stop-motion. One interesting thing that happens with hallucinogens is that your concept

of time is warped, and stop-motion plays with time because it's lots of static moments strung together. Why not? There are no rules.'

4 What's the best and worst thing about working with Jason again?

'You get to see that person do their special magic trick. I was a big fan of Jason's and I used to go to "Saturday Night Live" all the time and watch him and think: God, that takes courage. But when you become partners, you lose the opportunity to see them work. So that's the positive side. The negative side of it is that no one is watching your children. They have to fend for themselves.'

5 Will there be more Olivia Wilde movies?

'I hope so! I'm writing another female two-hander comedy right now with Katie Silberman, who co-wrote "Booksmart". And there are a few other [projects] that are exciting that are very different genres. I really like thrillers. At the moment it's like: how dare I stop working for a minute? I'm proud to be a part of this movement of female filmmakers, and we have so much work to do. We have an entire paradigm to shift.' ■ Interview by Phil de Semlyen

→ 'Booksmart' opens Fri May 24.

LONDON ON SCREEN

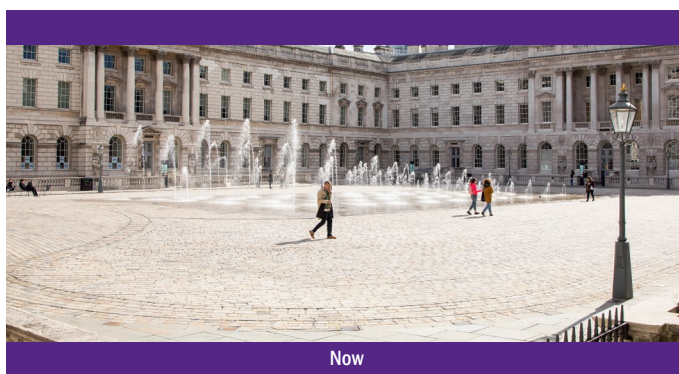
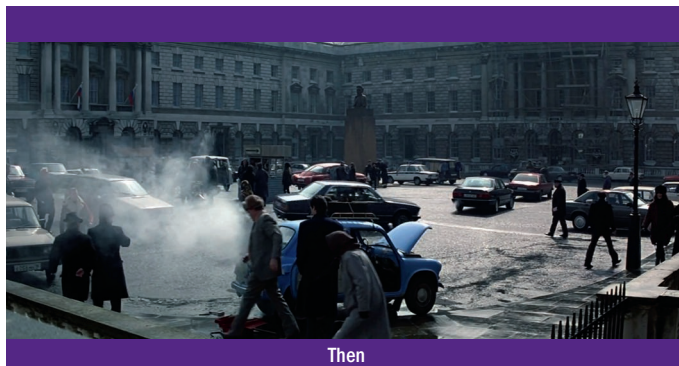
How 'GoldenEye' turned Somerset House into St Petersburg

The location Somerset House, Strand.

The scene After branding him a 'sexist, misogynist dinosaur', M (Judi Dench) sends MI6 secret agent James Bond (Pierce Brosnan) to Russia to investigate a supposed terrorist attack. He's greeted at the airport by CIA operative Jack Wade (Joe Don Baker), but the old banger he's driving quickly breaks down on a bustling street.

Then With Cold War tensions still high in 1995, 'GoldenEye' director Martin Campbell had only limited filming time in Russia. Enter Somerset House as a double for St Petersburg. 'It looks imposing and authoritarian,' explains production manager Crispin Reece. 'It was a cold, grey April day [when we filmed], so it was a shoo-in for Russia. We imported 40 Russian cars and got them to drive around and around in the square.'

Now Somerset House has been open to the public since 2000, becoming a buzzy tourist location in the process. It's also popped up in films including 'X-Men First Class' and had a second Bond outing, 'Tomorrow Never Dies', where it doubled for the MoD. You can watch movies there this summer too (though no Bond films), as part of the Film4 Summer Screen season. ■ *Thomas Hobbs*



ALSO OPENING

Booksmart



WHAT IS IT...

A sassy high-school movie with tons of love for its characters.

WHY GO...

Olivia Wilde's directorial debut has comedy, smarts and compassion.

→ Director Olivia Wilde
(15) 102 mins.



THE CURRENT GOLDEN ERA of high-school movies is offering the 'Breakfast Club' generation serious competition. Some of these films are good enough to land multiple Oscar nominations ('Lady Bird'). Some sneak heartache into comedy ('The Edge of Seventeen'). Some are sharp-edged and sassy ('Easy A'). 'Booksmart' could be all of the above.

Scripted by an inspired quartet (Susanna Fogel, Emily Halpern, Sarah Haskins and Katie Silberman), 'Booksmart' invents a socially awkward, Ivy League-bound duo, Amy (Kaitlyn Dever) and Molly (Beanie Feldstein from 'Lady Bird'). The two pals' smugness rings hollow: their equally nerdy peers have also got into exclusive universities, but those classmates who spent their time necking beer bongs and having tons of sex along the way? They got in too. How did the two never learn to multitask?

In her behind-the-camera debut, actor-turned-director Olivia Wilde shows off something rarer than technique or comic timing: she's got loads of compassion. The classic high-school 'types' – the spoiled loner, the spaced-out drama chick, the buff bro – are all given the chance to evolve into genuine characterisations. And it all happens within the space of a single sex-positive night. People, demand a 'Booksmart' cinematic universe! ■ *Joshua Rothkopf*

XY CHELSEA →



Bradley Manning was a 22-year-old army intelligence analyst who sent WikiLeaks 750,000 classified files. Sentenced to 35 years, Manning revealed he was also transitioning... This doc picks up the story as Chelsea Manning is released after seven years in jail. It's a sensitive portrait of a badly damaged young woman, but by focusing so narrowly on Manning, it fails to ask how a country as paranoid as the US can leave its dirty secrets lying around, then find a parodically un-American scapegoat to blame it all on. *Chris Waywell*



JOHN MCENROE: IN THE REALM OF PERFECTION



This French doc shows the tennis star at the height of his powers, and if you're interested in tennis, McEnroe or sport on film, it is a must-see. If not, director Julien Faraut's focus on the relationship between camera and subject can be a bit over-philosophical. *Helen O'Hara*

MEMOIR OF WAR



French novelist Marguerite Duras endured the Nazi occupation of France, saw her husband carted off, wrote a stack of books and plays, and eventually reinvented herself as a filmmaker. It's a life that deserves a proper biopic but this glum drama, set mainly during those war years, isn't it. Mélanie Thierry makes a dogged and determined Duras, and there are tense moments as she works for the French Resistance, but it's all a bit soporific and the voiceover is plain enervating. ■ *Phil de Semlyen*

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Music & Nightlife

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THE TIME OUT GUIDE TO

All Points East Festival

Six stunning standalone gigs come to Victoria Park this weekend and next. We've got exclusive stage times for all – so let *Rhian Daly* and *Lisa Wright* plot your course!

Weekend one

Friday May 24 The Chemical Brothers

4pm

Welcome to Victoria Park! Why not start with a tippie of your fancy and then dive right in by catching the very awesome **Little Simz**. The 25-year-old has a knack for smart storytelling that will leave you transfixed. Catch her on the East (aka main) Stage to be put under her spell.

5.35pm

South London spoken-word artist **Kate Tempest** heads to the North Stage right now to showcase her new album, 'The Book of Traps and Lessons', and the fiery social commentary of her back catalogue.

6.40pm

When the early evening lull hits and you just want to lie in the grass

watching the sunset, **Spiritualized** have your back with some languid space rock on the West Stage.

7.30pm

After recharging your batteries, get the night kick-started with superstar DJ **Peggy Gou** dropping house and techno bombs on the spectacular X Stage.

8.05pm

Take a trip to the North Stage as the evening really gets going. Here you'll find Bobby Gillespie and his **Primal Scream** pals ready to take you on a voyage. Journey into acid-washed hedonism and jangly psychedelia for the perfect party-starter.

9.15pm

Aaaaand here we go! The big guns are out on the East Stage as **The Chemical Brothers** get set to lift Victoria Park to another ravey level. Expect banger after banger, drop after drop, and quite an insane visual experience from British dance music's finest.

Saturday May 25 The Strokes

2pm

Let's kick off nice and early with **The Nude Party**. Don't be alarmed: this isn't some hippie free-for-all where you'll be forced to contend with fellow festival-goers' dangly bits. This '60s-tinged band of rock boys come with the Arctic Monkeys' seal of approval.

4pm

Fans of grubbiness are spoilt: head to the North Stage for south London oiks **Fat White Family** or take our advice and jump on the positive-punk bandwagon of **Amyl And The Sniffers** on the East Stage. Both will leave you looking like a sweaty mess, but only one will have you plotting an invasion of Oz's gnarliest punk bars.

4.45pm

Need a break from all that



Chris



All Points East 2018

indie? London's own **Bakar** will give you some relief on the West Stage with his laidback raps.

7pm

Like your festival sets with a hint of unpredictable unhingedness? Get yourself over to the X Stage for **Yak** for an unholy psych-punk wigout.

8.15pm

There's only one way to get yourself psyched up for The Strokes – making like you're in an IRL version of 'Meet Me in the Bathroom' and getting your gloom on to **Interpol** on the North Stage.

9.30pm

Now, this is something you don't want to miss. It's been four years since **The Strokes** set foot on British soil and who knows when they'll be back again? If the lure of dancing to some of indie's biggest classics penned by New York's finest isn't enough for you then: a) what's wrong with you? and b) know this – there's the chance they'll air some new material, after doing just that at a recent LA show.

DAVID REID, GETTY IMAGES

Sunday May 26 Christine And The Queens

4.45pm

Kick off the day with a fun dilemma: head to either the dreamy sounds of **Toro y Moi** on the East Stage, or the altogether tougher bops of **Princess Nokia**, who plays out West.

6.40pm

You've got just enough time to don your fanciest kaftan and head North for the big man, **Kamasi Washington**. Jazz saxophone might sound more suited to an underground dive bar, but trust us – his psychedelic sound will be glorious on a warm evening.

7.30pm

But make sure you leave in time to hot-foot it back to the East Stage for **Metronomy**. Having just collaborated on Robyn's latest opus, and with a newbie from his own band in the works,



The Strokes

curly-mopped main man Joe Mount is on big form. Just try to stop yourself having a wiggle to the offbeat electro group's oddball bangers.

8.05pm

Pop your head into **James Blake** on the North Stage for an hour to get those emotions well and truly flowing because then...

9.10pm

...it's time for the main event, aka **Christine And The Queens** – or just **Chris**. She can write sexy, sultry bops and sad heartbreakers alike; she can dance like a pro, and she's the kind of gender-fluid, confident role-model that absolutely typifies the modern breed of pop star we should be championing. All hail Queen Chris!

Weekend two

Friday May 31 Bring Me The Horizon

3.50pm

Sneak out of work early in time to catch former Crystal Castles wildcard **Alice Glass** on the East Stage. She might be older and wiser these days, but you can bet she's still not the shy and retiring type.

4.30pm

Pop over to the Jägerhaus for your buzz band fix courtesy of the brilliant Brightonians **Squid**. Simultaneously full of tight, wired riffs and unhinged, yelping moments of chaos, they've even got a song ('Houseplants') dedicated to getting old and spending the weekend in B&Q.

4.55pm

Then it's a big run back East for band of the moment **Idles**, whose blistering punk ticks every box, from cathartic to emotive, to frequently hilarious to just plain downright joyous. Bow down.

6.30pm

Back at the Jägerhaus, neck a quick shot and head straight into the pit for Kent boys **Lady Bird**. Like Idles, they preach big love and big riffs. It's a recipe for big fun.

7.30pm

All does, indeed, point East for the rest of the day, kicking off with game-changing duo **Run The Jewels** – the smart, socially conscious hip-hop double act of El-P and Killer Mike. Now three albums in, they're at the absolute top of their game.

9pm

Then it's left to the **Bring Me The Horizon** lads to take the night home. From underground beginnings, the Sheffield metalcore quintet have risen up impressively to become a genuine transatlantic success. Tonight's mammoth show should be the cherry on top of an already very satisfying cake!



Saturday June 1 Mumford & Sons

1.45pm

Want to start your day off with a discovery? Catch Aussie singer-songwriter **Gretta Ray** on the East Stage, or head North for the Lorde-esque sparkling indie-pop of dreamy Canadian gang **Dizzy**.

3pm

If **Marika Hackman**'s recent single 'I'm Not Where You Are' is anything to go by, her upcoming third album will be a gem. Get a preview on the North Stage, or just bounce around to her buzzy indie gems like 'Boyfriend'.

5pm

One of the most buzzed-about artists of right now plays on the East Stage. Expect socially conscious singer-songwriter **Sam Fender**'s set to be a roadblock.

6.15pm

Fair play to Mumford & Sons,

today's line-up curators, who've pulled off one of this festival season's most head-spinning and powerful booking moves: **The Vaccines** (who play now) into grime icon **Dizzee Rascal** (at 7.30pm), just before their own headline set on the East Stage. Who else would have dared?

8.10pm

Leon Bridges will be readying a stellar set of fired-up soul grooves for your penultimate dance of the day over on the North Stage right about now.

9.15pm

And then it's time for **Mumford & Sons** themselves to take the East Stage, bringing with them rousing indie-folk thumpers and, maybe, their tradition of getting performers from throughout the day up on stage with them. What better way to end a festival day than with a lovely bit of unity?





The X Stage



Bon Iver

Sunday June 2 Bon Iver

2.15pm

Sure, if you've been going fully ape at APE, you might be flagging by now, after two big weekends. But rising Congolese stars **KOKOKO!** have all the genre-fusing excitement and bubbling energy to wake you from your slumber. Find them on the East Stage.

2.55pm

Then reward yourself with a little sit down and sway along to two recent favourites on the North Stage: the endearingly likeable **Snail Mail** and, straight after, the more cerebral **Julien Baker**.

5.55pm

Then it's time for the witty, snarky, weird and wonderful sounds of **John Grant** on the main stage: a true one-off with a way with words that'll make you hoot with laughter and shed a tear within the same song.

6.30pm

Catch the end of the equally excellent **Ezra Furman** back North for a dose of life-affirming, technicolour-crunching odd-pop...

7.50pm

...and stick around for a serenade from lovable Canadian joker **Mac DeMarco**. These days, the singer might be less likely to get naked in between honeyed ballads, but he's still an entertaining cut above your usual solo-men-with-guitars.

8.55pm

Speaking of a cut above, make sure you're back East to round off this year's festivities with the spine-tingling sounds of **Bon Iver**. Taking a break from his famed cabin in the woods for a much larger stage in Vicky Park, ol' Justin Vernon's become one of his generation's most sought-after, universally acclaimed stars. Witness why at this fitting end to APE. ■

→ All Points East takes place in Victoria Park.
⌚ Mile End. Fri May 24-Sun May 26, May 31-Jun 2.
From £62.95 (Sat May 25 sold out).

12 reasons to hit up The Ends

Nas

Nas, De La Soul, Damian Marley and loads more: Croydon's brand new music festival has an incredible line-up, but that's far from the only reason to head to Lloyd Park on May 31-June 2

1 Globe spotters

Forget festivals with stuffy, overdone line-ups. The Ends will bring artists from all over: think Jamaica (Damian Marley, Kranium), New York (Nas and De La Soul) and loads of Nigerian Afrobeats talent (Wizkid, Maleek Berry, Burna Boy and Wande Coal).

2 Celebrate classic albums

On Friday, rap royalty rules. Nas is celebrating 25 years of his seminal album 'Illmatic', and De La Soul's groundbreaking '3 Feet High and Rising' is turning 30. Double bills don't get much better than this.

3 Support your local

Although there's a load of mega acts flying in, The Ends is also about celebrating home-grown talent. Emerging artists from Croydon will play the Future Stage, in partnership with Croydon Council. On the main stage, make sure to get your Skwod down to Nadia Rose's huge homecoming set.

4 Grime time

It wouldn't be a proper south London party without grime. Luckily, then, legendary MC Ghetts will be playing tunes from his latest (and greatest) LP 'Ghetto Gospel: The New Testament', pleasing wordsmiths and beat-fiends alike.

5 Ride the riddim

They've brought the fairground to the carnival. Hop on and off rides like the Star Flyer (you're strapped in and circling round in the air) and the Tornado (a revolving claw) to your pumping heart's content.

6 Catch J Balvin fresh from Coachella

The Colombian megastar was a huge highlight of Coachella last month – so make sure you don't miss what we reckon will be a show-stealing reggaeton set.

7 It won't break the bank

It's no secret that many festivals have headliner-sized prices. But at just £50 a day, or £135 for all three, The Ends is a proper steal. Plus, Time Out is running a sweet deal on exclusive two-day ticket passes, which



IAMDDB

Damian Marley

means you can choose any two days for just £89. Head to [timeout.com/theends](https://www.timeout.com/theends) to grab yours now.

8 Taste the States

There's tons of great US food to be had, from Cajun fries and blackened shrimp (Bayou) to moreish pizza (New York Street Food) and mac 'n' cheese served out of a truck called Fred.

9 Plant power

Rest easy, vegans: The Ends has you covered. Croydon pop-up Soul Vegan will be offering Caribbean-inspired soul food.



NAO



J Balvin

THREE QUESTIONS FOR... KIARN ESLAMI

We chat to the festival's founder about the beginning of The Ends

Where did the idea for The Ends come from?

Three or four years ago, I was having a conversation with my mum about festivals that used to happen in the same park years ago when I was growing up; world music, community fairs. Mum was saying, 'What happened to that event? It used to be so good'. I thought, 'You know what, I'm just going to do something myself'. The Ends was born.

How did you choose the acts?

I wanted to put artists together that you wouldn't normally see. Growing up in a very multicultural area I was used to hearing sounds from all around the world, and wanted to put an eclectic line-up to reflect that.

And why Croydon?

It's where I grew up, was born and raised. As far as I'm concerned Croydon is the capital of south London for culture. It's always been portrayed in quite a negative manner. The sole purpose for doing this festival is to change the narrative of that a little bit.



10 Welcome to Tramrock

Not a Croydon local? You might be surprised to hear that it takes just over 15 minutes to get here by train from Central London. The nearest stations are East Croydon and South Croydon. Lloyd Park is right on the tram line, too.

11 A home from home

The ethos of the festival centres around inclusivity and celebration. People of any

background are welcome – think of it like being a home from home – but one where you can hear 'Welcome to Jamrock' as loud as you could wish for.

12 Be part of something big

It may be called The Ends, but this is just the beginning. Organisers are already planning next year's festival, which is set to be even bigger. You could say you were there from day one.



→ To see the (huge) full line-up and book your tickets, head to www.theendsfestival.com

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Plenty of hits, some of the S***

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1st Saturday of the month

The Phoenix, W1
Feelinggloomy.com

WHAT'S THE DEAL WITH

Dan Shake

Tell me that's his real name!

Sadly not, but the London-based DJ and producer Daniel Rose-Weir (aka Dan Shake) has classy, refined and subtle disco-house bangers for days – and enough swag to make your boyfriend jealous.

Who could say no to that grin?

Right? But this guy has a lot more going for him than his charm. He had a breakthrough musical moment aged just two, watching Chemical Brothers on his dad's shoulders. And it was finding a basic music production programme in a box of Shreddies that set him on course to forging his own distinctive, high-energy disco sound.

Bloody hell. Lucky guy.

Oh, his luck doesn't end there. In 2014, Dan spotted Detroit house mastermind Kenny Dixon Junior (aka Moodymann) backstage at a festival and handed him a CD with his tunes on. It led to his

debut release '3am Jazz Club' dropping on KDJ's hallowed Mahogani label. No biggie.

Impressive. So tell me what he's up to now?

Other than putting out a string of releases on his own label (check out his latest 12" 'Freak / Can't Take It'), he's launched an edit series, Shake Tapes, which gained him support from dance music heavyweights Antal, Mafalda and Gilles Peterson. Dan is also expected to release two new songs on party pumper Denis Sulsta's label Sulsta Selects next month.

That's strong company. When can I see him play?

He'll be headlining at Virgo Festival this Saturday, before heading straight back to London to play the main stage at Peckham's disco-fuelled Gala Festival on Sunday. We're tellin' ya, the man's got stamina. ■
Emily Watson
→ Gala is at Peckham Rye Park on Sun May 26.



DAN MEDHURST

Check out more new artists at timeout.com/music



THU.30.
MAY.19

Tower Of Power

+ INCOGNITO

ROYAL ALBERT HALL



FRI
28TH
JUN
2019

Tash Sultana

ALEXANDRA PALACE



MON.01
JUL.19

Average White Band

ROYAL ALBERT HALL



SAT.07.
SEP.19

The Flaming Lips

O2 ACADEMY BRIXTON



MON
30TH
SEP
2019
SOLD OUT

Richard Thompson

ROYAL ALBERT HALL



Belinda Carlisle

FRI.27.SEP.19
LONDON PALLADIUM



SAT.26.OCT.19

The Rifles

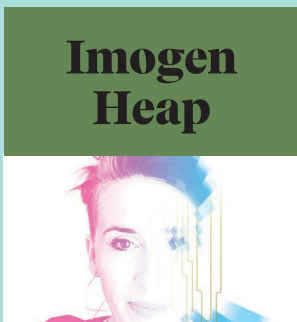
ROUNDHOUSE



THU.31.OCT.19

Happy Mondays

ROUNDHOUSE



Imogen Heap

FRI.15.NOV.19
ROUNDHOUSE



SAT.16.NOV.19

Fat Freddy's Drop

ALEXANDRA PALACE



SAT
23RD
NOV
2019

Jeremy Loops

O2 ACADEMY
BRIXTON



TUE
10TH
DEC
2019

Mark Lanegan Band

ROUNDHOUSE



SAT.01.FEB.20

Tedeschi Trucks Band

THE SSE ARENA
WEMBLEY



FRI.21
FEB.20

Dropkick Murphys

ALEXANDRA PALACE



THU.27.FEB.20

The Dead South

O2 ACADEMY BRIXTON



FRI.15.MAY.20

Peter Hook And The Light

O2 ACADEMY BRIXTON



Go big this bank hols

Fun awaits at a glut of awesome parties and clubs this weekend.
 Charlie Allenby and Nick Levine offer their picks

Friday May 24

Dragonna: a Madonna + 'Drag Race' Disco

This one does what it says on the tin: it's a night of (mainly) Madonna and RuPaul-featured bangers, including hits from Mama Ru herself. Get down early to bag yourself a pick of Madonna and 'Drag Race'-related masks and to enjoy drag performances from Felix Le Freak and Mary Poppers. Oh, and with a prize for the best Madge drag, you better werk if you want to win.

→ Bethnal Green Working Men's Club.

⊖ Bethnal Green. £8.

The Cocoa Butter Club

The cabaret night spotlighting queer performers of colour decamps to Vauxhall for a night of 'DJs, dance-offs and decolonising'. There'll be burlesque, drag and comedy set to neo-soul, R&B and Motown, full of shedloads of progressive fun.

→ Royal Vauxhall Tavern. ⊖ Vauxhall. £8.

Jazz Cafe presents XOYO Live: Mildlife

Jazz is going through a real purple patch, and not a week goes by without an exciting new band swinging into town to play their latest grooves. This week sees Aussie four-piece Mildlife take to the XOYO stage as part of Bradley Zero's Globetrotting residency. Fans of everything from Bob James to Tame Impala should take note.

→ XOYO. ⊖ Old St. £13.50.

Earth Sessions: Vinyl Pimp

Vinyl Pimp in Hackney Wick is a record collector's paradise, stacked from floor-to-ceiling with rarities. Owner Hon will be bringing just a selection of his haul to this evening of music appreciation at EarTH Hackney's kitchen space that will be strictly wax-only. Grab yourself a drink from the bar and prepare yourself to be taken on a journey.

→ EarTH Hackney. Dalston Kingsland Overground. Free.

Saturday May 25

Derrick Carter presents Queen!

Hosted by Derrick Carter and Michael Serafini, Queen! was started by the pair alongside the late, legendary Frankie Knuckles. If the parties in Carter's hometown of Chicago are anything to go by, this should be one glamorously fabulous affair.

à XOYO. ⊖ Old St. £13.50-£25.

Pineapple Pizza Terrace Party

With summer finally here (fingers crossed) it's time to scout out some bars for an afternoon of sun-worshipping and pretending you're on the beach of some Balearic island – rather than by a canal full of shopping trolleys. Grow in Hackney Wick's free Saturday session will have DJs spinning tunes on its terrace until 8pm before moving the music inside for a fiery performance from nine-piece afrobeat band Joro. The brilliantly named Pineapple Pizza

Soundsystem will be on hand to keep the party going late.

→ Grow Hackney. Hackney Wick Overground. Free.

Sunday May 26

Cheeky Bangers Thames Cruise! Strictly '10-'14 Pumpers

The boisterous, Ray Ban-wearing, seafaring sesh vibe of a Croatian festival boat party comes *crashing* down the normally genteel Thames – as DJs from Origins, Netil Radio and HMT Hard Cru go back to the origins of the current UK house revival. Like all good things, the whole concept for this came from a whimsical post on the internet. Woo, internet!

→ Crown Pier. ⊖ Blackfriars. £12.

Little Gay Brother

The bastions of LGBT+ and inclusive clubbing Little Gay Brother know how to put on one heck of a party, complete with drag shows, striking dancers and perfectly pitched beats. The totally joyous collective head to Canning Town for 12 whole hours of sickening partying this bank holiday – be sure to stock up on biodegradable glitter in advance.

→ FOLD. ⊖ Canning Town. £25.30.

The Cause: 1st Birthday XXX Block Party

What is being touted as the Cause's 'first and most likely only ever birthday' looks set to be 18 hours of non-stop, multi-space partying at the Tottenham hub. The main room's headline DJs are being kept under wraps, but trust us, it is a very, very, VERY hot line-up.

→ The Cause. ⊖ Tottenham Hale. £12.50.

Douchebag

The cult club night dedicated to playing 'twisted pop, wonky synth and red-hot remixes for happy East End homos' is celebrating its seventh birthday. Expect an especially bangin' playlist from DJs Mikey XCX and Laurence Del Rey, running the gamut from Grimes to Gwen Stefani. And if you needed any more persuading, there will be cake. Oh, and 'lots of boys'. £5. ■

→ Star of Bethnal Green ⊖ Bethnal Green. £5.

Theatre & Dance

Edited by Andrzej Lukowski
timeout.com/theatre @timeouttheatre

INTRODUCING

Anchuli Felicia King

The young playwright has made waves with her outrageous debut play.
Portrait *Andy Parsons*

HALF-THAI, HALF-AUSTRALIAN playwright Anchuli Felicia King grew up in Thailand, the Philippines and Australia, then moved to New York to study, where she discovered a knack for writing plays. She's caused an international storm with her savage comedy 'White Pearl', which follows an all-female, all-Asian Singaporean skin-whitening start-up that descends into chaos when its racist advert goes viral in the West.

Your first play is having its world premiere in the Royal Court's main house! That's good!

'It's fucking crazy. I think it's testament to the Royal Court that they're willing to take a risk on an essentially unknown 25-year-old playwright. And it's not like it's a safe play to programme.'

'White Pearl' is inspired by a couple of real skin-whitening videos that went viral...

'There were two that must have come up on my Facebook feed in 2016 and I was really fascinated. I grew up with those sorts of ads, and suddenly there was this huge international outcry. And I thought: Oh, this is really interesting to me. Because suddenly you have to be accountable to a global discourse.'

The humour is brutal and your characters are pretty racist – was that tough to write? Or easy?

'It's been an ongoing question: how do you stage racism without perpetuating it? I have a very strong sense that nothing is worth doing just for the shock value. But I want to always be pushing at the boundaries.'

Why make each of the women from a different Asian country?

'I really wanted to poke holes in the idea of "Asianness" as a monolith, and actually look at how fractious and complicated that cultural grouping is. These are six Asian women but they're from very different places, they have very different ways of speaking, they have very different value systems.'

The characters aren't exactly sympathetic, are they?

'I find that really empowering – I have never to my knowledge seen dislikeable Asian female characters: Asian female characters who are problematic, have jagged edges, who are like monsters of capitalism. I really relish seeing six amazing female actors getting to play these crazy fucked-up women because

I have never seen it. Asian women deserve to get to play something other than caring, inherently likeable, passive characters.'

If you set aside the race angle, 'White Pearl' feels like a satire on the amorality of start-up culture.

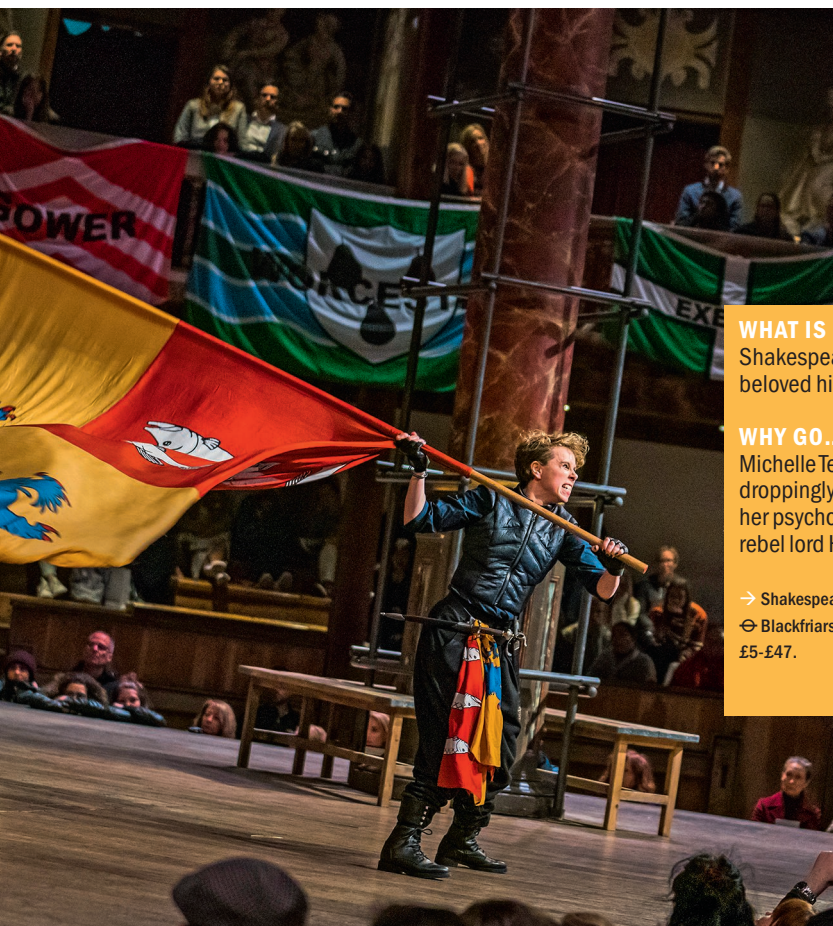
'Yeah. I'm hugely interested in millennial corporate culture and the sort of ad-hoc utopianism of it, the lies that millennial corporations tell themselves about their ethics. It is a sub-culture and the people in it are just so fucking weird, and I find that really dramatic.'

→ 'White Pearl' is at the Royal Court.

☎ Sloane Square. Until Jun 15. £12-£95.



By Andrzej Lukowski
Who has watched those viral videos and wow.



Henry IV Part 1



MICHELLE TERRY LEADS the return of her Globe Ensemble from the front: the actor-artistic director's all-guns-blazing take on rebel lord Henry 'Hotspur' Percy is the clear highlight of her rep company's second season.

Hotspur is usually interpreted as a noble idealist whose tragedy is that he's more decent than the king he clashes with, but Terry pretty much goes the other way. Her Hotspur is an angry, sardonic young man whose main motivations appear to be bloodlust and boredom. Sure, Terry's going against the text a bit here. But she does so dazzlingly.

The usually tender scenes with Hotspur's young wife Lady Percy are hysterically rewired into masterclasses in alpha-male douchiness – Hotspur seems to be barely even listening to her as she waxes eloquent about her fears for his life.

The overall effect is to unify the tone of a play that usually comes across as divided between the Serious Political bits, and the bants bits where the young Prince Harry (Sarah Amankwah) bums around with his disreputable mentor Sir John Falstaff (Helen Schlesinger).

Instead, you're never far from a laugh in a show that could be described as 'a romp'. Indeed, Terry is effortlessly funnier than anybody else: Amankwah and Schlesinger never really click. Without Terry, it would be a lot less good. But directors Federay Holmes and Sarah Bedi do some good work here: there is a striking intro, in which the identically clad ensemble sing a stirring song while donning their costumes; in the second half there is an enjoyable ditty about a cat.

Spoiler alert: 'Henry IV Part 1' is by far the best production in the new Globe rep season that's comprised of this, 'Henry IV Part 2' and 'Henry V', and it's no coincidence that Terry doesn't appear in those shows. Basically, if you're going to book one Globe show, make it this one. ■ *Andrzej Lukowski*

WHAT IS IT...
Shakespeare's beloved history play.

WHY GO...
Michelle Terry is jaw-droppingly good with her psycho take on rebel lord Hotspur.

→ Shakespeare's Globe.
⊖ Blackfriars. Until Oct 11.
£5-£47.

Orpheus Descending



TENNESSEE WILLIAMS WROTE something like 100 plays, of which maybe five are actually properly famous.

'Orpheus Descending' is probably in the second or third tier of his works (there are a lot of tiers), but if you've not heard of it you're always on pretty familiar turf with Williams. Set in the Deep South? Check. Sexy drifter with secrets comes to town? Check. Noble but troubled matriarch, grotesque patriarch? Check check. Booze, pills, illicit sex? Triple-check.

Verrry loosely based on the myth of Orpheus and Eurydice, 'Orpheus Descending' – revived by Tamara Harvey – follows Valentine Xavier (Seth Numrich), a handsome itinerant guitarist. Just turned 30, he is determined to leave his disreputable old life behind him, as he drifts into a small Southern town and falls into the employ of Hattie Morahan's tough, unhappily married dry-goods store owner Lady Torrance.

The first half has its moments. The opening description of the Edenic lakeside drinking garden that Lady's Italian father owned before it, him and her happiness were incinerated by a racist mob is profoundly haunting. And US actor Numrich – in his third Williams play in the UK – is mesmerising as he spins Lady a strange yarn about a tiny bird with no legs which never lands.

But as a whole it's hard to warm to: Williams chucks in far too many characters, and gives Lady



WHAT IS IT...
A gothicky Tennessee Williams obscurity.

WHY GO...
The amazing cast, headed up by the wondrous Hattie Morahan.

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

→ Menier Chocolate Factory. ⊖ London Bridge.
Until Jul 6. £40-£55.

too little to do. Morahan, a phenomenal actor, simply has nothing to sink her teeth into. Even a good role for the brilliant comedy actor Jemima Rooper – as town hellraiser Carol Cutrere – isn't enough to really lift things.

But then the second half cranks up the melodrama and it all kind of clicks into place, albeit schlockily. It finally focuses on Lady and Valentine: two lost souls, out of place and out of time in a prejudiced, backwards South whose denizens have made it a kind of hell. Numrich is good as a man torn between his

noble aspirations and the crushing nature of reality. And Morahan is finally allowed to let rip as Lady's terse, no-nonsense facade crumbles into despair, loneliness and, finally, an explosive desire for vengeance.

I'd say 'Orpheus Descending' winds up as entertaining rather than brilliant. There are considerably worse Tennessee Williams plays that a cast as good as this could pull off – although just imagine what they might have done with one of the really great ones. ■ *Andrzej Lukowski*

Yvette



WHAT IS IT...

UK garage-inflected solo show about a 13-year-old girl.

WHY GO...

For the gorgeous final section, which is entirely sung.

→ Bush Theatre.

↻ Shepherd's Bush.

Until Jun 4. £15-£20,

£12.50-£17.50 concs.



THERE'S A CAVERNOUS emotional void at the centre of 'Yvette'. It's one that the 13-year-old protagonist of Urielle Klein-Mekongo's solo show is trying to fill up with the love she doesn't get from the people around her. Like her hard churchgoing mother, always yelling at her to peel yams. Or her cackling, hypersexual teenage friends. Or the 'uncle' who takes the time to find out who Yvette really is, then takes advantage of her loneliness in the worst possible way.

Klein-Mekongo soundtracks her story by looping mic-taps and vocals into nostalgic UK garage tracks. Yvette's Pokémon-themed raps give way to more haunting sounds as she suffers from the pressure to have sex, and from playground colourism which casts 'lighties' as more desirable. Just when things feel unbearable, the story shifts into a beautiful final sung section, where Yvette finds queen-like inner strength. I wish the show told us more about how she got there: it throws all this horrendous stuff out there and leaves it to hang in the air, unaddressed.

Still, it's a poignant, eye-opening look at a girl who's growing up with an impossible weight on her shoulders. ■ *Alice Saville*

The Last Temptation of Boris Johnson



WHAT IS IT...

A comedy about BoJo's EU high jinks.

WHY GO...

Will Barton gives great Boris.

→ Park Theatre.

↻ Finsbury Park.

Until Jun 8.

£16.50-£32.50.



WELL THIS IS, um, weird. And bad. Jonathan Maitland, who previously penned a successful play about Jimmy Savile, puts an altogether more divisive figure on the stage for his latest work: the MP for Uxbridge and South Ruislip.

It doesn't go well. 'The Last Temptation of Boris Johnson' is a disjointed, horribly ham-fisted attempt at satire, redeemed only thanks to its hard-working cast.

The first half revolves around the pivotal 2016 Islington dinner party at which Johnson and Michael Gove agonised over which side they would support in the EU referendum. The second takes place ten years into the future, when an aged Johnson again sees a referendum as his ticket to the top, only this time he's supporting rejoining the EU – or 'Brentry', as Maitland has it.

The play wants to skewer the BoJo myth. But there's little insight here. You don't have to be Laura Kuenssberg to know Boris just wants to be PM, at all costs. The jokes are tired: Boris speaks funny! Boris sleeps around! Ha! Perhaps it's the Trump paradox: he's so absurd as to be beyond parody.

In the title role, Will Barton is impersonating more than he's acting, though it is a very good impersonation. But, save for a final Buster Keaton-esque coup, Lotte Wakeham's production feels clunky and shapeless, lumbering around under some severely lumpen dialogue. The whole thing's a slow-motion car crash. Like Brexit, only not as funny. ■ *Fergus Morgan*

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NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

Anna

Ella Hickson's new thriller gives the audience headphones to immerse them in Cold War paranoia.
→ National Theatre, Dorfman.
↻ Waterloo. Until Jun 15.
£15-£45.

Four Quartets

This acclaimed staging of TS Eliot's landmark poem mixes dance, spoken word and visually stunning sets.
→ Barbican. ↻ Barbican. Wed May 22-Sat May 25. £40-£45.

The Lehman Trilogy

The NT's hit financial crisis drama transfers to the West End, starring Simon Russell Beale, Ben Miles and Adam Godley.
→ Piccadilly Theatre.
↻ Piccadilly Circus.
Until Aug 31. £18-£125.

Our Town

Director Ellen McDougall tackles Thornton Wilder's all-American epic of small-town life.
→ Regent's Park Open Air Theatre. ↻ Baker St.
Until Jun 8. £25-£55,
£12.50-£27.50 concs.

OFF-WEST END

Blueprint Medea

Julia Pascal's Greek myth-inspired new play follows a Kurdish freedom fighter who escapes to London.
→ Finborough Theatre. West Brompton Overground. Until Jun 8. £18-£20, £16-£18 concs.



TOP-SELLING TICKETS

ATTIMEOUT.COM/TICKETS

1 Come from Away

Set in Newfoundland in the aftermath of 9/11, this Canadian hit is a heart-lifting hymn to the power of community, kindness and lumberjack shirts.
→ Phoenix Theatre. Until Feb 15 2020.

2 Witness for the Prosecution

Never mind 'The Mousetrap', this taut courtroom thriller was Agatha Christie's favourite of her plays.
→ County Hall. Until Mar 29 2020.

3 The Book of Mormon

Filthy fun from the 'South Park' boys.
→ Prince of Wales Theatre. Until Aug 17.

4 The Phantom of the Opera

Lloyd-Webber's highly extra hit.
→ Her Majesty's Theatre. Until Apr 4 2020.

5 Everybody's Talking About Jamie

The fab teen drag queen musical.
→ Apollo Theatre. Until Jan 25 2020.

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BulletTongue Reloaded

Young people from Islington lead this immersive dive into the world of 'county line' drug dealing.
→ The Big House. Essex Rd rail.
Wed May 22-Jun 15. £22.50.

Dead Dog in a Suitcase (and Other Love Songs)

Kneehigh stage a grubby, raucous rock rewrite of 'The Beggar's Opera'.
→ Lyric Hammersmith.
↻ Hammersmith. Tue May 21-Jun 15. £10-£42.

Does My Bomb Look Big in This?

Nyla Levy's story of a schoolgirl who runs away to Syria, and what she leaves behind.
→ Soho Theatre.
↻ Tottenham Court Rd.
Tue May 21-Jun 8. £16-£20.

Hoard

Journalist Bim Adewunmi's play gets a belated premiere.
→ Arcola Theatre.
Dalston Kingsland Overground.
Until Jun 8. £15-£22.

King Hedley II

Lenny Henry lends his star power to August Wilson's drama.
→ Theatre Royal Stratford East. ↻ Stratford. Until Jun 15. £10-£41.

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Edited by Eddy Frankel
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Art

SHOW OF THE WEEK



Sarah Cockings & Harriet Fleuriot: 'Another Funny Turn'



WANDERING BUSHES, two-faced hedges, burbling baths of purple water and spinning tornadoes of hair: Sarah Cockings and Harriet Fleuriot's mesmerising show is a heady, trippy nightmare, a weird voyage into the surreal depths of the countryside.

It's almost like a real-life horror film, with all these bits of nature brought unnaturally to life in the gallery. Screens are dotted around the space showing two camouflaged characters in a damp English landscape. They wrap each other in purple cloth, commune with bushes, fight over rubber sheeting.

WHAT IS IT...

A surreal exploration of coping with life through rituals, horror and hedges.

WHY GO...

You'll never look at a trip to the country in the same way again.

→ Block 336. ↻ Brixton.
Until Jun 14. Free.

It's like they're engaged in a series of unintelligible rituals, summoning something unseen by swimming with books and waving branches around in the sky.

Cockings and Fleuriot are toying with ideas of transformation and invocation. Walking through the space, past balloons that hiss and deflate, piles of moss and a wax-encrusted fountain, you're dragged into a world where it feels like something is changing and mutating, like you can't leave without also being transformed by it in some way. It's very silly, very funny, very English and very good.

Look at it this way: in a horror movie, something terrifying happens to a protagonist who is forced to either adapt and survive, or be destroyed by the catastrophe. Cockings and Fleuriot are using that as a metaphor for adulthood, for living through transition, for figuring out just how to get on with it. For all its superficial silliness, for all the gazillion ideas they've piled into the work, this is art about surviving life. It's art about your twenties, your thirties, your forties, about getting older and changing; and that's the scariest horror of all. ■



By Eddy Frankel

To whom ageing has been particularly cruel.



Kate Cooper: 'Symptom Machine'



YOUR BODY IS a battleground. Capitalism wants to own it, and it wants to control it. In Kate Cooper's three-screen installation, female bodies are constrained and manipulated, abused and deformed; they are the sites of war.

One CGI figure, her face bruised and scarred, writhes in a transparent muscle suit that inflates and deflates, changing her body from masculine to feminine, chubby to ripped. She grabs at it, trying to free herself, but can't. Another figure flexes her jaw

against the rubber bands of her braces before trying desperately to pull herself along a moving conveyor belt. The final character spits and coughs blood down her white clothes. A diseased body with mottled zombie skin haunts everything.

This is a panicky, hyperventilating exhibition. Everything feels strangled and tense, the sound throbs, the bodies quiver with fear and anxiety.

You leave with a sense that Cooper sees the female body as

a thing that's under attack from corporations that want you to buy their beauty products, industries that want to shape your teeth, societies that want you to conform.

Those aren't new or ground-breaking ideas, not by a long shot. They've been classic topics in art, film, fashion and philosophy for decades now. But Cooper presents them in such a hyper-stylised, claustrophobic way that they still hit you hard. If the body is a battleground, this feels like a salvo from the good guys. ■ *Eddy Frankel*

WHAT IS IT...

A mega-tense video installation about beauty and conformity.

WHY GO...

This is a fight-back from the good guys.

→ Hayward Gallery.
↻ Waterloo. Until Jun 23.
Free.



Nevine Mahmoud: 'Belly Room'



THERE'S STUFF HAPPENING in Nevine Mahmoud's first European solo show. Sensual, tactile stuff; sexual, bodily stuff. You feel like you're walking in on a seriously private moment, bodies caught midway through something you maybe shouldn't be seeing.

There are just five sculptures here – all tits, butts and tongues made of marble and glass – but they are totally lovely. The glass breasts are bulbous and bulging, real loose and flabby. They look dangerously fragile, glistening against the white gallery walls like they're perpetually moist. On the ground there's a stunning marble peach, as immediately evocative of a tuchus as a peach emoji, with a single glass droplet of what might be sweat or saliva slipping off it. Opposite, a big marble slide sits on coloured panels. It looks like the peach has just rolled off it, like a body part off a tongue. See? Stuff is happening.

The stone carving is gorgeous. Each work looks soft and undulating, like it's made of dust and candy floss

instead of marble. It's a playground of body forms and textures: slides and balls, soft and hard, opaque and transparent. For all the formal compositional ideas here, it's a hell of a lot of fun. It's halfway between glorying in the body and making you feel a bit icky and uncomfortable.

These are joyful, sexual, playful sculptures. Even if it feels like you maybe shouldn't be looking, they're more than worth a quick peek. ■

Eddy Frankel

WHAT IS IT...

Playful, sexual sculptures made of glass and stone.

WHY GO...

These are beautifully made and totally sensual works of art.

→ Soft Opening.

⊕ Bethnal Green.

Until Jun 30. Free.

PHOTOGRAPH BY PAUL SAUVESON. IMAGE COURTESY OF NEVINE MAHMOUD AND SOFT OPENING, LONDON.

RA

Royal Academy of Arts

★★★★★
'What an astonishing show'
The Guardian

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Agnolo Bronzino, Saint Sebastian (detail), c. 1530. Oil on panel, 67 x 76.5 cm, Museo Nacional Thyssen-Bornemisza, Madrid. Exhibition organised by the Royal Academy of Arts and the Paul Getty Museum.

SUSAN MEISELAS
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Food

Edited by Tania Ballantine
timeout.com/eatdrink @timeouteatdrink

FIVE OF THE BEST

African restaurants

African food: it's as diverse and exciting as the continent itself. Skip the spenny flight and take a tour of these top spots



Ikoyi

Ikoyi

'Bold heat and umami' are the twin lures at Ikoyi, a hip little terracotta-walled joint specialising in Nigerian jollof cuisine – although the kitchen uses this as a jumping-off point for cooking that transforms West African food into boundary-pushing hyper gastronomy. It may sound like a thrilling ethnic anomaly, but Ikoyi dishes up something truly new for its ever-curious diners.

→ 1 St James's Market, SW1Y 4AH. ☎ Piccadilly Circus.

Khamsa

An exceptionally pretty and homely little spot that aims to demystify the little-known delights of Algerian cuisine, Khamsa is a labour of love for its owners. The interior is gorgeous (think colourful pillows, hanging drapes and handmade crockery) and the kitchen generally makes a good fist of things – we particularly liked the marvellous mezze selection. Cash only, and it's unlicensed, but you can BYO (£2 corkage).

→ 140 Acre Lane, SW2 5UT. ☎ Brixton.

Lemlem Kitchen

Housed in a cool stucco shack on Netil Market, this is owner Makda Harlow's homage to her native Eritrea and its multicultural street food. Amaze wings, afro tacos and kulu'wa fries are the staples for a quick nosh; or cross your fingers for a plate of the shahani ful (fava bean dip) and its colourful condiments. Makda's engaging warmth adds to the all-round sunny vibe.

→ 13-23 Westgate St, E8 3RL. London Fields Overground.

Momo

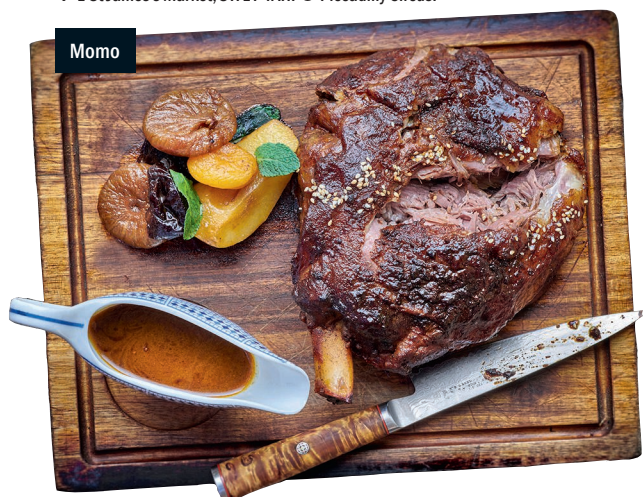
Before Middle Eastern and Maghrebi flavours were de rigueur in London, this glamorous, opulent venue was bringing exotic cuisine and unfettered fun to Mayfair. More than 20 years on – and recently revamped – Momo still thrives, even if its charms are mostly appreciated by tourists these days. Still, this is pleasure by the plateful – mezze, couscous, tagines and grills served in a warm and friendly environment. ■

→ 23-25 Heddon St, W1B 4BH. ☎ Piccadilly Circus.

Kudu

Destination neighbourhood dining in Peckham – that's the schtick at Kudu, a good-looking restaurant specialising in South African-inspired small plates. It may be named after a species of antelope, but don't come here expecting exotic decor. Instead, the dining room has the vibe of a sleek, vintage lounge bar, while the kitchen shows its rainbow nation allegiances with several dishes arriving in traditional cast-iron skillets (like in the old country).

→ 119 Queen's Rd, SE15 2EZ.
Queens Rd Peckham Overground.



Casa Pastor

→ Coal Drops Yard, N1C 4DQ. ↻ King's Cross.



GOT A THING for tacos? Casa P is your friend. The relaxed little sis of El Pastor does seven types (11 if you count the large DIY options). And they're the best thing on the menu. The tortillas themselves have an integrity you don't often see in London, which is a slightly nerdy way of saying that they've got good bite, genuine flavour, and won't fall apart when handled. As for the fillings, chipotle chicken was the best of what we tried, but baja fish (battered goujons, slaw and salsa) and a veggie option of chayote (slices of gourd and mild jalapeño, plus refried beans and crumbly queso fresco) also impressed. Not least because we loved the brooding black tortilla bases.

There were more delights: an open quesadilla (that is, topped, rather than filled), the griddle-fried and loaded with succulent signature 'al pastor pork', and cheese from the Mexican town of Oaxaca (pronounced Wahaca). And a pleasant little sea bass ceviche, its tart juices laced with lime and red onion. So it's a pity that a dish of prawn ceviche let the side down. It had a sugary yet acidic tomato sauce that was just odd. Avoid.

But overall, Casa Pastor was very good. It's one of those large, laidback joints you go to for casual catch-ups, the kind that combines good looks – vibrant colours, a huge tree in its centre – with helpful staff, better-than-average food and fairly friendly price tags. It feels like the kind of place which will end up being rolled out across town. Which would be no bad thing. ■ *Tania Ballantine*
Dinner for two with drinks and service: around £90.



WHAT IS IT...
A King's Cross spin-off of Borough Market's El Pastor.

WHY GO...
Chipotle chicken tacos. Sea bass ceviche. More tacos.

EXCLUSIVE

Wine and dine for less at Mayfair pizzeria **Mews Pizza Co** with two pizzas and a carafe of wine for just £19.95. That's 54 percent off.

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SHOREDITCH

THE GREEN ROOM AT THE CURTAIN HOTEL SAYS:

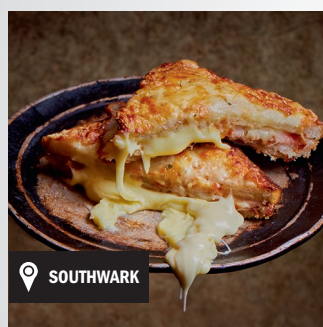
'Green Room's gorgeous new afternoon tea should hit the spot. We've collaborated with Hackney Herbal, a local social enterprise, to offer a range of classic and bespoke teas, including our very own The Curtain blend (containing spearmint, echinacea, sage and liquorice) plus classic earl grey and English breakfast.'
45 Curtain Rd, EC2A 3PT.



WESTMINSTER

CITY CRUISES SAYS:

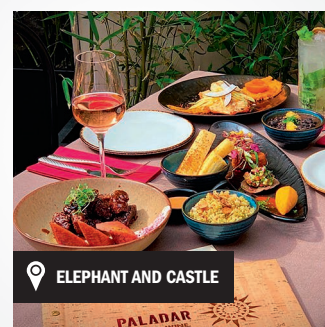
'City Cruises will launch its first-ever calendar of music events on the River Thames. The programme, Tunes on the Thames, will see music lovers dance, sing, relax and geek out to their favourite DJs and acts, including Will Manning, Cel Spellman, Popcorn, Tom Green, Artful Dodger and more.'
Westminster Pier, Victoria Embankment SW1A 2JH.



SOUTHWARK

OXBO SAYS:

'Chef Ollie Coullaud brings you a new, flavour-packed menu of small plates to please even the fussiest of palates. Try the super-cheesy croque monsieur, mouthwatering bao buns and buttermilk fried chicken. Or taste more delicate dishes such as grilled sea bass, glazed carrots and papaya and avocado ceviche.'
Hilton London Bankside, 2-8 Great Suffolk St, SE1 0UG.



ELEPHANT AND CASTLE

PALADAR SAYS:

'Come and enjoy a leisurely lunch in the heart of SE1 with live music from Cuban duo The Latin Bridge on Monday May 27. This bank holiday knees-up is your chance to discover creative Latin American dishes, fine wines, inventive cocktails, contemporary art and our secret courtyard garden.'
4-5 London Road, SE1 6JZ.

Milk Beach

→ 19 Lonsdale Rd, NW6 6RA. Queen's Park Overground.

THE WARM EVENING breeze blew in through the open doors of this Antipodean-inspired café on the week night of our visit. Serving coffee and brunch by day, and sharing plates by night (Wednesday to Sunday), it's a charming space. Exposed floorboards, whitewashed walls and pastel accents, and communal tables inside and out, ensure it fits in well on Queen's Park's quirkiest street. From the tiny open-style kitchen, a chef rustled up our small plates, while the friendly waitress poured generous wine tastings to help us choose which we liked best.

The short menu took us around the globe: skin-on Chinese sea bass was magnificent: resting in a pool of soy and sesame mingled with fish juices, it also came sprinkled with spring onion, coriander and ginger for extra zing. Also outstanding was a beef cheek pappardelle, with ribbons of al dente pasta and flakes of rich meat.

Other dishes were more mixed: Malaysian chicken laksa had good flavour but not enough broth, while the vegan mac 'n' cheese was creamy but under seasoned. Still, the chatter was loud and the atmosphere welcoming.

There may be no sand or sea, but Milk Beach is a relaxing place to hang out. ■ *Kavi Shah*

Dinner for two with drinks and service:
around £100.



WHAT IS IT...

A bright, airy all-day café and organic wine bar in Kilburn.

WHY GO...

For sea bass you will not want to share.



SO YOU'VE NEVER BEEN TO

Baltic



Well no, I don't even know where they are.

If you mean the Baltic states, they're the section of the former Russian empire bordered by the Baltic Sea: now Lithuania, Latvia and Estonia. But I was talking about the restaurant. Which is something of a Southwark icon.

Why's that then?

Well, for starters, it's been going strong since it opened in 2001, and with good reason: it's brilliant.

What's the vibe?

It's in an absolute tardis of a building: cute, rustic-looking frontage gives way first to a bar, then a spacious dining room with a timber-framed, glass-paned ceiling. The look is a bit 'smart noughties': matt-black floors, good linen tablecloths, a mix of moody back-lighting and natural rays, but it works. It's classy and atmospheric. And the service is utterly charming.

How about the food?

On the whole, terrific. Highlights from a recent visit include moreish cheese and potato pierogi (frilly-edged dumplings, not unlike gyoza), fluffy blini with lashings of smoked salmon, or the star dish: juicy pork-and-veal pelmeni (like fat ravioli). Large plates were equally memorable – try the comforting choucroute, with pork three ways – while the yoghurt cucumber salad was as good as I've had in London. Only the plaki (a kind of rosti), with its too-charred edge, was a momentary blip.

Any other tips?

Go with pals, under-order, and share: portions are epic.

■ *Tania Ballantine*

Dinner for two with drinks and service: around £100.

→ 74 Blackfriars Rd, SE1 8HA. ☉ Southwark.

EXCLUSIVE

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Edited by Laura Richards
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The High Cross

→ 350 High Rd, N17 9HT. ☺ Tottenham Hale.



THE BEST THINGS come in small packages – particularly when they're micropubs. And squeezing into Tottenham's diddy boozer The High Cross feels even more thrilling given that it used to be public bogs. The 1920s toilet block halfway up the High Road has been converted into a trad drinker's paradise, but from the outside, it still looks like it's open for the other sort of business – the ladies and gents signs are lit up in style.

A single room manages to feel semi-spacious with glossy white

wall tiles opening things up, while the bar itself is so compact there's only room for one bartender (or maybe one-and-a-half) behind it. Still, somehow it's managed to cram in ten taps, ranging from London craft beer – The Kernel, Howling Hops and Beavertown (of course) are regulars – to UK brews (Manchester's Marble Brewery was a delicious discovery) and popular Belgian cherry beer Boon Kreik.

Other excellent small packages are the scotch eggs – a fiery 'nduja version had the sort of runny centre dreams are made of – or other bar snacks available at three for £10. You can basically build a full meal from that, with mustard greens, sausage rolls and golden chunky chips parts of the package. Or swerve this set-up for pie and mash, popular on match days. I was surprised how good dining in a former lav could be.

Young families were spread out down the end of the room while couples grabbed a quick and cosy lunch. Given the small space, there was plenty of cross-table and bar-side camaraderie, with the footy results inevitably adding to the cacophony that built up in this atmospheric outhouse. The High Cross is a pub you'll be seriously pleased to be privy to. ■

Laura Richards



BAR OF THE WEEK

WHAT IS IT...

A Tottenham micropub inside a former public toilet.

WHY GO...

A surprising range of beers and scotch eggs for such a dinky drinking spot.

THREE OF THE BEST

London tinnies

Make your next picnic extra bougie with these new cheeky canned drinks from London producers



Gin & Tonic by Sipsmith

Craving a gin in a tin ever since 'Fleabag'? Well, this is the answer to your prayers. West London's Sipsmith distillery has knocked up an on-the-go G&T, using its classic London Dry and an undisclosed tonic. The result is as close to heaven as portable drinking gets.

→ www.ocado.com. £2.70.



The Bloody Classic by Bloody Drinks

The spice is definitely right in this ready-to-drink bloody mary concocted by a Brick Lane start-up. Vodka and cream sherry is mixed with the likes of pickle juice, hot sauce and Italian tomatoes for a kick to pep up any picnic – particularly when you're flagging.

→ www.bloodydrinks.co.uk. Four cans for £12.



Pale Rosé by Nice

Don't get caught on the cocktails like Diane Abbott. Nobody will suspect you're drinking wine from a can, but it's a fully fledged trend in the States, and one that Nice is bringing to London. Rosé sourced from Montpelier gets the tinny treatment.

→ www.sainsburys.co.uk, £2.80.

DRINK THIS

Rhubarb and Custard



Also celebrating picnic season is Soho speakeasy Blind Pig. Its new cocktail menu – The Picnic Edition – is inspired by summer treats and is quite the contrast to the bar's dark and secretive setting. Tuck into the trifle-influenced Rhubarb and Custard, its colours like those of a traditional picnic blanket. A layer of fruit-laced vermouth and sloe gin (like a British take on a negroni) is topped with whipped custard and a biccy. Did anybody pack the napkins?

→ Blind Pig, 58 Poland St, W1F 7NR. ☺ Oxford Circus. £12.

All your sunny drinking sorted at timeout.com/bars

Escapes

Edited by Ellie Walker-Arnott
timeout.com/daytrips



A perfect day in

IF YOU ONLY DO ONE THING

Explore **Scotney Castle**, a short drive away. It's as fairytale-esque as they come, with a turreted Elizabethan manor house and crumbling fourteenth-century moated castle, enveloped in wisteria and roses. It's also full of secrets and stories: you can spot the 'priest hole' where a Catholic priest hid from persecution for seven years during the late 1500s.

WAKE UP HERE

The Spa Hotel



Holidaymakers may not head to Tunbridge Wells to 'take the waters' these days, but if it's peace and relaxation you're after you'll find it at The Spa Hotel. At this eighteenth-century country mansion, located a short walk from The Pantiles, you can find bright rooms, high ceilings and plush interiors, plus 14 acres of verdant grounds and a secluded lake where you can really get away from it all. Grab a deckchair and get stuck into a book or head to the spa for a steam or sauna, before enjoying a sundowner and a pizza from the outdoor oven on the terrace. *Sarah Gibbons*

→ Tunbridge Wells, Kent. From £80 a night.
www.spahotel.co.uk

Royal Tunbridge Wells

Country walks, cosy pubs and spa town splendour

TUNBRIDGE WELLS EXISTS thanks to the discovery of the Chalybeate Spring in the early 1600s, but its many aristocratic visitors – including Queen Victoria – firmly put the town on the map and secured it 'Royal' status in 1909. Nestled in the heart of the High Weald Area of Outstanding Natural Beauty, it's still gaining fans today, thanks to its buzzy centre, postcard-perfect Pantiles and idyllic surrounds.

First up

Walk along **The Pantiles**, the historic heart of Tunbridge Wells. There's no better way to soak up the grandeur of the town's Georgian heyday than exploring the colonnaded walkways, lined with boutique shops, and cute bars and cafés.

Soak up the vibes

Have a stroll around the elegant, 78-acre **Dunorlan Park**, landscaped in the 1860s by Robert Marnock, a prominent Victorian gardener. If the sun is shining, row or pedalo around the **boating lake**, before taking in the countryside vistas from its grassy slopes with a picnic.

Stop for lunch

If cake is calling, make a beeline for vintage-themed **Juliet's Café** on the High Street – it has the most drool-worthy selection around, as well as plenty of vibrant salads and hearty sandwiches. Feeling fancy? You can't miss **Thackeray's Restaurant**, situated in a historic building once owned by author William Makepeace Thackeray.

Go on an adventure

Tunbridge Wells is surrounded by some of Kent's most picturesque countryside. Head out and explore part of the **Tunbridge Wells Circular Walk**. The adventurer's playground of **Bewl Water** and **Ashdown Forest**, aka Winnie-the-Pooh's Hundred Acre Wood, are both nearby too.

Drink like a local

You're spoilt for choice when it comes to cosy pubs where you can kick back with a pint of local ale, but if craft beer is more your bag, try **Fuggles Beer Café**. It offers more than 120 different European beers – as well as a gin and whisky selection that's hard to beat. ■ *Sarah Gibbons*

→ Get there: 50 minutes by train from London Bridge; around one hour 30 minutes by car.

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