

Time Out

LONDON

THE ART ISSUE
by Oli Epp





Through **thick** & thin



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in no time at all

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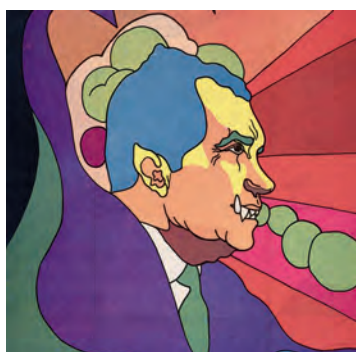
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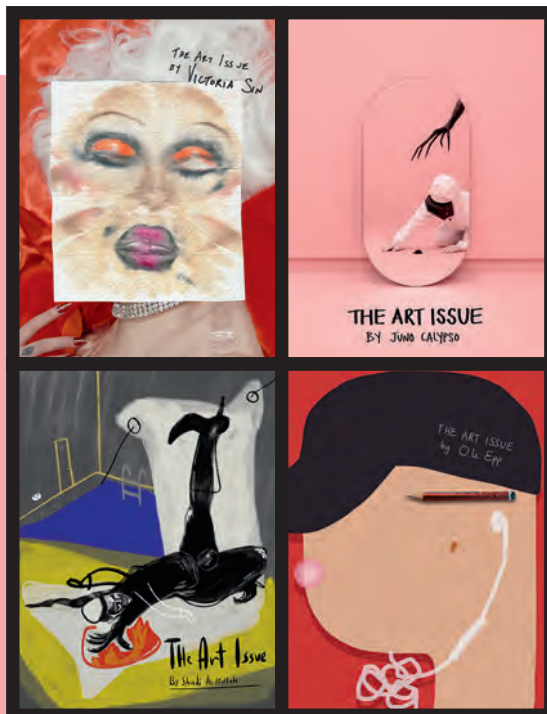
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Hello, London

Eddy Frankel
Art & Culture Editor
@eddyfrankel



Every October, the London art world wakes from its long summer slumber and explodes into life. There are hundreds of exhibitions, events and fairs taking place across the city. From tiny gallery shows to major blockbusters, this is the most exciting week in the art calendar. So we've picked the essential art things you have to see, just to help you out. But we've pulled together a list of London's best young artists too. These are the people shaping the art of tomorrow, and they're doing it with colour, humour, anger and a ton of intelligence. The future might be apocalyptically awful, but the art will be bloody amazing.

HOW WE MADE THE COVERS

THE TRUTH IS, making these covers was easy. Really easy. That's because we picked four artists who we love, who we trust and who we knew would make something amazing for us. The brief was simple: do whatever you want, just make it good. And they really, really did. The only stipulation was that it had to say 'The Art Issue' on it. Other than that, free rein. The thing is, when you give people like **Juno Calypso**, **Shadi Al-Atallah**, **Oli Epp** and **Victoria Sin** the freedom to express themselves, and a space to do it, you can't really go wrong. We think these are probably the best art covers we've ever had. We hope you like them too.



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and Victoria Sin

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City life

Edited by James Manning
@timeoutlondon

Neighbourhood watch

DEFY LONDON STEREOTYPES and get chummy with your neighbours this weekend. All over the country, people are creating Fun Palaces filled with arty groups, workshops, and classes. Now in its sixth year, the campaign is inspired by the late theatre director Joan Littlewood, who first dreamed up the idea of building an East End 'laboratory of fun' in the '60s. With architect Cedric Price, she designed a palace where communities could get creative

– but it was never built. In London, heaps of libraries, theatres and other public spaces are hosting tons of free activities to bring locals together. Whether you fancy a spot of zine-making, communal gardening, or the chance to let loose with a 3D printer along with the rest of your postcode, head to your nearest Fun Palace – where good neighbours (might) become good friends. ■ *El Hunt*
→ Various venues. Sat Oct 5 – Sun Oct 6.
Free. www.funpalaces.co.uk



THE ESSENTIALS

Three things you have to do this week



Eat this

Get a flavour of Durga Puja at Soho momo joint **Fatt Pundit** this weekend – it's marking the Hindu celebration with mouth-watering street food inspired by the festive bustle of Kolkata.



See this

Experimental vessel **Energy Observer** is powered by renewable energy and hydrogen extracted from sea water. Cheer on the eco boat's global voyage when it docks at Tower Bridge this weekend.



Drink this

On Friday, **London Cocktail Week** kicks off its tenth birthday bash with a ten-day takeover. For a tenner, grab a pass for £6 tipples at tons of bars – there will also be a Cocktail Village on Brick Lane.

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



THE VIEW FROM YOU

What Time Out readers have been Instagramming this week



@onehangrytraveller

'Let's ignore the rain and indulge in some Chin Chin ice cream.'



@chiaravaraschin

'The sky is grey, but this shocking pink door is brightening up Notting Hill.'



@yellowshoesorangeumbrella

'Feeling crêpe-y with this savoury treat from Miki's Paradise.'



@heard_in_london

'The Church of the Immaculate Conception on Farm Street in Mayfair.'



@untappedlondon

'Up on Kingsland Road, Two Lights' negroni didn't disappoint.'



@postcards_from_london

'I loved Buckingham Palace – but my son would rather be watching YouTube!'

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MY LONDON STORY

Lanah P

'I was the first non-binary person
on British TV'



I DIDN'T HAVE the easiest upbringing. As an effeminate, non-binary, mixed-race teen growing up in a council house in Grimsby in 1959, I was subjected to racist and homophobic insults. I longed to escape.

My family tried to knock the 'queer' out of me. When I was 14, my mum split my head open into three pieces, and I was taken into a care home. I can still recall how isolating it was – like having the wind blow a hole through your stomach.

Just before I turned 18, I moved to a bedsit in Didsbury, Manchester. There were still a few Working Men's Clubs left where I could work as a tribute act. I soon became known as the Shirley Bassey of the North! I even met Mark E Smith of The Fall – I supported them at shows and appeared in music videos.

I always dreamt of moving to the Big Smoke, and in 1980, I moved to a squat in Clapton Pond. Unfortunately, a lot of the National Front called that area home as well. I would often dress androgynously, with pink sequinned tops, and acid green lycra trousers. Unsurprisingly, the skinheads would scream atrocities.

One night, they chased us out of our squat, kicking doors down and throwing Molotov cocktails. We grabbed everything we could, and ran to Notting Hill as the riots unfolded.

I stayed there for four and a half years. One of my neighbours was Keith Allen, and he invited me to be part of Channel 4's first youth programme. Later, I starred on 'The

**'To anyone
struggling
with their
gender
identity –
you were
born a
winner'**

ANDY PARSONS



Comic Strip Presents'. There was no one like me on TV at the time: they didn't have brown camp people on the telly.

In 1986, I tracked down music producer Pete Waterman and rapped about surrendering your gender identity. He fell to the floor laughing, but we ended up collaborating on my worldwide hit, 'Pistol in My Pocket'. When I appeared in the movie 'Eat the Rich' the following year, I told the director I didn't want any gender pronouns – he thought it was a bit ahead of the times. My fame skyrocketed. People would come up to me waving a cigarette packet, and ask me to sign it.

Diana Ross saw the film and told Michael Jackson about it. Cher told me that she really enjoyed it. Even so, I faced death threats. It was difficult – I realised how many people hated me for being me.

I had a breakdown and left London to recalibrate. But in 1991, I released another hit, 'Human Nature' with Gary Clail.

Despite my successes, my gender was still misunderstood. The press referred to me as 'transsexual', which was frustrating. I didn't identify that way at all.

It's rewarding to see how trans rights have progressed over the last decade, but the fight isn't over. There's still so much prejudice within the LGBTQ+ community. The level of transphobia – in the very place where people are meant to be loved and protected – is appalling.

It feels overwhelming to look back at my violent childhood after being hailed as a gender-fluid LGBTQ+ icon. Anyone who might be struggling with their gender identity – you were born a winner. Never lose sight of that. ■ *Interview by Salma Haidrani*

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

An advertisement for Nescafé Azera coffee. It features three cans of coffee stacked vertically against a white brick wall. The top two cans are 'americano' and the bottom one is 'decaff americano'. Orange lines connect the cans in a zig-zag pattern. At the bottom, there are two portraits of a woman with colorful, abstract hair. The text 'Available in stores now.' is written in a bold, sans-serif font.



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

Covent Garden performer

Corey Pickett, 26

London has the planet's most popular pitch

'Hundreds of years ago, performers would have just walked up to Covent Garden. Nowadays, artists audition for 40-minute timeslots, and the different pitches are allocated at the start of the day by a draw.'

Even fools have their rivalries

'The way I look at Covent Garden is that all the idiots from all the different villages have got together. It's amazing and horrible! I've made the most incredible bonds, but there are people who say to you, "hey, you stole my line" or try to push other people's shows into the dark by overrunning. Fortunately, Covent Garden is very good at keeping that under control.'

The best acts hold fire on the pyrotechnics

'A guy on a 12-foot unicycle juggling with fire has been seen before. You have to find a balance. My act is a juggling unicycle show, but I also improvise games with a kid volunteer to create physical comedy.'

Not all statues are art

'I've worked alongside some amazing statue performers. On the other hand, some people put on a basic mask and have a cheap "levitating" trick. Personally, I don't see a Yoda mask as a statue. I see that as someone trying to make easy money.'

Events elsewhere can shape a day's earnings

'If there's recently been a terror attack in London, say, then there'll be fewer tourists. On the flipside, sometimes you'll do a show at what seems like the worst time of year – then all of a sudden three tour buses from Manchester turn up.'

Interview by James FitzGerald

WORD ON THE STREET

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

'Dude, your vomit has been in the sink for three days. This isn't a request.'

'I was dating this polyamorous guy, but then I realised I wanted all the attention.'

'Has anybody seen my shuttlecock?'

'I absolutely love being part of the bourgeoisie, it's fucking great.'

'She's a bartender in Hackney Wick. Of course she's a feminist.'

'So I reckon I'm just going to get really wasted, fall down a hill and maybe break my leg?'

'I never know what to do with a semi.'

'The last time I did a back-bend that deep, I was at a yoga retreat in Bali!'

'I get jet-lag so bad – I even get it flying to Edinburgh.'

Overheard something weird?
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FREE LONDON

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



BUGGED OUT

Science Photographer of the Year

This cutie (#nofilter) is one of the stars of the Royal Photographic Society's first ever exhibition of work by science photographers. The show takes you through microscopic worlds and far into Space. To infinity and beyond!

→ Science Museum. ⊕ South Kensington.
Mon Oct 7-Sun Jan 5 2020.

BUZZING! Free Discarded Espresso Martinis

Forget Christmas and Halloween, World Coffee Day is surely the frazzled Londoner's holiday of choice. And it's today! Celebrate with one of 800 free eco-conscious Discarded Espresso Martinis – made of spent coffee – at Grinds across the city.

→ Multiple venues. Today, 6pm.

A ROYAL KNEES-UP Fun Palaces

This weekend, people all over the country are getting together in the name of art and science and setting up pop-up Fun Palaces. London's offering up the chance to dance, craft, food and more. Check the website for details.

→ Multiple venues. Check funpalaces.co.uk for details.
Sat Oct 5-Sun Oct 6.

LONG DRINKS Campari Creates N100 Exhibition

What better way to mark 100 long years of people getting accidentally drunk off two Negronis than with an exhibition of new artists that lasts... just one day? Visitors to this Campari pop-up even get a free drink to sip while they peruse.

→ Estorick Collection of Modern Italian Art. Essex Rd rail. Today.

GET PERSPECTIVE Luchita Hurtado: 'I Live I Die I Will Be Reborn'

Artist Luchita Hurtado is 98 years old, and yet this retrospective is her first solo exhibit in a public institution. Go for her stunning self-portraits, all painted looking down at her body.

→ Serpentine Gallery.
⊕ Knightsbridge. Until
Sun Oct 20.

BLUE FRIDAY Definitely Blue Café

Of course real-life mad hatters Bompas & Parr are the brains behind this kooky immersive pop-up where everything is blue. Take a dip to get your hands on a token for a free Innocent drink or snack.

→ 67b Neal St.
⊕ Covent Garden.
Fri Oct 4-Sun Oct 6.

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London's best young artists

London is full of young artists, but it can be hard to separate future Picassos from future Shitassos. Art Editor *Eddy Frankel* joins forces with industry experts to pick the ones to watch

I'VE GOT THE best job in the world. I get to look at, think about and write about art, every single day. But the thing that makes it really special isn't all the big Picasso and Leonardo shows at giant galleries – it's getting the chance to find out about what young artists in this city are making right now. It's hard to say if what's happening in 2019 is better or more exciting than at any point in the past, but what's clear is that there's a lot of amazing art out there, and this little list of artists (all aged under 35, none of whom have had a solo show at a major institution) is just the tip of the iceberg.

You can't really sum up the art in this city in one easy, pithy, easy-to-digest sentence. But what I can tell you is that artists right now are critically engaged in the big topics of the day – gender, identity, class, race, power and surveillance – but are approaching them with more colour, fun, joy and humour than ever. Maybe it's a product of how hard it is to make a living as an artist these days: maybe it pushes artists to not worry about sales or respect and just enjoy themselves instead, but whatever it is, this is the most fun art's been in a long time. This isn't the art of the future, this is the art of right now, and it's brilliant.

JUNO CALPISO, OLU EPPVICTORIA SIN, ANDY PARSONS, SHADI AL ATALLAH, IBRAHIM MIA

'I love the uncanny scenes that Juno Calypso stages. Her photographs exude the mystery and dark sexuality of a classic film noir.'

Eleanor Nairne Curator, Barbican Art Gallery



Juno Calypso

Juno Calypso's work feels eerily familiar, like it's been part of the cultural landscape since the '70s. That's a serious compliment. She photographs herself in honeymoon hotels, underground bunkers and football changing rooms – looking at issues such as beauty, ageing and love – and always manages to feel somehow timeless, like she's been doing this for decades, not a few years. That's how good she is.

→ Find Juno in 'Birth' at TJ Boulting. ↻ Goodge St.
Fri Oct 4–Nov 9. Free.





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ASTONISHING"**



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"AN INSTANT CLASSIC"



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"A MASTERPIECE"

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THE GUARDIAN



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A TODD PHILLIPS FILM

JOKER

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BASED ON DC CHARACTERS FROM DC WRITTEN BY TODD PHILLIPS & SCOTT SILVER PRODUCED BY TODD PHILLIPS, p.g.a. BRADLEY COOPER, p.g.a. EMMA TILLINGER KOSKOFF, p.g.a. DIRECTED BY TODD PHILLIPS



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Young artists

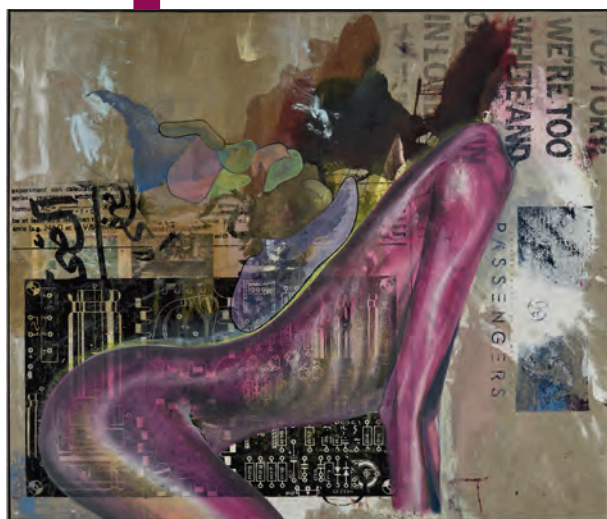


Antonia Showering

Full of nods to greats like Peter Doig, Gerhard Richter and the post-impressionists, Showering's big canvases are littered with recognisable shapes – faces, people, landscapes. But there's something amazingly alluring about the miasma that swallows her works. They're clearly personal, figurative things, but so mistily, mysteriously washed out that they're actually quite unsettling. Seriously pretty art for seriously weird times.

→ Find Antonia in 'Society' at Chalton Gallery. ☉ Euston.

Thu Oct 3-26. Free.



Mandy El Sayegh

There's so much going on in Mandy El-Sayegh's art. It's a head-spinning mash-up of all the information we deal with on a daily basis: the news, the internet, porn, advertising and poetry, all chewed up and spat out into vitrines, paintings and installations like a modern-day Robert Rauschenberg. It's a chaos that can be a little overwhelming, but is actually the perfect kind of map for navigating modern life's maze of information.

→ Find Mandy in the 'Focus' section at Frieze Art Fair.

'Victoria Sin represents a new vanguard of artists who break beyond the confines of the art world, moving easily between London's galleries and its queer nightlife scene'

Louise Benson Deputy Editor, *Elephant*



Victoria Sin

The first thing you saw in the Hayward's excellent 'Kiss My Genders' show earlier this year was Victoria Sin's face wafting on curtains as she sang gentle traditional Chinese opera. Caked in the exaggerated drag make-up that's become their calling card, it was a breathtaking start to the show. And it's only the tip of Sin's art iceberg, which is made up of performances, installation and photography, all questioning ideas of gender and identity with humour, fun and a hell of a lot of panache.

→ Find Victoria in 'Transformer: A Rebirth of Wonder' at 180 Strand. ☉ Temple. Sat Oct 6-Dec 8. Free.





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'With a punchy visual language that is uniquely his, Oli Epp's paintings are as dark and addictive as his primary subjects: modern life and consumer culture. It's a new style of art I can't get enough of: Post-Digital Pop.'

Andrea Emelife curator and writer



Oli Epp

No one else's work looks like Oli Epp's; his art is totally, utterly and uniquely his own. It's a collision of airbrushed perfection and digital imagery, pop culture references and bizarro cartoony opulence. His figures are big, balloon-headed freaks. They blow bubblegum bubbles or suffocate in Sainsbury's bags, dip chips in ketchup or carve kebab meat off the spit. It's sort of like Mr Men for adults, and that's a really good thing.

→ Find Oli's show at Carl Kostyál Gallery. ☺ Oxford Circus. From Dec 12. Free.





work it
like Karen, football club director

Sainsbury's



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Lindsey Mendick

There's a lot of catharsis in Lindsey Mendick's art. For her show at Castor Projects earlier this year, the ceramicist built an entire office filled with effigies to her failed relationships. Big, blobby, mutated figures sat on the seats, and ceramic Post-its scrawled with heartbreaking, funny phrases dotted the walls. Mendick creates personal, emotional art with a lot of heart and a brilliant knack for composition.

→ Find Lindsey at SPACE Ilford, Ilford rail. From Nov 21. Free.



Rosa-Johan Uddoh

Performance, text, research, and a lot of Moira Stewart, Rosa-Johan Uddoh's art flits between mediums but is always crystal clear in its intentions. Whether it's through dance or screen printing, Uddoh looks at ideas of identity, feminism and belonging. She's performed odes to Meghan Markle, imagined a black Poirot investigating a crime on the 'Orientalised-Other Express' and danced about Crystal Palace. It's critical art with a smile – and a clenched fist.

→ Rosa-Johan is performing at 'Full English: Performance Marathon' at Southwark Platform. ☺ Southwark. Oct 19. Free

Hannah Quinlan and Rosie Hastings

Quinlan and Hastings are in love, and their passion is at the heart of their work. Whether its chronicling and archiving hundreds of the UK's at-risk gay bars, drawing beautiful portraits of queer culture or building their own radical intersectional spaces, this is art about love on the margins and ecstatically celebrating underground culture.

→ Find Hannah and Rosie on the Arcadia Missa and PPOW booths at Frieze Art Fair.



ROSA-JOHAN UDDOH PHOTO MANUELA BARCZEWSKI



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'Shadi does big, bold imagined self-portraits dealing with sex and death. Raw as fuck.'

Justin Hammond Director, J Hammond Projects

Shadi Al-Atallah

In Shadi Al-Atallah's big, dark, brooding paintings, you can read all the teeming symbolism of their own queer, mixed-race identity. Al-Atallah creates figurative paintings filled with tormented, sensuous figures that romp through bedrooms and hospital corridors, wrestling constantly with their bodies, minds and culture. The canvases are unprimed and hang unframed – slapdash, rough and full of seriously affecting emotion. Oh, and Shadi did the artwork for Kanye's 'XTCY' single too.

→ Find Shadi in 'Full English' at Southwark Platform.

📍 Southwark. Fri Oct 4-20. Free.



Larry Achiampong

Achiampong goes deep into history: cultural history, colonial history, contemporary history. With video and performance, he twists all those narratives into new shapes, filters them through the internet, social media and class and racial struggle. The result is this brilliant amalgam of critical theory, hip hop, video games and fancy art – full of emotion, and full of ire.

→ Find Larry's work on the Cypher Billboard.
📍 Bounds Green. Until Oct 20. Free.

SHADI AL-ATALLAH: IBRAHIM NIA; LARRY ACHIAMPONG: 'RELIG 3', (2019), COURTESY OF THE ARTIST AND COPPERFIELD LONDON.



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Currys  PC World

'You're asking me why Glen Pudvine's paintings are so arousing? Isn't the answer staring you in the face? It's the smart deconstruction of contemporary masculinity, the ecstasy but mostly agony of man. This is thorny, issue-driven art with knobs on. Massive knobs.'
Martin Coomer
Head of Editorial & Digital Content, Victoria Miro



Glen Pudvine

Pudvine's art is the visual equivalent of hearing your parents doing it. Each canvas is an obtrusive thought you can't get rid of, and once you've laid eyes on his (often nude) self-portraits, they'll lodge themselves uncomfortably in your head for ever. In his paintings he shags dinosaurs, wrestles with himself and rips his own knob off, all in a series of dreamlike visions of hilarious self-abuse, always beautifully painted in a neat, classical style with perfect composition. It's beautiful, stupid and very unsettling.

→ Find Glen in 'Young Monsters' at Lychee One. London Fields rail. Until Oct 26. Free.

Gray Wielebinski

Hairy ceramic groin guards, denim spiders and mutilated baseball cards: Gray Wielebinski's work is a colourful collision of high art, pop culture and sport, a heady maelstrom of twisted Americana and gender-hacked imagery. The result is a brilliantly confrontational, perfectly approachable and totally joyous aesthetic that looks closely at how the body works and what it means. And, hey, who couldn't use a ceramic groin guard every once in a while? ■

→ Find Gray in 'Young Monsters' at Lychee One. London Fields rail. Until Oct 26. Free.

We got in contact with some of the best London art experts to help pick the artists for this list, just to make sure we didn't miss out anyone special... or include any duffers. A huge thanks to our amazing contributors: Eleanor Nairne, curator at Barbican Art Gallery; Louise Benson, deputy editor at *Elephant*; Sophie Williamson, programme curator at Camden Arts Centre; Aindrea Emelife, independent curator and art writer; Justin Hammond, director of J Hammond Projects; Katy Hessel, founder of @thegreatwomenartists; and Martin Coomer, head of editorial and digital content at Victoria Miro gallery.

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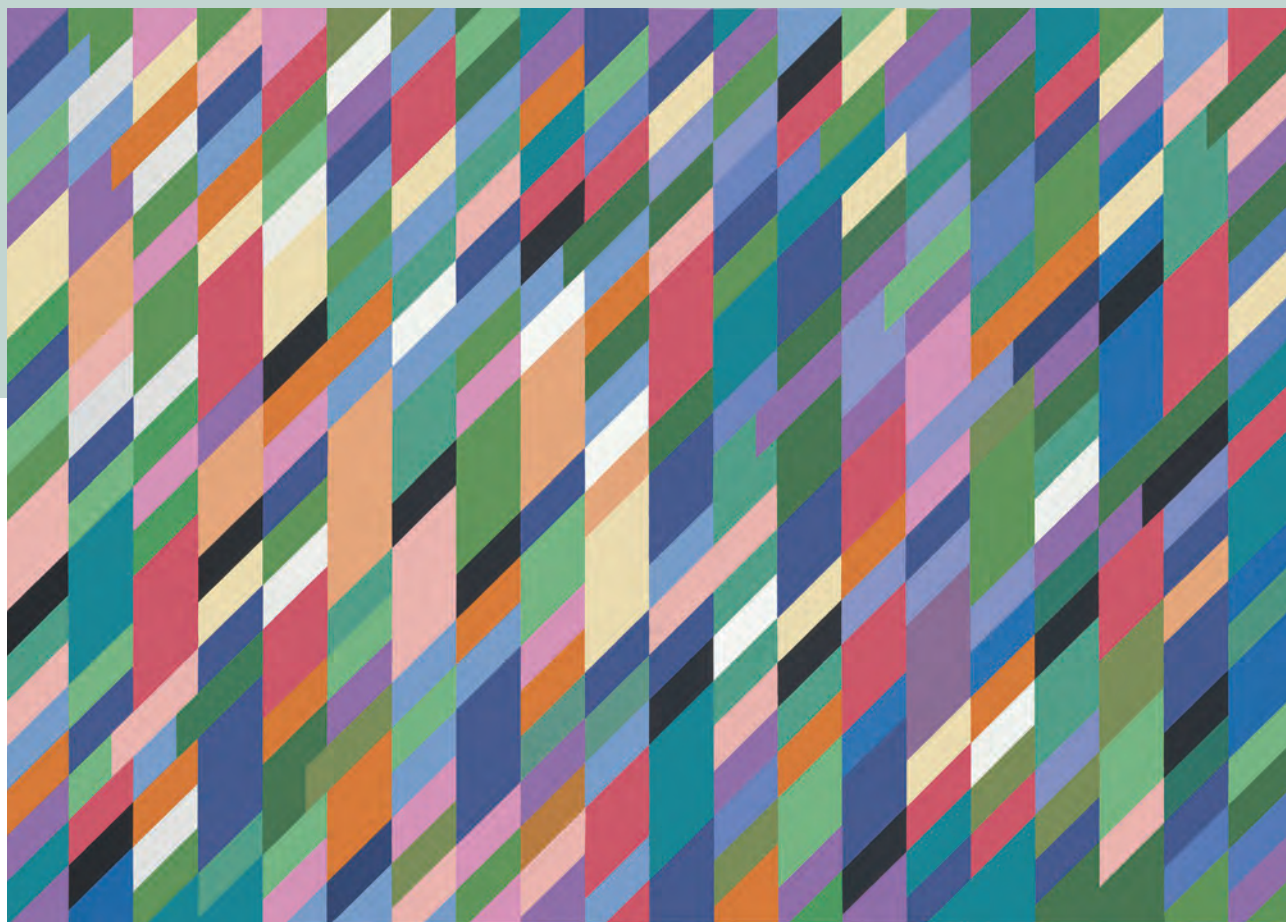
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Where the art is

Looking to top up your culture levels this autumn?
You're in luck. *Rosemary Waugh* rounds up
October's must-see shows



↑ **Bridget Riley** Hayward Gallery

Bridget Riley, Queen of Optical Art, gets a big solo show at the Hayward Gallery this autumn and it's filled with the British artist's famous perception-altering works from across seven decades of mind-twisting paintings. If you're looking to inject ever-darkening days with some mighty flashes of colour, then this is your show. It's the biggest exhibition of Riley's iconic art there's ever been.

→ Southbank Centre. ⊖ Waterloo.
Oct 23-Jan 26 2020. £18.

William Blake Tate Britain

This blockbuster exhibition for poet, artist and printmaker William Blake is not to be missed. Many of the images on display are teeny-tiny, but they sure punch above their weight when it comes to beauty, storytelling and head-spinning philosophies. Blake's imagination was crammed with demons, gods, angels and beasts, and after a trip to this show, yours will be too.

→ Millbank. ⊖ Pimlico.
Until Feb 2 2020. £18.

Albert Oehlen Serpentine Gallery

German male painters love a huge-scale painting. Georg Baselitz, Sigmar Polke, Gerhard Richter – they're all giants of modern German art, and they all love a massive experimental painting. Albert Oehlen is no different. The Switzerland-based artist has been mashing abstraction, figuration and conceptual cleverness together since the 1980s, and you can see the results at the Serpentine.

→ Kensington Gardens. ⊖ Lancaster Gate. Wed Oct 2-Feb 2 2020. Free.

Mark Bradford: **'Cerberus'** Hauser & Wirth

Cerberus is the name of the multi-headed dog guarding the door to Hades, so it's no surprise that this exhibition by Mark Bradford looks at gateways, meeting points and boundaries. The artist has long had an interest in myth, both in terms of ancient stories and the writing of history. Here, he uses layers of pigmented paper to create paintings as complex as his inspiration.

→ 23 Savile Row. ⊖ Oxford Circus.
Wed Oct 2-Dec 21. Free.





↑ Tschabalala Self: 'Thigh High' Pilar Corrias

Tschabalala Self creates fictional alternatives to existing images of black women, taking a radical look at race, gender and power. The American artist creates brightly coloured, striking works on canvas using a mixture of paint, coloured pencil and fabric swatches – they're beautiful pictures with hard conceptual edge. Yes please.

→ 54 Eastcastle St. ☎ Oxford Circus. Wed Oct 2-Nov 9. Free.

United Visual Artists: 'Other Spaces' The Store x The Vinyl Factory

A few years back, United Visual Artists filled the Barbican's Curve gallery with a symphony of swinging lights and hypnotising sounds. Now the group is bringing three large-scale immersive works of art involving lasers, soundscapes and kinetic sculptures to the cavernous spaces of 180 The Strand.

→ 180 The Strand. ☎ Temple. Wed Oct 2-Dec 8. Free.



← Ai Weiwei: 'Roots' Lisson Gallery

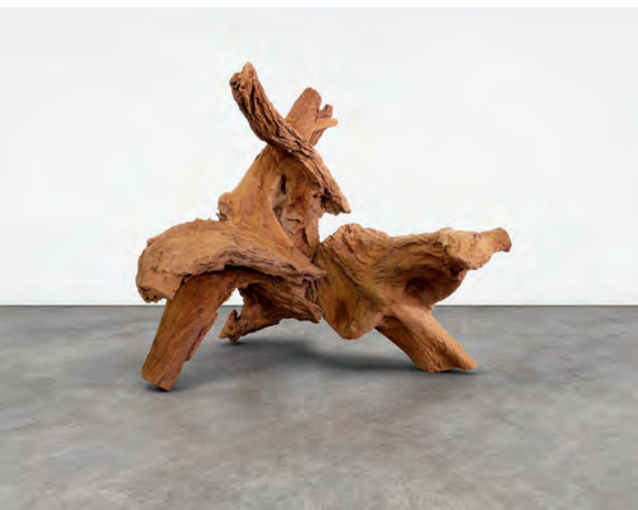
Artist and activist Ai Weiwei has created huge iron sculptures cast from the roots of rare Brazilian trees. The nature-based creations consider the idea of 'uprootedness' for humans as well as plants. Visitors will also be able to see his recent Lego art with a series of wall-based works that include a pixelated image of a refugee boat.

→ 27 Bell St. ☎ Edgware Rd.
Wed Oct 2-Nov 2. Free.

↑ 'Into the Night: Cabarets & Clubs in Modern Art' Barbican Centre

As the nineteenth century drew to a close, French artists discovered that absinthe, not abstinence, was key to artistic output. This show looks at the classic combination of art and drinking by showcasing the cabarets and clubs frequented by artists in Paris, Berlin, Mexico City, Ibadan and more.

→ Silk St. ☎ Barbican.
Oct 4-Jan 19 2020. £15-£17.



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Tony Cokes: 'If UR Reading This It's 2 Late: Vol I' GCCA →

Louis Althusser, Malcolm X, David Bowie, Public Enemy and Donald Trump all make an appearance in the artworks of Tony Cokes. This solo show at Goldsmiths' gallery is made up of works dating from the 1990s onwards, plus two brand new films. This is bold, colourful, antagonistic stuff about seriously tough issues.

→ St James's. New Cross Gate Overground.
Until Jan 19 2020. Free.

Let's begin.



↑ Shana Moulton Zabłudowicz Collection

Meet Cynthia, just a modern gal with 101 modern anxieties. She enjoys calisthenics, communing with nature, collecting crystals and a host of other angst-beating activities. She's also, umm... not real. She's the avatar of American video artist Shana Moulton, who uses her to explore our constant obsession with trying to deal with the bad bits of life as we know it.

→ 176 Prince of Wales Rd. ⊕ Chalk Farm.
Until Dec 15. Free.

Nam June Paik: 'The Future Is Now' Tate Modern →

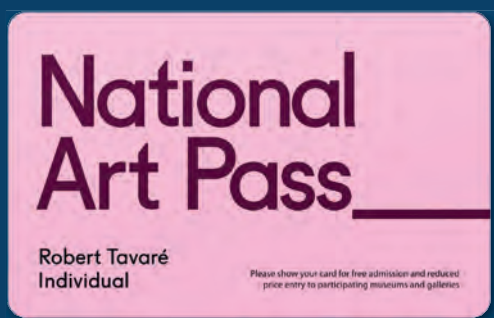
Long before the streets were filled with human-shaped dodgems bouncing off each other as they struggled to combine staring at a screen with forward movement, artist Nam June Paik was predicting how technology would soon be influencing our lives. This Tate show brings together works made across five decades by the artist credited with inventing video art. ■

→ Bankside. ⊕ Southwark. Oct 17-Feb 9 2020.
£13, £12 concs.



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The Gate

What is it? Bottomless brunch at a famed veggie restaurant.

Why go? With celeb endorsements from the likes of Woody Harrelson, Gwyneth Paltrow and Madonna, it's pretty clear that the food at this mini-chain is a draw. And we're about to make it even more appealing...

What's exclusive? Two courses and bottomless prosecco is £29.

→ The Gate Marylebone. ↻ Marble Arch. Until Dec 7.
www.timeout.com/gatebrunch



1-54 Contemporary African Art Fair

What is it? A top collection of art from Africa and its diaspora.

Why go? To broaden your horizons and discover a breathtaking swathe of African art. Forty five international galleries and 140 multidisciplinary artists will be showcasing their work.

What's exclusive? You can get two tickets for just £25.

→ Somerset House. ↻ Temple. Oct 3 and 4.
www.timeout.com/154

Military Fitness

What is it? Fitness classes based on those used by the armed forces.

Why go? Not satisfied with your current workout plan? Get outside your comfort zone with a 'civilian-friendly' version of the regimes used by the British Army, Navy and RAF. Terrified? You should be.

What's exclusive? One workout is £10 or five workouts are £39 – saving you up to 50 percent.

→ Military Fitness. ↻ Fulham Broadway.
Until Jun 1 2020. www.timeout.com/military

The Little Yellow Door

What is it? Brunch with prosecco at a quirky Notting Hill pop-up.

Why go? This restaurant and bar is based around a fictional flatshare – enter with your own key, drink from your own mug and tuck into home-cooked food. Only here you won't have to do the dishes (or receive a passive-aggressive note about it).

What's exclusive? A brunch dish with a glass of fizz is just £12.50.

→ The Little Yellow Door. ↻ Westbourne Park.
Until Dec 28. www.timeout.com/yellow

100 Wardour Street

What is it? Three courses and wine at this lively bar and restaurant.

Why go? A bit of a destination for drinking and tunes, 100 Wardour Street also offers an ace modern European menu in a swish setting. And if you want to settle in for the evening, you can catch live music and DJs playing into the early hours.

What's exclusive? Three courses and a glass of wine is just £18.

→ 100 Wardour St. ↻ Tottenham Court Rd.
Until Nov 15. www.timeout.com/wardour

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The 10 coolest neighbourhoods in the world

We surveyed 27,000 locals – plus our global network of Time Out editors and experts – to discover the coolest 'hoods on earth right now

1 Arroios Lisbon
In Lisbon's multicultural neighbourhood of Arroios, the new coexists with the classic, and diversity is everywhere. Along Avenida Almirante Reis and its arteries, you'll be dazzled by open-air galleries, such as urban artist Akacorleone's recent reinvention of the Campo Mártires da Pátria basketball court. You can taste flavours from far-flung places, from the best dim sum in the city at Grande Palácio Hong Kong to top-drawer Mexican at El Taco Chingón. Discover historical treasures such as the neoclassical São Lázaro Municipal Library, the Portuguese capital's oldest book repository. The temporary closure of Arroios metro station hasn't taken the wind out of

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Shimokitazawa, Tokyo

the area's sails: hop off at another stop such as Anjos, or rent a scooter in Praça do Chile and discover the neighbourhood on two wheels.

IF YOU ONLY DO ONE THING...

Drop into the **Mercado de Culturas**: a multipurpose space in the old nave of the Mercado do Forno do Tijolo. By 2021 it will have a new neighbour: the House of Diversity, a support centre for LGBTQ+ people.

CHECK IN AT...

Neya Lisboa Hotel keeps racking up awards thanks to its eco credentials – from bicycles for guests to a locally sourced and seasonal menu served at its Viva Lisboa restaurant. *Raquel Dias da Silva, Time Out Lisbon*



Arroios, Lisbon

2 Shimokitazawa Tokyo

Shimokitazawa is to Tokyo what Brooklyn is to New York, only cooler. Less commercially developed than the nearby city centre neighbourhoods of Shibuya and Shinjuku, Shimokitazawa (often known simply as Shimokita) packs a hip vibe, a countercultural legacy of underground cool and a whole lot of street cred. Nestled among the vintage and consignment shops, which the neighbourhood is famous for, is a host of quaint, independent restaurants, cafés and bars for you to discover. It's a favourite haunt for Tokyo's creative set, especially fashion folk who love digging around for grungy styles that are the complete antithesis to the cutesy, kitschy look made world-famous in Harajuku. Although it may feel like you're quite a distance away from central Tokyo, the neighbourhood is easily accessible from Shibuya station and is the perfect size to explore on foot.

IF YOU ONLY DO ONE THING...

Work your way around that overwhelming number of vintage stores. It's always worth hitting up **Flamingo Shimokitazawa** and **Stick Out**, where everything in store is priced at ¥700 (about £5).

CHECK IN AT...

The trendy and well-located **Shimokita Hostel**, which has a rustic-yet-cool DIY design aesthetic and offers capsule-like bed spaces and private rooms, along with a co-working space. *Time Out Tokyo editors*

3 Onikan Lagos

Past, present and future collide effortlessly in Lagos's historic district of Onikan. A cool wind blows through the private green spaces of its military barracks and its narrow streets, which represent an architectural catalogue of the city's history: the

colonial houses of Nigeria's pre-independence era, the boom of the '70s and today's Western-style structures made from steel. The landscape is still changing, though. Larger buildings are sprouting upwards, including a football stadium and a multistorey car park, even as creatives flock to the area in search of authentic surroundings. Dive into Balogun Market, which sprawls in ever-changing locations, then seek refuge at contemporary art space Rele Gallery. We know the story of rapid urbanisation when we see it, but Onikan is weirdly different. The energy of this place is built on a cycle whose bedrock is community, constantly regenerating itself.

IF YOU ONLY DO ONE THING...

Grab a local brew (Trophy, Star or Oriji) at **Fisto Bar** at 18 Berkeley Street, then head over to **hFACTOR**'s rooftop at 26 Moloney Street for one of their Strobe safe space parties.

CHECK IN AT...

Plan B on Ajasa Street is a B&B and cultural hub that shares its space with social impact accelerator Mitsio Motu. *Tushar Hathiramani*



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4 Wedding Berlin

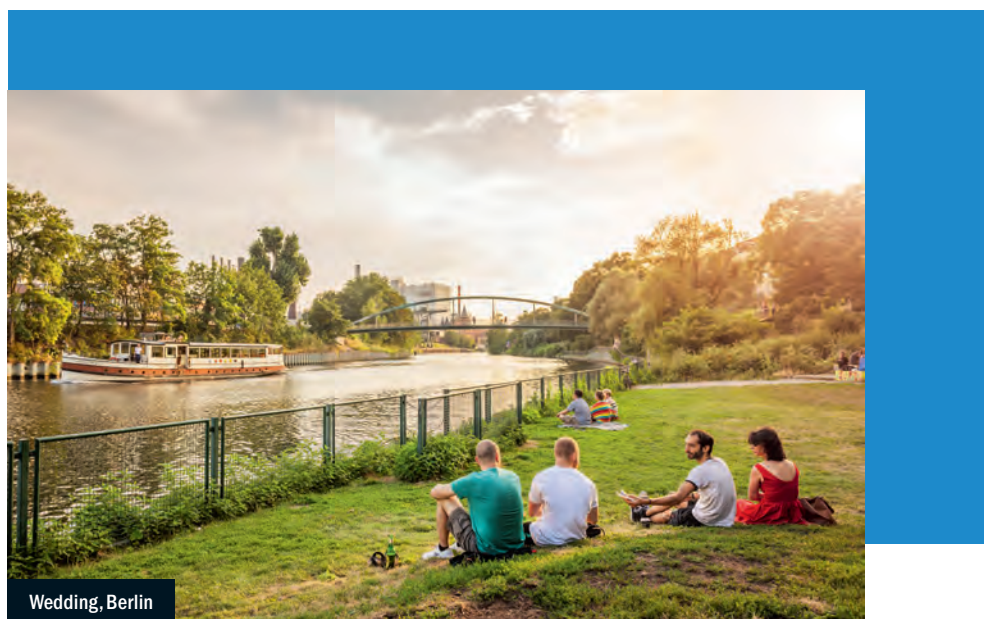
Rising rents and an influx of start-up cash have changed the face of the German capital, but in Berlin's Wedding neighbourhood, old traditions die hard. Dirt cheap and still sexy, one of the city's most underrated districts champions the off-the-radar charm that Berlin was once known for, and which is becoming harder to find in places such as Neukölln and Kreuzberg. Home to sprawling working-class communities of generations-back Germans and immigrants alike, the area (including neighbouring Gesundbrunnen, though it hasn't been officially part of Wedding since 2001) is known for its bustling markets, classic German pubs and vast public spaces that haven't yet been scooped up by property developers hoping to make a quick buck from the city's housing shortage. Get a glimpse of Berlin's glory days.

IF YOU ONLY DO ONE THING...

Tuck into something tasty from the rotating menu of German comfort food at **Mars Küche & Bar**, then check out something cutting-edge at under-the-radar performance space and community centre **Savvy Contemporary**. You'll find them both at crematorium-turned-cultural centre **Silent Green**.

CHECK IN AT...

Wedding lags behind flashier neighbourhoods when it comes to hotels, but **mk | hotel** on Osloer Strasse is only a short bike ride away. *Nathan Ma*



Wedding, Berlin



The Waterfront, Hobart

5 Historic Filipinotown Los Angeles

As LA's other gentrifying areas ditch any sense of character and culture in favour of the latest generic-chic hotness, Historic Filipinotown is propping up its own. Pop in for a bite at some of the city's most exciting new openings. HiFi – as the 'hood is known for short – reflects LA at its best: a convergence of cultures where the savoury Asian porridge at Porridge & Puffs feels right at home with the '90s hip hop vibes at HiFi Kitchen, the mother-and-son chewy noodle recipes at the family-run Chinese restaurant Woon and the floral-filled celebration of black art at Bloom & Plume Coffee. The area is still in the early stages of its rise, but you'll find activity buzzing along the eastern stretch of Temple Street near Echo Park, as well as west on Beverly Boulevard towards Westlake, with

the blocks in between dotted by a beautifying, neighbourhood-wide mural project by the Gabba Gallery.

IF YOU ONLY DO ONE THING...

Hop aboard a Jeepney – a colourful, stretched-out Jeep-bus that is one of the most ubiquitous modes of transportation in the Philippines – for the **Classic Hidden HiFi Jeepney Tour** and immerse yourself in the history of HiFi, with stops at local mainstays such as **Temple Seafood Market** and **Unidad Park**.

CHECK IN AT...

Find an array of cosy bungalows along the area's side streets on Airbnb. For hotels you'll need to look about ten minutes' drive away. Try boutique **Hotel Covell** in Los Feliz or relatively affordable **Freehand** in Downtown LA. *Michael Juliano, Time Out*

6 The Waterfront Hobart

Back in January 2011, lucky high-roller David Walsh put his gambling millions into opening a world-class art museum in his home city: Hobart, the state capital of Tasmania. Almost as soon as it opened, the Museum of Old and New Art (Mona) transformed Hobart from a 'why would I ever visit?' to an 'I must go right now' for art lovers. Now, rocketing numbers of visitors are discovering Hobart's jaw-dropping eucalypt forests, world-leading whisky, gin and wine, and incredible seafood-driven dining scene. Meanwhile, the annual journey from the mainland for the Dark Mofo winter solstice festival is becoming a mandatory pilgrimage for Melbourne and Sydney cognoscenti. Hobart's star isn't just on the rise, it's positively meteoric. And the city's historic waterfront is the place to feel at the centre of it all.

IF YOU ONLY DO ONE THING...

Catch the ferry from the waterfront to check out the ancient Greek amphora and boundary-pushing avant-garde works at the **Museum of Old and New Art**. You can either board the boat early enough to claim a sheep-shaped seat to ride on, or book the 'Posh Pit' to enjoy unlimited drinks and canapés during the 25-minute journey.

CHECK IN AT...

In a converted waterfront warehouse, the **Henry Jones Art Hotel** combines modern luxury with industrial chic and more than 500 pieces of contemporary Tasmanian artworks lining the walls. On a Saturday, it's an easy stroll to the crazy popular Salamanca Market, stuffed with fresh produce and Tasmanian-made art and crafts. *Cass Knowlton, Time Out Australia*

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Headed to the USA? Here's how to be a savvy shopper

Spare some room in your suitcase, globetrotters...

From the cobbled sidewalks of New York to sun-drenched California, the land of the free knows how to do retail therapy. Yep, the USA is an amazing place for shopping and no matter what, when or who you're going to visit, don't think you'll be coming back empty handed. Not that you'd want to, anyway.

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in the States, Simon Shopping Destinations knows a thing or two about swapping dollars for awesome goods. That means everything from discounted designer fashion, value and classic brands, dining and entertainment is at your fingertips on your trip across the pond.

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Outlets – it's just one hour from Times Square and is home to more than 250 brands including Fendi and Saint Laurent. And here's a handy tidbit you might not know about: in New York, clothing and shoes under \$110 are tax-free.

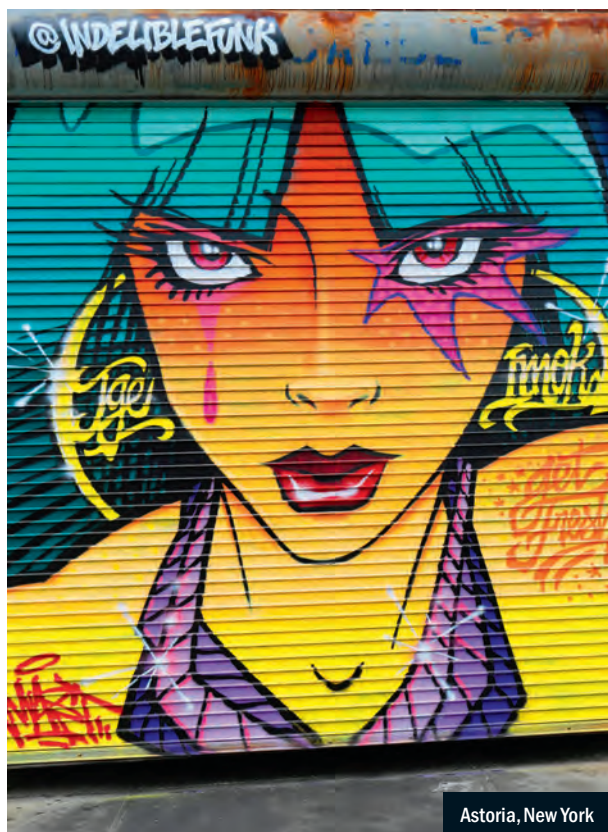
It gets even better in New Jersey – all clothing and shoes are tax-free. So if you're up for taking advantage of bonkers generosity like that, make sure you hit up The Mills at Jersey Gardens. With some 200 stores it's New Jersey's largest indoor outlet, and because it's The Mills property, you'll get great food and entertainment options, too.

It's the same deal in Philadelphia. So a trip here doesn't just mean access to world-famous attractions like The Liberty Bell, Penn Museum and Valley Forge (not to mention

some of the best breweries in the business), you'll be able to load up on tax-free clothing and shoes. Our tip? Head to King of Prussia (a Simon Mall with 450 shops including high end retailers such as Jimmy Choo and Louis Vuitton) or Philadelphia Premium Outlets where more than 150 designers and name brands are waiting. Might be worth taking an empty suitcase out there with you...


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Astoria, New York

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7 Strasbourg-Saint-Denis Paris

Far be it from us to neglect the stylish addresses of the Haut-Maraïs or the bistronomic renaissance of the 11th arrondissement, but Strasbourg-Saint-Denis remains the centre of Parisian cool. That's thanks in large part to two men, Arnaud Lacombe and Guillaume Le Donche, who have turned Rue des Petites-Écuries into the home of some of the city's hippest venues – from restaurant and wine bar *Déviant* to the Hôtel Bourbon nightclub. Increasingly *boboisé* but still alive and kicking (and, in parts, a little dodgy), this is a place where cultures rub shoulders in a way that is constantly refreshing.

IF YOU ONLY DO ONE THING...

Venture behind a decrepit façade to find one of the best cocktail bars in Paris: **Le Syndicat**.

CHECK IN AT...

Hôtel Grand Amour is a trendy antipalace designed by French graffiti artist André Saraiva, with Hermès products in the bathroom and unexpectedly reasonable prices. *Houssine Bouchama, Time Out Paris*

8 Astoria New York

Over the past few years, NYC's creatives have been flocking to Queens – many opting for the borough's boho-cool Ridgewood, the artist lofts of Long Island City and the sleepy environs of Woodside. But for our money, Astoria is where it's at. Get caught up in a bustle of people running errands at decades-old shops, lingering over meals at buzzy new restaurants and rubbing elbows with neighbours from around the globe. From the

stretch of Steinway Street lined with Egyptian restaurants and hookah bars to the gorgeous street art at the Welling Court Mural Project, it's got all the diversity, flavour and energy that some people complain you don't find in New York these days.

IF YOU ONLY DO ONE THING...

Keep your eye on the calendar at the **Museum of the Moving Image** for super-rare-film screenings and blockbuster retrospective exhibits.

CHECK IN AT...

Situated one block off Astoria proper, the **Paper Factory Hotel** – once an actual factory – is an art-filled monument and probably the swankiest place to rent a room. *Miles Raymer*

9 Embajadores Madrid

Few neighbourhoods in Madrid are as diverse as Embajadores, which spans multicultural Lavapiés and the site of historic flea market El Rastro. Florists arrange their bouquets in Plaza Tirso de Molina by the bold murals of street artist Okuda San Miguel, and next to newer Indian restaurants you'll find traditional eateries, such as the legendary Cafe Melo's and its famous *zapatillas* (truly enormous grilled sarnies). Each May brings Calle Lavapiés, an event in which dozens of urban artists decorate the façades of landmark bars and shops. In October, eat your way through the neighbourhood during the Spanish capital's most delicious happening: the Tapapiés tapas festival.

IF YOU ONLY DO ONE THING...

Stop at **Sala Equis**: formerly an X-rated adult cinema, it reopened in 2017 as a modern bar. It also has a screening area for arthouse films (but don't worry: nothing too racy).

CHECK IN AT...

Hip hostel **The Hat Madrid** has one of the best rooftops in the city. *Josep Lambies, Time Out Madrid*

10 Pilsen Chicago

With its distinctive murals and strong public art scene, Pilsen could well be Chicago's most recognisable neighbourhood. But it's perhaps best known as a welcoming home for immigrant communities, starting with the Irish and Germans, followed by a wave of Eastern Europeans, and, more recently, Mexicans. Its flourishing Latino population is catered for by the free National Museum of Mexican Art, and some of the most authentic restaurants. 18th Street is a lively stretch dotted with taquerias, bars, thrift shops and cafés, but make time to discover the splashy murals lining the alleyways, many telling stories of the area's eclectic past.

IF YOU ONLY DO ONE THING...

Once you've had your fill of carnitas, nab a table at mouth-watering Vietnamese restaurant **HaiSous**.

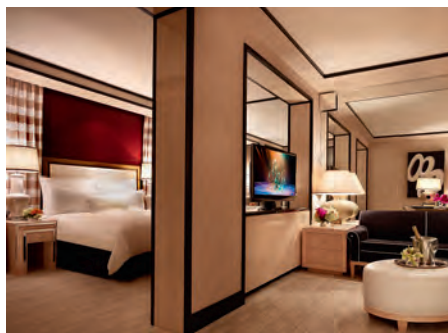
CHECK IN AT...

Check-in at **The Hoxton** in the West Loop and hop on the CTA's Pink Line when you're ready to head back. ■ *Morgan Olsen, Time Out Chicago*



Pilsen, Chicago

Advertisement feature



Viva Las Vegas

The bright lights of Vegas are calling, and thanks to British Airways, planning your US getaway is easier than ever

There's nothing shy about Las Vegas. From checking out the Downtown street art to a stroll along the famous Vegas Strip, this US city is wild, weird and spirited. And whether you're fantasising about a scenic helicopter tour around the Grand Canyon or finding a dive bar complete with a bucking bronco, you can trust that Vegas has you covered.

What should I do?

In a city of overwhelming sounds and neon signs, it's easy to forget about some of Vegas's architectural wonders. But don't! The Hoover Dam is a spectacular feat of human achievement; tours there run several times a day. Vertigo, who?

As for art, don't miss the 'Seven Magic Mountains', a work designed by Swiss artist Ugo Rondinone – it

features imposing 30-foot stacked boulders painted in fluorescent colours. Or if taking to the streets is more your thing, Downtown Vegas has some impressive graffiti murals that you can spend hours strolling around and snapping for your photo album.

For stage shows, catch some thrilling acrobatics at 'Le Rêve – The Dream' and live music from big names such as Diana Ross, Drake and Smokey Robinson throughout the year. Love to lol? Catch John Cleese at the Encore Theatre on November 1 and 2.

When you get hungry, wander along to Secret Pizza on the strip for a slice of late-night cheesy goodness, or hit up Charlie's Bar + Grill for one of their sky-high burgers paired with your choice of 16 beers on tap. And if you want to get your

hands dirty, bring your friends and book a space on an interactive masterclass at the Wynn, from 'Mastering pasta-making' to 'Mixology 2.0'. (Check their site for the full course list.)

Where should I stay?

Don't bother with hour-long internet searches. There's a reason that the Wynn Las Vegas and Encore have such a stellar reputation. These five-star spots are chic and luxurious, so expect plush surroundings, comfortable rooms and attentive service. Plus, everything you need is on-site, including bars, restaurants and entertainment, and you'll receive a \$25 daily resort credit (up to \$150) plus a 3pm late check out when you book by October 31 2019*. Our final piece of advice? Savour the daily breakfast or brunch. Not only will you be surrounded by hanging topiaries, arbours and explosive flora, but you'll also have access to every type of food you've been longing for. Eat up!

BRITISH AIRWAYS

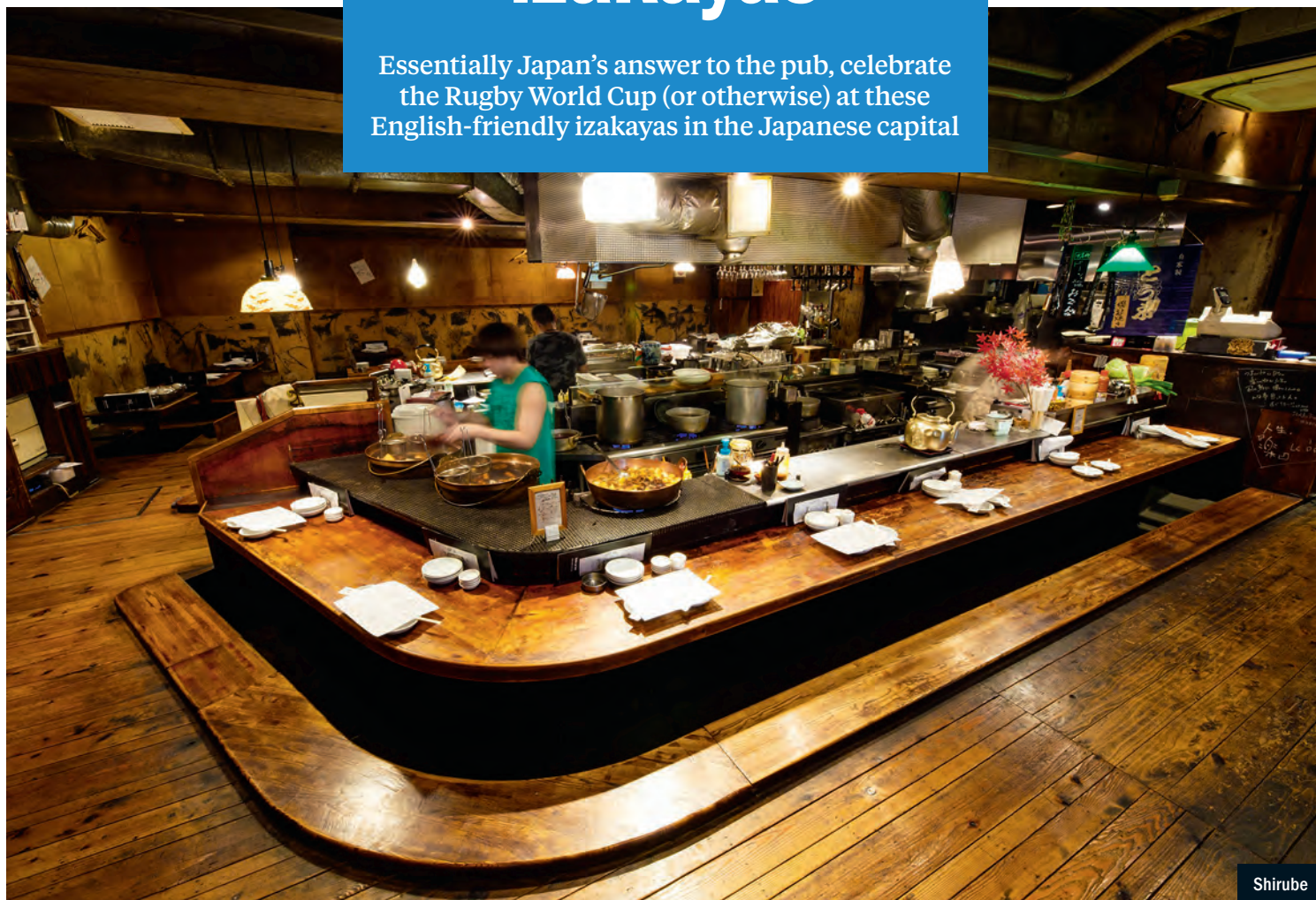
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*Resort credit amount varies depending on length of stay. Travel until September 30 2020. For full terms and conditions visit ba.com/lasvegas

An insider guide to Tokyo's izakayas

Essentially Japan's answer to the pub, celebrate the Rugby World Cup (or otherwise) at these English-friendly izakayas in the Japanese capital



NO VISIT TO TOKYO is complete without a night out at a friendly local izakaya. Basically Japan's answer to the pub (but with, let's face it, far better food), these boisterous venues are the best place to get a crash course in Japanese cuisine and spirits. Order a few dishes to share, and wash it all down with sake, shochu or a whisky highball. Granted, izakayas can be a bit intimidating for first-timers, but these five spots are as welcoming to travellers as they are to locals. So whether you're swinging low or just looking for a good time, dive in to these divey Tokyo mainstays.

Shirube Shimokitazawa

Located in the jumble of Shimokitazawa's backstreets, this izakaya looks as traditional as they come, but serves up the classics with a twist

— think wholesome nikujaga (beef and potato stew) with garlic bread, and a glorious 'cheese tofu' with honey. If there's space and you're not with a large group, try to nab one of the counter seats for a prime view of the chefs in action, plus you'll get a whiff of the fragrant pot of oden (a hot pot-style dish) bubbling away. Ask for sake recommendations to wash it all down with or knock back one of the shochu cocktails. Reservations are advised on weekends. And with this the nearest izakaya on this list to Tokyo Stadium, you should ring ahead to book a table if you're travelling as a rugby-loving troupe.

→ 2-18-2 Kitazawa, Setagaya-ku.

Shin-Hinomoto Yurakucho

The stretch beneath the railway tracks in Yurakucho has a plethora of watering holes to choose from, but Shin-Hinomoto, aka Andy's, has been a favourite for decades now. Its nickname comes from British owner Andy who took over

his parent-in-law's business together with his Japanese wife (whose family established the izakaya two generations ago). The menu changes daily depending on what the market offers, but you can't go wrong with a sashimi platter (ludicrously good value for its size, at ¥2,500 – £18 – for a two-person platter) and fist-sized karaage (fried chicken). Good luck



Time Out MARKET

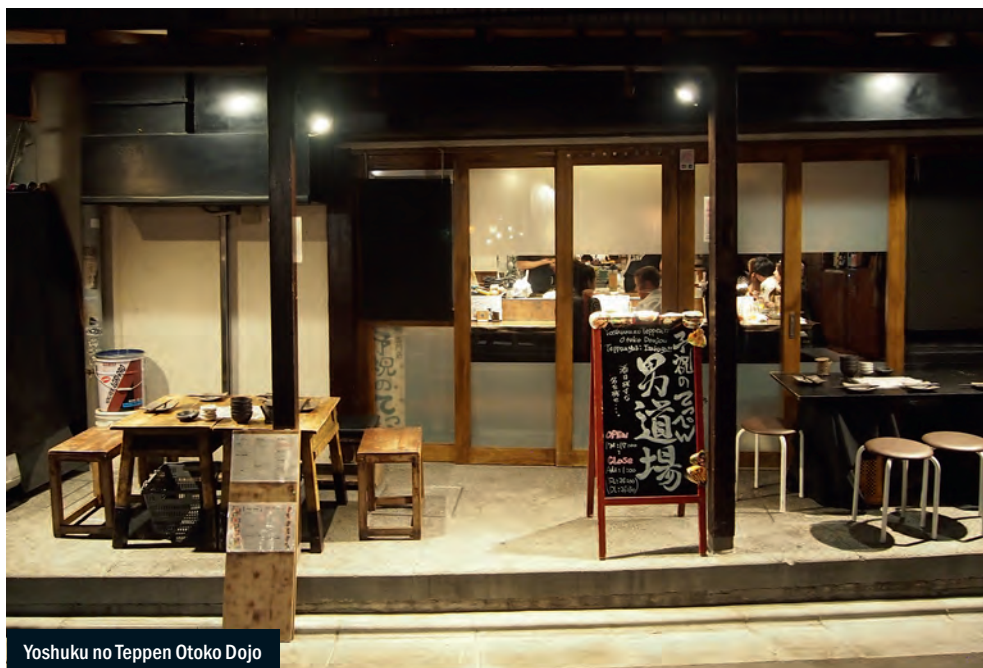
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Yoshuku no Teppen Otoko Dojo

finding a seat, though: the place gets rammed every night with a fun mix of locals, expats and tourists, although a jolly team keeps the atmosphere alive and kicking outside of peak times.

→ 2-4-4 Yurakucho, Chiyoda-ku.

Uoshin Nogizaka Nogizaka

There's nothing fancy about this seafood-heavy spot and that's what we love about it. The two-floor space has a down-to-earth street food vibe: you sit on beer crates and dine at tables upcycled from wooden boxes, and the atmosphere is always lively. The best part is, despite its location at the fringe of upscale neighbourhood Roppongi, the prices stay reasonable. Regulars swear by its sashimi and the house speciality nokkezushi, which is kappamaki (cucumber sushi roll) buried under a generous mound of chopped tuna, salmon roe, sea urchin and crab meat – in other words, the premium stuff. The cabbage salad is commendable too, a humble dish elevated with a sprinkle of crispy fried potato flakes. For grilled fish, ditch the menu and just pick what's fresh from the seafood display. An English menu is available and some staff speak English as well, so hopefully you won't be getting lost in translation.

→ 9-6-32 Akasaka, Minato-ku.

Yoshuku no Teppen Otoko Dojo Shibuya

The very *genki* (cheerful) staff add flair to this izakaya, located at the far end of Shibuya towards Tomigaya. They specialise in different teppanyaki (hot plate) dishes, whether they would usually be served on one or not: think dashimaki tamago (rolled omelette), okonomiyaki (savoury pancake) and french toast served as a dessert. If you're a big eater, the assorted meat (¥2,480, £18.50) and sashimi (from ¥1,480, £11) platters make for a good deal, and you can always fill up with salmon and shirasu (tiny whitebait) fried rice done over the iron griddle. Top it all off with a

glass from the extensive nihonshu sake selection or a refreshing beer. Draught beer measures are so huge you'll need some muscle to lift your glass to your mouth. But with any luck, you'll have had good training for that down the pub.

→ 37-13 Udagawacho, Shibuya-ku.

Kanoya Ueno Ueno

The izakaya competition around Ueno station, and the stretch leading to Ameyoko shopping street in particular, is fierce. However, this four-year-old joint has done a good job at elbowing itself into the spotlight with low prices and a classy look. The menu is a medley of izakaya staples, most of which are around the ¥300 to ¥400 mark (£2-£3), making it a great place to try a lot of different dishes without breaking the bank. If you can spare a few extra hundred yen, have the sashimi set for a lesson in the difference between lean, medium and fatty tuna. Note that Kanoya is both an izakaya and a kushikatsu (deep-fried skewer) restaurant (next door, on the left). If in doubt, ask for the izakaya. ■

Kirsty Bouwers and Lim Chee Wah

→ KT Bldg 1-2F, 6-9-14 Ueno, Taito-ku.



Kanoya Ueno

Five delicious izakaya staples



Edamame

Boiled, salted soy beans in the pod. A million times better than the ones you get in a pot from Pret.



Hiyakko

Chilled, firm tofu topped with grated ginger, bonito flakes and more. A cooling dish on a humid day – especially with a cold beer.



Kaki fry

Like a portion of scampi down your local, but better. These deep-fried oysters (aka heaven) are often paired with tonkotsu or tartar sauce.



Sashimi

The raw fish go-to. Pick from the day's catch or share a moriawase – an assorted platter – with friends.



Yakitori

These grilled chicken skewers come in all shapes and sizes: from tsukune (juicy minced chicken glazed in a sweet sauce) to popular negima (a breast-and-grilled-leek combo) and hatsu, made from chicken hearts.



Ever considered Varna?

If not, you really should. This beautiful city on Bulgaria's Black Sea coast is a brilliant combo of history and modernity



Okay, you've heard of Prague, Rome and Dublin, but how about Vilnius, Castellón or Bari? For the more adventurous traveller, nothing beats the charms of Europe's lesser-known cities. Take Varna in Bulgaria, for example. This gorgeous Black Sea city has a fascinating history on display, tranquil gardens with an open air theatre, and a buzzing modern centre that comes alive at night.

Joining those in the know is super easy – not to mention super affordable – with Wizz Air. These guys fly to 55 destinations from London Luton and, when it comes to CO2 emissions, are Europe's greenest airline. In fact, you could say Wizz Air is the Varna of the aviation world – the treat you've

been waiting to discover. Get to know Wizz Air and they'll help you get to know Europe's hottest cities. Here's a few tips on Varna, to get you started.

Become a gold-digger

Magpies look away now. Varna's Archaeological Museum is home to the Gold of Varna. Dating back to 4,600 - 4,200 BC, the hoard is thought to be the oldest gold treasure in the world. Once you've had a poke around, head to the city centre Roman Baths for more historical wonders.

Chill out at the beach

Forget choosing between a city sojourn or a beach mini-break, with Varna you can have both. Let your

troubles float away at one of the city's Sea Baths or kick back on the sandy shoreline of the Black Sea.

Go graffiti hunting

Step off the beaten track into side streets and suburbia and you'll come across idiosyncratic street art from graff artists like Fars and Mouse. Very cool and more than a little bit trippy.

Hit up Kultura

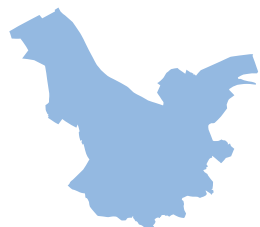
Up for some speakeasy action? This trendy little cocktail bar offers top-notch mixology with what many regard as Varna's very best serves. The fact that they come in a brilliantly atmospheric subterranean setting is the cherry on the whisky sour.

WANT TO WIN A FLIGHT TO VARNA?

Here's your chance. Wizz Air is offering 60 free flights to destinations across Europe. Yep, totally free. To be in with a chance of winning, just head to www.timeout.com/wizzair. Don't forget to pack your toothbrush.



→ For more information and to book your flight head to www.wizzair.com



ESSENTIAL Belgrade

Floating clubs, fruit brandy and kebabs

What's the deal with Belgrade?

Besides producing a world tennis legend in Novak Djokovic, southeastern Europe's landlocked Serbia has plenty to show off about. Tourism is rising thanks to **Exit Festival** in second city Novi Sad, but word is also spreading about the capital, Belgrade, and its status as a year-round party city. It might not be classically beautiful, but you'll still get the views thanks to its conjoining rivers that cut across the city, the Sava and the Danube – and these rivers are home to *splavovi*, floating river clubs. Plus, the city has no shortage of bombed-out buildings transformed into post-communist clubs, unusual bars and creative hubs. Before you hit the town, line your stomach with hearty Serbian cuisine and have a shot or two of national drink rakija, a fruit brandy that's consumed like water on any occasion.

If you only do one thing

Belgrade Fortress might be the top tourist attraction, but it's number one for a reason. Inside the former defensive outpost you'll find **Kalemegdan Park**, a zoo, a dinosaur park, a military museum, a Roman well (it's not Roman and it doesn't have any water in it) and hidden **Ružica Church**, with its chandelier made from bullets.

Dine in style

Thanks to its riverside location, **Stara Carinarnica** gets some of the city's best seafood. Try smuđ, catfish and carp in an old customs house that looks as if time has stood still since it was built in 1723. Or check out **Ambar**: its lunchtime menu of unlimited Balkan small plates costs 1,950 Serbian dinar (around £14.50).

Eat on the cheap

Belgraders seem to have a hankering for hangover food (probably to help power through all that partying). Local delicacies include pljeskavica (the hamburger's illegitimate brother) at **Loki**, ćevapi (like a Serbian kebab served with chopped onion and sour cream) from **To Je To** and a banging breakfast burek (essentially a breakfast burrito but with flaky pastry) from bakery **Pekara Carli**.

HANG OUT IN THIS 'HOOD

One of the city's oldest neighbourhoods, **Dorćol**, is one of its most exciting, with an indie, artsy vibe and a bit of that watery life, since it's split by the Danube. Start the night with cocktails at **D Bar** and then take things up a gear at **Bure Baruta** karaoke bar. Sleep it all off at one of the area's most popular bistros **Smokvica**, which doubles as a B&B (and the second 'B' is magnificent).



Drink like a local

Head to **Kafeterija**: a one-stop-shop complete with a barber, a playroom for kids and a shop for beans to take home. When the sun sets, trade caffeine for rakija at **Rakia Bar**, where they have more than 100 flavours.



Stay up late

Pre-drink at **Cetinjska**, a cluster of bars, breweries and music venues surrounding a disused car park. Make your next port of call riverside clubbing hotspot **Klub 20/44** (aka 'the boat') or the abattoir-turned-brutalist club **Drugstore**.

Soak up the vibes

Wander around Belgrade's markets and get a feel for how the locals shop. A labyrinth of stalls showcase everything from organic vegetables to street food and bric-à-brac. The biggest is **Kalenić Farmers Market**, but the **Zeleni Venac** neighbourhood's striking architecture and views makes its market worth a look in too.

Get cultural

The **Nikola Tesla Museum** explores history while honouring the late inventor, one of the region's most important figures (just ask Elon Musk). **KC Grad** is a cultural powerhouse that functions as a home to workshops, exhibitions, dining and nightly music events.

Take a day trip

Time your trip to coincide with **Exit Festival**, which takes place at the start of July in Novi Sad's Petrovaradin Fortress. Only an hour's drive away from the capital, start at Novi Sad's public square **Trg Slobode** and then amble around **Dunavska Street** to see pretty pastel bookshops, boutiques and cafés.

Only in Belgrade

Make a splash at the year-round parties on floating river clubs called splavs (short for *splavovi*). Dance until the early hours at the likes of **Hot Mess**, **Shake 'N' Shake** and **Lasta**. ■ *Angela Hui*



One of Belgrade's iconic floating clubs

UK Escapes

Edited by Ellie Walker-Arnott
timeout.com/daytrips



West Dean Gardens

Autumnal gardens to fall in love with

Six gorgeous gardens within day-tripping distance of London

1 West Dean Gardens Sussex

Autumn is spectacular at West Dean Gardens. Wander around walled fruit orchards, an Edwardian pergola and arboretum, or duck into one of the Victorian glasshouses. Foodies should hit up the café for hearty dishes made from home-grown veg. Menus change according to the seasons, but expect artisan charcuterie and Sussex cheese sharing boards all year round.

→ Get there: one hour 30 minutes by train from London Victoria to Chichester, then 20 minutes by bus. Adult tickets: £9.50 Mar-Oct, £6.25 in Feb, Nov and Dec. www.westdean.org.uk.

2 Charleston House Gardens East Sussex

Charleston House is a total knockout and its garden is equally special. After moving into the property around 1916, artists Vanessa Bell and Duncan Grant transformed old vegetable plots and hen runs into an inspiring, Mediterranean-cum-cottage garden. Ponds lined with gleaming tiles, classical sculptures, and an Italian-inspired piazza are brought together with magical results. Ticket prices include admission to the house and garden together – which is just as well, because the zany

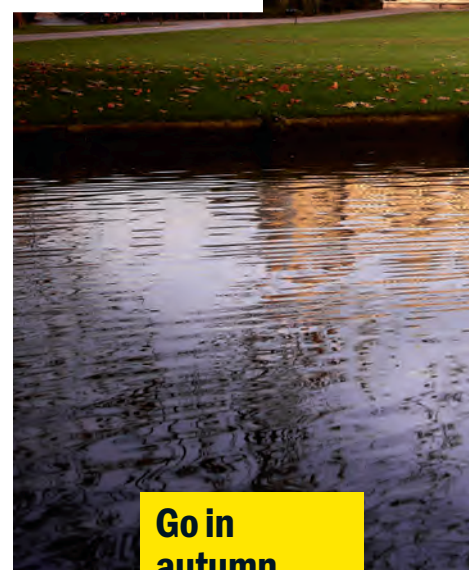
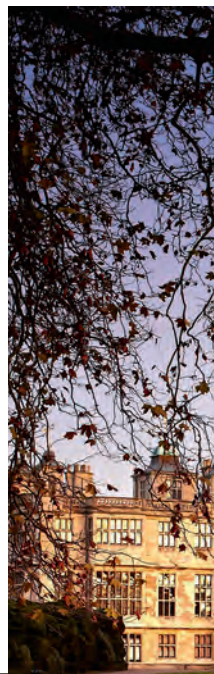
interiors are something to behold.

→ Get there: one hour 20 minutes by train from Victoria to Polegate, then 20 minutes by bus; two hours from London by car. Adult tickets: £10 Nov-Feb; £14.50 Mar-Nov. www.charleston.org.uk.

3 Oxford Botanic Garden Oxfordshire

Need another reason to take a day trip into Oxford's beautiful city centre? We've got a doozy – this exquisite botanic garden, which happens to be the oldest in the country and home to more than 6,000 types of plant. Negroni fans should sniff out the 'gin border', a bed full of the botanicals used to

Go in autumn, and you'll catch Audley End House at its most beautiful





Audley End House



Rousham Gardens

Plan your escape at
[timeout.com/daytrips](https://www.timeout.com/daytrips)

flavour mother's ruin. There's also a packed events calendar, from alfresco yoga to (grinches, avert your eyes now) Christmas wreath workshops with a botanical twist. Check out the garden's bloomin' marvellous autumn borders, which peak in September and October.

→ Get there: one hour by train from Paddington to Oxford, then 15 minutes by bus. Adult tickets: £5.45. www.obga.ox.ac.uk.

4 Audley End House and Gardens Essex

Go in autumn, and you'll catch Audley End House at its most beautiful, as the garden's many



Oxford Botanic Gardens

trees turn tawny shades of red. Spot the howard oak – one of two in the world – and mosey through the kitchen garden. This two-and-a-half-acre allotment is farmed organically, and beds are bursting with pumpkins, and sprouting broccoli, while fruit trees include 120 varieties of apples, and around 50 pear and plum varieties. When you're there, don't forget to visit to the stable yard, where you can meet the resident horses.

→ Get there: 53 minutes by train from Liverpool St to Audley End, then ten minutes by bus; two hours from London by car. Adult tickets: £18.50. www.english-heritage.org.

5 Marks Hall Garden and Arboretum Essex

At Marks Hall Garden and Arboretum you'll find everything you could possibly want from a bracing autumnal walk: misty meadows, dense woodland and sparkling ornamental lakes – bordered with blood-red dogwood, which are especially striking this season. Those in proud possession of a log burner can even stock up on firewood before leaving.

→ Get there: one hour 30 minutes from London by car. Adult tickets: £6. www.markshall.org.uk.

6 Rousham Gardens Oxfordshire

Green-fingered guru Monty Don raves about this garden, and we can totally see why. The grounds of the seventeenth-century Rousham House are full of fruit trees laden with ripe apples, pears and figs. Elsewhere in the William Kent-designed garden you'll find kaleidoscopic borders, a riverside trail and an impressive vegetable patch. Rousham is also relatively uncommercialised, with no gift shop or café; bad news for anyone too extra to pack their own picnic, good news for anyone looking for unspoilt nature. ■ *Grace Allen*

→ Get there: one hour by train from London Marylebone to Oxford Parkway, then 25 minutes by bus; one hour 50 minutes from London by car. Adult tickets: £8; no children under 15 allowed; no dogs allowed. www.rousham.org.



First Night On Us: Week 1

Five reasons to visit beautiful Croyde

Looking for some much-needed downtime? Airbnb wants to help you reconnect with the UK by offering to cover your first night when you stay at one of six lovely, lesser-known corners of the country. The first is the seaside town of Croyde, in north Devon...

This pretty seaside village might not be as well known to outsiders as painterly St Ives or fossil-dotted Lyme Regis, but those in the know have long been flocking here for sand, surfing and stunning scenery. Croyde was voted for in a Twitter poll as one of Airbnb's six 'First Night On Us' destinations – and it won't take you long to understand why...

Hit the waves with a surfing session

Let's get the big one out of the way: surfers love Croyde. It's an excellent spot for riding the waves of the Atlantic – and if you're a newbie, you can book in a lesson with one of the town's surf schools or book an Airbnb Experience. Just think: you could wake up at your cute Airbnb beachside cottage and hit the waves in minutes.

Stroll along the South West coast path

For people who prefer to keep

their feet on dry land, Croyde is located on the 630-mile-long South West coast path, the UK's longest National Trail. The route starts at Minehead just along the coast from Croyde, then snakes all the way around to Poole Harbour in Dorset.

Trot along for horseriding on the beach

If you're looking for another way to get around, how about a good old-fashioned horse ride? Exmoor is famous for its stocky, dark bay ponies who grow shaggy coats to keep warm each winter. You're unlikely to ride an actual Exmoor pony, but book a session with the local stables to saddle up and ride one of their mounts through the fields and along the beach.

Sip some cider

Don't know your Dabinett from your Tremlett's Bitter? How about a Yarlington Mill or a Somerset Redstreak? Ever met a Fair Maid of Taunton? The first thing you

need to know when you're in the West Country is you're in cider land (those are all apple varieties, by the way). Croyde is just down the road from Indicknowle Farm, where you can buy proper scrumpy made the traditional way.

Clamber over Exmoor

One of the (many) things that make north Devon special is the way rugged, rocky moorland gives way to sandy beaches and the cooling expanse of the Bristol Channel. If you can drag yourself away from Croyde Bay, spend some time on Exmoor among the bright yellow gorse and pinky purple heather, then stop for a filling Ploughmans with super-strong cheddar and doorstep wedges of malted bread.

HOW IT WORKS

First Night On Us

Every Thursday morning from October 3 for four weeks, a limited number of First Night On Us coupons will become available for a different town (or towns). Here's how you could get one:

Step 1

Visit airbnb.com/firstnight 10am each Thursday from October 3 2019. If you're not already an Airbnb user, we'd recommend signing up before.

Step 2

Once on the landing page, enter your Airbnb registered email address into the 'Claim your coupon' box.

Step 3

Successful users will be emailed a coupon code in the following days.

Step 4

Book your stay and visit by December 30 2019. For full terms and conditions visit airbnb.com/firstnight



→ Get your first night on Airbnb at airbnb.com/firstnight



A perfect day in

Fowey

Coastal walks, secluded swimming spots and chic dining

FOWEY IS PRONOUNCED 'foy', to rhyme with 'joy'. It seems fitting for this idyllic smattering of ice-cream-coloured cottages, where winding lanes lead to picture-perfect sandy coves and a quaint harbour with colourful boats. On the south Cornish coast, this ancient fishing port is like a fairytale: ancient castles, white sandy nooks and hedgerow-lined paths lie around every charming corner. Prepare to be bewitched.

First up

Shake off the city with a jaunt to **Catherine's Castle**. A rustic path lined with wildflowers leads to Henry VIII's ancient fort. Its hollow shell is a bit barren nowadays, but from this cliff-top spot, you'll get mesmerising sea views and a gorgeous panorama of Fowey.

Get back to nature

Take the ferry to **Polruan** (adults are £2.30, dogs 40p). Once you've explored its labyrinthine streets (and polished off some mussels in **The Lugger Inn**) set off on the hour-long walk from Fowey to **Lantic Bay**. It's a steep route, but worth it for the unspoiled beach.

Stop for lunch

From the brains behind cult London restaurants Primeur, Westerns Laundry and Jolene, **Fitzroy** is the town's newest joint but has immediately become a favourite. It's elegant yet laidback, with dusty pink walls, cosy lighting and a daily changing menu full of local seafood. Try the charred half lobster and the snappy salted raw courgettes with a glass of natural wine. Utter joy.

Drink like a local

Sink a pint at **The Ship Inn**. Fowey's oldest pub, it's all dark beams and odd jaunty angles with a nice selection of ales and gin specials behind the bar. Or, head to the back of **The Galleon Inn** for gorgeous views of the River Fowey from the waterside terrace.

Splash the cash

Celebrate the area's literary heritage by picking up a Daphne du Maurier novel at **Bookends of Fowey**. The author of 'Rebecca' lived near Fowey and this bookshop houses an illustrious collection of her work. Peckish? Visit **Kittows** delicatessen for perfect pasties. ■ *Alexandra Sims*

IF YOU ONLY DO ONE THING

Grab a swimming costume and head to **Readymoney Cove**. Just ten minutes from the centre of town, this nugget of sand is postcard perfect. It's a sheltered spot, making its crystal-clear waters perfect for swimming. Wade out to the pontoon, explore the little rock pools, or sit back with an ice cream from the brilliant beach shop.

WAKE UP HERE

Fowey Harbour Hotel



Views don't come much better than the perfect panoramas of Fowey Estuary that confront you from this grand Victorian pile. Perched above the town, the boutique hotel gazes down on sparkling blue water and from the terrace you can glimpse sailing boats heading out to sea. The cosy rooms have beds big enough to get lost in, decanters of gin and a box of chocolates from the local sweet shop waiting for you when you arrive. Get yourself a room with a balcony overlooking the tiered garden that leads to the sea and you're laughing. *Alexandra Sims*
→ Esplanade, Fowey. From £113 a night.
www.thefoweyhotel.co.uk

→ Get there: four hours by train from Paddington to Par, then a 15 minute bus to Fowey; around five hours by car.

Find more coastal capers at timeout.com/daytrips

Relax to the max: five ways to wind down after work

We've teamed up with Swisse Me to bring you these excellent ways to chill after a big workout

After a long day at the office, it's not easy to push yourself to get to that post-work fitness class. But let's face it: it's always worth it. Afterwards, it's important to restore yourself, which is why we reckon Swisse Me's new Replenish Me spirulina-packed snacks could be just the thing you need. Looking for even more ways to feel refreshed? Check out these London classes with an emphasis on taking things down a notch or two.

Blok

Learn the secret of inhaling and exhaling correctly and its renourishing impact on the body at

MEET THE WHOLE SWISSE ME SQUAD



Start Me

Kick off your day with the nutrient-packed Start Me range, which you can enjoy from the pouch when you're on the go or as part of a nutritious breakfast bowl. Choose from coffee or quinoa blended with yoghurt, or the yoghurt-free cocoa or chia options.

this breathing techniques class. Run by Breathpod founder Stuart Sandeman, you can expect an hour of recovery and wellbeing where the results will literally take your breath away.

→ Various locations/times. From £15.

3Tribes

A relaxing bath is all well and good, but it's quite hard to lose yourself when you can hear your flatmate watching TV in the next room. Whisk yourself away to a float tank session and be prepared for an activity like no other. With no sound or sight, you'll be having an out-of-body experience in no time.

→ @ Borough. From £40.

Chroma Yoga

Sticking pins in yourself might not sound like the most obvious way to relax, but the Pink: Meridians class at this Old Street studio is definitely

Swisse Me's Boost Me Pear is a source of magnesium, which contributes to a reduction of tiredness and fatigue, normal muscle function and electrolyte balance.

worth popping along to. The hour-long lesson uses a combination of breath, movement and acupuncture to burst any of that pent up stress in an immersive pink setting.

→ Shoreditch High St Overground. Various times. From £13.

Re:Mind Meditation Studio

Now, this class is sound – literally. Feel the vibrations from either Tibetan bowls, gongs or crystal bowls at this Victoria-based meditation centre and prepare to feel rejuvenated from head to toe (or just enjoy the novelty of having a





45-to-60-minute lie down in a dark room while someone whacks some pots and pans).

→ @Victoria. Various times. From £22.

Fly LDN

This serene City spot is the perfect place to head to after an afternoon sat in the office. The candle-lit yoga class involves 60 minutes of deep muscle and joint work that will leave you feeling like you're floating on air.

→ @Aldgate. Various times. From £10.

FIT FACT

Protein contributes to the growth and maintenance of muscle mass. Complement your next workout with Boost Me Mango, which contains 6.1g of protein to keep you going.

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Replenish Me

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Each range caters for dietary requirements, including gluten-free and vegan, all with no added sugar. Packs of eight start from £14.99. Order yours at [swisseme.com](https://www.swisseme.com)



→ Find more Time Out tips on living your best active life at www.timeout.com/swisseme

Things to Do

Edited by Katie McCabe
timeout.com/thingstodo @timeoutlondon

DON'T MISS

London Month of the Dead

Find death-focused days out at Brompton Cemetery and beyond at this month-long festival of macabre

Insect Taxidermy

Master the art of preserving dead insects at this fascinating workshop where you'll learn about techniques that have been in use for 300 years. Taxidermy collector Suzette Field will walk you through the skills used in setting and pinning butterflies to create a visual display. This beginners course welcomes all levels and you'll leave with your own creation. Damien Hirst isn't the only one who knows how to get creative with a set of butterfly wings...

→ The Dissenters' Chapel. ☎ Kensal Green.
Sat Oct 5. £45.

Erotic Death Art

Join Dr Christina Welch – a lecturer at the University of Winchester – in the eerily beautiful surroundings of Brompton Cemetery Chapel, as she discusses erotic death art through the ages. Learn the meaning behind strange motifs of scantily clad women embracing coffins and the

relationships to male figures symbolising death. Ticket price includes a welcome Hendrick's gin cocktail, so you can raise a glass to some dead good art.

→ Brompton Cemetery Chapel. ☎ Fulham Broadway. Sat Oct 12. £12.

A New Way of Death: a guided tour of Nunhead Cemetery

Nunhead Cemetery is one of a group of special Victorian graveyards in London known as the 'magnificent seven' but it's also the most cinematic (translation: the creepiest) of the whole gang. Its nineteenth-century headstones jut out of the gnarly undergrowth, stone angels stand wrapped in tangles of overgrown ivy. Go on a tour of its gothic monuments (including one designed by the architect Sir Giles Gilbert Scott) led by a real graveyard expert.

→ Nunhead Cemetery. Nunhead rail. Oct 13. £12.

FRANKENSTEIN: GTV ARCHIVE/SHUTTERSTOCK; GRAVEYARD: MARIO BERG



Shadow Puppet show

No, this isn't a The Last Shadow Puppets reunion gig, this is an actual shadow puppet show. Go behind the shadows and watch a performance of 'The Highwayman' and 'The Suffolk Miracle'. There'll be a torchlit walk through the cemetery beforehand to get you in the mood.

→ Brompton Cemetery Chapel. ☉ Fulham Broadway. Sat 13 Oct. £12.

The Secret History of Pet Cemeteries

Uncover the peculiar history of various pet cemeteries around the UK with a talk from Professor Julie-Marie Strange, author of 'The Invention of the Modern Dog: Breed and Blood in Victorian Britain'. Find out how the Victorians sparked a trend for animal burials that left London's Hyde Park pet cemetery overcrowded with 600 tiny animal gravestones and epitaphs like 'our faithful little friend Wobbles'.

→ Brompton Cemetery Chapel. ☉ Fulham Broadway. Oct 13. £12, includes a gin cocktail.

Morbid Ink: The Human Memorial Tattoo

In this talk at Brompton Cemetery Chapel, Dr John Troyer – an academic who specialises in end-of-life issues – will discuss the 'memorial tattoo' and bereavement. You'll hear about some next-level approaches to the memorial tat, like the practice of mixing the cremated ashes of a loved one into the tattoo ink. Heart on your sleeve, literally.

→ Brompton Cemetery Chapel. ☉ Fulham Broadway. Sat Oct 19. £12.



'Der Vampyr'

It's been 200 years since the publication of 'The Vampyre', a short work of blood-sucking fiction by John Polidori, who was Lord Byron's doctor. When Byron challenged Polidori and author Mary Shelley to write a ghost story, he came up with 'The Vampyre', and Shelley's eventually became 'Frankenstein'. Celebrate the book's bicentennial at a supernatural opera by romantic-era composer Heinrich Marschner, which is loosely based on Polidori's gothic tale. Your descent into the netherworld begins here.

→ Brompton Cemetery Chapel. ☉ Fulham Broadway. Oct 26-Oct 27. £15, includes a gin cocktail.

The Frankenstein Phantasmagoria

The Victorians were devils for a bit of spiritualism. Before cinema, Europeans would spook themselves stupid by going to a 'phantasmagoria' show, a kind of horror theatre performed with magic light lanterns and spectral sound effects. The Frankenstein Phantasmagoria candlelit concert will evoke the smoke and mirrors of those Victorian days by retelling Mary Shelley's story using magic lantern projections. The musical accompaniment will emanate from the 'Kosmische Glass', an instrument and installation constructed using liquid-filled glasses. The performance will take place in an actual cemetery, making it a show for the living and the dead.

→ Brompton Cemetery. ☉ Fulham Broadway. Nov 1. £15, includes a gin cocktail. ■ Angela Hui and Katie McCabe



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William Orpen, The Artist: Self Portrait, 1917 © IWM Art IWM ART 2993



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ARTS COUNCIL ENGLAND

Advertisement feature

Crack the code at Samsung KX

Don't rage against the machine, head to Samsung KX for a four-part web-development course

Wanna make friends with tech? This October, you can get stuck in to a four-part web development course at Samsung KX. Drop in to individual sessions (£5 each) or book in for the whole series.

What is it?

Forget Word, Powerpoint and Excel. This is your chance to learn the basics of web development across four weeks,

including creating your own website, making it work across various devices, and design tips and tricks. Plus, you'll get to grips with writing modern HTML and CSS, and tools such as freeCodeCamp and CodePen.

Who's running it?

London-based nonprofit computer school Founders and Coders CIC develops and runs tuition-free, peer-led

training programmes, including working with Mercy Corps and the UK government to deliver programmes in the Middle East. It's impressive stuff – and with a CV like that, you know you'll be in good hands.

#SamsungKX

→ Find out more about Samsung KX at www.samsung.com/uk/kx

→ To buy tickets, visit www.timeout.com/samsungkx



SOMETHING FOR THE WEEKEND

Friday



Park Nights: Carrie Mae Weems

Venture into Kensington Gardens after dark and enter the cavernous structure of the Serpentine Pavilion for a performance from American artist Carrie Mae Weems.

→ Serpentine Pavilion. ⊕ South Kensington. Fri Oct 4. £8.

WATCH 'We Dig'

Trans artists will carve out a literal hole in the ground at Ovalhouse as part of 'We Dig', a look at gender identity masterminded by Emma Frankland for the theatre's final season in Kennington.

→ Ovalhouse Theatre. ⊕ Oval. Fri Oct 4-Sat Oct 19. £16.

BOOZE London Cocktail Week

Start your Cocktail Week off with a Bulleit bourbon party at Black Rock Tavern, soon to be London's first whisky hotel.

→ Black Rock Tavern. ⊕ Liverpool St. Fri Oct 4. Free entry, London Cocktail Week pass £10 at drinkup.london.

Saturday

SHOP Crafty Fox Market

Visit stalls with plant pots, prints, cards, hand-printed tees and more at this artists and designers' market.

→ Mercato Metropolitano. ⊕ Elephant & Castle. Sat Oct 5-Sun Oct 6. Free, some workshops ticketed.

PROST! London Craft Oktoberfest

The focus here is on craft beer. Sip pints from Gipsy Hill and Bohem breweries and tuck into bratwurst.

→ German Kraft Beer. ⊕ Elephant & Castle. Fri Oct 4-Sun Oct 6. Free.



Twin Peaks Festival

Peak freaks assemble for a Lynchian weekend of doughnuts, damn fine coffee, cast appearances (original and reboot) and a live owl show.

→ Stoke Newington Town Hall. Stoke Newington Overground. Sat Oct 5-Sun Oct 6. From £90.

Sunday

Hackney Record Fair

Hunt through dozens of crates filled with rare vinyl. There'll also be an onsite bakery, zine stalls and a record cleaning service for your most treasured liquorice pizzas.

→ Abney Hall. Stoke Newington Overground. Sun Oct 7. £2.



GO FULL AUTUMN Squash and Pumpkin Festival

Are you the proud cultivator of an oversized pumpkin? Bring it along for a chance to win £100 at this wholesome harvest festival.

→ Garden Museum. ⊕ Kennington. Sun Oct 6. Free.

BUTTON UP Harvest Festival 2019

Do the Lambeth Walk with Pearly Kings and Queens as they gather for the annual charity harvest fest.

→ St Martins in the Fields Church. ⊕ Charing Cross. Sun Oct 6. Free.

Find your vinyl resting place at timeout.com/records

Art and about this autumn

Together with Transport for London, we've curated some inspiring, off-beat art itineraries best explored on foot. Walking does wonders for your mental and physical wellbeing – and that's before you factor in the striking sculptures, bold street art and intriguing photography you'll discover...

1 SHOREDITCH

Getting there: Northern line to Old Street
Length: 1 mile

Camille Walala, Splice Post building, Singer Street

One thing about Shoreditch is that there's a lot of art everywhere: in galleries, on walls and – in the case of media company Splice – across a whole building. Artist Camille Walala transformed the exterior of an '80s office block with splashes of dynamic design.

Lina Iris Viktor, 'Some Are Born to Endless Night', Autograph gallery

Photography gallery Autograph has an important historical image archive and a great track record of contemporary shows. Its current show from British-Liberian artist Lina Iris Viktor (until Jan 25) is a richly detailed collection of images focusing on the black body as cultural icon, overpainted with swirling foliage. The work questions colonial stereotypes while revelling in surface opulence.

Goshka Macuga, Kate MacGarry

Goshka Macuga's new show at Kate MacGarry gallery (until Oct 19) is very intriguing. The Turner Prize-nominated artist is fascinated by ideas of intelligence, knowledge and human communication. Her intricate collages and computer-programme-influenced woven tapestries are visually stunning.

Ben Eine, 'Love Love Love', Ebor Street

Nothing says Shoreditch like street art, and Ben Eine has been one of its most visible exponents for years, thanks to his elegant and striking typography. This 45-metre-long piece on Ebor Street has a simple message in three of his classic typefaces: a neon-y one, a fairground-y one and one called Keyline, which is sort of 3D-y.

2 GREENWICH

Getting there: DLR to Greenwich
Length: 2.8 miles

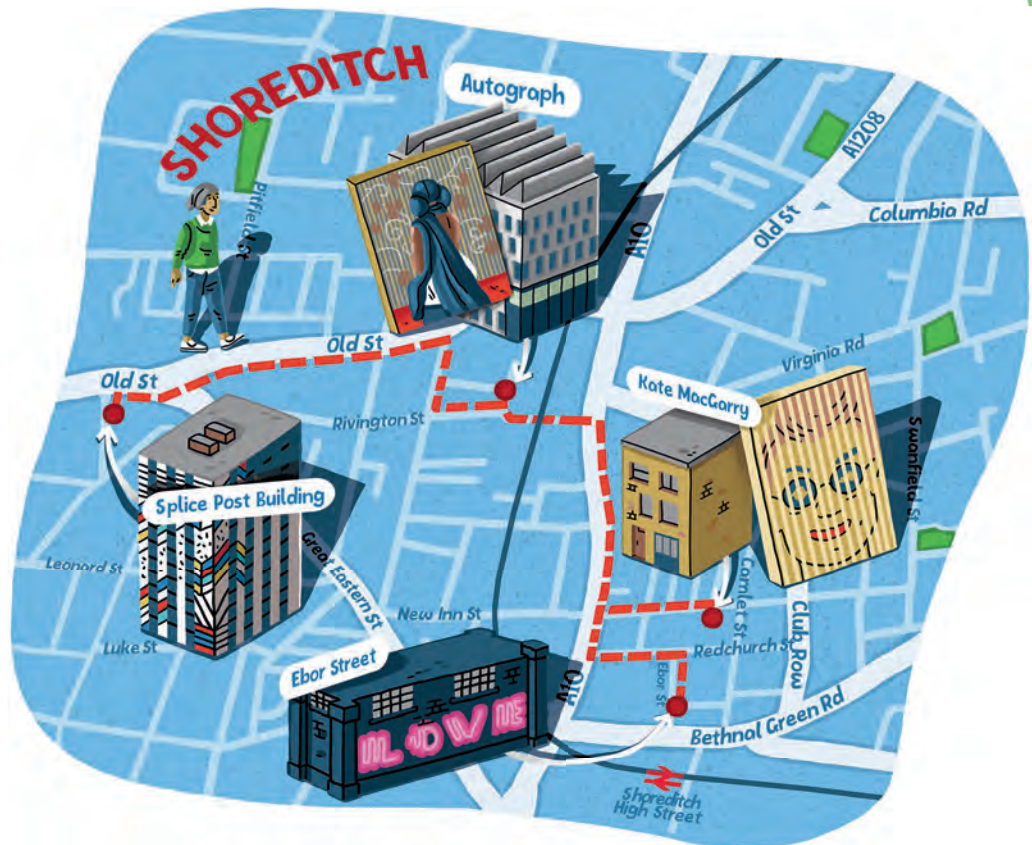
General Wolfe statue, Greenwich Park

A gift from Canada back in 1930, Tait McKenzie's statue of General Wolfe stares implacably across the Thames. From a distance, he looks a bit like a giant highwayman. In fact, Wolfe, whose parents lived

beside the park, died in the Battle of Quebec against the French in 1759. At twilight, the statue becomes a sinister, shiversome delight.

Henry Moore, 'Large Standing Figure, Knife Edge', Greenwich Park

Unlike the more touristy bottom part of Greenwich Park, the top of the hill has many secluded spots. Henry Moore's angular sentinel





stands quietly among the trees and bushes. In summer, it feels like a part of the green foliage. In winter, it's starkly outlined against the bare branches and frosty ground.

Yinka Shonibare, 'Nelson's Ship in a Bottle', National Maritime Museum

Head down from the park to the National Maritime Museum. Yinka Shonibare's giant model ship in a bottle was a Trafalgar Square Fourth Plinth commission before docking at Greenwich. Originally it was a response to Nelson's Column: its batik-print sails suggesting that Nelson's famous victory ensured Britain (and its empire) continued to rule the waves.

Richard Wilson, 'A Slice of Reality', Olympic Way

Follow the Thames Path east towards the O2, where you'll find Richard Wilson's sliced up ship, which sits on the Prime Meridian. It's a strange, eerie work, left exposed like an animal skeleton to bleach and rust in the elements.

3 KINGSTON

Getting there: 42 63, 136 or 343 bus
Length: 2.7 miles

David Mach 'Out of Order', Old London Road

Refurbished this year to mark its thirtieth anniversary, David Mach's 'Out of Order', a row of classic red phone boxes collapsing in a domino-like row, must be one of the strangest public art commissions in the UK. In the era before mobiles, 12 defunct phone boxes was quite the political statement.

Eadweard Muybridge photographs, Kingston Museum

Quite apart from his creative riff on the spelling of his first name, Kingstonian Eadweard Muybridge was a true pioneer of photography. He's best known for his studies of animals in motion, especially his proof that a galloping horse took all four hooves off the ground simultaneously. Kingston Museum has images from his collection.

Diana Fountain, Bushy Park

For centuries, this super-weird piece of seventeenth century art was thought to be the Greek goddess Diana. These days, experts believe that she is Arethusa, a sea nymph. This explains the fish motifs and (to some extent) the mermaids, which squirt water.



STEP UP WITH TFL

TfL is on a mission to help Londoners stay healthy – and that is as easy as walking for ten minutes, twice a day as you get around the capital! They've got plenty of ways to make this possible, including the **Legible London wayfinding signs**, and these other initiatives:

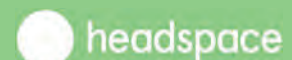
GO JAUNTLY

We bet there are walks in your local area you don't know about. Download the **Go Jauntly app** for free and find step by step directions for London-wide walks, plus walking times to the nearest Tube and Overground stations and Santander Cycles docking stations.



HEADSPACE AND TFL

What if your trip to work was the most relaxing part of your day? TfL has teamed up with the **Headspace** mindfulness app to offer Londoners **two months of free membership to Headspace Plus**. You'll find audio guides specifically designed for commuting, walking, and taking in your surroundings, plus mini-meditations. Redeem the offer by visiting headspace.com/tfl and entering the code **TUBE**.



MAYOR OF LONDON



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WHERE TO FIND

Oktoberfest parties

London is giving the fest a big warm willkommen for 2019

THE FAMOUS BAVARIAN festival will soon be crash-landing in London with big steins, platters of excessively long wurst, lederhosen and brass-blowing oompah bands. Your trail of bier begins here...

Camden Oktoberfest

Always wanted to go to Oktoberfest, but can't be bothered flying to Germany? Save your energy for a tube ride to Electric Ballroom in Camden, which will be packed with brass bands and men in bier-soaked lederhosen. Steins



will be overflowing with Spaten, Löwenbräu and Becks, and wurst wizard Herman ze German is looking after the grub.

→ Electric Ballroom. ⇄ Camden Town. Until Oct 19. £15.

Oktoberfest at Pop Brixton

Enter the world of wurst at Pop Brixton, which is turning into a big open-air tent for two weekends. Instead of aiming for the 'biggest' party, Pop is going for the 'most authentic' and that means LOTS of German bier and fat sausages.

→ Pop Brixton. ⇄ Brixton. Oct 11-19. Free.

Vegan Oktoberfest

Want the sausage sans the slaughter? Get some plant-based wurst at the second-ever Vegan Oktoberfest. If you're looking for 'laidback beers' over 'oh shit I had too many steins and accidentally boarded a coach to Lindau', this is the one. ■

→ Greenwich Market. Greenwich rail. Fri Oct 4. Free.

BOOK NOW

Greenwich Performs festival

SOUTH-EAST LONDON loves an arts festival. There seems to be a new one every month, each more community-focused than the last, and Greenwich Performs is no different. It runs for a full ten days, filled with jazz concerts, poetry performances, theatre and film screenings and is more Greenwich than the Meridian Line, tucking ambitious nights out into much-loved venues. You can catch a screening of 1958 British romcom 'Indiscreet' at a pop-up cinema inside local haunt Davy's Wine Vaults, 'Deaf Man Dancing', a show performed by deaf dancers

at Laban Theatre and a chamber music concert inside The Fan Museum. YouTube-born DJs Eton Messy will be playing a set at Greenwich Students Union, and the Young Urban Arts Foundation will be holding free workshops for young people in a mobile music studio. One of the grandest things

on offer is a classical music concert from the young artists of Opera Prelude among the dramatic baroque murals of The Painted Hall. The last weekend involves an 'art procession' by local schools with a finale at Cutty Sark Gardens. And what could be more Greenwich than that? ■



WHAT IS IT?
A big old community arts festival.

WHY GO?
To feel all clever at a classical music concert in The Painted Hall.

→ Various locations in Greenwich. Fri Oct 4-Oct 13. Prices vary for individual events. Multiple festival pass £75.

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Street art causing a stir

Bombay Sapphire is unveiling an impressive new London mural, so we're taking a look at some of the capital's coolest urban artwork

Ready to awaken your creativity? Self-expression can come in many shapes and sizes, but however you articulate your artistic side, the folks at Bombay Sapphire are all about it – and are getting involved, too.

As part of their new 'Discover the Possibilities Within' campaign, Bombay Sapphire has commissioned incredible murals in Manchester, Brighton and Edinburgh. This partnership between Global Street Art and Hypebeast aims to get everyone unleashing their creativity, whether

that's picking up a spray can or putting a personal touch on your perfect gin and tonic.

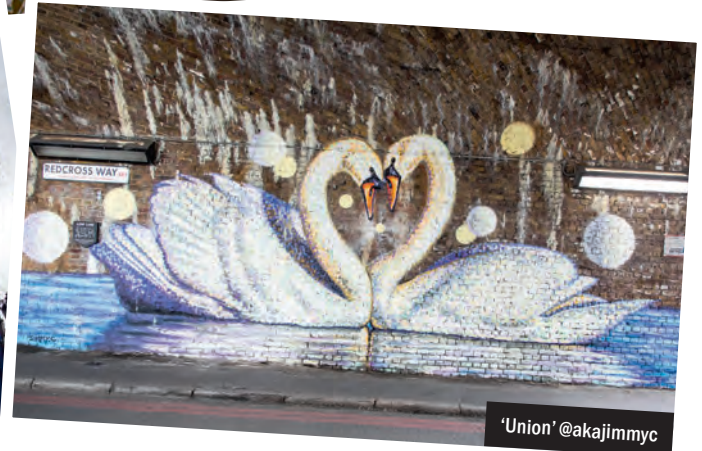
And now it's time for the collab to hit London. Street artist Hixxy is bringing her unique street art style to a wall in central London, just in time for the launch of London Cocktail Week and Frieze Art Fair – both of which are being sponsored by Bombay Sapphire. She's created a serious splash of colour that plays on the gin's distinctive blue bottle and exotic botanicals.

To celebrate all this innovative

artistic creativity, we've rounded up some other great pieces of street art across London. Here are some of our current faves, including the lead image by MrCenz (find him on Instagram @mrcenze), 'Union' in Southwark by Jimmy C (@akajimmyc) and the legendary Leake Street graffiti tunnel. And to give you a feel for what to expect from Bombay Sapphire's London mural, we've included the Manchester, Edinburgh and Brighton pieces, too. Happy hunting.



Leake Street graffiti tunnel



'Union' @akajimmyc

Remember to check out the Bombay Sapphire mural in London. You can find it at 335 Euston Road. If that doesn't quell your creativity, visit the Bombay Sapphire Lounge at Frieze, or experience takes on a classic gin and tonic at partner bars Kwānt, Oriole, The Artesian, Satan's Whiskers and China Tang.

BOMBAY  **SAPPHERE**

→ For your dose of inspiration on Instagram check out Bombay Sapphire @bombaysapphireuk

THREE OF THE BEST

Frieze nights

Find the best events happening around Frieze art fair



Jerwood Lates: Frieze Week Edition

See the 'Jerwood Collaborate!' group exhibition after-hours. Look out for an installation based on pre-Christian myth and ancient folklore by Belfast group, Array.

→ Jerwood Arts, 171 Union St. Fri Oct 4.

⇨ Southwark. Free.



DRAF Annual Evening of Performances

Join the founders of the Block Universe arts festival for a night of spoken word and performance art inspired by alternative subcultures, held inside Ministry of Sound.

→ Ministry of Sound. Thu Oct 3.

⇨ Elephant & Castle. Free, register in advance.



West End Night

Go on a whistlestop tour of free late openings happening at smaller London galleries across West End postcodes, including Goodman Gallery, Stephen Friedman, Marian Goodman, David Zwirner and Marlborough Fine Art.

→ Various locations. Thu Oct 3. Free.

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ROBERTS; DRAF: PORTRAIT OF FLUCT SIGRID; POSTER BY RIVKA ROSENTHAL; POSTER BY RIVKA ROSENTHAL
SOBRIAN; POSTER: WEST END NIGHTS; KILIMANJARO CHURCH; THE EVENING SILENCE; 11/2017; COURTESY GOODMAN GALLERY.

TRENDING



Mushrooms

Fungi are giving a big fuck-you to avocados.

Their rep is really beginning to, well, mushroom. Sunday sees the launch of a new event – **Fungi Fest** – where foragers, activists and scientists will all be evangelising about their cultural importance. Stalls will be flogging fresh fungi and growing kits to help visitors continue a ‘mycelial journey’.

Meanwhile, Somerset House recently announced plans for a brilliantly bizarre-sounding 2020 exhibition called **‘Mushroom: The Art, Design and Future of Fungi’**. Slightly terrified of the dawn of the shroom? We’re here if you need more support.

→ Hoxton Docks. Haggerston Overground. Sun Oct 6. From £35. ‘Mushroom: The Art, Design and Future of Fungi’. Somerset House. ☉ Temple. Jan 31-Apr 26 2020. Price tbc.



MAIN IMAGE: MAMA KANADU

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Dale Chihuly, Summer-Sun, 2010 © Chihuly Studio

Film

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

FILM OF THE WEEK

Joker



IT'S THE LAUGH that gets you first: Joaquin Phoenix's rasp has all the soothing aural balm of a vulture in a blender. It'll be rattling around in your ears long after this unrelenting and brilliantly visceral reinvention of the DC supervillain is over. 'Joker' is a truly nightmarish vision of late-era capitalism – arguably the best social horror film since 'Get Out' – and Phoenix is magnetic in it. He runs Heath Ledger cigarette-paper-close as the finest screen Joker.

The title's lack of pronoun is no accident: this isn't the fully formed Joker, but Arthur Fleck, a man whose ambition to tell jokes for a living is at odds with the living he scrapes as a clown-for-hire on Gotham's grimy streets. He lives with his frail mum in a tenement, eking out a little joy watching a TV chat show hosted with oily relish by Murray Franklin (Robert De Niro). He's on seven types of medication and has Pseudobulbar Affect, a neurological condition that causes him to laugh uncontrollably, and that isolates him still further.

It's 1981 but it feels more like the '70s of 'Death Wish', and with this bleak, edgy setting director Todd Phillips ('Old School') depicts a place wound far too tight. People have retreated into themselves, and Arthur's awkward efforts to connect are met with hostility. 'Is it just me or is it getting crazier out there?' he asks his social worker. Tellingly, she agrees.

If 'Joker' carries a debt to early Scorsese films like 'The King of Comedy' and 'Taxi Driver', Fleck isn't just a facsimile of De Niro's traumatised Vietnam vet Travis Bickle. He's the product of an



austerity-plagued society that feels contemporary. The film has drawn fire for indulging incel culture and elevating its protagonist with careless mythologising, but if there's anything remotely seductive in this tormented figure, I couldn't see it. At times, it's just unutterably sad.

When Arthur finally snaps, it comes in a tensely mounted, violent subway scene that's cleverly strobed by passing tunnels. It's the accidental spark for an Occupy-style movement across the city that sees Arthur's clown make-up adopted as the face of the protest, 'V for Vendetta' style. But is this a tired city rising up in protest, or a criminal army? Intriguingly – and to the probable fury of DC comic purists – Thomas 'dad of Bruce' Wayne (Brett Cullen) has more than a hint of Donald

JOKER: NINO TAVERNISE



Trump as Gotham's callous fat cat shouting them down via the media.

Refreshingly, the film's psychological detail is drip-fed rather than splurged. The screenplay from Phillips and Scott Silver ('8 Mile', the inspirational yin to this film's bleak yang) keeps you off-balance, delivering one rug-pull that establishes it as a film that exists – at least partly – in the head of its protagonist. It may be a cliché but, love it or hate it, it really is a different kind of comic-book movie. Just don't come for the jokes. ■

JOAQUIN PHOENIX: WIREIMAGE



By Phil de Semlyen

Who has a restraining order out on all clowns everywhere forever.

WHAT IS IT...

A brilliant, polarising, unmissable comic-book origin story.

WHY GO...

Joaquin Phoenix is magnetic as the DC supervillain-in-the-making.

→ Director Todd Phillips
(15) 122 mins.



TIME OUT MEETS

Joaquin Phoenix

The Oscar-tipped star of 'Joker' on becoming the DC supervillain

Do you have to like a character like the Joker to play him?

'Frankly, it was a challenge. Sometimes, while reading the script, I felt sympathetic; other times I was repulsed. I saw traces of PTSD in him. It's hard not to feel some empathy for someone who's been through [some of his experiences]. At the start, I wanted him to go fuck himself.'

Does it annoy you when people bring up the weight you lost for the role?

'I couldn't give a shit. For an actor, losing weight isn't just a question of looks and performance. Losing weight affects how you feel. It created that constant lack of satisfaction that's so integral to the Joker's personality.'

He's very much a loner. How do you find spending time alone?

'It's what I like best. And it's his life. For that reason, it's difficult to know what to think of him. This guy has his head in the clouds; he's like a child whose mind isn't as developed as everyone else's and has to confront new things out in the world constantly.'

You can feel the influence of Martin Scorsese films in 'Joker'. Did you talk about that?

'I don't like namechecking other movies, even if great past works have influenced us. What "Joker" shares with '70s cinema is that it depicts a complex protagonist in a movie that doesn't tell us how we should feel. I'm not a fucking cinephile, for sure, but I sense we've lost that. Motivations and behaviours are always obvious in comic book movies. Whether it's goodies or baddies, it's always simplified. I prefer ambiguity. I want "Joker" to make audiences think.'

It feels like a personal film made by a major studio.

'Yeah, it was pretty gutsy on their part. I never thought of "Joker" as a blockbuster – I approached it like any one of my other movies. I've been lucky in my career, man. I don't think I'd like things to become too easy any day soon.' ■

Interview by Olivier Joyard

→ 'Joker' is out in cinemas on Fri Oct 4.

Film

Judy



THIS STRENUOUS BUT stagey drama bookends Judy Garland's career in a way that leaves no doubt over who it blames for her later-life struggles. Hollywood – embodied in the Weinstein-like form of mogul Louis B Mayer (the 'M' in MGM) – is shown stage-managing her life, plying her with pills and crushing her self-esteem, reminding her that she was nothing without the spotlight shining down on her. MGM, the Hollywood studio that would make 'Gaslight', got in some early practice.

'Judy' jags back and forth between the 'Wizard of Oz' years (where she's played by Darci Shaw) and her late '60s West End swansong (Renée Zellweger). Its trump card, of course, is Zellweger, who blows through the film in a gust of jittery energy, wounded ego and half-buried star quality. Toxic men were a fixture in Garland's life, and there's a couple here in hardball ex-husband Sidney Luft (Rufus Sewell) and Finn Wittrock's charming chancer, Mickey Deans. As she points out in one of the movie's best lines: 'Every time I cut a cake, I find I've married a jerk.'

Zellweger does her own singing – even Marion Cotillard lip-synched as Edith Piaf in her Oscar winning 'La Vie En Rose' performance – and it pays off in crowd-pleasing renditions of 'Over the Rainbow' and other songbook staples. Director Rupert Goold neatly subverts expectations when, raddled and rusty, Garland pulls back from the verge of a public burnout to produce a heart-stopping rendition of 'By Myself'.



WHAT IS IT...
A biopic about Judy Garland's London stage swansong.

WHY GO...
Renée Zellweger is stellar and there's plenty of Garland bangers for fans.

→ Director Rupert Goold
(12A) 118 mins.

'Judy' develops a slow puncture in the second half as the sparky, spiky Zellweger gets marooned in some listless scenes. Also, criminally, the fab (and musical) Jessie Buckley's role as the theatre assistant assigned to keep the star sober remains thankless. It's all about Zellweger, though, and she's great as the ill-fated star. It may even win her the Oscar that always eluded Garland. ■ *Phil de Semlyen*

ALSO OPENING



HITSVILLE: THE MAKING OF MOTOWN



There have been a few Motown docs but 'Hitsville' is the first to come with the blessing of founder Berry Gordy. This brings plenty of access to the studio vaults but a certain circumspection in terms of behind-the-scenes juice on the label's racier legends. There are plenty of fun anecdotes, though – look out for one-time Motowner Neil Young recalling his dance lessons – and a look at how singers like Marvin Gaye and Martha Reeves were crafted into superstars long before 'The X Factor' came along. *Hanna Flint*



WEREWOLF



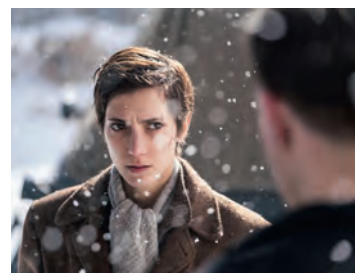
It takes audacity to make a horror film set during the Holocaust but there's nothing exploitative about this Polish effort in which children liberated from a concentration camp find themselves surrounded by vicious attack dogs. 'Werewolf' succeeds as a straight genre film, an allegory about the false dawn of Polish liberation and a study of resilience. The material is stretched a little thin but the mostly non-professional actors are excellent, and the cinematography and spartan score create a suitably chilly mood. *David Hughes*



GOOD POSTURE



Dolly Wells's likeable but uneven debut follows drifting twentysomething New York resident Lilian (Grace Van Patten) into the life of Emily Mortimer's famous, thorny novelist. There are shades of 'Frances Ha' in Lilian's bullish lack of self-awareness, but while Ha barrels along, Wells's young protagonist squirrels herself away. 'Good Posture' offers poetic moments and a fun Zadie Smith cameo, but Wells feels like a director finding her feet and the resolution is rushed. Still, it's a very promising debut. *Greer McNally*



THE BIRDCATCHER



This Holocaust drama offers a well-intentioned but hammy and misjudged delve into Nazi-occupied Norway during the war. Its set-up plays like a melodramatic take on a Shakesperian gender-swap comedy: a 14-year-old Jewish girl played by 28-year-old Sarah-Sofie Boussnina cuts her hair and passes herself off as a boy in a remote farmstead. Boussnina is actually pretty good in the role, but it's hard to believe even the most short-sighted Nazi would mistake her for a boy, which fatally undermines the whole enterprise. ■ *Phil de Semlyen*

FIVE OF THE BEST

Things to see
in October**1 BFI London Film Festival**

London's biggest movie shindig gets underway tomorrow with Armando Iannucci's Dickensian caper 'The Personal History of David Copperfield' kicking off 12 days and nights of fried cinema gold. Alongside 345 films, there are free events, film quizzes, family screenings and even the odd dance party too. Pack your festival guide – and maybe your disco pants too.

→ Various venues, Wed Oct 2-Oct 13.

**2 Musicals!**

Gotta dance? The BFI Southbank is the place to go for a season dedicated to the art of hip-shaking, singing and even baton-twirling (hello, 'The Greatest Showman'!). Join Hugh, Babs, Gene, Fred, Ginger and all the greats for the start of three months of classics and a ton of magical, musical moments.

→ BFI Southbank. Oct 14-Jan 31.

**3 'The Day Shall Come'**

'Succession' writer Jesse Armstrong just picked up an Emmy for his brilliant black comedy. His next trick sees him team up with comedy maverick Chris Morris for Florida-set terrorism satire. If you loved their last collaboration, 'Four Lions', or you just want to know what America's answer to Rubber Dinghy Rapids is, catch it next week.

→ Opens Oct 11.

**4 London East Asia Film Festival**

It might not have the most high-octane acronym on the festival circuit but LEAFF does boast a storming array of movies from China, Japan and across East Asia. There are 60 in total, including a Halloween showing of the latest from Hideo Nakata ('The Ring') and a slew of awesome samurai movies.

→ Various venues. Oct 24-Nov 3.

**5 'Doctor Sleep'**

Stephen King famously disapproved of Kubrick's take on 'The Shining'. Will he be okay with this adaptation of his follow-up novel or will there be REDRUM when he sees it? The story picks up with an older Danny Torrance (Ewan McGregor) still haunted by his Overlook Hotel experiences. You'd think he'll go with Airbnb this time. ■

→ Opens Oct 31.

All the best movies to see in October at [timeout.com/film](https://www.timeout.com/film)

Music & Nightlife

Edited by Oliver Keens
timeout.com/music @timeoutmusic

Björk talks Cornucopia

It's her latest artistic marvel and it's coming to London next month. We talk with the reigning queen of concept



AGED 11, BJÖRK released her first album. It came in a sleeve picturing the performer clad in shimmery Bedouin-style shiny trousers and a delightful robe etched in endless gold detailing. We mention this because, since the age of 11, Björk has known how to create a spectacle. It's a skill that has never left her.

Her latest touring show – Cornucopia – began as a residency in Manhattan earlier this year. It's based on her ninth album, 'Utopia', and is directed by Argentinian film director Lucrecia Martel. It's got all the ingredients of a quintessential Björk show – costumes made by Balmain's Olivier Rousteing and Iris van Herpen, a band comprised of a core of seven flute players, who at one point are joined by a percussionist making water drip in rhythm. At other moments, Björk sings from inside a **reverb chamber (1)**. Crucially, of course, such avant-gardism has a deeper purpose – and when it comes to Cornucopia, that means spotlighting the joys that occur when women work together. At one point, four women play the same flute –

a large circular instrument known as an **aluphone (2)**. At another, **Greta Thunberg (3)** makes a video appearance. It couldn't be more 2019. We caught up with its creator, as Cornucopia wings its way to The O2 in November... *Oliver Keens*

How satisfying is the creative experience of making Cornucopia?

'Extremely! I've been especially excited about the 360 degrees of sound. The sound flies all around the audience from 15 speakers. It's the next step after making the VR "Vulnicura" album [in 2015]. At the time, we had to programme a 360-degree mastering software because it didn't exist. Now we're making virtual surround sound "real" by putting it around the audience in a theatrical setting.'

Each tour seems to come with instrumentation that's rather dream-like. How difficult were the Cornucopia instruments to develop?

'It's almost three years since we started meeting and rehearsing the scores. I am quite happy about

how we have captured the record live. The flutes are the most important element. There were 12 players on the album but seven is a better number for a live performance. The reverb chamber was the result of a long journey with an acoustician. It took a year of Skypes and trials before it clicked. The eight-metre long organ pipes were built in Iceland by an organ maker. The **water beats (4)** took a while to programme too. And then the 360-degree sound mixing took me a couple of months last winter. I rented a lighthouse in Iceland and did it there.'

Your intricate stage costumes are an integral part of your performances. What are you looking for when it comes to costume design and when do you know what you want to use?

'The theme of Cornucopia is sound. So we made things sound good first, then make them look good. For example, the reverb chamber looks the way that makes it give the most lush reverb. Then we decorated it afterwards. The mood board term I used for that was "skeleton orchid".

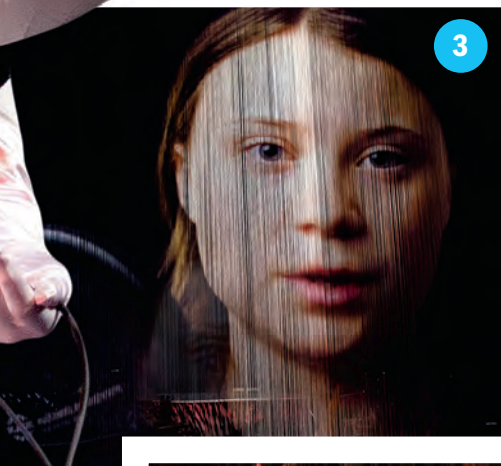
SANTIAGO FÉLPE



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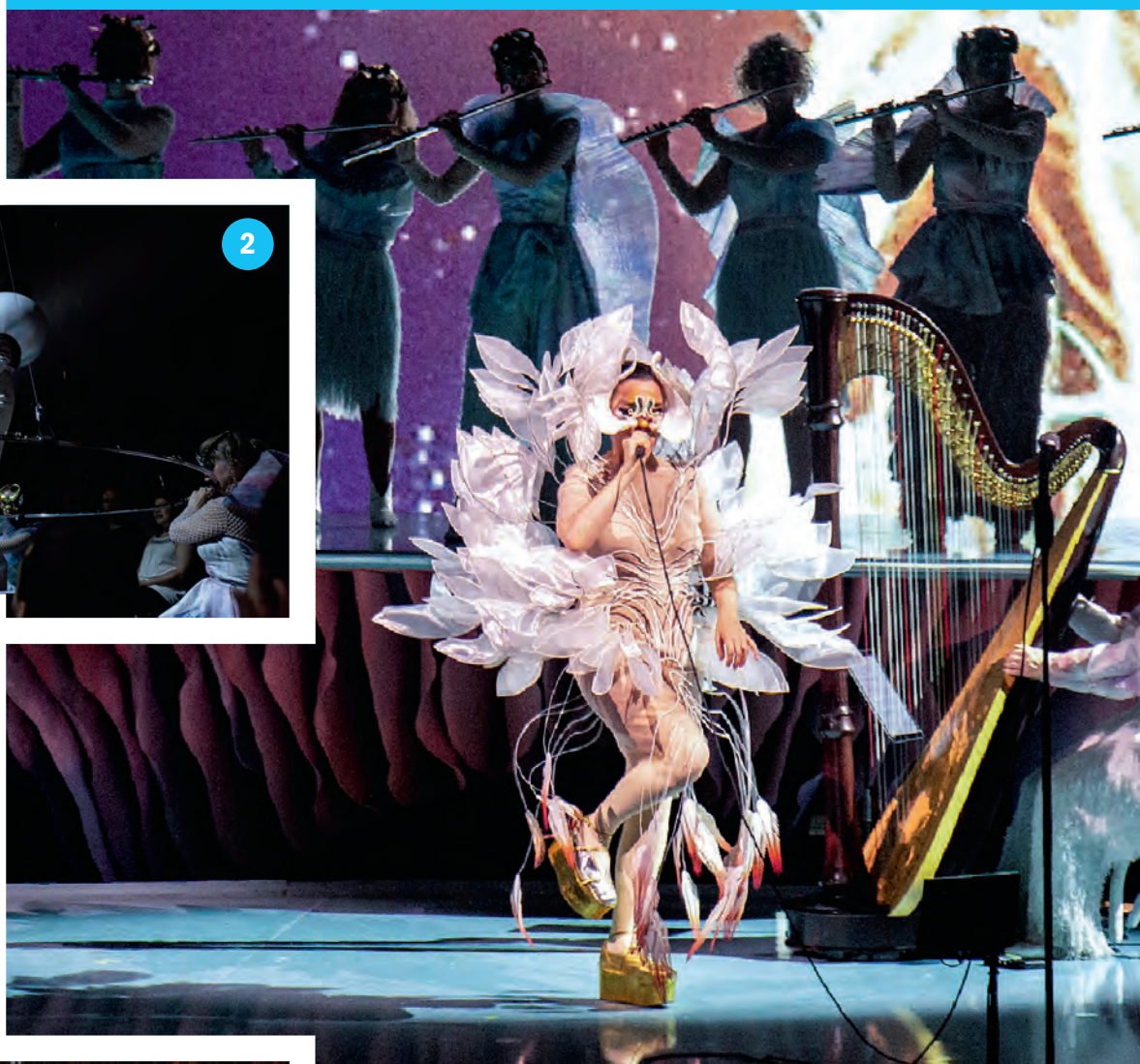
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3



4



‘The mood board term I used was “skeleton orchid”’

You’re known for sampling sounds from nature, from crushing ice to birdsong. Would you like to further explore the use of natural sounds in your art? I guess each album has a different theme. For “Vespertine”, for example, I collected micro-noises into my laptop and made beats out of insect sounds – scratches and quiet sounds that

I imagined that if we wanted maximum resonance in our skulls, we would want *another* skull outside our own and then it would bend to get a better reverb. So it ended up looking like an orchid. The Sydney Opera House was another reference. That’s very “skeleton orchid” too.’

I made a lot louder. I wanted them to express the feeling that you were being told a secret. For “Utopia” I used sounds from one of my favourite ’70s vinyl records – a David Toop field recording of Venezuelan birds. I haven’t really planned anything yet for my new album, but I’m sure I will eventually end up with some recorded noises or sonic found objects.’

You’ve previously told audiences at your shows not to use their phones during a performance. Has your attitude to phones changed at all?

‘Haha, it hasn’t really. It is very strange: having travelled across the world to give you something rare and alive that is *not* the recording of the music you’ve already heard, fans want to turn it immediately back into a recorded moment. Both the musicians and the listeners have made so much effort to try to open up to each other and meet in the moment. Filming on phones cancels that intimacy in a very aggressive way.’ ■

Interview by Gil Camargo.

→ Björk plays *The 02* on Nov 19. Tickets are still available.

HEADS UP

Nigerian heat in London

Three major Naija acts
coming to town soon

NOW THAT THE month of October is somehow upon us, some of you have already been plotting your Christmas getaways to Ghana and Nigeria, with thoughts of 30c heat getting you through the rainy autumn days. However, if those hefty flight prices are putting you off Xmas in Lagos, here are a few Naija (slang for Nigerian) artists who are bringing the heat to London over the next couple months...

Wizkid

One of the most well-known Nigerian artists in the game, Wizkid is famed for producing hit after hit and playing a part in widening the modern popularity of afrobeats. Head to Starboy Fest at the O2 Arena for anthems like 'Daddy Yo', 'Jaiye Jaiye' and 'Energy (Stay Far Away)'.

→ The O2. Oct 19. From £59.

Mayorkun

Discovered on Twitter in 2016 after he posted a cover of Davido's 'The Money', Mayorkun has gone from strength to strength in just three years. Join the 'Che Che' singer at his headline performance in Greenwich as he winds down a sensational 2019.

→ Indigo at The O2. Nov 17. £17.

Mr Eazi

No list of Nigerian superstars is complete without Mr Eazi. The singer and songwriter is known for pioneering banku music, a blend of Ghanaian highlife and pulsing Nigerian beats. If you're not able to jet out to West Africa this year, a performance from the 'Skin Tight' sensation is the next best thing. ■ *Paula Akpan*

→ Brixton Academy Nov 17. £29.40.



Mr Eazi



Wizkid



Mayorkun



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WHAT'S THE DEAL WITH

Georgia

I know this one. It's a country.
Wrong!

Huh. Um... a font?

It may shock you to learn we're actually talking about a musician. Georgia Barnes is a former QPR footballer and one-time Brit School attendee now going mononymously by Georgia.

I suppose that makes sense. Is she new?

Not exactly – she's been making and performing music for years, first as a drummer for Kwes and Kate Tempest and then as a solo artist creating glistening, melodic house music. Her last two singles made it on to the Radio 1 A List, which is impressive given that she's a DIY type coming out of the scrappy, alternative London scene.

Would I know any of her songs, then?

You might have heard 'Started Out' or flawless party banger 'About Work the Dancefloor' on the radio

– or, more likely, sent to you by your coolest friend. They both have millions of streams on Spotify. You might also have heard some of her dad's stuff, since he's Neil Barnes of '90s ravers Leftfield.

Does she play with a band?

Absolutely not. Georgia is a one-woman music machine and her live shows are super fun. She sings from behind a standing drum kit, leaping up every so often to whack a cymbal perched on a six-foot stand and occasionally racing out to bounce around the stage before making it back in time to cue up the next loop.

Okay, I'm sold. What's next?

She's playing here soon and has an exhilarating new album, 'Seeking Thrills', coming in January. She's also working with The Black Madonna and Wayne Coyne on some kind of secret project and she's on Africa Express's latest record too. ■
Kate Solomon

→ Georgia plays Scala on Nov 5.



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GIGS AND CLUBS

Big nights out and the latest live music announcements

Billie Eilish

Earlier this year, the 17-year-old pop prodigy became the youngest female solo artist ever to top the UK albums chart – with her ace debut ‘When We All Fall Asleep, Where Do We Go?’. Now her rise continues with her first UK arena tour culminating in two dates at The O2. Pretty epic, tbh.

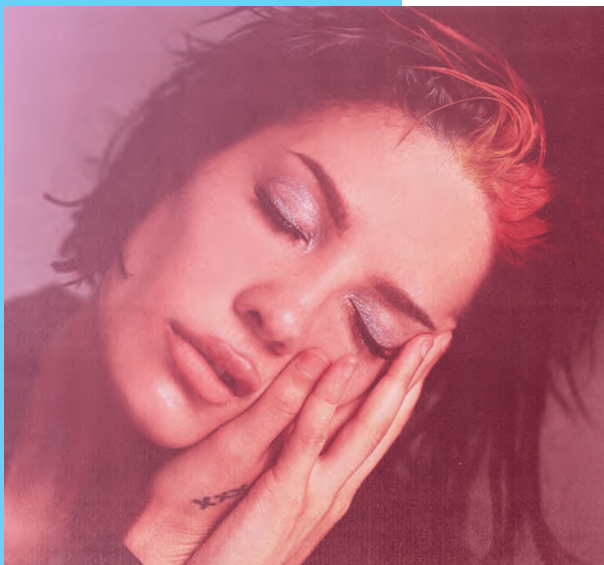
→ The O2. July 26-27 2020.



Halsey

The US pop queen who scored big hits with ‘Without Me’ and Chainsmokers collab ‘Closer’ has announced her first UK arena dates. She’s touring in support of third album ‘Manic’, due in January.

→ The O2. Mar 8 2020.



This week

‘Berlin Bouncer’ screening & DJ set

Party into the small hours after watching the UK premiere of a new doc about three bouncers working the door at iconic Berlin club Berghain.

→ The Yard. Fri Oct 4.

Coming up

Cosmic Slop

This freewheeling Leeds party has captured the imagination of the nation’s club scene – in part for their dedication to also empowering at-risk youths with skills training.

→ Pickle Factory. Oct 18.

The Thurston Moore Group

The Sonic Youth hero plays the venue that used to be ULU.

→ Student Central. Oct 19.

Tricky

The trip-hop pioneer has booked a London

gig to coincide with his upcoming memoir ‘Hell is Round the Corner’.

→ Queen Elizabeth Hall. Oct 26.

BB&Q Band

One for the real disco and boogie heads, this is a rare chance to see a source of awesome sampleable grooves since the late ’70s.

→ Jazz Cafe. Dec 2.

Leon Vynehall: All Night Long

Let this lush producer of house stormers take you on a sonic sojourn – as Vynehall selects records for a whopping seven hours.

→ Fold. Nov 8.

Black Midi

The Mercury Prize-nominated band bring their experimental sound to the Southbank Centre.

→ Queen Elizabeth Hall. Jan 18 2020.

Jax Jones

The DJ-producer who’s made hits with Raye (‘You Don’t

Know Me’) and Years & Years (‘Play’) books his biggest hometown gig yet.

→ O2 Academy Brixton. Mar 14 2020.

Sam Fender

After his first Ally Pally date sold out instantly, rocker Fender adds another date.

→ Alexandra Palace. Mar 26 2020.

King Creosote performs ‘From Scotland With Love’

We’re chuffed to see this project return. Virginia Heath’s archive-laden documentary ‘From Scotland With Love’ is accompanied by the emotive live sounds of KC.

→ Barbican. May 14 2020.

Celine Dion

The vocal powerhouse, Vegas legend and latter-day style icon tours in support of upcoming album ‘Courage’.

→ The O2. Sep 17-18 2020.

Theatre & Dance

Edited by Andrzej Lukowski
timeout.com/theatre @timeouttheatre

TIME OUT MEETS

Richard Gadd

The acclaimed comedian's hyper-intense stalking monologue 'Baby Reindeer' was the talk of this year's Edinburgh Fringe.

Portrait *Andy Parsons*

IN 2016, RICHARD GADD won the biggest prize in live comedy, aka the Edinburgh Comedy Award, for 'Monkey See Monkey Do', a dazzlingly theatrical stand-up show in which he discussed the sexual abuse he suffered. Three years on and he's ditched the jokes with 'Baby Reindeer', a ferociously honest and unflinching monologue about his ongoing experience of being stalked.

Being stalked has been horrible for you – so why make a show about it?
'I thought there was a duty of care to let the audience and perhaps society in general know just how tricky a situation it is. There were times when it was so life-debilitating that I couldn't believe it was allowed to get to that point from a legal perspective. And I just felt like that

needed to be said and I felt like that was more important than my duty of care to myself in a way.'

You had to listen back to all of your stalker's voice messages to you; how was that?

'It hasn't been easy. There were hours and hours of voicemails, and emails, and I had to remind myself of all the incidents, interview all the people involved. But the excruciating elements and the uncomfortableness are important. I think that's what a lot of shows lack, that ability to push the audience into an uncomfortable place.'

Are you happy with the response the show's had?

'It's gone really well. If I'm being honest I expected a bit of a backlash. Because it's not a show just about

me, it's a show that incorporates other people who were also vulnerable. I worked very hard to point out that it's about a systemic failure. But we live in a day and age where people like to take offence, and at the end of the day I didn't behave perfectly throughout this thing. I think in the end we got the balance right.'

What's the future for 'Baby Reindeer'?

'We're going to some cool countries. With "Monkey See Monkey Do" I thought: I'll end it one year later at the Edinburgh Fringe where it started. And there was so much more I could have done with it, and I sort of missed the show when it

'This show is more important than my duty of care to myself'

was gone. This time I'm gonna play it out until it feels like it's done, I wanna be sick of "Baby Reindeer". You've got to make hay while the sun shines, because the freelance life is hard.'

Are you still going to do stand-up?

'I don't really need to do it anymore but I enjoy it every now and again. There are some great nights in London I'll always do if they ask me. I'll never let it fully die, but at the moment I'll take a hiatus from it.' ■

→ 'Baby Reindeer' is at the Bush Theatre.

⌚ Shepherd's Bush. Oct 9–Nov 9. £27.50–£30.



By Andrzej Lukowski
Who can confirm that being stalked sounds awful.

Theatre & Dance

Glass. Kill. Bluebeard. Imp.



CARYL CHURCHILL IS by far the greatest playwright working in the English language today. Sometimes that makes reviewing her a bit of a pain. Her latest, 'Glass. Kill. Bluebeard. Imp.' is a virtuoso quartet of plays that will probably take years to digest fully, in which her almost supernatural powers of language remain entirely undimmed.

It's probably not quite as good as 2016's 'Escaped Alone'. But like everything she does, it's remarkable. So let's just agree that as a starting point and proceed.

Its four short pieces are linked by a fascination with myths and stories: be it the prissy Greek gods in 'Kill', or the surreal Shakespeare-related anecdotes that Toby Jones's excruciating uncle Jimmy keeps coming out with in 'Imp'.

'Glass' is an unsettling portrait of adolescence; in 'Kill', Tom Mothersdale's amusingly pernicky God drones his way through Greek mythology while disassociating himself from it ('we can enjoy a war, we don't exist') and 'Imp' has shades of a magical realist Pinter, as a strange family bickers, eventually about an invisible imp. Probably destined to be the most

famous of them all is 'Bluebeard's Friends', which follows a quartet of erstwhile pals of the pirate Bluebeard, who has been outed for murdering his wives. The friends chatter – of course they didn't know anything. Eventually, they try to monetise their relationship with him. It's a delicate but dagger-sharp attack on post-#MeToo hypocrisy, in which Churchill continues to drive

her point home with implacable inventiveness.

James Macdonald directs an absolutely immaculate cast, with witty sets from Miriam Buether, and some cool juggling sequences between plays (seriously). But it's about the words, words, words, from a writer whose talent at the age of 81 still burns almost too bright to look at. ■ *Andrzej Lukowski*



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GLASS: JOHAN PERSSON

Mamma Mia! The Party ★★★★★

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FOR THE PRICE of a ticket to 'Mamma Mia! The Party', a dinner experience set in a ropery taverna on an idyllic Greek island – inspired by Abba – you could fly out to an actual idyllic Greek island and probably find a ropery taverna playing Abba songs.

Okay, there are some practical reasons why you probably wouldn't do that on a school night. And the fact is that the London debut of 'Mamma Mia! The Party' is a roaring sell-out success already. Which is not really a surprise: people love Abba, and 'Mamma Mia! The Party' is masterminded by the band's Björn Ulvaeus, and is pretty much the same idea as 'Mamma Mia!' (the blockbuster musical), except with the plot mostly replaced by food.

It's set on the island of Skopelos, where the 'Mamma Mia!' movie was filmed. The wafer-thin plot revolves around some romantic high jinks between a Brit lad and a local lass.

There is a three-course meal, which is pretty good, and 35 Abba songs, performed with a campy élan that sees the waiting staff break out into set-piece dance routines, plus some pyro.

I had fun, but I couldn't get the price out of my head: you're effectively paying for an expensive simulation of a cheap night out. Personally, I think it's preposterous, but at the end of the day it's your money, money, money. ■

Andrzej Lukowski

Blood Wedding ★★★★★

IN 2012, YAËL FARBER'S 'Miss Julie' electrified August Strindberg's 1888 classic 'Miss Julie' by shifting it to modern day South Africa. Here, her staging of Marina Carr's new take on Federico García Lorca's 'Blood Wedding' is powerful at times, but less successful.

Carr has swapped the Andalusian olives and vineyards of the 1932 original for a hybrid of Spanish names and Irish accents, pitching Lorca's blood-drenched tale of implacable family rivalry and doomed marriage into overlapping histories of hardship and sectarian violence. The play's evocative language, harsh and earthy, is built on the bones of the dead, buried under the floors of homes.

Carr has cut down the size of the community in Lorca's play. The women here are more isolated and more despairingly aware of the fact that they're trapped in the endless tribal revenge narratives of a society that barter them like livestock. Aoife Duffin's Bride doesn't want the Groom (David Walmsley). But she also knows that for her ex-boyfriend Leonardo (Gavin Drea), running away with her on her wedding night isn't really about her; it's about one-upmanship.

There are some magnetic performances. But the stylised staging slips into an almost comic effect at times, and 'Blood Wedding' is often so bluntly miserable as to become numbing – an oppressive pile-up of tragedy. ■ Tom Wicker

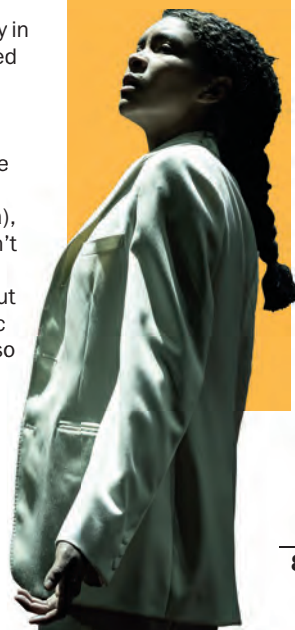
WHAT IS IT...

An intense new take on Lorca's intense tragedy, directed by the intense Yaël Farber.

WHY GO...

For those who like their theatre doomy.

→ Young Vic. ↻ Waterloo. Until Nov 2. £10-£40.



NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

A Day in the Death of Joe Egg

Toby Stephens and Claire Skinner co-star in this classic black comedy by the late Peter Nichols.

→ Trafalgar Studios. ↻ Charing Cross. Until Nov 30. £25-£125.

Ian McKellen on Stage

Unstoppable stage and screen legend Sir Ian performs bits of his most famous roles.

→ Harold Pinter Theatre. ↻ Piccadilly Circus. Until Jan 5 2020. £8-£195.

'Master Harold'... and the Boys

Apartheid-era playwright Athol Fugard's study of friendship and prejudice, directed by Roy Alexander Weise.

→ National Theatre, Lyttelton. ↻ Waterloo. Until Dec 17. £15-£89.

Noises Off

The deathlessly brilliant backstage farce hits the West End, transferring from the Lyric Hammersmith.

→ Garrick Theatre. ↻ Leicester Square. Until Jan 4 2020. £15-£92.50.

OFF-WEST END

Either

Ruby Thomas's debut play follows a young couple in crisis.

→ Hampstead Theatre. ↻ Swiss Cottage. Until Oct 26. £12, £10 concs.

Maggot Moon

Kids' show inspired by Sally Gardner's dystopian novel.

→ Unicorn Theatre. ↻ London Bridge. Until Oct 27. £6-£22. Ages nine to 13.

One

A brutal clowning show by Bertrand Lesca and Nasi Voutsas.

→ Battersea Arts Centre. Clapham Junction rail. Until Oct 19. £10-£20.

Our Lady of Kibeho

'The Mountaintop' playwright Katori Hall's latest tells the story of a girl who has terrifying visions in the years before the Rwandan genocide.

→ Theatre Royal Stratford East. ↻ Stratford. Until Nov 2. £10-£35.

Red Palace

Step into a gothic fairytale with this decadent immersive show from Shotgun Carousel.

→ The Vaults. ↻ Waterloo. Until Jan 12 2020. £18-£25.

Shuck 'n' Jive

A comedy in which two black performers rebel against the stereotyped acting roles available to them.

→ Soho Theatre. ↻ Tottenham Court Rd. Wed Oct 2-Oct 26. £11-£18.

EXCLUSIVE

Save 33 percent on tickets to Boy Blue's hip hop dance show 'REDD' at the Barbican – tickets from £17.

TIMEOUT.COM/REDD

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Art

Edited by Eddy Frankel
timeout.com/art @timeoutart

FIRST LOOK

Kara Walker's Turbine Hall commission

AMERICAN ARTIST Kara Walker has used her incendiary, mesmerising, hypnotising art to attack the history of the slave trade over the course of her career, but almost always from an American perspective. So when she was announced as the next artist to be tasked with filling the Tate's cavernous Turbine Hall – the huge central space which has been home to Olafur Eliasson's sun, Doris Salcedo's crack and Ai Weiwei's pumpkin seeds – a few eyebrows were raised. Would she be able to translate her work to Europe, to Britain, to London, and still keep it as relevant and powerful as ever?

If our first little peek at it is anything to go by, then the answer is a resounding yes. The sculpture, which takes up the whole rear space of the Turbine Hall, is a massive working fountain, modelled on the Victoria Memorial (the figure you see here is Venus) in front of Buckingham Palace. That memorial was created to celebrate the achievements of Queen Victoria, but Walker is doing anything but celebrating at Tate Modern. This is critical art at its fiercest.

The thing is, there are a lot of skeletons in Britain's dark colonial closet. And now Kara Walker is ripping those closet doors wide open, and it's about time. Check out our Instagram feed this morning for more images of this incredible new work of art. ■

→ Tate Modern. ☉ Southwark. Wed Oct 2-Apr 5 2020. Free.



By Eddy Frankel
Whose favourite Walker is actually Walker,
Texas Ranger. Sorry, Kara.





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BEST OF THE BEST

The top exhibitions you have to see in London right now



Peter Doig: 'Paintings'

The modern master of misty, hazy, memory-drenched painting is back again, but this time there's a little bit of clarity poking through, and it's lovely.

→ Michael Werner Gallery. ☹ Marble Arch. Until Nov 16. Free.



Mona Hatoum: 'Remains to Be Seen'

An exhibition filled with cages and concrete, charred homes and inescapable prisons. Hatoum's art is about politics, conflict, oppression and degradation, and it's very good.

→ White Cube Bermondsey. ☹ London Bridge. Until Nov 3. Free.



↑ Co Westerik: 'Body and Landscape'

Grasping hands, bleeding feet and a lot of dirt: Dutch artist Co Westerik's paintings are weird, uncomfortable, close-cropped things that stay with you long after you've left.

→ Sadie Coles HQ. ☹ Oxford Circus. Until Nov 2. Free.

Find more shows to see at
[timeout.com/art](https://www.timeout.com/art)

Meet the designers of tomorrow

We meet some of the winners of the Nescafé Azera by Design competition

For the last five years, Nescafé Azera has championed the future stars of the graphic design world by giving a group of University for the Creative Arts students the chance to craft a set of limited-edition designs for its Azera range – and this year's winners are mega-talented. Nescafé Azera tasked entrants to go on their own curious journey, and the winning tins speak for themselves (literally, in the case of the ultra-inclusive composition that spells 'uplifting' in sign language). We caught up with some of the winners to find out what about London inspires them.

George Stockley, 21, Epsom

Tell us a bit about your design.

Because it's on a circular tin, you can't really read it and you have to pick it up and interact with the tin – the idea is that people would be curious about what it says, which is why they'd pick it up.



What's your favourite piece of design in London?

The Tube map. It's such a functional thing that everyone looks at every day, and I don't think people appreciate that it's an amazing piece of design. So many different languages are spoken in London, but everyone can understand the Tube map because of how simple the design is.



Barbican estate

Are there any other spots in London that spark your curiosity?

A lot of Brutalist architecture such as the Barbican and the Tate Modern. I like the structure. Like the Tube map, the function is the form.





Advertisement feature

people I'd seen on social media, like Nyle DiMarco – an activist for impaired hearing. I tend to design using typography and words, so for me using sign language was another way to do something similar to typography but turned on its head a bit.

What's your favourite piece of design in London?

The Design District Incubator in Greenwich is pretty inspiring. They've got a bunch of studios and are renting them out to artists and designers.

Are there any other spots in London that spark your curiosity?

Elephant and Castle is brilliant for typography. It's a really vibrant area.



Chinatown

Tate Modern

Alex Barrett, 21, Epsom Tell us a bit about your design.

[It's inspired by] the falling leaves and flowers of autumn. I used lino cutting for my design, which is a very traditional form of art.



What's your favourite piece of design in London?

I'm interested in foreign languages, and Chinatown is an amazing hub of type and imagery. The diverse culture of the area, mixing with British culture, is so beautiful and inspiring. I find a lot of the Asian packaging and its mascots interesting too.

Are there any other spots in London that spark your curiosity?

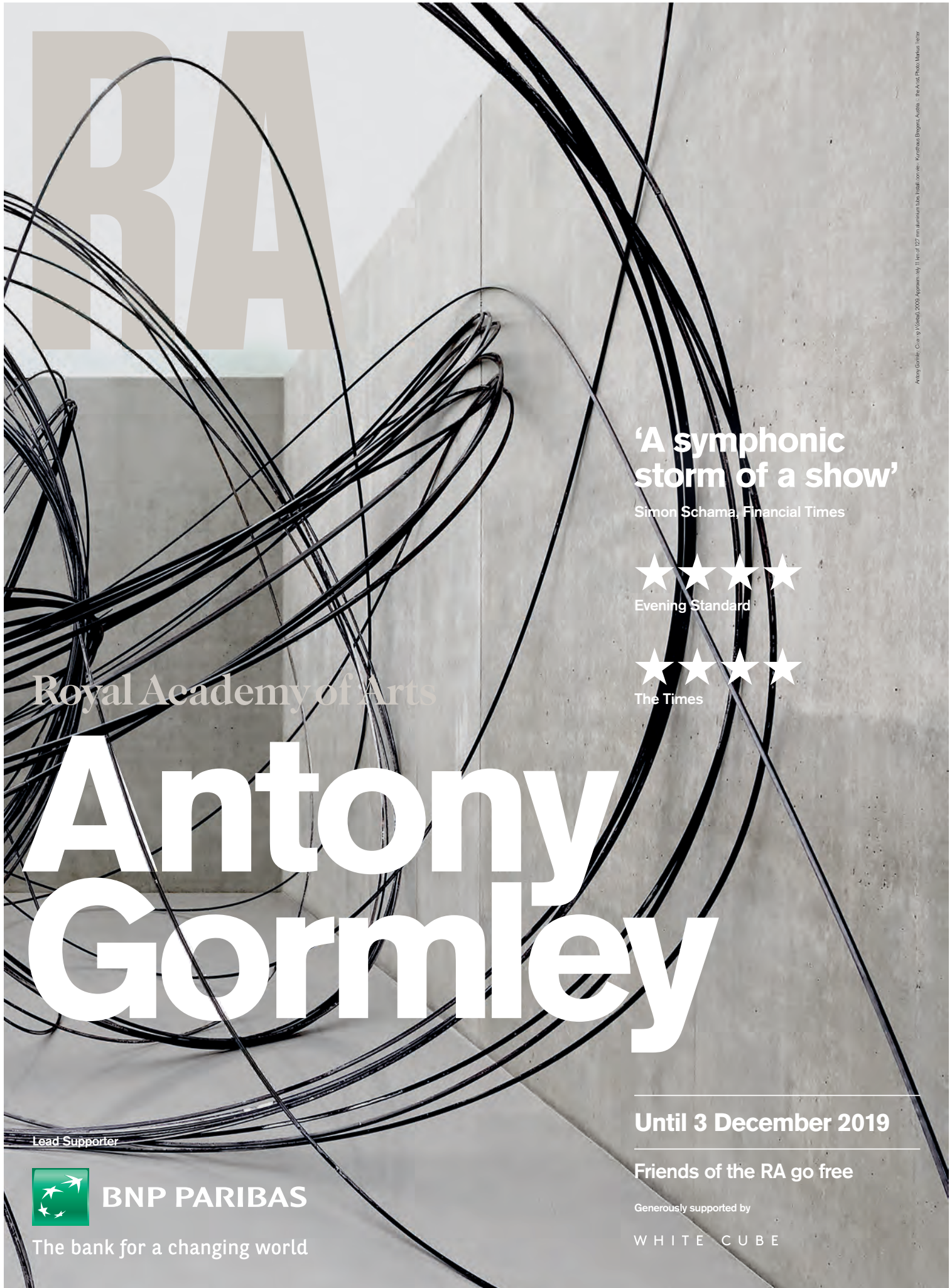
The graffiti in Camden – the murals have a distinct style. Street art is hugely important to me because I feel like it can take things that are run down and destroyed and breathe new life into them.

Ethan Salmon, 21, Ewell Tell us a bit about your design.

I used sign language to spell out the word 'uplifting' and used various different skin tones to give it an inclusivity theme. I was inspired by



→ For the full range of designs and to find out more about the students behind them, follow @nescafeazera on Instagram



Antony Gormley, 'Cave of Visions', 2009. Approximately 11 km of 127 mm aluminium tubes. Installation view, Kunsthall Bergen, Austria. The Artist Photo: Markus Inger

'A symphonic storm of a show'

Simon Schama, Financial Times



Evening Standard



The Times

Royal Academy of Arts

Antony Gormley

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Essential art fairs

It's the fairest of the seasons, because it's art fair season. Here's where to catch all the biggest and best new art in town

The Affordable Art Fair

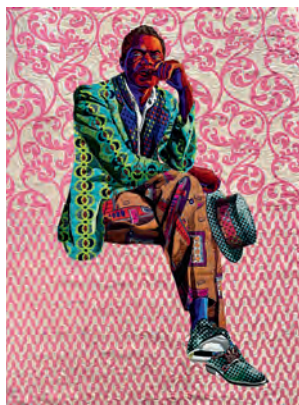
Love art but can't stretch to Frieze price tags? Very, very few of us can. So try the Affordable Art Fair instead, where, as the name suggests, you'll find a shedload of original works on sale from £50-£6,000. And even if you're not planning on a rehang of the hallway, a trip to Battersea Park offers the chance to check out the works of the newest art kids on the block at the Recent Graduates' Exhibition. This October, they're celebrating 20 years of Affordable Art Fairs with a series of 'party like it's 1999' events. It's time to get paranoid about the Millennium Bug all over again.

→ Battersea Park. Battersea Park rail. Oct 17-20. £9-£27.

Frieze and Frieze Masters

Frieze, the mother of all modern art fairs, returns for another year (alongside its more refined sibling Frieze Masters, specialising in older art). For four days the world's best contemporary art galleries all come together under one giant marquee roof, offering visitors the chance to either line up some serious purchases or just do some serious window shopping. For hardcore art fans, there's nothing that beats the fun of Frieze, where famous names rub against the stars of tomorrow. Don't worry that you can't afford any of it, just go for the window shopping. Along with the bountiful booths, Frieze runs a series of talks, tours, performances and the off-site Frieze Music. Find more info on p64.

→ Regent's Park. ☉ Regent's Park. Thu Oct 3-Sun Oct 6. From £27.



1-54 Contemporary African Art Fair

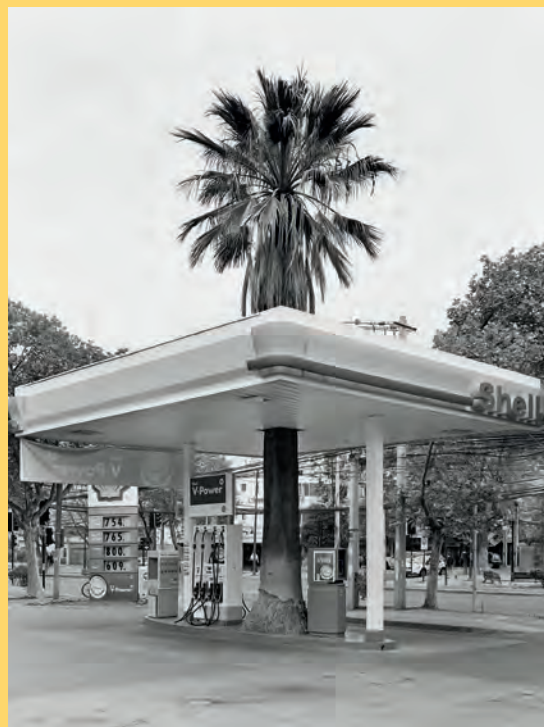
1-54 returns to Somerset House with an extended programme featuring 45 galleries from 19 different countries. This is your chance to catch amazing African artists like Louisa Marajo, Alexandria Smith, Godfried Donkor, Prinston Nnanna, Anton Kannemeyer, Chourouk Hriech, Michaela Younge, Ibrahim El-Salahi and Mohau Modisakeng. Running alongside the fair is a major exhibition at Somerset House showing the art of Mary Sibande, a large installation in the courtyard and a series of talks.

→ Somerset House. ☉ Temple. Thu Oct 3-Sun Oct 6. £27.

Sunday Art Fair

The tenth edition of Sunday Art Fair is made up of 30 international galleries. The emphasis, as always, is on emerging and early-career artists. As you wander around the subterranean open-plan Ambika P3 (originally built as a construction hall for engineering students at the University of Westminster to work in), you'll find fresh and fierce contemporary artworks by the best and hippest young artists in town. This is the place to be for underground art, literally. ■ Rosemary Waugh
→ Ambika P3. ☉ Baker St. Thu Oct 3-Sun Oct 6. Free

Urban Impulses: Latin American Photography from 1959 to 2016



© Sebastián Mejía, Quasi oasis 17, Av. Simón Bolívar, Santiago (detail), 2012, Courtesy of the artist

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Museums

Edited by Eddy Frankel
timeout.com/museums

'Designed in Cuba: Cold War Graphics'



HERE'S RICHARD NIXON as a kind of Nazified American Eagle, his bloody talons digging the heart out of Indo-China. Here's a woman dressed up as the Statue of Liberty, boredly smoking a fag. Here's an Egyptian hieroglyph made of bullets and hand grenades.

There's savagery and savage humour in this remarkable show of 100 posters and 70 magazines produced between 1966 and 1992 by Cuba's state-run OSPAAAL, the snappily named 'Organization of Solidarity with the People of Asia, Africa and Latin America'. For such a dry-sounding outfit, OSPAAAL's house style was

EXHIBITION OF THE WEEK



wellcome collection



BEING HUMAN

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The Times

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New York Times

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pretty far out. As Fidel Castro himself said, 'Our enemy is imperialism, not abstract art.'

Free from a state aesthetic of the kind that dominated Soviet-bloc propaganda of the era, these Cuban designers were able to freestyle. They were young; many of them were women. The screen-printed pop-art colours of their work feel a million miles from Russia's granite-chinned tractor-constructors. It's no surprise that many of these artists came from an advertising background: you get the sense of a state taking the weapons of mass-market capitalism and turning them on their makers.

Cuba's sheer proximity to the US (not to mention it being riddled with CIA) leads to a kind of uneasy double identity: while decrying the meddlin', warmongerin' Uncle Sam, there's a definite cultural influence in the funky afros and even funkier graphics. There's a wonky irreverence too. A 1969 image shows an American spaceman reaching towards an incredibly crappily made silver-foil moon. He's standing on the backs of three black lads lying on the floor; the overall effect is like an unreleased episode of a communist 'Blue Peter'. Whether it's with a psychedelised Che Guevara or a chain-snapping Angela Davis, these artists hammered their message home while reflecting a changing world with visual wit and humanist empathy. The Cold War never looked so hot. ■ Chris Waywell

WHAT IS IT...
Thirty years of astonishing graphic propaganda from Cuba.

WHY GO...
See Che Guevara transformed into a waterfall. It's quite something.

→ House of Illustration.
↻ King's Cross. Until Jan 19 2020. £4-£8.

Many more theatre listings at
timeout.com/art

Food

Edited by Tania Ballantine
[@timeouteatdrink](http://timeout.com/eatdrink)

Parrillan



FINDING A GOOD spot to eat alfresco in this town can be a bit of a bitch. Often, the food is average or the space has niggles: too small, too much traffic, too reliant on perfect weather (what? In England?) So it's safe to say that Parrillan, the smart outdoor spin-off from the peeps behind neighbouring Barrafinna, is something special. It's a large spot, offering arguably the best outdoor seating in the swish King's Cross development Coal Drops Yard. The vibe is upmarket but relaxed, not unlike the beach clubs of the French or Italian Rivas. Grey terrazzo tiles and white marble tables form a backdrop to olive trees in oversized pots. There's shade down one side, courtesy of a wooden pergola, which cleverly hides a discreet pane of glass over it, providing shelter from the elements (there are heaters, too). On another side, there's the swirl of smoke, a hot-hot party of charcoal getting ready to do its thing.

Because DIY cooking on a parilla (grill) is what you're here to do. Those coals are heated until glowing, then popped under a portable grill with a stainless steel griddle – the kind that means you won't unintentionally sacrifice any food to the flames (sob) – and put on your table, so you can get to work.

But wait, I'm getting ahead of myself. There was a cold, no-cook section too, with dishes that shouldn't be overlooked. Like the tomato salad: huge chunks of fragrant tommies with good olive oil, red onion slivers and micro herbs. Or what was simply billed as 'green salad', but was actually a take on Barrafinna's celebrated baby gem dish. Once again, its trademark shallot and chive vinaigrette made

it one of the menu's absolute must-haves. Also good: the soft, delicately vinegary veg (peppers, onions et al) of a classic escabeche, the aubergine gently smoked, an accompanying aioli thick and creamy.

As for the grill ingredients, these were flawless. The seafood, from shimmering scallops to fabulously fresh red prawns, was stunning. But – and it's a big but – it cost as much as sashimi in a good sushi restaurant would. Like, £9 per scallop. Ouch. Instead, go for the middlewhite pork collar: bands of tender meat which, at £11 for a decent platter, had to be the best value dish on the menu. Or the mild, melt-in-the-mouth milk-fed lambs' kidneys. Add a pan con tomate (£4), the toast with aioli (£4)

and one of those green salads (£5) and your bill may even be bearable.

But the price isn't the only concern. You do also have to cook your own main course. For me, this is fun, and a reason to go. But if it's not your bag, there's always Barrafinna next door. Also, the service on our visit, though charming and professional, was painfully slow. Parrillan is best if you're on holiday. Or if, just for one lunchtime, you want to pretend that you are. ■

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



By Tania Ballantine
 Who likes DIY food: it's like camping, without the bugs.

RESTAURANT OF THE WEEK



WHAT IS IT...

An outdoor terrace restaurant from Barrafinna, offering tabletop grilling.

WHY GO...

The pork collar. The milk-fed lambs' kidneys. That £5 baby gem salad.

→ Coal Drops Yard, Stable St, N1C 4PW. ☉ King's Cross.



Myrtle



WHAT A GORGEOUS room. This is my first thought when I walk into Myrtle. Because it is. The bijou space must surely be the living incarnation of someone's Pinterest board. Someone with excellent, on-trend taste: there are sumptuous quilted armchairs, some in grey, some in dusty rose, over bark-coloured herringbone parquet. There are two-tone, green-and-cream walls and a large statement mirror. So far, so chic SW10.

The menu claims to be 'modern European with an Irish influence' (chef and owner Anna Haugh hails from Dublin), but while dishes may be drawn from across the Continent, the style is more overtly Lyonnaise: lots of butter, lots of meat, rich rich rich. With the odd Irish number as a sort of homely garnish. And no small plates, oh no: this is a strictly starters-mains-puds set-up.

Not that there's anything wrong with that, per se: the cooking was

mostly excellent, if occasionally a touch over-salted. Star turns were a complimentary amuse-bouche of pig's head croquette with sauce gribiche (they should put this dish on the menu proper) and a dessert of frozen nougatine with a Ferrero-Rocher-esque centre. Also good was a fat fillet of oat-crusted hake with smoked mackerel chowder, and pink-middled beef with a moreish meat-middled dumpling. But to

serve such heavy food in such a feminine setting sends mixed messages, not least given the fashion-conscious local audience. It feels like it's having an identity crisis. And sure enough, by 9.30pm on a Friday night, it was deserted. Myrtle has the potential to become a date-night fave, it just needs to lighten up a bit. ■ *Tania Ballantine*
Dinner for two with drinks and service: around £140.



WHAT IS IT...
A stylish Chelsea restaurant serving rich European food.

WHY GO...
For the pig's head croquette, in a room that's just beautiful.

→ 1a Langton St,
SW10 0JL.
⇨ Fulham Broadway.

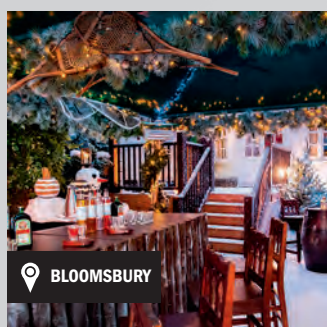
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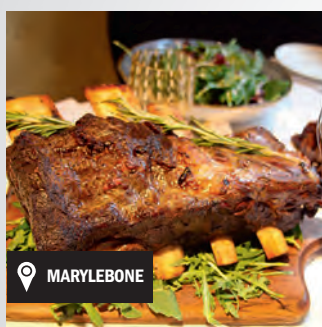
'London's winter party venue returns to The Montague on the Gardens this month. The wood deck will be transformed into a magical ski lodge with pine trees, falling snow, reindeer, snowmen and strings of fairy lights and lanterns. Enjoy festive platters and cocktails in front of a roaring fire.'
15 Montague St, WC1B 5BJ.



MAYFAIR

LUCKY CAT BY GORDON RAMSAY SAYS:

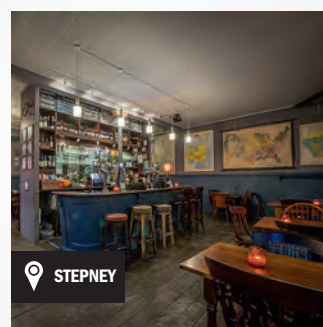
'Experience Lucky Cat, where Asian-inspired small plates, robata grill dishes, sushi and sashimi are all skilfully crafted in the open kitchen and signature raw bar. Plus, an exquisite cocktail menu puts a creative filter on well-known classics including the Lucky Negroni and White Geisha.'
10 Grosvenor Square, W1K 6JP.



MARYLEBONE

CALDESI IN MARYLEBONE SAYS:

'Enjoy a lazy Sunday roast Italian-style at Caldesi in Marylebone, with its brand new Sunday sharing menu. This includes sharing plates of starters, roast meats, sides and desserts all served to your table for a truly authentic Italian dining experience. Just £35 per person.'
118 Marylebone Lane, W1U 2QF.



STEPNEY

THE HORN OF PLENTY SAYS:

'Our friendly setting is perfect for post-work drinks and cosy Sunday roasts. We are now showing Sky Sports and BT Sports football as well as the Rugby World Cup, and we were voted the best pub in Stepney and Whitechapel in the 2015, 2016 and 2018 Time Out Love London awards.'
36 Globe Rd, E1 4DU.

THREE OF THE BEST

London Bridge restaurants



Kin + Deum ★★★★★

Bangkok-inspired nosh is bashed out at this modern, family-run Thai restaurant. Highlights include the spiced rice salad – crispy rice clusters pimped up with kaffir lime leaves and ginger – and the bua loy (rice dumplings) dessert.

→ 2 Crucifix Lane, SE1 3JW. ☺ London Bridge.



Native ★★★★★

This larger SE1 incarnation of the celebrated wild food restaurant, formerly housed in Neal's Yard, churns out slick, seasonal dishes with a zero-waste ethos. Native went viral for its grey squirrel pasta, but we're more mad about the venison.

→ 32 Southwark St, SE1 1TU. ☺ London Bridge.



Padella ★★★★★

Since landing in 2016, Padella has ramped up the capital's

Italian offering, dishing out cracking fresh pasta on the cheap (mains are £4-£10). Note: it's always rammed and is no-bookings. Our tip? Queue remotely using the WalkIn app.

→ 6 Southwark St, SE1 1TQ. ☺ London Bridge.

Provisioners



WHAT IS IT...

A pretty modern European diner at boutique hotel The Dixon near Tower Bridge.

WHY GO...

For the filthy fried cheese balls.

→ 4 Queen Elizabeth St, SE1 2LL. ☺ London Bridge.



AN ATTRACTIVE SPOT near Tower Bridge, Provisioners has clearly had a lot of attention (and cash) thrown at it. A sea of terrazzo, velveteen upholstery and balmy pastels, this look would have been truly natty a few years back, even if it feels a little algorithmic in 2019. It's ultimately still rather lovely.

As was a fair whack of the modern European menu. 'Hot brie balls' might sound outrageous, but you can't argue with fried cheese, especially when there's a peppy gooseberry dip in which to dunk it. A haddock and leek risotto was mild but warmly nourishing; likewise the culurgiones – a kind of Sardinian pasta pillow, filled with potato and pecorino, though these also came with a heady dousing of truffley melted butter.

But the larger plates erred on clumsy. 'Duck, duck & duck' – pink breast, a squirt of liver parfait and a crisp little pie of leg meat – was impressively constructed but rich to a fault; while a hunk of eight-hour lamb shoulder was as flavourless as the portion was gargantuan.

But it's important not to forget that Tower Bridge Road isn't exactly flush with fine eating, which makes Provisioners a perfectly acceptable bolthole for those who can't face the schlep to Bermondsey or London Bridge. ■ *Tom Howells*

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

EXCLUSIVE

MONSIEUR LE DUCK



Enjoy a meal at this charming, chilled-out French eatery specialising in – you guessed it – duck. Four courses with a glass of sparkling wine or beer are just £20, saving you 42 percent.

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www.timeout.com/londonbridge

Drink

Edited by Laura Richards
timeout.com/bars @timeouteatdrink

BAR OF THE WEEK

WHAT IS IT...

A central London hotel bar with more than a touch of the tropical about it.

WHY GO...

To make drinking in London feel less Trafalgar Square, more Tahiti.

→ Trafalgar St James hotel,
 2 Spring Gardens, SW1A
 2TS. ☎ Charing Cross.

Rockwell



WHAT IS IT with cocktail bars and 'Alice in Wonderland'? It seems like there's some secret rule which dictates that any new opening can only get a licence if it bills itself as a rabbit hole and has bartenders act like the Mad Hatter. While Rockwell doesn't go quite that far, it does feel the need for a typically whimsical menu with a 'Curious & Curiouser' section of drinks – much like, well, everywhere else.

Look further, though, and Rockwell is something else entirely. The verdant venue on the ground floor of the Trafalgar St James hotel

is far from a dimly lit stereotype. Instead, it's all high windows, tropical drapery and lush green foliage. This gives the impression of a breath of fresh air, not an easy thing to do on an exhaust-choked corner of Trafalgar Square.

We settled into a window booth, marvelling at an exotic interior which, mercifully, reads as more Frida Kahlo than Rainforest Café. Our waitress helpfully talked us

through the inventive drinks, which were as pricy as you'd expect for this part of town (£9-£15) but more worth it than at similar hotel lobby venues. They've skipped the gimmicks – there's not a bucket of dry ice or a novelty teapot to be seen – and instead focused on genuinely good cocktails.

I opted for the Monkey Shell, a Negroni-esque concoction with my own choice of tea-flavoured sugar

cube. It was nice, but I was instantly overtaken with drink envy by my companion's choice: the Tangerine Capybara, a towering, fruity, punch-like party of a rum cocktail, which couldn't have matched the surroundings any better.

Tropical drinks might not be typical Trafalgar Square fare, but then there's nothing typical about Rockwell. Just don't call it curious. Or curiouser. ■ *Bobby Palmer*

THREE OF THE BEST

Sake spots

Where to drink the Japanese rice wine on World Sake Day (today!)



Kanpai Sake Taproom

This Peckham taproom at London's first sake brewery is a hip place for sipping on Fridays and Saturdays. Try its range on a tasting flight for £10.

→ Copeland Park,
 133 Copeland Rd, SE15 3SN.
 Peckham Rye Overground.

Nanban

At Brixton's fun-time ramen joint they make the good stuff more accessible – not only by adding modest mark-ups to premium bottles, but by listing them from light to rich. Or drink it in the Nanhattan No 2.

→ 426 Coldharbour Lane,
 SW9 8LF. ☎ Brixton.

Sakagura

There are more than 75 types of sake on one of the capital's most comprehensive lists – complete with tasting notes to help decode it. And you can really get a taste for the drink when it's half-price at happy hour. ■

→ 8 Heddon St, W1B 4BU.
 ☎ Piccadilly Circus.

DRINK THIS

VS Royale



London Cocktail Week kicks off its tenth birthday celebrations on Friday. To mark the occasion, it's been made into a ten-day party, with £6 cocktails at participating bars. Blow out the candles at The Cocktail Trading Co, serving a drink in a cake case made from victoria sponge cordial, rosé champagne and cognac cream. Make a wish! (maybe for no hangover). ■

→ The Cocktail Trading Co. 68 Bethnal Green Rd, E1 6GQ. Shoreditch High St Overground. Oct 4-13. £6 (with a £10 London Cocktail Week Festival Pass).