

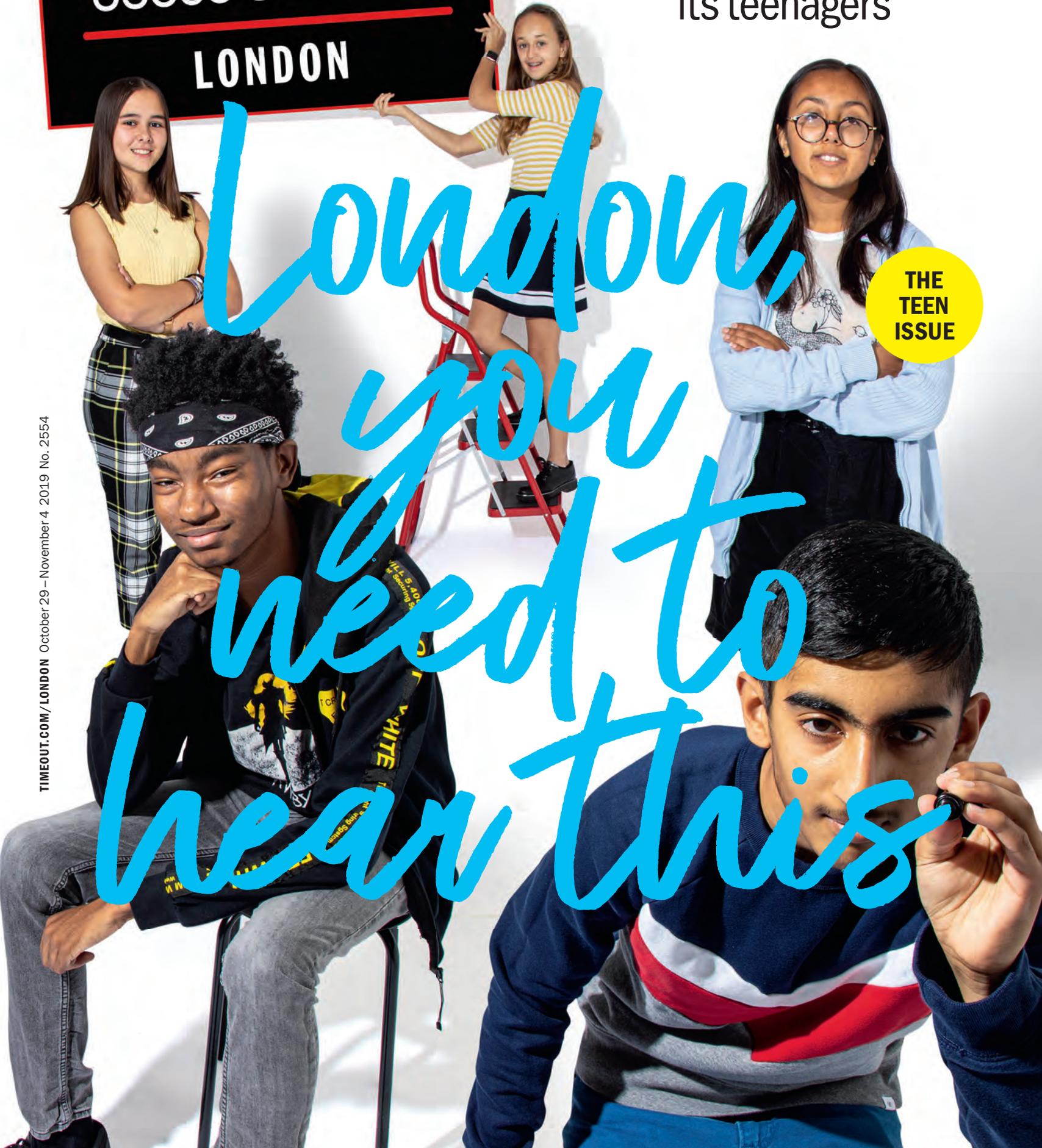


Messages to the capital from its teenagers

THE TEEN ISSUE

London, you need to hear this

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*Gatwick*

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This week's Time Out  
in no time at all

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# Hello, London

Kate Lloyd  
Features Editor  
@katelloud



If you've been on TikTok or gone to any of the student climate strikes, you'll know that teenagers right now are legends. Okay, there are probably *some* annoying ones, but they're mainly legends. This week we invited a bunch of them to write letters to London (p20), giving us a window into their lives and (strong) opinions. The resulting cover feature is powerful proof that if you can open up your workplace to young people, you absolutely should. Elsewhere in the issue, spooky season reigns. So you'll find witchy things to do (p33) and tarot nights out (p40). But the real horror story is how old you are : )

## YOU SAID IT

What you've been rating and hating online

Are you an appreciator of beautiful oversized veg and All Hallows' Eve?

Then head right this way. There's a giant pumpkin just sitting about in Covent Garden.

**'Saw this yesterday and didn't realise it's real. Imagine growing a 2,000lb pumpkin. What would you do next? How could you ever beat that as an accomplishment?'**

Carys N via Twitter

Cool job alert: MI5 is looking for a new intelligence officer. We're wondering if this reader knows she's talking to her mate in public? **'Kathleen, with our stalking skills I seriously think we have a chance.'**

Mallory N via Facebook

The ever-popular VegFest has a new non-food addition: vegan speed dating. Okay, sure.

**'Gotta admire events organisers – they know how to make a buck. I'm thinking of organising a speed dating event for over-50s dancing with Dyson users. Anyone interested?'**

Craig W via Facebook

The Natural History Museum's ice skating rink is open for business! It's worth the queues, we promise. **'I have never done this and I think it would be dead romantic. Well, except for me shrieking like a fox in utter terror as we skate.'**

Pascal S via Facebook

## COMMENT OF THE WEEK

Y'all flipped for a Lizzo-themed club night (3k comments!). Two Americans cooked up a plan to get them and their mates over here for it.

**'House trip to London? How many chicken nugget fundraisers do we need to do?'**

Amara C via Facebook

**'Thirty students. Flights: \$490 each. Rooms: \$50. Tickets: \$7 ... Total cost: \$600 each. If we make \$200 profit on one chicken nugget fundraiser, we need 90 of them to make enough money (\$18,000). But if we make \$300 profit per chicken nugget study break, we only need 60 study breaks.'**

Matt P via Facebook

Sheer genius. We salute you.

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LONDON

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NOT FOR RESALE



### **Can a 3x4" space cause you anxiety?**

For many women, it does exactly that. Why? Because for decades we've been fed a stereotype. The perfect underarm. A 3x4 inch space that must be smooth, flawless and blemish-free. It's time to get real. So, here's to those who let them grow, those with stubble, scars, moles, patches, dark marks, birthmarks, or vitiligo. Those who like them smooth, glittered, shaved, dyed or tattooed. Here's to your 3x4 inches, however you have them. Here's to your underarms being anything but a worry.

Goodbye judgement. Hello underarms.



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# City life

Edited by James Manning  
@timeoutlondon

## Pompeii circumstance

**IN A SOCIAL HOUSING** complex in west London overlooking the Grand Union Canal, there's a one-bed flat filled with art. This magical museum – known as Gerry's Pompeii – contains hundreds of statues and miniatures, including likenesses of Buckingham Palace, Queen Elizabeth I and Hercules. Creator Gerry Walton sadly passed away this year aged 83, and now there's a campaign to protect his incredible work. Notting Hill Genesis (the housing association responsible for the property) is due to take back ownership this week, and could clear the site immediately for new occupants. With the backing of Gerry's neighbours (plus some big, arty names such as Jarvis Cocker from Pulp and former Tate director Nicholas Serota), campaigners are urging NHG to reconsider. Sign the petition or donate to the Crowdfunder to help them find a way to preserve Gerry's imaginative kingdom for years to come. ■ *El Hunt*

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



## THE ESSENTIALS

Three things you have to do this week



See this

**Somerset House** is exploring non-stop modern life with its new expo, '24/7'. Head down for immersive works by ace contemporary artists about why you can't stop checking your emails.



Eat this

Move over, pumpkin spice latte: there's a new kid on the block. **Bao's** Halloween dumpling is almost too cute to eat, but it also sounds too tasty to resist. Order it on Thursday.



Do this

Be scared witless this Sunday by... a terrifyingly cute horde of adorable dogs in fancy dress. The **Halloween Pooch Parade** leaves Monument at 11am and finishes at Flat Iron Square.

Discover more cool things to do at [timeout.com/news](http://timeout.com/news)

# AN ODE TO

# Canary Wharf



There's a dystopian charm to these shiny high-rises, reckons *Chris Waywell*

I LIKE CANARY WHARF partly because I'm not really supposed to. This bleak financial centre isn't like the medieval-meets-mercenary City of London, with its wobbly streets, heritage pubs and giant arts centre. Canary Wharf is what the Middle Ages were really like: basic, brutal, transactional. It says: we have all the wealth and power – and can we get lots more of it, please? It's a cash machine.

Like cash, the architecture of the area is cold, hard, simplistic and unpatronising. There are towers containing enormous amounts of money, and not-towers containing normal amounts of money. The tall bits aren't architecturally better than the low-rise bits, they're just taller. It looks like a diagram illustrating itself: here are the giant spikes of success looming above the trough.

It's anthropologically fascinating too. There are people who live, work and probably die in Canary Wharf, and clearly never leave it. Their entire lives are circumscribed by what is available locally, like in a provincial market town before the internet. They smell exclusively of Jo Malone and L'Occitane. They're the only people ever to

buy casualwear from TMLewin. They know the aisles of Waitrose like an Oregon trapper knows his stands of pine.

But amid the merciless fiscal functionality of the Isle of Dogs, there is an uncanny beauty. Huge floating Chinese restaurant The Lotus bobs in its dock like something from a dream. Ancient wharfside cranes stand like blasted saplings among all the glittery bling, and a hydraulic ram the size of a tube train lies in the ghost of a dry dock. Wild birds do their best in this weird waterside environment. I saw a heron there once. It looked pissed off, like its portfolio was underperforming in Q3.

As the nights draw in towards winter, Canary Wharf is transformed. Darkness falls and the reflections of thousands of overlit office windows shimmer in the black water. Creeping across its bridges in the shadows of the few bravely surviving old warehouses, you're filled with the spirit of its former grimy existence as the hub of London's docks. It's not charming or cosy, but it is otherworldly. And sometimes in London, that's all you want. ■



## THE VIEW FROM YOU

What Time Out readers have been Instagramming this week



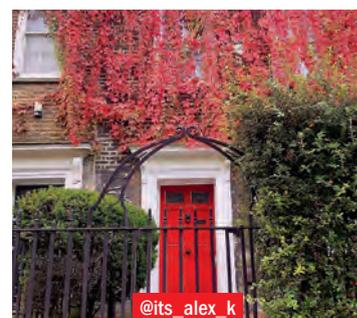
'Looking for the coolest theatre in London? It has to be The Vaults!'



'What's your favourite pancake topping?'



'Excited to see Claire Foy and Matt Smith in "Lungs" at The Old Vic.'



'This beautiful autumnal view brightened up my weekend!'

Send us your Instagram photos of the city with [#timeoutlondon](#)



# food- silence is golden

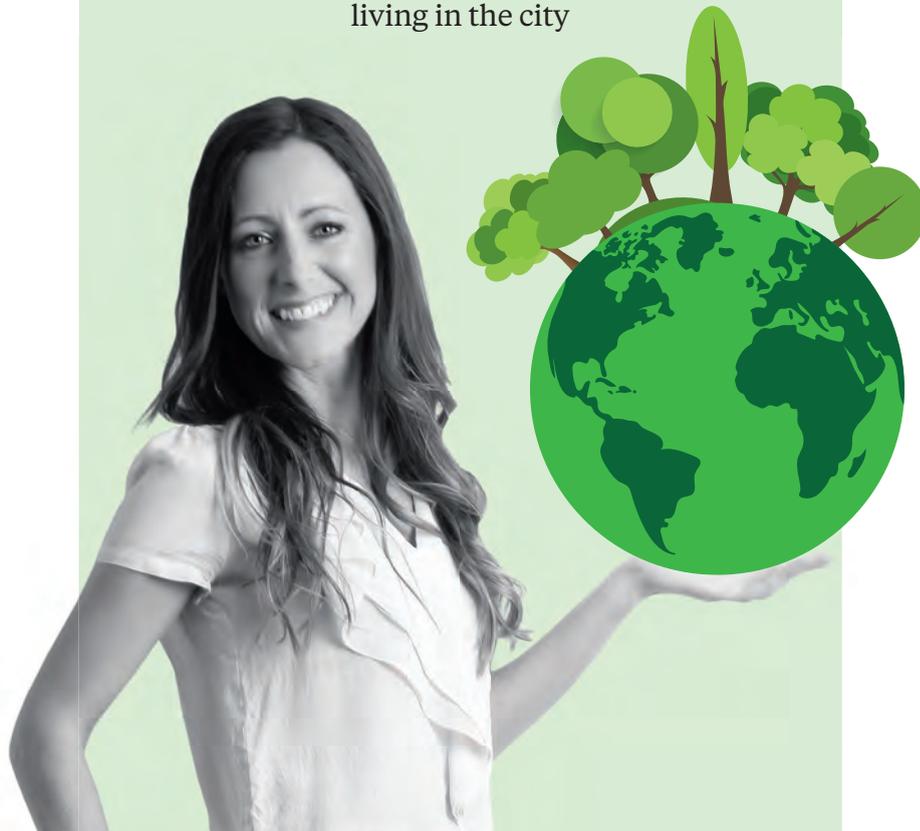
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## GREEN GODDESS

Eco campaigner *Natalie Fee* answers your questions about sustainable living in the city



### Dear Natalie...

**'What on earth can I do with single-use plastic packaging? I can't buy everything zero-waste (believe me, I've tried) – so what about yoghurt pots, raspberry punnet lids, the bags they sell spinach in, or Tetra Paks? Can I recycle these things?'**  
*Rosie via email*

**Dear Rosie,**  
Sounds like you're heroically trying to cut back on single-use plastic – which is where it's at! Whether we're recycling it or not, 99 percent of plastic is made from fossil fuels, and we really, really need to keep that stuff in the ground where it belongs.

If you do have to buy plastic, then most boroughs will take yoghurt pots (rinse them out first – it honestly does matter!), clear plastic fruit punnets and even Tetra Paks (but do check [www.tetrapakrecycling.co.uk](http://www.tetrapakrecycling.co.uk) to be sure – Lewisham Council, I'm calling you out here!). None will take your

spinach bag, though. If you're up for geeking out, then the easiest way to find out is to visit the recycling bit of your council's website.

That said, as you may have heard, a lot of the UK's recycling is being sent abroad to places where they don't have the facilities to recycle our waste properly. Most of it ends up being dumped or burnt. That's horrible for residents of the once-pristine faraway lands that have had our crap dumped on their doorstep, and also for nature – given that badly-managed landfills leach toxic chemicals into the earth, and burning plastic releases CO<sub>2</sub> and dangerous particles into the air.

So what to do? While you're on your council's website, get your citizen hat on and ping them a quick email to ask if they're separating and

sorting the waste in the UK before exporting it.

But what about those other hard-to-recycle things like crisp packets, bread bags and biscuit wrappers? Now we're talking. TerraCycle ([www.terracycle.com](http://www.terracycle.com)) can recycle almost every kind of plastic that you can't put in your home recycling. You can drop certain items off at local TerraCycle

collection points, or buy one of their Zero Waste Boxes for home or your office, and get your office waste champion to post it back to them.

What's that? You don't have an office waste champion?! Well, I think you just found a new way to help save the world, one crisp packet at a time. ■

**Got a question for Natalie? Write to [greengoddess@timeout.com](mailto:greengoddess@timeout.com).**

Natalie Fee is an environmental campaigner, author and speaker. She founded the City to Sea non-profit, which campaigns against plastic pollution. Her book 'How to Save the World for Free' is published by Laurence King. Follow her on Twitter at [@nataliefee](https://twitter.com/nataliefee) and on Instagram at [@nataliefee\\_](https://www.instagram.com/nataliefee_).

## WORD ON THE STREET

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

**'You don't get affection from a hedgehog like you do a dog or a cat.'**

**'How did we get from Dick Van Dyke to dogging?'**

**'I'm just saying, it helps if a dog walker is attractive.'**

**'I'll be so glad when the spider mating season is over.'**

**'Why don't you go as Scooby Doo and I'll just paint my face?'**

**'Some women are called Neil, right?'**

**'I was eye-level with the banana.'**

**'Can we not listen to Magic FM, please? I'm going through a bad divorce.'**

**'There's too much gravy in this country. It's why Tinder's so rubbish.'**

**'I woke up with poppers in my pocket and a massive badge saying "basic bitch".'**

Overheard something weird? Tweet us [#wordonthestreet](https://twitter.com/wordonthestreet) [@timeoutlondon](https://www.timeout.com)

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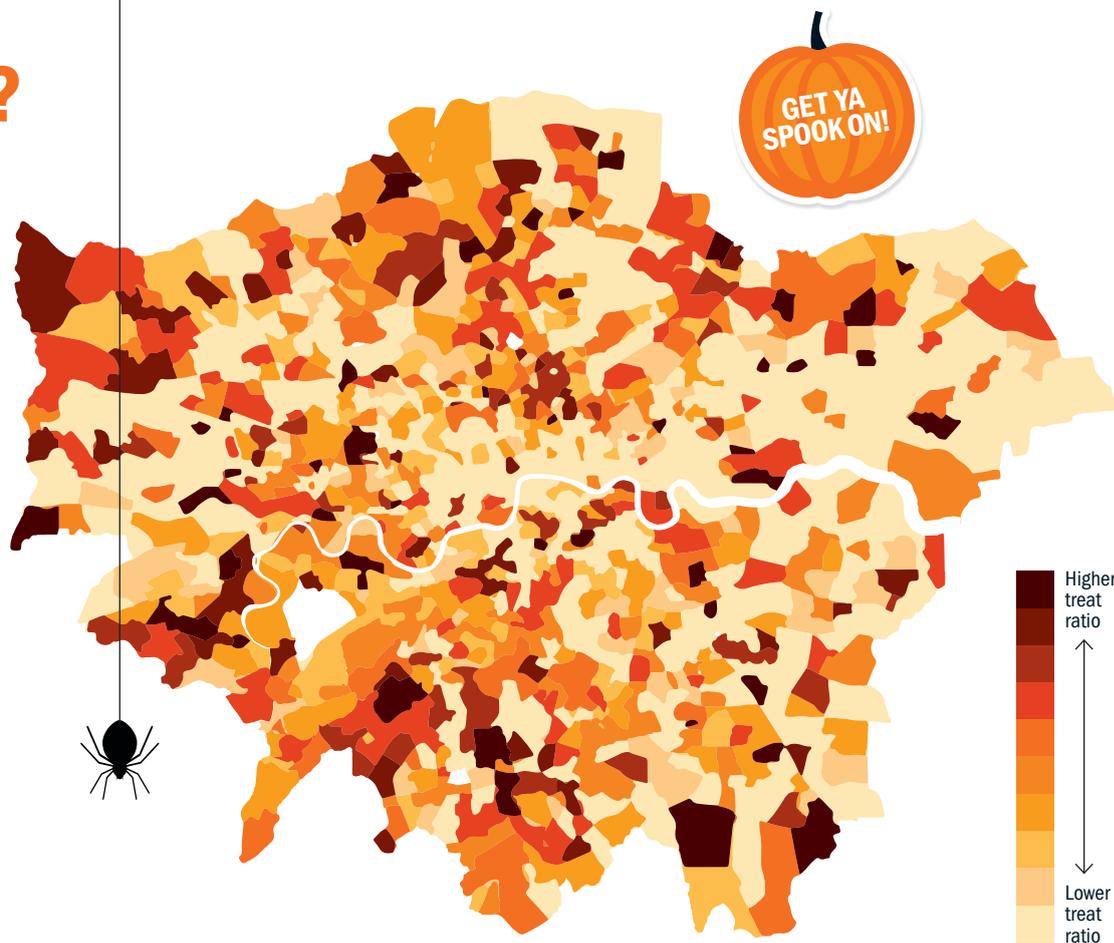
# LONDON MAPPED

## Trick or treat?

**THIS WEEK, LONDON'S** streets will fill with tiny vampires, ghosts and superheroes on the hunt for treats. To maximise their chances of sugary success, neighbourhood social network Nextdoor (active in hundreds of London areas) has put together a series of local 'Treat Maps'. Nextdoor users who are giving out sweets can mark their locations, guiding other users who are trick-or-treating to their doorstep.

But which London neighbourhoods are the most generous? This map shows last year's 'treat ratio': the percentage of households in each neighbourhood who marked themselves as treat-ready in 2018.

The best prospects for trick-or-treaters include prosperous bits of Wimbledon, Islington and Barnet, but also Croydon town centre, Roman Road in Bow and Broadwater Farm in Tottenham. Meanwhile, posh Maida Vale and Holland Park are in the bottom tier of treat-givers. Best let them watch 'Poirot' in peace – nobody deserves egg on their Farrow & Ball. ■  
*James Manning*



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

## Ignition Brewery



Discover more ways to make a difference at [timeout.com/better](https://www.timeout.com/better)

### WHAT IS IT?

A hip microbrewery in Sydenham – except that Ignition isn't just sating south-east London's endless appetite for craft beer. It's also a social enterprise, training and employing people with learning disabilities to brew top-notch fruity pales, classic porters and zingy IPAs – all made on-site.

### WHY DOES IT MATTER?

Around 65 percent of people with learning disabilities would like to have a job, but only 6 percent are actually in paid employment. The Ignition team (who've built the place from scratch) aim to fix that by training up their staff every step of the way and paying everybody the London Living Wage.

### HOW CAN I GET INVOLVED?

You barely need to lift a finger to help out – in fact, you just need to raise a pint glass. Every time you drink at Ignition or pick up a bottle to take home you'll be helping the cause directly. Nearby local boozier The Greyhound also serves up Ignition brews. See, beer *does* solve problems! ■ *El Hunt*

→ [www.ignition.beer](https://www.ignition.beer)

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## MY LONDON STORY



### Eid Aljazairli

Refugee and aspiring Olympic swimmer

**I AM PASSIONATE** about numbers and I love competition. Before I had to leave Syria, I studied accounting and finance at Damascus University. Coming to the UK was a long and difficult journey. I arrived in Glasgow two-and-a-half years ago on my own, at the age of 23. People in Scotland were very helpful, but the weather was a challenge! The Home Office soon transferred me to England, and after a year-long wait, I received my refugee status and moved to London.

I stayed in a YMCA hostel for many months, surviving on my £5-a-day allowance. I did not speak English when I arrived, so it was a real struggle to try and find a permanent place to live and access the things I needed. I was fortunate to become friends with a lovely English family who invited me to stay with them in their home.

Financial buildings and the rush-hour crowds of the city have always inspired me, and I aim to finish my finance studies by securing a

place at King's College London. I heard about the Breaking Barriers charity through some friends, and I have been working with them to prepare for my IELTS English exam and my university application, while also searching for funding.

But accounting is just one of my dreams. After I came to London, I found some videos of Michael Phelps and his extraordinary journey to becoming the world's greatest swimmer. His videos transported me to another world, and I challenged myself to become a great swimmer like him.

I couldn't swim before I came to the UK. In Syria, I had never even been in a pool. But I saved money from my £5 allowance to pay a swimming pool registration fee, even though it meant going to bed hungry some nights. At first, I had to teach myself by observing others and watching videos on the internet. I got so frustrated and angry with my lack of progress, but I didn't give up. I now have a coach and my days are filled with study and training.

After I began to make progress, my coach sent me to my first ever swimming meet. To my surprise, I brought home four medals and even won one of my races. The medals remind me that I can achieve my dreams: that this is just the beginning, and my aim is to go higher and higher.

Swimming has taught me to be focused and patient, and helped me to deal with the difficult situations I have found myself in. I am now hoping to compete for the Refugee Team at the 2020 Olympics in Tokyo.

When things are tough, that is the best time to try something different. I want to tell the world that we are not just a bunch of refugees. We are dreamers, hard-working individuals, human beings like everybody else. Whatever has happened in our past won't define our future. ■

*Interview by Marsha Glenn*

→ Eid's story and his portrait by David Emery appear in the Breaking Barriers exhibition 'Belonging' at Proud Central. ↻ Charing Cross. Tue Oct 29 - Sat Nov 2. [www.breaking-barriers.co.uk](http://www.breaking-barriers.co.uk)

**'In Syria, I had never even been in a swimming pool'**



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# FREE LONDON

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



## SPARKS FLY

### Blackheath Fireworks

Blackheath's annual all-day Guy Fawkes bash always goes out with a bang – and it's one of the few major fireworks displays that's still free. There's plenty of action happening before it gets dark, too – colourful fairground rides take over the heath from midday, food and drink stalls open at 5pm and the fireworks kick off at 8pm. Boom!

→ Blackheath. Blackheath rail. Sat Nov 2.

## SAY CHEESE!

### Mini rarebits

Ditch that sad supermarket cheese sarnie and upgrade your lunch at The Cutting Room. It's serving up mini rarebits made with Tomme de Savoie (that's a cheese from the French Alps, FYI) between noon and 2pm this Thursday.

→ The Cutting Room.  
⊖ Goodge St. Thu Oct 31.

## DARK MATTER

### Jägermeister Halloween pop-up

Start the weekend early at Jägermeister and Soho Radio's Halloween-themed party. There will be a spooky soundtrack and everyone gets a free drink – choose between a Jäger shot or a twist on a Moscow Mule. Bottoms up!

→ Jäger Soho. ⊖ Piccadilly Circus. Thu Oct 31.

## DON'T FLAKE OUT

### La Plantisserie

Say bonjour to French patisserie sans butter at La Plantisserie, a one-day pop-up from French bakery brand La Boulangère. To celebrate World Vegan Day this year, there will be free samples of vegan croissants and pains au chocolat all day. *Merci!*

→ 15 Bateman St. ⊖ Covent Garden. Fri Nov 1.

## FACE OFF

### Halloween makeovers

Haven't got a Halloween costume? Let your face do the talking with a spooky makeover by London College of Fashion students at Mac Spitalfields. Email [kristyna@oldspitalfieldsmarket.com](mailto:kristyna@oldspitalfieldsmarket.com) to book a slot.

→ Mac Spitalfields.  
⊖ Liverpool St. Thu Oct 31.

# WHAT WHISKY'S BEEN WAITING FOR



At long last.

There's now a mixer worthy of whisky.

Whisky & Ginger Ale may not be for the purists, but if you're looking for something a little different, we believe Fever-Tree Ginger Ale makes an ideal companion to whisky for a refreshing, long drink.

Using three naturally sourced gingers, our unique blend is a delicious balance of sweetness and spice. Making it perfectly poised to enhance the flavour notes of even the finest dram.

Try it, and we think you'll find it's been worth the wait.

  
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# Message

What do you want to tell the capital? That's what we asked ten local teenagers. Their replies are powerful. Photography *Andy Parsons*

**TEENAGERS ARE OBSESSED** with their phones. Teenagers are lazy. Teenagers are too sensitive. These are the stereotypes that surround young people today. But spend just 15 minutes with a London teenager and you'll know that's not the case. That's why we wanted to give this generation a platform to share their views in their own words – and, it turns out, they had a lot to say. When we put out an open callout for teens to write a message to London on a topic they cared about, we had more than 100 applications from Londoners aged between 13 and 19. Their messages were passionate, articulate and intelligent. They gave us a window into the things they love (memes, veganism, nature), what they worry about (politics, climate change, mental health) and the brilliant aspects of London they want to celebrate (multiculturalism, green spaces, community). Read on for their messages to the city. *Isabelle Aron*

8 to  
download



xoxo



## Letters from teenagers



### Dear London,

Growing up in London, it's always been clear to me that multiculturalism is the lifeblood that keeps the heart of our city pulsing. There's a mundane beauty in hurrying down our streets at night, bathed in the glow of neon lights illuminating food menus from around the globe – kebabs, sushi, samosas. That beauty is present in the echoes of buskers' music too. I've seen the most stoic commuters crack a smile when they hear joyous Caribbean steelpan melodies drifting down escalators.

But the best part is the festivals that flood our city, bringing people together. There are the star-soaked carnivals filled with glittering costumes and vibrant music; the countless religious festivals like Diwali and Eid, marked by fireworks and lush, extravagant dishes; the Bengali Boishakhi Mela; the Chinese New Year parade; even the Christmas lights sparkling across Oxford Street like stars drawn down from the skies.

There's nowhere else where cultures meld together like they do in London. So, remember: there *is* strength in kindness and unity, even when the people in power preach otherwise.

Yours,  
**Piah, aged 18**



### Dear London,

When I was seven I read a Marvel comic book where a character said: 'Compromise where you can; if you can't, don't. If the world is telling you something wrong is something right, if it tells you to move, it is your duty to plant yourself like a tree, look them in the eye and say "No, *you* move."'

Now I'm 16 and it feels like people are forcing compromise on to me. Being my age is hard. We have to draw the line between trusting our parents and doing what we think is right for ourselves. That's all made worse because we often don't get a say. I know that things can be tough for teachers who don't know how to appeal to students, or for parents, like mine, who just want the best for their kid but don't know how to communicate with them. But it feels like, all the time, adults assume what's right for teenagers.

Some assume we need shielding from the world – to be lied to, when that's simply not the case. Some think Brexit will be good for our future, when lots of us don't think it will. Some assume that the reason kids my age get stabbed is because they listen to drill – and adults aren't responsible.

So, the next adult, the next person who uses my age to invalidate my message and tells me to move... I will plant myself like a tree, look them in the eye and say proudly: 'No, *you* move.'

Yours,  
**Sol, aged 16**





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## Letters from teenagers

Dear London,

There's a stereotype that teenagers are engrossed in our phones, that we spend more time with our eyes glued to those tiny black screens than anything else. It's not entirely wrong. I'm definitely guilty of spending too much time on my phone. But that doesn't mean social media doesn't have a purpose.

It has helped give a voice to the voiceless. It's educated me and many of my friends on topics that aren't covered by the mainstream media or our teachers. On the same app you could be liking an influencer's latest picture *and* discovering the benefits of living a zero-waste lifestyle. On YouTube you could watch a tell-all gossip video *and* learn how to conjugate verbs into the imperfect tense in French.

We live in a digital age and it's time we realised that it can be used to our advantage. People are building businesses with the touch of a button. A video made in someone's bedroom on the best revision methods can help millions of teenagers across the world. (Thanks, StudyTubers!)

Although it may look like teenagers don't do much on our phones, we're doing more than you think. So yes, we might spend a lot of time looking at tiny black screens, but more often than not, we're learning something new. And we may even be making a small but effective change that could benefit our society.

Yours,  
Olivia, aged 17



**'Social media has educated me on topics that aren't covered by our teachers'**

*'Underground artists use memes to make a political point'*



Dear London,

This may seem odd, but I think of memes like pieces of visual art. Like most art, memes defy definition and there's a beauty in that. Much like in art, memes have their own 'movements' too. There are underground meme artists – the punk rockers of the present day – who use memes to make a political point. Like 'Millennials are killing...' memes, which were a response to the thinkpieces about younger generations causing industries to fail, and became a way for people to talk about the issues facing their generation through humour.

Most importantly, memes are community-builders. Whether it's Shakespeare nerds like me sending memes that bring our favourite texts to life, or skincare-lovers using memes to remind everyone to wash their faces, through these we come together. We live in a big and wild city, in a bigger, wilder world where it's hard to find connection, so there is a magic in these moments. A magic in that week or so when a meme takes over the internet and we come together in a creative frenzy to make each other laugh. And that magic – that is art.

Yours,  
Tayo, aged 17





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## Letters from teenagers



### Dear London,

I went vegan when I was 12 years old. The cause was urgent. If I'd waited until I was an adult, I'd have been burying my head in the sand. It was an easy choice for me. I did not have to provide for myself, I could rely on my parents. For adults, in my opinion, it might be harder. But it's plain to see the environmental turmoil we're living through. Going vegan can reduce your carbon footprint by 73 percent. It's an issue that's important for everyone.

Evaluate how your lifestyle affects the world around you. You don't have to make drastic changes to think ethically. Pasta, bread and rice are already vegan, and protein-rich additions – tofu, chickpeas, lentils – are readily available in supermarkets. Combine these with seasonal produce and you've got an animal-free meal.

It's more than that, though. For me, going vegan has meant making new friends and trying new things. My hope for the future is that there is no vegan menu, no substitutions, no obligatory falafel wrap, because we're all eating sustainably. We're writing our collective human history as we go – or rather, as we eat.

Yours,  
**China**, aged 17

### Dear London,

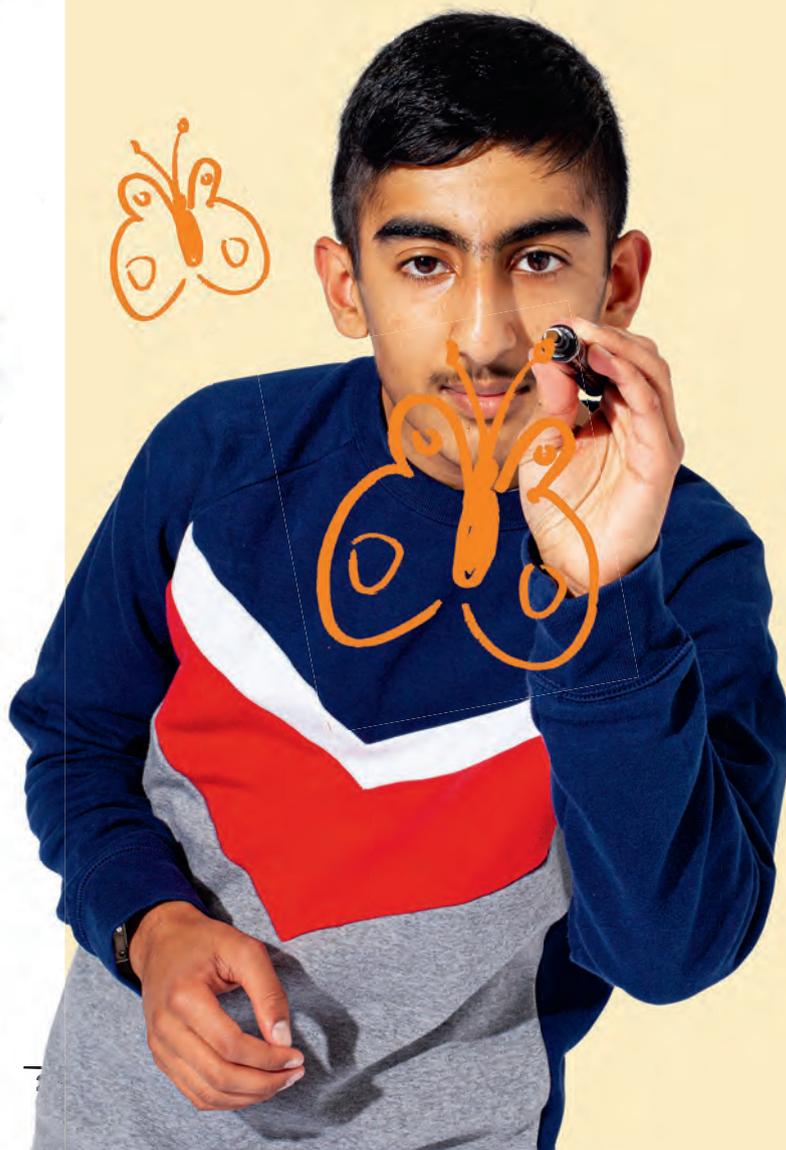
Look out your window. What do you see? Buildings? Traffic? Look harder and you'll find many surprises. Foxes, blackbirds, butterflies, bats, maybe even parakeets. They call your doorstep home. And they need your help.

Many Londoners are unaware of the vast number of species that we share our concrete jungle with. They are the backbone of our ecosystems, and we depend on them for our survival: bees pollinate flowers, foxes keep the rodent populations stable and jays help to disperse seeds. I've put out bird feeders, planted wildflowers and made a pond from a container. Over the years, these have attracted sparrows, wheatears, foxes, frogs and, recently, great crested newts!

We are living in a time of ecological crisis, but there are things you can do to make a difference. I've seen old wellies used as plant pots in Kensington and bug hotels made from log piles in Wood Green. I've even seen nest boxes on balconies in the City. Build it, and they will come!

London is noisy, polluted and crowded, but if you stop to explore the city's green spaces, you'll hear birdsong and the rustling of trees. Getting back to nature will improve your wellbeing and help wildlife flourish. Learn to value and protect your priceless treasure: the wildlife on your doorstep.

Yours,  
**Kabir**, aged 14





## Letters from teenagers

### Dear London,

Social media is a constant challenge for teenagers – one we have to juggle alongside our school lives, home lives and social lives.

I think social media has become a mask for many teens. I got Instagram when I was around ten. Now girls my age have learned how to Photoshop pictures of themselves in order to look perfect. This makes me feel devastated: people want to change themselves online to create a persona. I really worry about what our future will be like because of this consistent exposure to an unattainable kind of beauty.

I've had anxiety and eating problems since around year 8, as have some of my friends. My mental health issues didn't stem from social media, but it hasn't helped my state of mind. I think that more action needs to be taken. This doesn't mean banning social media. (It's my primary – and sometimes only – method of communication with my friends.) It means teaching kids about how your mental health is impacted by healthy diet choices, sleep and exercise.

Mental health needs to be tackled and not ignored.

Yours,  
**Emily, aged 16**



### Dear London,

My message to you is about mental health difficulties. It's also about hope.

I remember sitting in A&E, aged 12, holding my sister's hand. I remember the knot of anger and confusion in my stomach every time I saw the blood on her clothes and the tears in her eyes. I didn't understand what was happening. I wasn't allowed behind the curtain, so I sat and waited, hearing a conversation that went over my head.

For ten years my sister has fought debilitating internal torment, including severe anxiety and self-harm. For a long time, I didn't understand her struggle. I responded, as many of us do when we can't comprehend something, with frustration and fear. I felt helpless and inadequate as my incredible sister fought her battle alone.

My generation is living in a time when mental health is more recognised than ever. I have witnessed the power that comes with starting a conversation, or becoming more informed. But this is just the first step. More needs to be done to offer people tangible support. We often feel out of our depth when it comes to mental health because one size does not fit all when responding to it.

I want future generations to be taught how much mental health matters. My hope is that support will be more accessible, and that those in need will feel listened to and hopeful that their situation can change. Every individual is worthy of a life beyond their pain.

Yours,  
**Clara, aged 17**



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## Letters from teenagers

*'Gentrification has sailed into the area I grew up in'*



**Dear London,**

Recently, I posed a question to my mum: 'How do you think gentrification has changed Hackney?' She paused, scanning the past 20 years, spent in this borough. 'It's not as diverse as it used to be.' I remember cruising down Stoke Newington High Street, as a kid, on my scooter, weaving through the women in the niqabs gathered outside the local mosque, who greeted me as I passed – the old uncle in his salwar kameez, gossiping near the barber's shop, who yelled out at me to slow down as I whizzed across the street. This was home. Ten years later, the high street is a hipster's heaven where they crowd around newly opened bars and cafés. The sense of homeliness is lost to the so-called 'improvements' made to the area.

Gentrification has sailed into the area I grew up in, like the ships of empire, and settled for good. Affordable housing has been destroyed, making things harder for locals who were here first. Growing up, watching the diverse environment shift into something more monotonous elicited within me a feeling of displacement in my own community. I no longer felt like I belonged. And behind the screen of glossy apartment complexes and shiny shopfronts, poverty still reigns, lurking in the alleyways between the designer babywear stores and organic cafés.

I have lived here my entire life. You can't just paint over my cultural stamp on this area with your brush of gentrification, because it's people like me who truly represent Hackney.

Yours,  
**Sawdah, aged 19**



**Dear London,**

My school recently sent an email to all the parents saying that if we chose to join Extinction Rebellion or the student strikes, it would be marked as an unauthorised absence. That made me feel like I had to do something. Our schools should be supporting us, helping us do the right thing and respecting our point of view. But they're not. It made me want to fight even more.

We're not doing this to skip school. We're doing it because we don't want to live, and we don't want our children to live, in a world where the Earth is black. We're doing it because we have been shown that the only way to make adults listen is to strike.

I think that schools should let their students strike because, if they are lucky enough to have students who realise that our planet needs help, they should be supporting our convictions, not crushing them. Civil disobedience deserves a merit, not a permission slip. ■

Yours,  
**Philomene, aged 13**

**'We want our schools to respect our point of view'**



Find more from the teens at [instagram.com/timeoutlondon](https://www.instagram.com/timeoutlondon)

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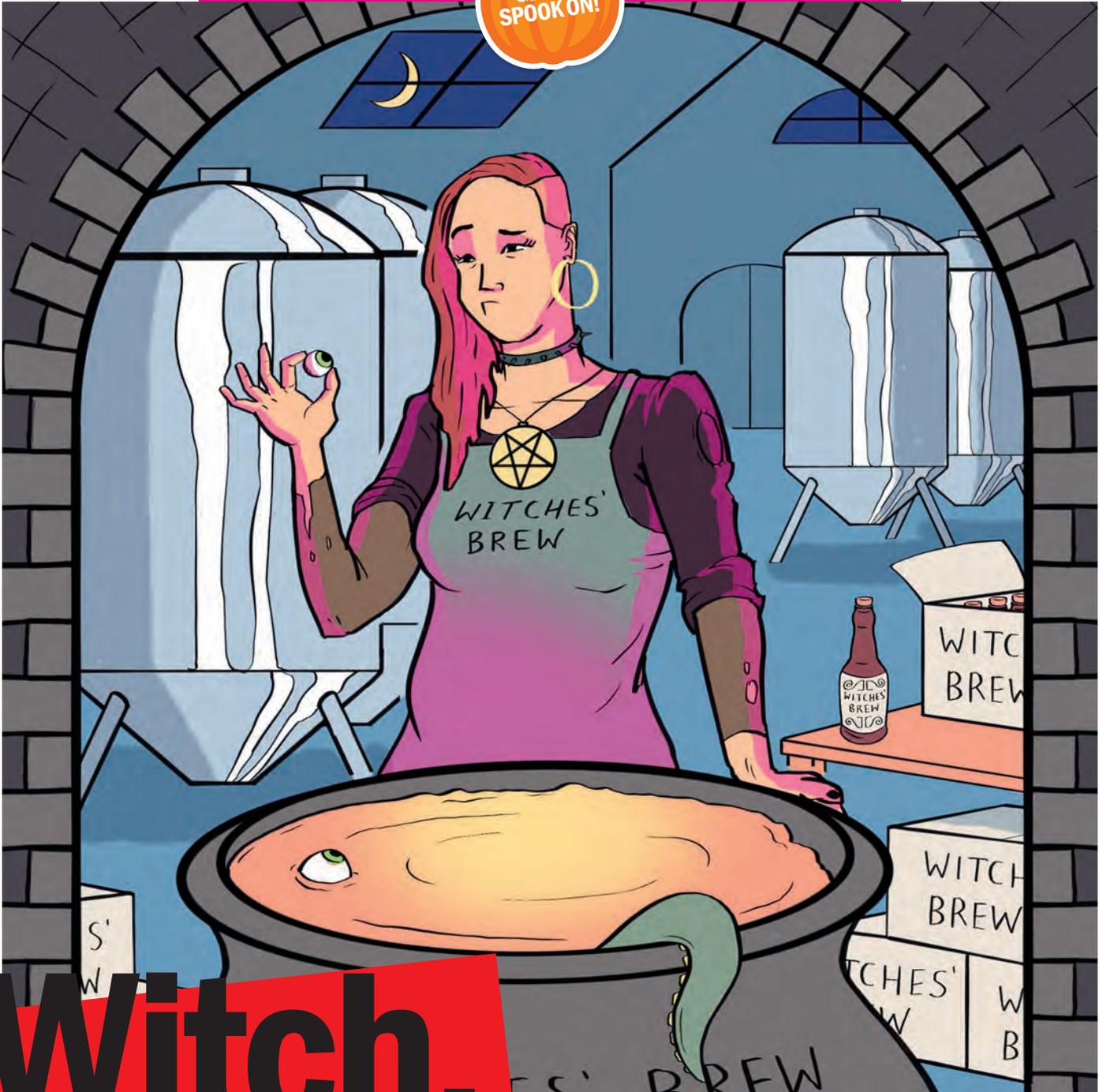


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# Witch, please

London can't get enough of witchy stuff right now. *Angela Hui* picks the wickedest things to do for Halloween and beyond. Illustrations *Dan Leydon*

## The storytelling one

Forget about pointy hats and broomsticks. Learn about really bad witches with award-winning storyteller Giles Abbott. Listen to classic tales including 'The Princess & The Swans', and discover menstruating giantesses in Norse mythology, while you keep warm around a fire at **Queen of Hoxton's** rooftop wigwam. This year it's being transformed into the house of the Wicked Witch of the West. Beats listening to another true-crime podcast, eh?

→ Queen of Hoxton, Shoreditch High St Overground. Nov 6. Free.

## The herbaceous one

Having a hard time sourcing eye of newt, toe of frog and wool of bat? Sod that. Discover the best herbs for a potent love potion or find out which dried flowers will conjure the perfect charm for financial success at **Hedge Witch: Working Magically with Plants** at House of Hackney. It's hosted by scholar and magical practitioner Christina Oakley Harrington, who'll tell you all about the best herbal charms using plant and flower samples, as well as how to communicate with flora spirits. You better be-leaf it.

→ House of Hackney, Old St. Nov 7. £20.





## The X-rated one

Watch **'Legend of the Witches'**, a dramatised documentary on the cult and practice of witchcraft in Great Britain. Director Malcolm Leigh's 1970s film investigates the secrets of initiation into a coven. You see animal sacrifice, scrying (seeing visions), death spells and the chilling intimacy of a black mass. Expect lots of full-frontal nudity, which can make for uncomfortable viewing, but it's a film that you have to watch carefully. Got burning questions afterwards? Stick around for the post-screening panel discussion. Just be sure to leave the flaming stakes at home.

→ Prince Charles Cinema.  
 ☉ Leicester Square. Nov 13. £11.50.

## The drawing one

Show off your best sketching witch face at the **Sketchy Witches Spooktacular Sketch Party**. Not sure what to draw? You can pick portrait prompts from the trick-or-treat bag to get you going. Fancy dress is essential, but strictly no Harry Potter characters (soz, Hagrid). You can BYOB too, which should get the creative juices flowing.

→ The Cartoon Museum. ☉ Oxford Circus.  
 Wed Oct 30. £10.

## The coven party one

Calling all warlocks, wizards and high priestesses. Party the night away with resident mystics and DJs, indulging in astrology,

crystals, cocktails, tarot card and aura reading, and fortune telling. Dance until the early hours at this Halloween bash with **The Stratford Coven** at the Stratford Hotel. After all, when the working day is done, ghouls just wanna have fun.

→ The Stratford Hotel. Stratford DLR.  
 Thu Oct 31. £30.

## The immersive one

Enter the spellbinding world of Backyard Cinema at **Winter Night Garden** where it'll be brewing a special Halloween immersive cinematic concoction. See the 1990 movie adaptation of Roald Dahl's dark fairytale 'The Witches' in all its grotesque glory, featuring a group of children-loathing witches turn kids

into mice. Details on what else to expect are kept strictly under wraps, but the mystery is part of the fun.

→ Capital Studios. Wandsworth Town rail.  
 Sun Nov 3. From £18.99.

## The very Wiccan one

Didn't score Glasto tickets? Don't worry, **Witchfest** will fill that Worthy Farm-shaped hole. Taking place at Fairfield Halls, this witchcraft festival promises a mighty mythological line-up. There will be hourly occult talks from big names in Wicca and workshops on witchcraft, plus live bands, DJs and drummers to keep the party going until the witching hour (well, 2am).

→ Fairfield Halls. East Croydon rail.  
 Nov 9. £37, £15 concs.





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## Let's get witchy



### The cultural one

Opera, electronic music, poetry and dance are all on the cards at this festival which will explore the witchy side of the arts. The nine-day **London Contemporary Music Festival: Witchy Methodologies** is packed with performances inspired by the realm of witchcraft and mysticism – ranging from traditional ghost-dancing to wicked fairytale readings to rites and rituals.

→ Ambika P3. ☉ Baker St. Dec 7-Dec 15.

### The feminist one

Learn about the feminist history of all things witchy with Dr Chris Giudice at his **Occultism and**

**Modernity** lecture, which reveals a huge number of occultists were suffrage activists too. Uncover how occultism squares with the ideals underpinning women's equality and how many of the suffragettes who made great strides were devoted to the Order of the Golden Dawn, a secret society of occultists.

→ Treadwell's Bookshop.

☉ Goodge St. Nov 18. £10.

### The all-day discussion one

Join the **London Fortean Society** for **Haunted Landscape: Magic and Monsters of the British Isles**, a one-day symposium exploring all things magic, monsters and folklore. Authors and researchers will be

taking to the stage to discuss the undead, fairies, witchcraft, witches and the magic of common folk. Prepare to be spooked.

→ Conway Hall. ☉ Holborn. Nov 23. £22.

### The ritual one

It's all happening down by the river. Join an initiated Gardnerian Wiccan high priest for the monthly **Wicca Full Moon Ceremony** underneath the Millennium Bridge. Be a part of the sacred space and get to grips with group magic, spells, chants, drums and energy-raising. Come to bond with your new witchy sisters, stay for the feast afterwards. (FYI, this one's for legit witches only.)

→ Under Millennium Bridge. ☉ Blackfriars. Nov 12. £5, £3 concs.

### The cult one

**The Final Girls**, a collective that delves into the intersection between horror and feminism, is hosting the last event of **Here Be Witches**, a month-long season at The Horse Hospital that explores witches in TV and film through screenings, discussions and podcasts. Going out with a bang, they've curated a programme of short films that showcase witch cults and show how witches are represented in folklore and pop culture. It's going to be wicked. ■

→ The Horse Hospital. ☉ Goodge St. Nov 27. £10.

Find more spooky activities at [timeout.com/halloween](http://timeout.com/halloween)

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**What's exclusive?** Our offer will set you back just £10.

→ Tortilla. ⊖ Oxford Circus. Until Jan 30 2020.  
[www.timeout.com/tortilla](http://www.timeout.com/tortilla)

### 'War Horse'

**What is it?** An unforgettable theatrical experience following a sold out National Theatre run.

**Why go?** Based on the novel by Michael Morpurgo, this is a powerful, imaginative drama. At its heart are Handspring Puppet Company's life-sized horses – and they need to be seen to be believed.

**What's exclusive?** Tickets start at just £19.50 each.

→ Wembley Park Theatre. ⊖ Wembley Park. Select dates until Nov 22. [www.timeout.com/warhorse](http://www.timeout.com/warhorse)

### 'Escape from Planet Trash'

**What is it?** A festive must-see from famed queer party pioneers Sink the Pink.

**Why go?** This raucous new show follows a motley crew living on the most dangerous planet – a dumping ground for the universe. Expect a brilliant live score, drag, comedy and a whole lot of laughs.

**What's exclusive?** Tickets are 33 percent off, now just £20 each.

→ The Pleasance Theatre. ⊖ Caledonian Rd. Select dates until Nov 30. [www.timeout.com/trash](http://www.timeout.com/trash)

### London Health and Wellbeing

**What is it?** A consultation and a 60-minute deep tissue massage.

**Why go?** Feeling tense is par for the course in this hectic city of ours. De-stress with 60 minutes of pure bliss at this salon near Spitalfields, where the expert clinicians will get to work on those pesky knots and contracted muscles. And... *relax*.

**What's exclusive?** You'll be saving 69 percent – it's now just £27.

→ London Health and Wellbeing. ⊖ Liverpool St. Until Dec 31. [www.timeout.com/deeptissue](http://www.timeout.com/deeptissue)

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# Things to Do

Edited by Katie McCabe  
timeout.com/thingstodo @timeoutlondon

GET YA  
SPOOK ON!

## Play your (tarot) cards right

Look to the future with these tarot reading sessions

### Mysteries of the Tarot Revealed

Curious about cartomancy (card-based fortune telling)? Try this beginners' tarot course at Helgi's, a rock music-blaring bar on Mare Street that's covered in psychedelic art. Each week, the instructor will touch on everything from high magick to Jungian philosophy and astrology, illuminating the history of the cards. You can drop in at any point and pick up some tarot tips. It's only £5 a class, so your future doesn't have to be cash-strapped. → Helgi's, London Fields Overground. Wednesdays, until Nov 20. £5.

### Night of Tarot

Superstitious Victorian Londoners were fascinated by fortune telling. So there's no better setting to get your cards read than Mr Foggy's Gin Residence, a bar inspired by Jules Verne's adventure novel 'Around the World in 80 Days', with big Chesterfield sofas, upturned tea chests for tables and penny farthings hanging from the ceiling. On Halloween night, the nineteenth-century ephemera will be joined by mystics and magicians.

Look into your future and watch sleight of hand with a champagne cocktail in yours. This is New Age mysticism with a vintage feel.

→ Mr Foggy's Gin Residence. ☉ Green Park. Thu Oct 31. Free entry, reserve your table in advance.

### Halloween at Brew Club: Exhibitions and Tarot Readings

Spend Halloween at craft beer hotspot Brew Club, which is filling its Clapton warehouse with enough bone-chilling artwork and tarot antics to leave even Mystic Meg hot under the collar. Grab a themed cocktail and get spooked by the work of sculptor Taryn O'Reilly, whose past creations have included severed tongue ornaments and oozing ceramic heads. Follow it up with a free tarot reading from 'mysterious Claire' to find out what the future holds.

→ Brew Club, Hackney Central Overground. Thu Oct 31. Free.

### Tarot Reading Halloween Party

For a more laid back tarot session, follow the pack to Deptford High Street where The Job Centre is holding a tarot-themed Halloween night. Visit a local mystic, who'll be dealing decks to see into your future. Proceeds will go to local charity Deptford Action Group for the Elderly, so you'll earn yourself some good karma, even if you get a bad fortune.

→ The Job Centre, Deptford rail. Fri Nov 1. Free.

### Tarot at the Museum

Move over, Professor Trelawney. Divination guru Clover Peake was taught tarot, palm reading and psychometry (object reading) by her Dublin grandmother Biddy Black, and really knows her shit. Peake has been performing psychic readings for over 20 years. You'll find her huddled away in the eccentric Viktor Wynd Museum of Curiosities, which along with shrunken heads, erotica, skulls and taxidermy has its own occult temple, The Gnostic Temple of Agape.

→ Viktor Wynd Museum of Curiosities, Cambridge Heath Overground. Nov 7 and Dec 5. £20.



See what else is on the cards  
[timeout.com/tarot](http://timeout.com/tarot)

## EDITORS' PICK

### Mystical shops

Get some tarot  
paraphernalia  
of your own at a  
Wicca-friendly shop

#### The Astrology Shop

This Covent Garden gem is full of crystal balls and dreamcatchers. As well as new and used tarot decks, you can get personalised horoscopes on the spot, which come in poster form.

→ 78 Neal St.  
☉ Covent Garden.

#### Wicca Moon

A group of female Wiccans run this Eltham shop, which sticks out from the usual stores in the area. On shelves packed with potions, you'll find exclusive tarot cards illustrated by local artists.

→ 50 Well Hall Rd. Eltham rail.

#### The Atlantis Bookshop

Run by a mother and daughter team, Atlantis is London's oldest independent occult bookshop. It hosts regular events and stocks illustrated new and second-hand tarot cards.

→ 49a Museum St.  
☉ Holborn.



#### Tarot: Readings of the Past, Present and Future

Head along to a candlelit tarot reading from fashion designer-turned-fortune teller Fiongal Greenlaw. He turned to tarot to escape from the pressures of modern life and reckons half an hour with the cards can help you renew your sense of direction in life. If you want to come at tarot from its newfangled 'wellness' angle, this is the one.

→ House of Hackney, Shoreditch High St Overground. Nov 10 and Nov 17. £25.

#### Tarot for Absolute Beginners

Don't know The Hermit from The Hanged Man? No sweat. This occult boutique bookshop puts on regular tarot courses so you can get to grips

with your major and minor arcana. This session, concentrating on the minor or lesser secrets, is led by professional tarot reader Sue Terry, who'll give you the low-down on the four suits of the tarot deck, its symbolism and how to perform readings. Bring your own deck of cards and strap in for four hours of fortune-telling fun. If you'd rather dive straight into your own divination, the shop also offers in-depth one-to-one tarot sessions with its crack team of readers. ■

→ Treadwell's. ☉ Goodge St. Nov 30. £40.  
Readings daily at various times. £40-£70.



By Alexandra Sims  
Who lacks second sight,  
but her first is 20/20.



# Six ill-advised places where you used to be able to smoke in London

If lighting up anywhere indoors seems weird these days, you'll balk at the idea of smoking in these spots

It's been 12 years since the smoking ban came in, and memories of being soused in strangers' smoke are a distant-ish memory. Join us as we reminisce about some of the very worst places where smoking was once commonplace.

**1 Hospitals**  
Look, if you're addicted to smoking, it's obviously going to take more than the knowledge you're having a fag

somewhere brutally ironic to stop you. Nonetheless, it is completely symbolically deranged that until 2007 you were allowed to do something so atrociously bad for your health within the confines of an actual hospital.

**2 The Underground**  
The history of smoking on the tube is surprisingly convoluted. It was actually banned at the start (back in 1863!), but a public campaign revolving around

the weird argument that the fumes from the trains were worse for you than the fumes from the cigarettes overturned this a few years later. Smoking carriages – basically like travelling in a hot box – persisted until 1984.

**3 Courts**  
In 2006, judges warned the Lord Chancellor that the imminent smoking ban would pose a grave threat to the criminal justice system as jurors and defendants who were smokers would become dangerously distracted. Turns out, the justice system did not collapse.

**4 Planes**  
Those light-up 'no smoking' signs on planes aren't just a piece of overzealous rhetoric – it wasn't until 1998 that British Airways formally banned smoking on flights. That was towards the end of a sluggish global response that had seen the world's airlines give a big fat 'meh' to banning cigarettes. Until public opinion eventually forced them to do the right thing.

**5 Restaurants**  
Food is that thing you taste, right? And cigarettes are those things that stop you tasting, right? Quite aside from the fact that smoking tables rendered restaurants loads less family-friendly, puffing away though a meal rendered food less eating-friendly, which was extremely silly.

**6 Pubs and clubs**  
Maybe – just maybe – there was a bit of charm to the smoky atmosphere of the old-school British pub. On the flip side, you absolutely hummed after you'd been there: 'going out' in London was synonymous with 'absolutely reeking'. That went triple for clubs, in which people would try and hook up with other people while everyone stank of the grave. Now we're all at least 10 percent sexier as a species.



→ For a fully smoke-free life, consider giving up the cigs for good

# SOMETHING FOR THE WEEKEND

## Friday



### Alexandra Palace Fireworks Festival

It's not free, but you get a lot of bangs for your buck at these incredibly elaborate fireworks. Look out for the cinema, the German Bier Festival and a pagan fire-lighting ritual.

→ Alexandra Palace. Alexandra Palace rail.  
Fri Nov 1-Sat Nov 2. £12.50.

### EXPLORE People's Landscapes Late

Gather with a load of artists at an after-hours event in a big ol' Tudor house for a performance from Bob and Roberta Smith and creative workshops.  
→ Sutton House.  
Hackney Central Overground.  
Fri Nov 1. £5.

### CELEBRATE Day of the Dead Festival

The Mexican Embassy has teamed up with Camden Market to give it a proper Día de Los Muertos makeover with shrines designed by Mexican artists.  
→ Camden Market. ☉ Camden Town. Thu Oct 31-Sun Nov 3.  
Free, some ticketed events.

## Saturday

### LISTEN Patti Smith in Conversation

The Godmother of Punk will be sitting down to discuss her new memoir 'Year of the Monkey', then lifting things up with a short live set.  
→ Central Hall Westminster.  
☉ Westminster.  
Sat Nov 2. £39.99.

### SHOP Bergamotte Pop-Up Jungle

Get tiny cati you don't really need at a market with 4,000 plants.  
→ Dray Walk Gallery.  
Shoreditch High St Overground.  
Thu Oct 31-Sun Nov 3. Free.



### Sex Standing Up Comedy

Give some awkward applause to funny stories about people getting the clap at this frank comedy night held in a sex toy emporium.

→ Sh! Women's Erotic Emporium. ☉ Old St.  
Sat Nov 2. £12.50.

## Sunday

### Deptford X

Mark the final day of this free, sprawling community arts festival by joining a carnivalesque 'Parade of Friendly Monsters'. Bring horns, drums, masks, or just your own monstrous grimace.

→ Parade begins at Fordham Park. New Cross Overground.  
Sun Nov 3. Free.



More bonfires and big bangs at [timeout.com/fireworks](http://timeout.com/fireworks)

### PLAY The Gridiron London Games Party

The 'other' football has arrived. Catch the NFL action on big screens and stick around for a post-game party in a bowling alley.  
→ Bloomsbury Bowling Lanes.  
☉ Russell Square.  
Sun Nov 3. £5.

### WATCH Boxing Film Festival

Get sucker-punched by bloody sports movies at this fest headlined by Ray Winstone.  
→ Genesis Cinema.  
☉ Stepney Green.  
Sat Nov 2-Sun Nov 3. £10.

DEPTFORD X: SARAH BROWNE/THE SHAMBLES OF SCIENCE. 2019 PRODUCTION STILL BY JOSHUA ANLETT



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# PLAY WELL

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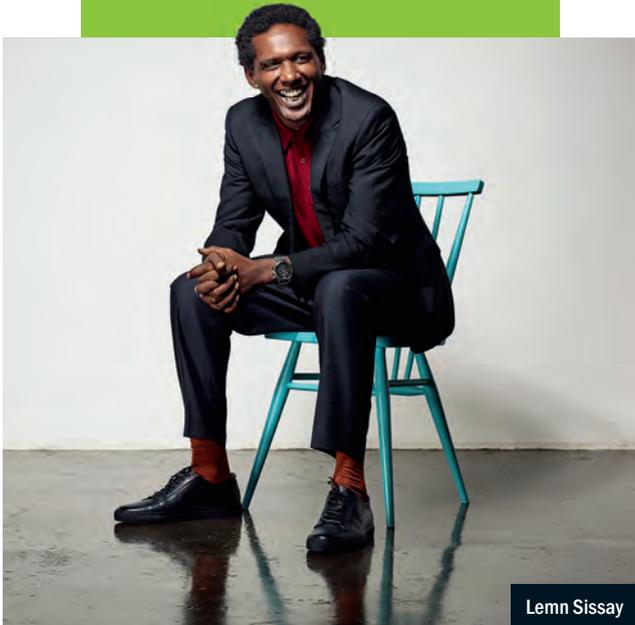
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**DON'T MISS**

# Tottenham Literature Festival



Lemn Sissay

**YOU'LL ALREADY KNOW** about Tottenham's home-grown musical talent. The likes of Adele, Skepta, Wretch 32 and Chip all hail from N17, and its DIY clubs are pumping new energy into the city's nightlife. Now, the area's literary heritage is finally entering the spotlight with the first Tottenham Literature Festival. Over five days, the festival will be focusing on writing by and about Tottenham locals, putting a strong emphasis on work by black writers and championing the area's up-and-coming literary stars. Poet Lemn Sissay will open the festival with a rare performance of his one-man play 'Something Dark', which tells the story of his upbringing in foster care and his search for identity. Emma Dabiri, author of 'Don't Touch My Hair', will talk about the history of black women's hair at the event Fros, Rows & Prose, while poets Caleb Femi and Yomi Sode will address the experiences of black boys and men in London at Poetry of the Mandem. Candice Carty-Williams, author of the best-selling novel 'Queenie', will join a panel of black female writers to discuss the joys and challenges of writing about race, gender and class. There'll be writing workshops, gigs, film screenings and a pop-up book market in the mix too. We love you Tottenham, we do... ■ *Alexandra Sims*

### WHAT IS IT?

A brand new festival of words in Tottenham.

### WHY GO?

To see big-name writers like Lemn Sissay, and to hear from new ones.

→ Bernie Grant Arts Centre.

⇄ Seven Sisters.

Fri Nov 1-Nov 9. Prices vary.

Find more lit events at [timeout.com/thingstodo](http://timeout.com/thingstodo)

LEMN SISSAY: HAMISH BROWN

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The Postal Museum

*A Huge Fireworks Gathering featuring:  
Laser Display - Nocturnal Village with Streetfood - Lords of Lighting  
Bonfire - Bars & Entertainment Areas - Fairground*

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**FIREWORKS**  
*Spectacular*

**SATURDAY 2<sup>ND</sup> NOVEMBER 2019 - CRYSTAL PALACE**  
**5PM - 10.30PM**

[WWW.FIREWORKSSPECTACULAR.CO.UK](http://WWW.FIREWORKSSPECTACULAR.CO.UK)

**Advertisement feature**

# Next-level lates at Samsung KX

Time Out's 16-week programme of quirky events is in full swing! Make sure you grab your tickets for these after-work highlights happening at Samsung KX in Coal Drops Yard

### Playlist Dating

**When?** November 21, 7pm

**How much?** £10 (includes a drink)

**What is it?** If you're on the hunt for your other half, then this offbeat alternative dating event might just be your vibe. Bring along some headphones and your phone, and get ready to share your favourite tunes.

### Short Film Screenings

**When?** November 28, 7pm

**How much?** £10 (includes a drink)

**What is it?** Kick back with a beer



at an evening of indie films by Shorts on Tap: a London short film community making waves with their on-point selection of fab films.

### Silent Disco

**When?** November 29, 7pm

**How much?** £10 (includes a drink)

**What is it?** At this party, you'll get a set of wireless headphones which can be tuned into one of

three different channels. Our tip: keep your eyes peeled for the coloured lights (red, green and blue) on the headphones because if you see them all switch to the same one, chances are that you're missing an absolute banger.

## #SamsungKX

→ Find out more about Samsung KX at [www.samsung.com/uk/kx](http://www.samsung.com/uk/kx)

→ To buy tickets, visit [www.timeout.com/samsungkx](http://www.timeout.com/samsungkx)

TOP SEVEN

# Terrifying ways to spend Halloween night

Protest All Hallows' Eve landing on a Thursday by going out and scaring yourself stupid



PopHorror party



## 1 Climb aboard the Frightanic

Spend your Halloween with slippery seamen at **Frightanic - PopHorror's Nautical Nightmare**, a deep sea disco at the Royal Vauxhall Tavern. There'll be grotesque drag, gore and more fake blood than a Hammer Horror film set.

→ Royal Vauxhall Tavern. ☹ Vauxhall. Thu Oct 31. £12.

## 2 Fall on the ice in fancy dress

**Skylight Rooftop** is having boozy ice skating event, so you can dress up and make a tit of yourself on the rink. Or, you can leave it to pros Birmingham Ice Freestylers, who'll be performing on the night. There are prizes for costumes, so make an effort if you want to reign supreme on your blades of glory.

→ Tobacco Dock. Shadwell Overground. Thu Oct 31. £10, which includes a welcome cocktail. Skating: £12 for 45 mins.

## 3 Whizz down a zip wire in the dark

What could be scarier than racing across treetops in the dead of night? At **Go Ape Sundown**, you can spend Halloween flying down zip wires, taking leap-of-faith Tarzan swings and trembling treetop crossings. No need for you to dress up, the unflattering harness will make you look just as stupid as any cat costume.

→ Go Ape Alexandra Palace. Alexandra Palace rail. Go Ape Battersea Park. Battersea Park Overground. Until Fri Nov 1. From £18.

## 4 Hear a creepy kid whisper 'seven days'

Grab a tub of popcorn to hide behind at Flat Iron Square's free **Halloween screening of 'The Ring'**. The 2002 English-speaking remake of the Japanese horror classic 'Ringu' (starring Naomi Watts) tells the story of a killer VHS tape that summons the terrifying spirit of

a young girl to come and kill you seven days after you watch it. Cheers for that, Samara.

→ Flat Iron Square. ☹ Southwark. Thu Oct 31. Free, register in advance.

## 5 Face the reality of the B-word

**The End of the World Brexit Party** is a one-night-only blowout to mark our country's political armageddon. The night will be held in the same venue as the immersive, apocalyptic 'War of the Worlds' experience, so you'll be stepping into alien territory in more ways than one.

→ 56 Leadenhall St. ☹ Aldgate. £12, entry to the party only.

## 6 Take a tour of a 'haunted' building

Fancy something artsy for All Hallows' Eve? Visit the surreal London members' club Vout-O-Reenee's to see it transformed into

the **'Vout-O-Screamies'**. Take a ghost tour of its supposedly haunted building, watch a short horror film and stay for a reading of Tim Wells's pulp skinhead horror 'Moonstomp'.

→ Vout-O-Reenee's. ☹ Tower Hill. Thu Oct 31. £5.

## 7 Visit a goth paradise

Settle in for some **Gothic Stories for Grown Ups** in the home of a dead Earl (the gothic novelist Horace Walpole). Located in the depths of Twickenham, Strawberry Hill House is like a Disney palace decorated by The Cure. Go and explore the nooks and crannies of its extremely extra gothic interior while hearing grim tales about Walpole's past. ■

→ Strawberry Hill House. Strawberry Hill rail. Thu Oct 31. £18.

More top scares at [timeout.com/halloween](http://timeout.com/halloween)

IN PICTURES

‘Portrait of a London Road: 1904, 1975, 2019’

A new photography exhibition captures London Road in Elephant & Castle at three very different points in its history

1904 ↓

L Wirth Butcher, photographed by Ernest Miller, a surveyor tasked with recording London Road after the opening of the Northern line.

1975 →

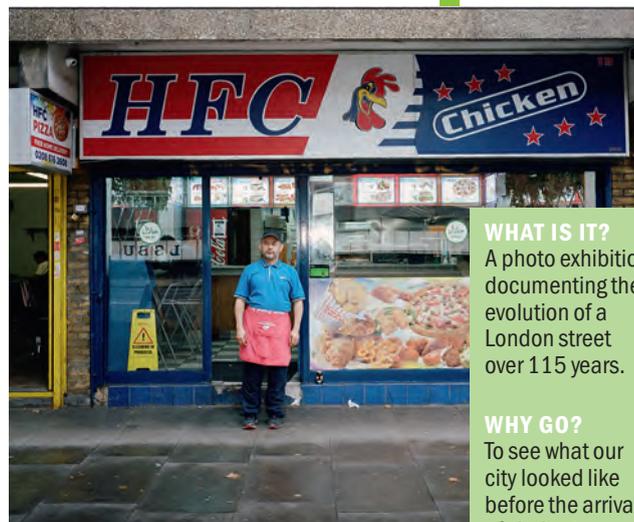
The owners of Wright’s Traders’ Supplies, formerly at 43 London Road, are seen in this photograph by Bruce Rae, whose recently discovered archival images documented the area’s local businesses and their shopfronts.



2019 ↓

HFC Chicken is standing strong in Elephant & Castle today, photographed by Robin Christian, curator of the London College of Communication History Project.

More photo shows at [timeout.com/photography](http://timeout.com/photography)



**WHAT IS IT?**  
A photo exhibition documenting the evolution of a London street over 115 years.

**WHY GO?**  
To see what our city looked like before the arrival of chain stores.

→ London College of Communication.  
⊕ Elephant & Castle.  
Mon Nov 4-Jan 15 2020.  
Free.

**SAMPLE SALE**

Bedlinens  
Towels  
Bathrobes  
Nightwear  
Deco accessories

Ralph Lauren  
Kenzo  
Yves Delorme  
Laurence Tavernier  
Monogrammed linen shop

12pm - 8pm  
Wednesday  
30th Oct 2019

8am - 8pm  
Thursday  
31st Oct 2019

The Music Room  
26 South Molton Lane,  
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Nearest tube : Bond Street

up to 70% off retail price.

1904 IMAGE: (L) ED LONDON ROAD, 1904. ERNEST MILLER, COLLECTION: UAL ARCHIVES AND SPECIAL COLLECTIONS CENTRE. (R) THE IMAGE: WRIGHT'S TRADERS' SUPPLIES, 43 LONDON ROAD. © BRUCE RAE, LONDON COLLEGE OF COMMUNICATION, 1975. COLLECTION: UAL ARCHIVES AND SPECIAL COLLECTIONS CENTRE. 2019 IMAGE: HFC CHICKEN, 19 LONDON ROAD, 2019. © ROBIN CHRISTIAN, COLLECTION: UAL PHOTOGRAPHY AND THE ARCHIVE RESEARCH CENTRE

SPARK UP

**S Crystal Palace Park Fireworks**

With brand new organisers this year, Guy Fawkes night in the dinosaur-filled park is looking special. Arcadia's Lords of Lightning (disco knights throwing bolts of electricity at each other) will perform during the display. Stick around for DJs, a funfair and a huge street food market.  
 → Crystal Palace Park.  
 Crystal Palace Overground.  
 Sat Nov 2. From £9.

**E Victoria Park Fireworks**

The People's Park is lighting up the sky in Tower Hamlets with a display themed around the fiftieth anniversary of the Apollo 11 moon landing. There'll be music, soundscapes, spoken word, storytelling and special effects. Expect a night straight out of this world.  
 → Victoria Park. ☉ Mile End.  
 Sun Nov 3. Free.

**W Ravenscourt Park Fireworks**

As its sister event in Bishops Park won't be taking place this year, all eyes will be on Ravenscourt Park's family-friendly bangs and sparks. Expect a funfair and food stalls, along with the main display at 8.30pm.  
 → Ravenscourt Park.  
 ☉ Ravenscourt Park.  
 Sat Nov 2. £8.30.

**E Fireworks Night at the ArcelorMittal Orbit**

Can't decide which display to go to? Watch them all from the Olympic Park's tallest structure, which will be staying open late. The slide will be open too, so you can take a night-time ride.  
 → ArcelorMittal Orbit.  
 ☉ Stratford. Sat Nov 2. £19.95.

TO DO

The best events in your area

C Central N North S South E East W West

**SATURDAY TICKETS SOLD OUT**

**ALLY PALLY'S FIREWORKS FESTIVAL**

Live Music & DJs ft. Rob da Bank & Jazzie B **1st & 2nd Nov**  
 Luna Cinema, German Bier Fest, Ice Rink, Street Food, Family Fun & one big ol' Bonfire... see you up there!

Tickets from £8 plus booking fee  
**FIREWORKS.LONDON**

Via: ☉ Wood Green  
 ☉ Alexandra Palace

GET SPOOKED

**C Handel & Hendrix at Halloween**

Stay after-hours for this candlelit late at the musical museum. You'll be treated to live opera, death drawing workshops, tarot reading and face painting on the night.  
 → Handel & Hendrix in London.  
 ☉ Bond St. Fri Nov 1. £20.

**S Scare Night at Charlton House**

Make your Halloween dreams come true and sleep over in a haunted house. The 'grey lady' is said to roam Charlton House and paranormal activity has been witnessed here. Stay over to watch a scary movie with pizza and see if you can make it through to breakfast the next morning.  
 → Charlton House. Charlton rail.  
 Fri Nov 1. £20.

**S 'Buffy the Vampire Slayer': The Bronze is Back**

Sing along to '90s karaoke, watch 'Cruel Intentions' and see a singing troupe perform songs from the episode 'Once More With Feeling' at this Buffy extravaganza.  
 → Upstairs at the Ritzy.  
 ☉ Brixton. Fri Nov 1. £8.

DRINK

**S Wandsworth Common Beer & Cider Festival**

Sip on suds at the eleventh edition of this booze fest, where more than 150 beer and craft cider-makers will show off their products in the beautiful Grade II-listed Royal Victoria Patriotic Building.  
 → Le Gothique.  
 Clapham Junction Overground.  
 Wed Oct 30-Sat Nov 2. £5.

BUY

**E Bergamotte Pop-up Jungle**

Got houseplant hysteria? This market has 4,000 plants up for grabs, starting at just £2 each. Stock up on succulents and ferns, and ask any botanical care questions to the plant experts on hand.  
 → Dray Walk Gallery.  
 Shoreditch High Street Overground.  
 Thu Oct 31-Sun Nov 3. Free.

**N Handmade in Highgate**

Pick up beautiful handcrafted gifts for your gaff at this designers' fair. Plus, get the chance to snoop around the historic Literary and Scientific Institution, which is usually off-limits.  
 → Highgate Literary & Scientific Institution. ☉ Highgate.  
 Fri Nov 1-Sun Nov 3. Free.

EXCLUSIVE

Get half-price tickets to 'Dirty Dancing and Me' – award-winning comic Katy Brand live in conversation on sex, love and responsibility. Now just £15.

TIMEOUT.COM/KATYBRAND

Sparkling good times at [timeout.com/fireworks](http://timeout.com/fireworks)

# Film

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

## FILM OF THE WEEK

# Sorry We Missed You



**IT WAS ONLY** ten years ago with 2009's larky 'Looking for Eric' that Ken Loach was able to show us a man – a deliverer of parcels and letters – who seeks refuge in his workplace. It was a place of camaraderie and solidarity in an otherwise troubled life. Loach's latest, set in Newcastle, is almost the reverse, a damning and far darker film. Ricky (Kris Hitchen), is a Salford-born delivery driver for a private parcels firm, and his wife, Abbie (Debbie Honeywood), works as a carer. But whenever family life seems to be coming together for them, the world of work pushes them ever closer to the edge.

For both of them, but especially for Ricky, work is rarely rewarding or empowering. It's degrading and damaging, especially when it comes to their relationships with each other and their school-age kids. The entire family's mental health suffers as vulnerable son Seb (Rhys Stone) and even glass-half-full daughter Lisa (Katie Proctor) struggle alongside their exhausted and wrung-out parents. The film begins with Ricky signing up to a new job, dropping off parcels at breakneck speed around the city. But it's an app-driven posting – a gig-economy non-job – that comes with next to zero benefits: no contract, no confirmed earnings and, worst of all, a series of penalties that kick in if you don't toe the line or meet targets. Falling sick or even getting a flat tyre would be catastrophic.

'Sorry We Missed You' returns us to the same modern Newcastle of 'I, Daniel Blake'. You can imagine glancing at the characters from the latter

in the wing mirror of the gleaming white van that Ricky drives all over the city. It feels like a companion piece to that 2016 film. It's the same world, with a different story, and there are specific ways, too, in which the films talk to each other. Work-world jargon is spoken over the blacked-out opening credits, the drama of graffiti is hard to ignore and a key scene shows a main character pushed to a dehumanising breaking point in public. What's different is the detail with which Loach and his collaborators examine the effects of work and society on the nuclear family. The film's tragedy is that no amount of love and goodwill can save us when the cards are so horribly stacked against us.

The film's title, of course, apes the faux-friendly message left on doormats everywhere by parcel delivery firms. But here it also nods to the left behind, to the overlooked, to the forgotten. Loach and his team (including his long-time writer Paul Laverty) demonstrated a new urgency in their work back in 2016 with 'I, Daniel Blake'. You can feel it again with this powerful, bleak film. It's acutely of-the-moment, but also carries within it the same question that Loach has been asking for more than 50 years: does life really have to be like this? ■



**By Dave Calhoun**  
Who is also sorry he missed you  
(if you've been trying to reach him).

### WHAT IS IT...

A drama about a couple struggling to make ends meet on zero-hour contracts.

### WHY GO...

For a searing and emotional takedown of the gig economy.

→ Director Ken Loach (15)  
101 mins.



All the biggest new films reviewed at [timeout.com/film](https://www.timeout.com/film)

## TIME OUT MEETS

### Ken Loach



#### The Brit director on his new drama and Brexit

**What was the spark for this story?**

'It was visiting food banks on "I, Daniel Blake" and realising that a lot of people who were going were actually working. Jobs have gone from being secure to insecure, and new technology means people are just exploited harder.'

**Do you think cinema is doing enough to flag social issues?**

'The balance is never right, but it's not just social realism versus superheroes. We could have a range of films that's as broad as a library, but instead you have a very small section of airport novels. Because they're made as commodities, they're not made to communicate.'

**You've talked about retirement in recent years. This doesn't feel like the film of a man losing...**

'His marbles?' [Laughs]

**I was going to say your passion for filmmaking.**

'No, this was a story Paul [Laverty, the screenwriter] and I felt compelled to tell. Have we talked about our next project? Not really. I'm going to sort the garden. It's in a bit of a state.'

**Does it feel like a strange time to release the film?**

'Very strange. Brexit is a distraction but it goes to the heart of what we're talking about [in the film]. The free market is causing these problems but Boris Johnson and his gang will intensify them. I voted for Remain but it's a difficult issue.'

**Apparently, Boris Johnson once pitched a film called 'Mission to Assyria' to a 'distinguished director'. Can we take it that wasn't you?**

[Laughs] 'I think you can take it that wasn't me.' ■

*Interview by Phil de Semlyen*



KEN LOACH: ANDY PARSONS

## Film

# Western Stars



### WHAT IS IT...

A Bruce Springsteen concert doc with a difference.

### WHY GO...

To get up close and personal with The Boss.

→ Directors Bruce Springsteen and Thom Zimny (PG) 83 mins.



**IT'S BEEN THE** year of The Boss at the cinema, with the transformative power of Bruce Springsteen's anthems driving the story of not one but two narrative features, 'Blinded by the Light' and 'Thunder Road'. The man himself steps into the spotlight with 'Western Stars', a hybrid of concert movie and short film anthology backdropped by John Ford landscapes. Even non-Bruce fans won't feel Boss-tracised by this intimate showcase of the man and his music.

The meat of the film sees the 70-year-old performing his latest album in his own barn. The building is, he says, 'like a fine instrument' – a spiritual place where musical magic seems almost certain to unfold. He has a full orchestra, a band of old collaborators and guitarist (and wife) Patti Scialfa alongside. With cameras swooping across the space, it all feels like a front-row seat at the world's most exclusive gig.

Sure enough, magic does ensue. But it's the cutaways between songs that stitch it all together with an emotional thread that charts its subject's struggles over the decades. He's a self-effacing host ('This is my nineteenth album and I'm still writing about cars') and a candid one, opening up about heartbreaks in mini-movies full of bleached photos, widescreen Americana (he wasn't kidding about the cars) and philosophical voiceovers. And the songs? They're like mini-movies in themselves, full of over-the-hill cowboys and sozzled stuntmen. Close your eyes and you could be watching an old western. ■ *Phil de Semlyen*

# The King



### WHAT IS IT...

Timothée Chalamet plays Henry V in a fresh take on Shakespeare.

### WHY GO...

For the epic, widescreen battle sequences.

→ Director David Michôd (15) 140 mins.

NEW ON NETFLIX



**A MEATY PIECE** of historical drama, 'The King' mixes power plays, canny twists and brutal battles with a refreshing lack of deference for Shakespeare's Henriad on which it's loosely based. Purists may scream heresy, but director David Michôd has done something genuinely fresh with this oft-told piece of English lore.

Timothée Chalamet plays Prince Hal. He's heir to the English throne but is much more interested in boozing in grimy Eastcheap with his old pal John Falstaff (Joel Edgerton) than fronting up. But when his brother is killed, he has to dry out, get a haircut and assume his responsibilities.

Hal's conversion from libertine to leader is thinly sketched – the haircut has to do a lot of work here – but Chalamet executes a smart gear change, cranking up the sense of a man troubled by what's expected of him. Also worrying him is the conflicting advice of his counsellors and the warmongering French, embodied by a riotous Robert Pattinson as the *Engleesh*-taunting Dauphin. Agincourt, of course, awaits them all.

Edgerton is great as a war-weary Falstaff who's a mile away from Shakespeare's creation, while Chalamet adds a string to his bow as a king who fancies himself as liberal-minded but worries that, deep down, he's just his dad with better cheekbones. Replacing the Agincourt speech from 'Henry V' proves no easy task, but for the most part, Michôd and co-writer Edgerton pick the idea of English exceptionalism with smarts. It's a stirring reinvention. ■ *Phil de Semlyen*

## THE TEN BEST POP-UPS AND FESTIVALS THIS WEEK



**10 'The Shining'**  
Watch Jack Torrance losing it in an ornate ballroom in an *actual* ballroom. Whoa, right?  
→ Rivoli Ballroom. Crofton Park Overground. Thu Oct 31, 8pm. £13.

**9 'The Thing'**  
Grab your flamethrower (don't) and head to E17 for a screening of John Carpenter's icily iconic horror sci-fi.  
→ Stow Film Lounge.  
⊖ Walthamstow Central. Thu Oct 31, 8pm. £8.50.

**8 'Under the Skin' + Q&A**  
Michael Faber chats about his book and Jonathan Glazer's adaptation as part of an Ink on Screen season.  
→ Regent Street Cinema.  
⊖ Oxford Circus. Wed Oct 30, 6.15pm. £12.

**7 'The Exorcist'**  
If William Stone-cold Friedkin's horror classic doesn't give you shivers this Halloween, seek medical attention.  
→ The Castle Cinema. Homerton Overground. Thu Oct 31, 9pm. £10.

**6 'The Rocky Horror Picture Show'**  
Spook seekers: remind yourself of the magic of the time warp with this camp classic.  
→ Picturehouse Central.  
⊖ Piccadilly Circus. Thu Oct 31, 9pm. £18.90.

**5 'The Hunger'**  
Go for a rare screening of Tony Scott's cult vampire favourite, stay to party at the epic HallowQueen Ball.  
→ The Fox & Firkin. Ladywell rail. Sat Nov 2, 8pm. £10.

**4 Final Girls Berlin Film Festival**  
A showcase of new horror cinema created by women.  
→ Deptford Cinema.  
⊖ Deptford Bridge. Thu Oct 31, 7.30pm. £6.

**3 'Drag Me to Hell'**  
Check out Sam Raimi's underrated, prescient, credit-crunch horror gem.  
→ Prince Charles Cinema.  
⊖ Leicester Square. Wed Oct 30, 6.20pm. £10.

**2 'Little Shop of Horrors'**  
Houseplants have never been so gruesome as they are in Frank Oz's giddy Baby Bio-pic.  
→ BFI Southbank. ⊖ Waterloo. Fri Nov 1, 8.30pm. £13.75.

# 1

## 'The Silence of the Lambs'

Taste Film is promising that the four-course meal accompanying its screening of 'The Silence of the Lambs' does not feature a census taker. It's not cheap, but it will be delicious. Quid pro quo, Clarice.

→ Parlour Kensal. ⊖ Kensal Green. Tue Oct 29, 7pm. £55.

WESTERN STARS: ROBBIE MARTIN/THE KING; NETFLIX

## 1 Doc'n Roll Film Festival

Jungle beats, Krautrock rhythms and Zambian rock collide over 18 days of music docs across the city. An array of London cinemas, including the Barbican and the ICA, will be hosting films like drum 'n' bass doc 'The Rest Is History' and 'A Dog Called Money', a portrait of rock icon PJ Harvey.

→ Doc'n Roll Film Festival runs Fri Nov 1-Nov 17.

Head to [www.docnrollfestival.com](http://www.docnrollfestival.com) for programme details.

## 2 'Frozen 2'

The most eagerly anticipated animation of the year – sorry, 'The Queen's Corgi' – follows Elsa as she answers a mysterious call from afar and heads off on an epic journey with Olaf, Anna, Kristoff and Sven. Expect more magic and a ton of new earworms that you will never, ever dislodge from your brain.

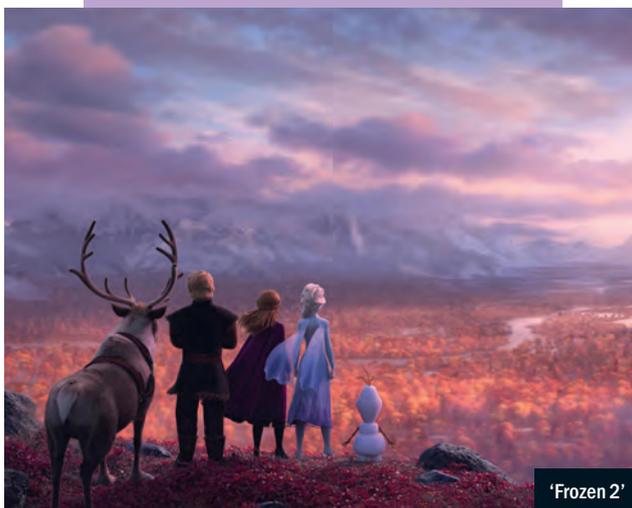
→ 'Frozen 2' opens Nov 22.

## 3 London Korean Film Festival

Korean cinema celebrates its 100th birthday this year, and this fest will be popping corks and opening letters from the Queen as it showcases some of the best of the

## FIVE OF THE BEST

# Things to see in November



'Frozen 2'

country's output. Look out for films by Lee Chang-dong ('Burning') and Hong Sang-soo ('Claire's Camera'), as well as classics from a century of Seoul-ful cinema.

→ London Korean Film Festival runs Fri

Nov 1-Nov 14. Head to [www.koreanfilm.co.uk](http://www.koreanfilm.co.uk) for programme details.

## 4 'Marriage Story'

Like 'Kramer vs Kramer' with more laughs (not tricky, admittedly), this drama is a brilliant dissection of marital strife. It's well worth searching out in cinemas next week ahead of its Netflix launch: Oscar nods are expected, not least for its two leads, Scarlett Johansson and Adam Driver.

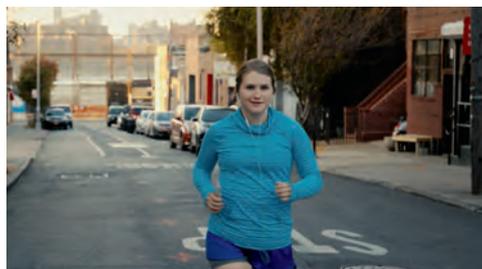
→ 'Marriage Story' opens Nov 6 and launches on Netflix Dec 6.

## 5 UK Jewish Film Festival

This nationwide fest returns with a fresh cargo of movies celebrating Jewish life, history and culture. Highlights this year include Taika Waititi's Nazi satire 'Jojo Rabbit' and 'The Operative', a Mossad thriller starring Diane Kruger and Martin Freeman. ■

→ UK Jewish Film Festival runs Nov 6-21. Head to [www.ukjewishfilm.org](http://www.ukjewishfilm.org) for programme details.

## ALSO OPENING



### BRITTANY RUNS A MARATHON

★★★★★

An endearing and earnest comedy about self-acceptance and body positivity that sidesteps cheesy pitfalls, 'Brittany Runs a Marathon' is based on a real-life friend of writer-director Paul Downs Colaizzo. Tired of being invisible to men and unable to afford a gym, snarky theatre usher Brittany (Jillian Bell) decides to run one city block at a time to build up her stamina. Colaizzo successfully walks a fine line between inspiration and caution, never presenting Brittany as a patronising role model for weight loss, nor a clichéd case of inner beauty. Bell strikes a deft blend of sincerity and slapstick, while Colaizzo's compassionate script offers solidarity to anyone in an abusive relationship with their bathroom scales. *Tomris Laffly*



### MAKING WAVES: THE ART OF CINEMATIC SOUND

★★★★★

'Sound affects us in a deeper way almost than image does.' So says sound guru Walter Murch, the man behind the thumping choppers of 'Apocalypse Now' and the amped-up static of Michael Corleone's mind in 'The Godfather', in this comprehensive, if slightly orthodox doc. Director Midge Costin, a sound editor herself, brings a full contacts book and a desire to shine a light on these innovators who spend their lives in the dark. Every aspect of the craft is tackled, from foley artistry to SFX ('Top Gun' fans may be surprised to learn that the roar of Tom Cruise's F-16 was provided by lions and monkeys). You'll come away wanting Santa to upgrade your speaker system this Christmas. *Phil de Semlyen*

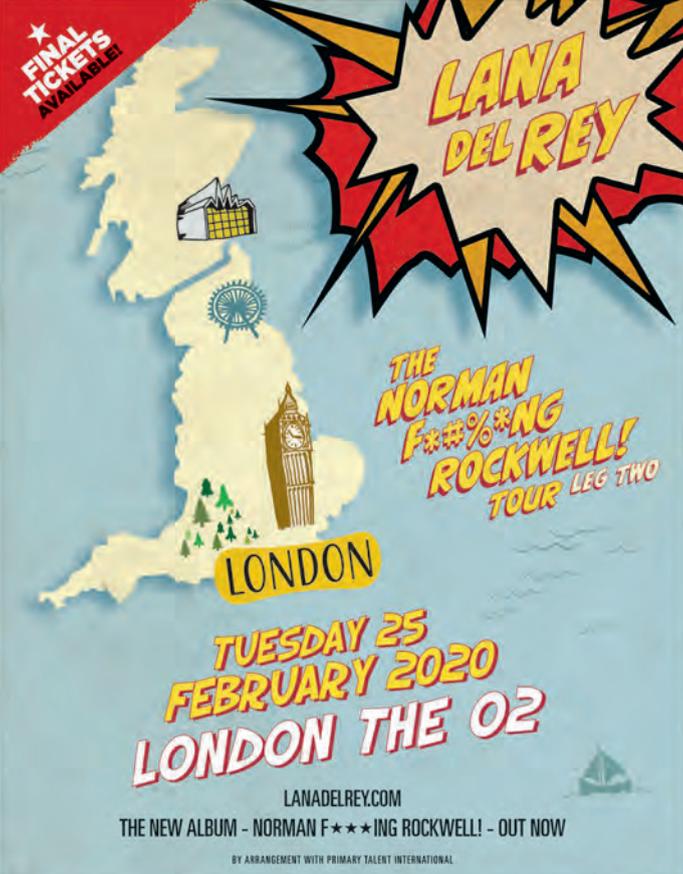


### AFTER THE WEDDING

★★★★★

A chilly, frustrating Danish film becomes a chilly, frustrating American one, as Susanne Bier's 'After the Wedding' gets a gender-swap remake. The wedding of the title brings together do-gooder Isabel (Michelle Williams) and Julianne Moore's philanthropist Theresa at the latter's palatial Long Island mansion. One revealing toast from the bride, though, sparks some serious fallout. Bart Freundlich (Moore's husband) directs with an emphasis on wealth and the drama contains enough domestic revelations for several seasons of 'Big Little Lies', but the showdowns all seem to fizzle out. Moore does vodka-swilling fury better than anyone, so why not unleash it? For all the actors' impeccable restraint, something is missing here. ■ *Joshua Rothkopf*

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SATURDAY 14 DECEMBER 2019  
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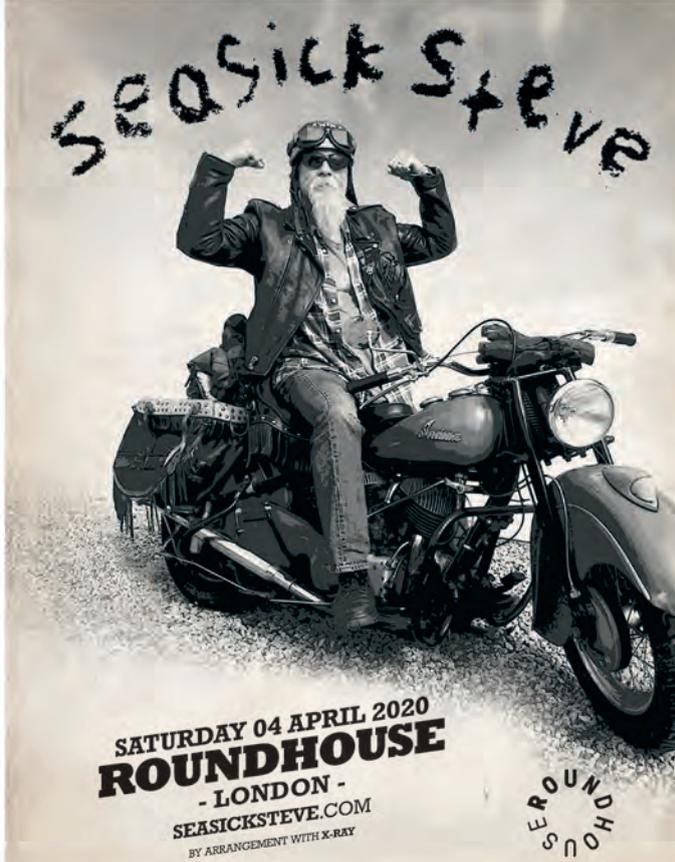
WITH SPECIAL GUEST  
ELANA SLOVE



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# Music & Nightlife

Edited by Oliver Keens  
timeout.com/music @timeoutmusic

## Keep it locked to Late Nite Minicab FM

There's a party that celebrates the sound of that minicab journey home. Turn on, tune in and buckle up for an explanation

**I REMEMBER DYING** inside when someone enthusiastically told me it was now possible to sync up your Spotify to play in an Uber. Much of that emotion was linked to the fact my dad worked out of his car. Meaning the idea of anyone randomly controlling a driver's tunes was completely verboten from birth. How dare they! But it also seemed to preclude one of life's true joys: listening to beautiful, smooth and very very uncool music on the way home at 3am when you're, well, fucked. And finding it, well, AMAZING!

There's a magic quality to the kind of soft, balmy, retro music you hear in a late-night minicab. Or maybe we mean a Magic FM quality? Either way, it's a mix of po-faced melancholia, retro anthemics and soothing synths. It's Phil Collins. It's Judy Tzuke. It's Lionel, Tina, George and, of course, it's Toto. It's mostly

'80s, and it's mostly genuinely brilliant, regardless of whether you're hearing it in a euphoric, post-party state (though that helps). Hell, we're calling it: we think minicab music is the new yacht rock – the genre that emerged in the noughties that celebrated a scene of '70s west coast smoothies like Steely Dan and Hall & Oates.

Rather than letting that backseat emotion wear off like a hangover, an event exists to celebrate this strange form of gentle euphoria. Late Nite Minicab FM is a sporadic club night that pays tribute to the sonics of that cab ride home. For the next Late Nite Minicab FM, head cabbie Johnno Burgess is joined by moonlighting journos Alexis Petridis of *The Guardian* and Simon Price, plus TV's Katie Puckrik (following up on her recent BBC Yacht Rock doc). Here they tell us their ultimate minicab anthems...



There's a magic quality to the soft, balmy, retro music you hear in a minicab



**'Coming Around Again'**  
by Carly Simon

Chosen by Alexis Petridis

It's the quintessential Late Nite Minicab track. Add it to 'Zoom' by Fat Larry's Band and 'Arthur's Theme' by Christopher Cross and you have the holy Minicab trinity. It's produced in that super-smooth, antiseptic '80s way that's never going to be revived; it's a record that I would have professed to hate



More at [timeout.com/music](https://www.timeout.com/music)

ballad to be bellowed from the depths of your lungs with a massive, fist-clenching key change at 3:40. It features the smooth, cloying sound of the Yamaha DX7 keyboard, which infests so many soulful love songs of the same era. It's prized from a movie soundtrack ('The Bodyguard') like many other fellow cab staples such as Roxette's 'It Must Have Been Love', Maria McKee's 'Show Me Heaven' and Phil Collins's 'Against All Odds'. Most importantly, it gives the listener the opportunity to release their inner diva.



**'Being With You' by Smokey Robinson**  
Chosen by Simon Price

When I was growing up, cool Motown music was in black and white, and came from Detroit. Uncool Motown was in colour, and came from Los Angeles. 'Being With You' is pure colour, pure LA, which makes it perfect Minicab material. It's Smokey in his cocaine years, prowling his Malibu beach house with its big red pool table, deluding himself. He's 'heard the warning voice from friends and my relations', but he doesn't care. It's heartbreaking and uplifting at the same time. The triumph of hope over experience. ■

→ The Social. Nov 23. 8pm-1am.

at the time – way too cool – but had a covert love for nonetheless. It's got a weird emotional power that gets you when you're drunk at 3am, maybe because it's about quite an adult subject that you don't get many pop songs about – love surviving despite the pressures of marriage and parenthood. And we're literally the *only* people who would play it in 2019 – except maybe Mellow Magic and Steve Wright.

GETTY / MACIEJ INSPIROWSKI



**'Inside Out' by Odyssey**  
Chosen by Katie Puckrik

'When you're sittin' on your own/And you feel the city life surround you' are the melancholy opening lines of 'Inside Out' by Odyssey, crooned by a distant lover who, despite her reassurances to the contrary, you will likely never see again. You are trapped in a loveless relationship, and your heart is so fossilised by disuse that the only

effective defibrillator is a fantasy of practically being disembowelled by desire. 'Inside Out' is a masterwork of upbeat downbeat: an ache buoyed by thumb-slapped bass. Loneliness you can dance to.



**'I Have Nothing' by Whitney Houston**  
Chosen by Johnno Burgess

Houston's mega hit from 1993 ticks many Minicab boxes. It's a power



**By Oliver Keens**  
Who won't go near a cab unless Enya is wafting out the speakers.

# Six teenagers bossing music right now

**EVER HEARD THE** phrase ‘born in the 2000s’ and shuddered? If so, you’ll probably struggle to comprehend how some of the biggest artists in the world can’t even legally drink in the UK yet. Inspired by this week’s cover feature, we’re highlighting six people who are changing the game before they’ve even entered their twenties...

## Deno

Deno was just 13 when videos of him singing in the school playground went viral. It caught the attention of Stormzy, who brought him in to help with his debut LP, ‘Gangs, Signs & Prayer’. In the three years since, Deno’s voice has remained angelic but he’s matured into one of the UK’s most promising talents. His unforgettable single ‘Advice’ with friend and mentor Cadet, who tragically died last year, is the best evidence of his ability.

## Aitch ↓

Manchester rapper Aitch has gone from rapping in car parks to collaborating with the likes of Ed Sheeran, Stormzy and topping the charts with the infectious ‘Taste (Make It Shake)’. It’s hard to think of a grime artist whose appeal has been as wide-reaching and rapid as the 19-year-old’s since Stormzy.



21 years younger than Wiley

Get hip to the musical youthquake y’all



34 years younger than Stephen Malkmus from Pavement

20 years younger than Billie Piper

## Billie Eilish

The first artist born in this millennium to have a number one at just 17, Billie Eilish has forced her way into the public consciousness thanks to an impeccably versatile voice and an unwavering attitude.

Now in the top ten most streamed artists in the world, see ‘Ocean Eyes’ for her at her most melancholic or ‘Bad Guy’ for a welcome punch to the gut.

## ← Beabadoobee

A product of her generation, Manila-born Bea had already gained 100,000 Instagram followers before officially releasing her debut single ‘Coffee’. Her brand of DIY bedroom-pop caught the eye of The 1975’s record label, Dirty Hit, and her stock has been rising with every release since. Her new five-track EP ‘Space Cadet’ overflows with ‘90s indie vibes.

## Lil Tecca

As debut singles go, amassing 400 million streams and reaching number four on the Billboard Hot 100 is more than enough to call Lil Tecca’s ‘Ransom’ remarkable. What’s even more impressive is that the 17-year-old NYC rapper hadn’t entered a studio until last year. Keep your eyes on his Insta – his teasers often go viral before they’re even released.

## Isaac Dunbar

His lyrics might be relatable to his peers, but Cape Cod wunderkind Isaac Dunbar doesn’t possess the voice of your average 15-year-old. It’s full of flavour, traversing freely between mellow and punchy across his home-recorded debut EP ‘Balloons don’t float here’. His willingness to broach tough-yet-typical topics signals an important and exciting pop star emerging. ■ Sam Higgins



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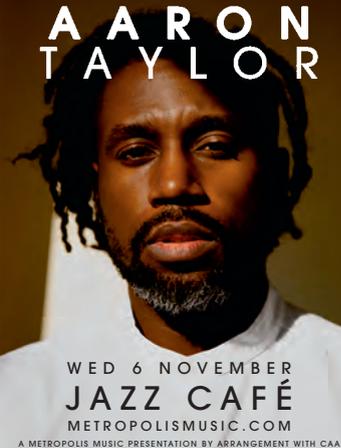
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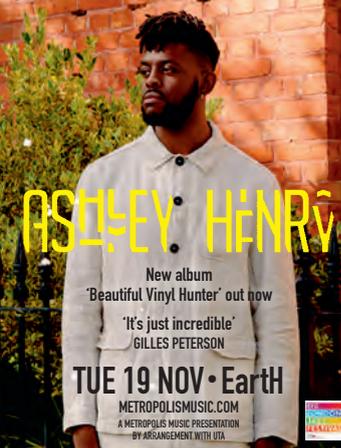
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## Music & Nightlife



### WHAT'S THE DEAL WITH

## Sudan Archives

#### Is this a niche section of my local library?

First off, if you still have a local library: lucky you. Second: no, she's the fiddle-wielding, R&B-loving, North African music-referencing singer born Brittney Parks.

#### What's up with her name then?

Her mum started calling her Sudan way back when and it stuck – nobody calls her Brittney now. The Archives part comes from her appetite for discovering new and inventive ways the violin is played in global music. She used to trawl YouTube for little-viewed videos of North African string instruments and the like, then archive them as playlists in her account. Hence: Sudan Archives.

#### What grade did she get to in violin? I got to four.

She actually taught herself, by playing in church, picking out melodies and harmonies behind the choir. Then she picked up production techniques and world music influences galore. She's quite the autodidact.

#### So is she the new Vanessa Mae?

Um, no, but she does have an electric violin that she pairs with loop pedals to create weird new sounds. But Sudan doesn't just play violin: she writes, arranges and sings as well – songs with hidden messages and folkloric leanings.

#### Okay, so what should I listen to now?

Her recent single 'Confessions' is an absolute tune, all winding violin lines and R&B beats slaloming round her earthy vocals. Best use of violins in a pop song since 'Toxic', tbh. Her debut album 'Athena' drops on Friday (November 1), and you can catch her playing live in south London later that month. ■ *Kate Solomon*

→ Sudan Archives plays Corsica Studios on Nov 19.

Discover more new music  
at [timeout.com/music](https://www.timeout.com/music)

# Sinead O'Connor

Monday 16 December  
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## Music & Nightlife

### In a nutshell...

Its Twitter bio kinda says it all: 'bar and nightclub in central London where every day is happy hour and every night is a party.'

### Where is it?

Near Tottenham Court Road tube station.

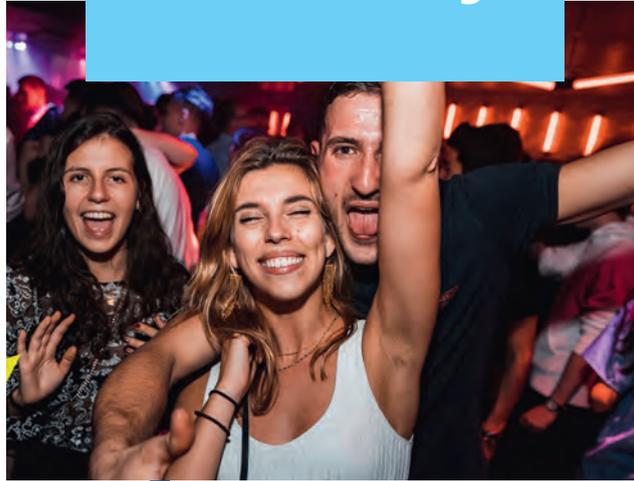
### What's the vibe?

Okay, so you aren't going to make much use of Shazam at The Roxy, because the music's pretty basic and crowd-pleasing but there is a night for *everyone*. There's R&B on Mondays, club classics on Tuesdays, hip hop on Wednesdays, house on Fridays, etc. The venue itself is underground and pretty intimate, but generous seating and a dancing area means there's something for everyone.

### What makes it a great venue?

Sadly, The Roxy is one of only a handful of clubs left in central London that doesn't have a seriously wanky vibe. Okay, so you've got Tape

# SO YOU'VE NEVER BEEN TO The Roxy



Read about more great spaces at [timeout.com/music](https://www.timeout.com/music)

London and Sway in Holborn, but those are more for folks wanting to splash a bit of cash. Further towards Piccadilly Circus and the vibe just becomes touristy. At The Roxy, you've got an authentic mix of student clubbers and grown-up ravers who, for some reason or other, don't seem to have work the next day. The end result is a real melting pot with a fun and hedonistic vibe – even on a Tuesday.

### What's the booze situation?

Cheap during the week when there are various deals. For instance, on Wednesdays, vodka, gin or rum mixers are £3.90, and on Thursdays Pornstar Martinis are a fiver. Discounts at weekends are before 10.30pm; prices go up later on.

### What's coming up there soon?

Keep an eye on the website for special events, otherwise there's just the usual weekly cavalcade of b2b hits. Whatchya waiting for? ■

Adam Bloodworth

→ 3-5 Rathbone Place, W1T 1HJ.

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## GIGS AND CLUBS

Act swiftly, people – these have just been announced

### Kisstory Presents The Blast Off! Tour

Salt-N-Pepa, Shaggy, Nelly, Blu Cantrell and a gaggle of UK garage stars tour together.  
→ The O2. Mar 11 2020.

### Bang Face Weekender

One of our fave London nights has for years run a Pontins weekender of such madcap repute that one year it might just topple over into becoming an actual cult. 2020's line-up includes Helena Hauff, Altern-8 and 900mph breakcore legend Venetian Snares.  
→ Southport Holiday Park. Mar 12-16 2020.

### Country to Country

Europe's biggest country music festival returns for an eighth year, led by headliners Luke Combs, Darius Rucker and Eric Church.  
→ The O2. Mar 13-15 2020.

### The Beat Hotel Marrakech

The four-day music, culture and food fest returns for a second year, with a tasty line-up that includes Kate Tempest, Gilles Peterson, Floating Points, Leila Slimani and Hassan Hajjaj.  
→ Fellah Hotel. Mar 19-22 2020.

### Little Dragon

Don't miss out, because this is the only UK headline show of 2020 from the Swedish electro alchemists who deftly blend trip-hop, alt-R&B and sultry downtempo sounds.  
→ O2 Brixton Academy. Mar 26 2020.

### Foals

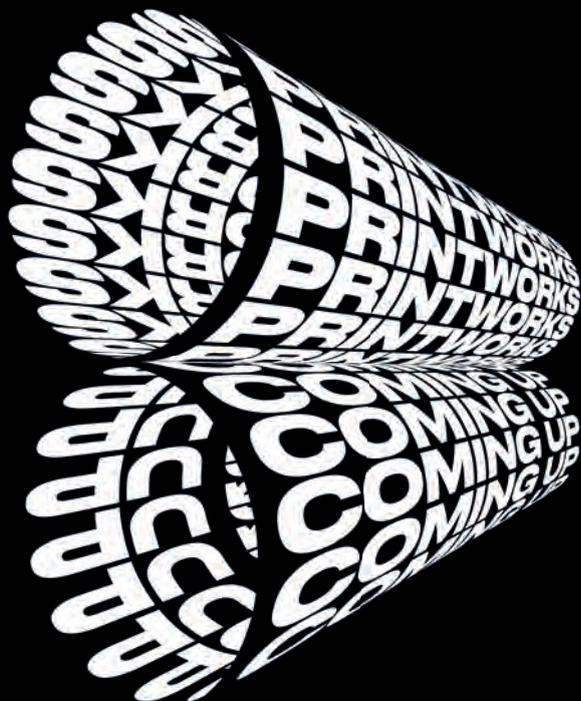
Yannis Philippakis and the gang have added a second Olympia gig to their UK tour. The Oxford band are touring in support of the two albums they've released this year, so expect new tunes and classic bangers.  
→ Olympia. May 3-4 2020.



## Diana Ross

Following her Glastonbury legends slot next summer, the iconic Ms Ross is heading out on her first UK tour in 13 years. It's sure to be a Supreme-ly hot ticket.  
→ The O2. Jul 8 2020.

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# Theatre & Dance

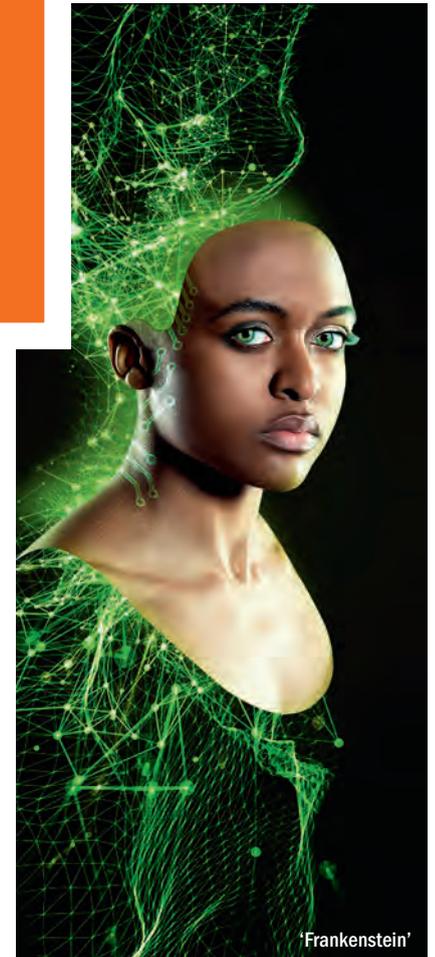
Edited by Andrzej Lukowski  
[timeout.com/theatre](http://timeout.com/theatre) @timeouttheatre



'Ghost Stories'



'Ghost Quartet'



'Frankenstein'

## Deep Night

Tiptoe into the candlelit darkness of the Sam Wanamaker Playhouse for a night of unimaginable terrors. Or, at the very least, for some nice ghost stories in a gorgeous setting. This storytelling sesh includes a new tale by literary legend Jeanette Winterson, historical pulse-racers and real-life accounts of ghostly encounters on London's streets.

→ Shakespeare's Globe. ⊕ Blackfriars.

Wed 30-Nov 2. £10-£45.

## Frankenstein

Crawl inside the skull of one of fiction's most notorious bogeymen at this techy take on Mary Shelley's novel. The National Youth Theatre's production kits the whole audience out with virtual reality helmets so they can see the story through the monster's bloodshot eyes.

→ Southwark Playhouse. ⊕ Elephant & Castle.

Until Nov 30. £14-£22, £14-£18 concs.

## Ghost Quartet

Dave Malloy has won legions of fans with Broadway musical 'Natasha, Pierre and the Great Comet of 1812'.

## SIX OF THE BEST

# Fright nights

Scare yourself silly at these theatrical spookfests

He's turned his imagination to darker purposes here, turning four stories by horror master Edgar Allan Poe into a chamber musical that's full of whisky-soaked Victorian atmosphere and raven-black terrors.

→ Boulevard Theatre. ⊕ Piccadilly Circus.

Until Jan 4 2020. from £12.

## Ghost Stories

Do you believe in ghosts? If not, Andy Nyman and Jeremy Dyson's deeply creepy blockbuster show is here to change your mind. It starts out as a straightforward lecture on our semi-transparent neighbours, then surprise apparitions, jump

scares and unsavoury smells ramp up the fear factor to the max.

→ Ambassadors Theatre. ⊕ Covent Garden.

Until Jan 4 2020. £25-£65.

## Solaris

If plain old planet Earth isn't scary enough for you, take a trip to a place where no one can hear you scream. This take on a sci-fi classic is set in a spaceship that's infested by forces from the yawning darkness beyond.

→ Lyric Hammersmith. ⊕ Hammersmith.

Until Nov 2. £10-£42.

## This is How We Die

Sometimes the eeriest thing of all is just a storyteller, a mic and a very, very twisted imagination. Chris Brett Bailey's cult solo show supplies all three, plus some metaphors that'll still be haunting you by Halloween 2020. ■

→ Ovalhouse Theatre. ⊕ Oval. Until Sat Nov 2.

£16, £10 concs.



By Alice Saville  
 Who hopes she doesn't mix up the fake blood and the red shoe polish this year.

## Theatre & Dance

# Lungs



**TALK ABOUT A** play coming into its time. Duncan Macmillan's story about an unnamed couple freaking out over what to do with their lives in the face of imminent climate catastrophe was hardly irrelevant when it premiered in London seven years ago.

But without labouring the point, our national vibes have gone a bit downhill since the year of the Olympics. Arguably, the couple's worries marked them out as having a certain right-on strand of neurosis in the original Paines Plough production; in 2019, existential dread about what we've done to the environment is consuming us all.

Of course, there's another reason why Matthew Warchus's Old Vic revival of 'Lungs' feels zeitgeisty. And that's the little matter of its casting: this is the next project for erstwhile 'The Crown' royal couple Claire Foy and Matt Smith.

They're a big draw, and funnily enough their characters here are not totally different from those recent screen roles. He's the



laid-back, slightly caddish one, content to go with the flow; and she's the uptight, more traumatised one who must lead the way.

Warchus's revival is broader and more sitcommy than previous takes on the play. The humour, in particular, leans a little too much on hoary truisms about the differences between men and women. But it also has more emotional weight.

The first scene is set in an Ikea, where she has an almighty freak-out at the prospect of having a child. He remains relatively cool and detached and, well, Matt Smith-ish; she spews great neurotic screeds about the rights and wrongs of bringing a new life into the world. Are her worries for real, or just displacement? I think one of the clever things about the play is that

the answer is, in fact, both. The pair's relationship is clearly under some strain. But the play's deft final scenes confirm that 'Lungs' is serious about climate change, without actually going overtly dystopian on our asses. It's not so much that it tells us what we should be afraid of. It knows what we're afraid of already – and there's comfort in that. ■ *Andrzej Lukowski*

### WHAT IS IT...

Claire Foy and Matt Smith star in this climate crisis drama.

### WHY GO...

For a royally good pair of performances.

→ Old Vic. ↻ Waterloo.  
Until Nov 9. £12-£65.

# Little Baby Jesus



### WHAT IS IT...

Arinze Kene's powerful coming-of-age story.

### WHY GO...

For a whirlwind of emotions and teenage hormones.

→ Orange Tree Theatre.  
↻ Richmond. Until Nov 16.  
£15-£32.



**ARINZÉ KENE'S 'LITTLE** Baby Jesus' is probably best understood not as a play but as three extended poems plaited together into one giant rope. Its three strands are the stories of Kehinde, Joanne and Rugrat, adolescent schoolkids who all reach a revelatory moment.

As characters, they're very different to each other: Anyebe Godwin's Kehinde is quietly mature, Khai Shaw's Rugrat is the obvious 'class clown', and the apparently robust but sorely neglected Joanne is easily the most complex. Rachel Nwokoro's superb performance makes her a pressure cooker of emotion.

The first half of Kene's play is crammed with the claustrophobia of school life, fights at 3.30pm and fingering girls, along with a hilarious long-winded incident involving a carpet wedged in a washing machine. Then the second – and arguably much better – part is slower, sadder and filled with reflections on faith, madness and love.

Director Tristan Fynn-Aiduenu's production likewise overflows with concepts and ideas. Not everything works. Yet none of the 'flaws' or 'not so good' bits matter because what is here is this: a massive tornado of feelings. An enormous groundswell of hormones, mistakes, loneliness and searching. You feel, emotionally, like you know the story and care about these three teenagers even when parts of the plot are a bit iffy or the lighting design does something mildly confusing. And that, my friends, is why Arinze Kene is brilliant. ■ *Rosemary Waugh*

# Vassa



### WHAT IS IT...

A fresh take on Gorky's brutal Russian satire.

### WHY GO...

For comically nasty upper-class cruelty.

→ Almeida Theatre.  
↻ Highbury & Islington.  
Until Nov 23. £10-£42.



**UNTIL YOU REALISE** that 'Vassa' is basically one big arrow pointing to the ills of Russian capitalism, nothing about it makes much sense. Adapted by Mike Bartlett, Maxim Gorky's 1910 play is ridiculously, almost impossibly nasty, presided over by a matriarch who has a stranglehold on her family in the most literal sense. Playing the title role, Siobhan Redmond squeezes her errant daughter-in-law until her eyes pop, desperate to preserve this wealthy family's all-important reputation.

A compellingly icy Redmond spends the first act sitting magisterially behind a desk as the various hapless members of her clan report to her office for duty and casual abuse. They burst in and out of five doors on stage, in classic farce style, but they're allowed moments of subtlety too; servant Lipa (Alexandra Dowling) trembles like a leaf caught in a spider's web.

Tinuke Craig's production bookends each instalment of upper-class cruelty with pompous classical music. Only the obligatory samovar suggests we're in Russia. Here, it's money that corrupts, not the specifics of cultural context.

But when this play starts operating less like a farce and more like a political tragedy, it falters; this Vassa is less tragic heroine, more psychopathic middle manager. The 1983 Soviet film 'Vassa' ends by foreshadowing the Revolution; it feels like there's something similarly punchy missing from this play's weak ending. ■ *Alice Saville*

## NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

### WEST END

#### The Antipodes

Hot-shot American playwright Annie Baker is coming to London to co-direct her cryptic latest work.  
→ National Theatre, Dorfman.  
⊖ Waterloo. Until Nov 23.  
£15-£56.

#### As You Like It

Kimberley Sykes's RSC production puts a twenty-first century spin on Shakespeare's cross-dressing story.  
→ Barbican. ⊖ Barbican.  
Until Jan 18 2020. £10-£59.50.

#### Death of a Salesman

Marianne Elliott's Miller revival hits the West End after wowing Young Vic audiences with a cast including Wendell Pierce ('The Wire').  
→ Piccadilly Theatre.  
⊖ Piccadilly Circus.  
Until Jan 4. £10-£36.75.

#### High Fidelity

A new musical based on Nick Hornby's bestseller about an unlucky-in-love record store owner.  
→ Turbine Theatre.  
Battersea Park rail. Until Dec 7.  
£17.50-£47.

### OFF WEST END

#### 4.48 Psychosis

Deafinitely Theatre's BSL take on Sarah Kane's harrowing classic is back at New Diorama.  
→ New Diorama Theatre.  
⊖ Great Portland St.  
Until Nov 6. £16, £12 deaf patrons, £3 JSA.

#### Dirty Crusty

US playwright Clare Barron's latest follows a chaotic thirtysomething who takes up ballet.  
→ The Yard Theatre.  
Hackney Wick Overground.  
Until Nov 30. £19, £17 concs.

#### Ghost Quartet

Four musical ghost stories by Broadway composer Dave Malloy.  
→ Boulevard Theatre.  
⊖ Piccadilly Circus.  
Until Jan 4 2020. From £12.

#### God's Dice

Comedian David Baddiel's debut 'proper' play follows a physics teacher who's baffled by a student who seems to be able to show that God is real.  
→ Soho Theatre.  
⊖ Tottenham Court Road.  
Until Nov 30. £22-£49.



'Death of a Salesman'

#### The Green Fairy

This new musical is a story of queer parenting, set in a London gay pub.  
→ Union Theatre.  
⊖ Southwark. Wed Oct 30-Nov 23. £22, £15-£20 concs.

#### A Prayer for Wings

Welsh writer and director Sean Mathias revives his emotive 1985 play.  
→ King's Head Theatre.  
⊖ Angel. Wed Oct 30-Nov 23. £10-£30.50.

#### Shook

Samuel Bailey's Papatango Prize-winning play follows three boys in a young offenders institution, and on the brink of becoming fathers.  
→ Southwark Playhouse.  
⊖ Elephant & Castle.  
Wed Oct 30-Nov 23.  
£14-£22, £18 concs.

#### When the Crows Visit

Playwright Anupama Chandrasekar reimagines Ibsen's haunting story of infidelity, setting it in modern-day India. Kiln boss Indhu Rubasingham directs.  
→ Kiln Theatre. ⊖ Kilburn.  
Until Nov 30. £10-£32.50, £10-£30.50 concs.

## TOP-SELLING TICKETS

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

### 1 Everybody's Talking About Jamie

A hit coming-of-age musical that's full of catchy tunes.  
→ Apollo Theatre. Until Aug 29 2020.

### 2 9 to 5 - The Musical

Dolly Parton's hairspray-fuelled extravaganza.  
→ Savoy Theatre. Until May 23 2020.

### 3 Come from Away

The stirring musical smash.  
→ Phoenix Theatre. Until May 23 2020.

### 4 & Juliet

Poptastic jukebox musical.  
→ Shaftesbury Theatre.  
Sat Nov 2-Mar 28 2020.

### 5 The Comedy About a Bank Robbery

Heist-based shenanigans.  
→ Criterion Theatre. Until Nov 1 2020.

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# Art

Edited by Eddy Frankel  
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## Lucian Freud: The Self- portraits



### CRUELTY COURSES THROUGH

Lucian Freud's work. Think of the painter's most famous images and you think of flesh rendered lumpily, grossly, aggressively; of women forced to lie in twisted shapes for hours to appease his need to stare and analyse; of fat rolls and zits, cellulite and pubes.

So the promise in this exhibition of his self-portraiture is that finally we'll get to see that scientifically cruel eye turned inwards, to see him tear himself apart just like he did his sitters. But, obviously, that doesn't really happen. He was an ego-maniac. Of course he was.

He drew and painted himself throughout his life. He's a sullen, morose man with a feather in a heavy-handed painting from his twenties; a handsome, intense, chisel-jawed bloke with antlers or a potted hyacinth in one a little later. They're interesting paintings, but they're not him at his best.

It's in the 1950s that he really comes into his own. In 'Hotel Bedroom' he hovers in the shadows behind his forlorn wife – it's a

brutally grim depiction of marital misery. His eyes and nose peer menacingly out of semi-finished white canvases nearby; in others his features melt and re-form like wax.

He makes the use of mirrors obvious later in the 1960s, his reflection warped and distended in a riot of allusions to art history and psychology.

But the real breathtaking stuff comes when you can barely see him at all. In one room of portraits of other people, you catch tiny glimpses of the artist everywhere you look. He's in the mirror alongside a recumbent nude, reflected in the window behind his naked son, peering out of little canvases behind two Irishmen and – in the show's standout work – looming terrifyingly as a shadow over a pained, beautiful young woman. It's a violent, nasty, shocking and utterly brilliant painting. Freud is everywhere here, an eternal, infernal presence.

And then, in one final self-portrait, there he is: nude with boots, a sagging, grotesque old





## BEST OF THE BEST

The top exhibitions you have to see in London right now



### Albert Oehlen

Oehlen makes bad paintings, but on purpose – which kind of makes them good paintings, you see? If nothing else, go and have a sip of his coffee-tea hybrid. Revolting.

→ Serpentine Gallery. ☺ Lancaster Gate. Until Feb 2 2020. Free.



### Lisa Brice

Brice gives us secret glimpses into the private worlds of women. It's intimate, gorgeous painting that will leave you feeling very blue indeed.

→ Stephen Friedman Gallery. ☺ Green Park. Until Nov 9. Free.



### United Visual Artists: 'Other Spaces'

This collective has organised an immersive series of laser light shows that mess with your perception. It's trippy, heady and will totally blow your mind.

→ 180 The Strand. ☺ Temple. Until Dec 8. Free.

Find even more art at [timeout.com/art](http://timeout.com/art)

October 29 – November 4 2019 **Time Out London**

UNITED VISUAL ARTISTS' IMAGE BY JACK HENS. ALBERT OEHLER, SOHN VON HUNDESCHISSE, 1999, PHOTO: ARCHIVE GALERIE MAX HE TZLER, BERLIN | PARIS © ALBERT OEHLER, LISA BRICE. COPYRIGHT AND COURTESY THE ARTIST, COURTESY STEPHEN FRIEDMAN GALLERY.

### WHAT IS IT...

Lumpy, bumpy, cruel self-portraits by twentieth-century Britain's greatest painter (probably).

### WHY GO...

It's ugly, nasty art, but that's what makes it so damn beautiful.

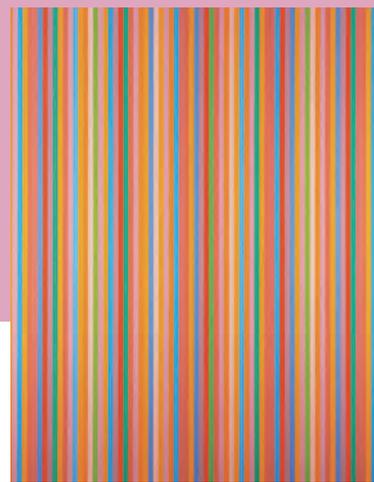
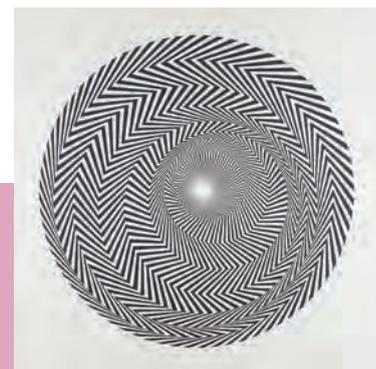
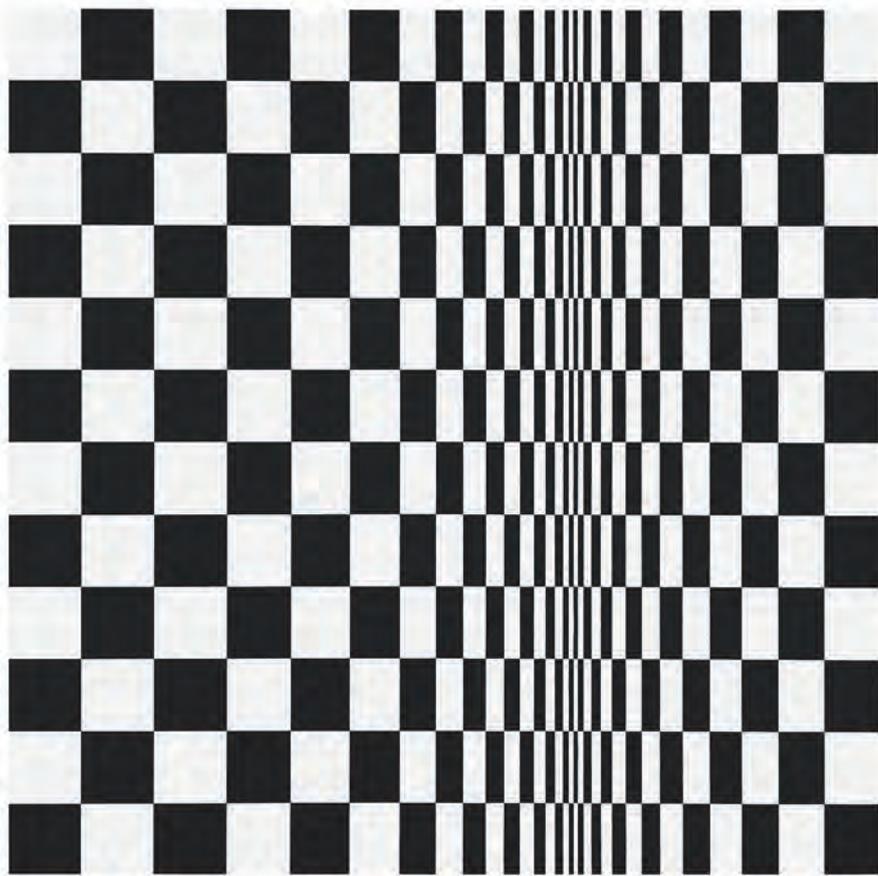
→ Royal Academy of Art.  
☺ Piccadilly Circus.  
Until Jan 26 2020.  
£16, £14 concs.

man, his flesh hanging like a cloak of rotting pork. The whole show has been building up to this, and what a climax – it's Freud being as unforbearing with himself as he is with everyone else.

He once said 'not everyone wants to be that honest about themselves', and that's the real cruelty of his work. In his brutal, unflinching honesty, he forces us to admit that he's right, that we can't be honest about ourselves. Freud painted a human truth that no one wants to confront, and that's why his ugliness is so goddamn beautiful. ■



By **Eddy Frankel**  
Who is a-Freud of the dark.



COMMON THREADS

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Bridget Riley



**BRIDGET RILEY WILL** make your eyes hurt and your brain ache. With her perception-altering lines and colours, it's like the octogenarian grand dame of op art is reaching into your skull, grabbing a fistful of your optic nerves and twisting, pulling and yanking them in a million different directions.

The best room in this show is filled with early black and white paintings and works on plexiglass. They're the purest and most extreme expressions of Riley's ideas. Shrinking squares suck you into an infinite horizon, straight lines curve into waves that your eyes just can't latch on to. Everything tingles and wobbles, drifts in and

out of focus. It's art as non-Newtonian fluid: solid then liquid and back again. Riley messes with the space between the colours and the lines until the paintings come alive with vibration.

Then she creates massive panels of straight lines of contrasting colour. Without curvature, it's the clashing hues that set your eyes thrumming. Upstairs, she combines colour and curve to even greater effect, creating these terrifying images that seem like they're bulging out at you.

A lot of the more recent work is painfully dull, but you can forgive her for slackening the pace a little. At its best, though, this is a show of stunning art by a vital figure in art history. It's a celebration of perception, a chance to totally lose yourself in the act of looking and let Bridget Riley take your eyeballs for a ride. It's more than worth the headache. ■ *Eddy Frankel*

WHAT IS IT...

Mind-bending paintings by the grand dame of op art.

WHY GO...

It might give you a headache, but that's a small price to pay for art this good.

→ Hayward Gallery.  
⊖ Waterloo. Until Jan  
26 2020. £16.50,  
£12.50 concs.

BRIDGET RILEY, NOW AND NOW PART II IN SQUARES, 1968. © BRIDGET RILEY 2018. ALL RIGHTS RESERVED. BLAZE I. © BRIDGET RILEY 2016. ALL RIGHTS RESERVED. COURTESY PAVENSTEIN/SCHUBERTH LONDON.



## Feast for the Eyes



**WE MAY NEED** to eat to live, but food is rarely just fuel: it's ritual, it's celebration, it's sex, it's countless signifiers. This juicy new exhibition is alive to all of that, and draws images from fine art, advertising, magazines, and – hurrah! – all those lurid retro recipes that suggest vegetables are best served via jelly moulds.

The show starts by looking at how photographers have reacted to the traditional painted still-life, before exploring the use of food as a shorthand for national character – Martin Parr homing in on baked beans in Bristol, Weegee capturing a soldier tucking into a last plate of spaghetti in a New York diner – as well as all sorts of psychosexual

dramas and self-loathing. Guy Bourdin's glossy image of women cavorting with frankfurters is all-out innuendo, but Cindy Sherman's messed-up beach scene, replete with destroyed cake fragments and piles of vomit, reminds you of the darker relationships women, especially, can have with compulsive consumption.

But mostly this is a sugar rush of a show, its excesses bright and bold. It's often grotesque, but more often gleeful. Artists have used photography to subvert the many meanings food can contain, but this is also just a whole heap of messy fun, a real food fight of a show, which celebrates the gaudy and greedy too. Whether its Joseph Maida's surreal, candy-coloured compositions or Robert Doisneau's portrait of Picasso with bread rolls for hands, 'Feast for the Eyes' proves it's fun to play with your food. ■

Holly Williams

### WHAT IS IT...

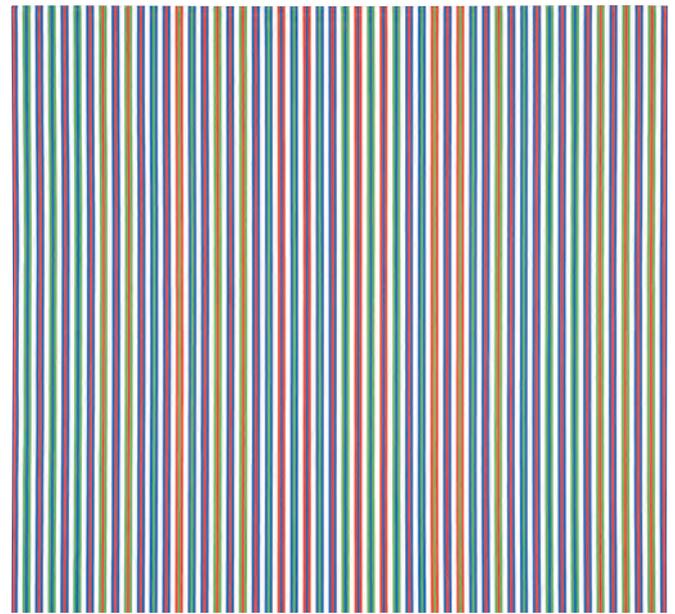
A whole history of the photography of nosh.

### WHY GO...

It's the perfect show for people who can't eat a meal without snapping it for the 'gram.

→ The Photographers' Gallery. ☉ Oxford Circus. Until Feb 9 2020. £2.50-£5, free after 5pm.

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Bridget Riley, *Paeon*, 1973. © Bridget Riley 2019. All rights reserved.

## Bridget Riley

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tpg.org.uk

Corinne Day, 'George in Stiletto', from the feature 'Goths on Acid' for Ray Gun magazine, June–July 1995. Courtesy and © The Corinne Day Estate

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# Food

Edited by Tania Ballantine  
timeout.com/eatdrink @timeouteatdrink

RESTAURANT OF THE WEEK



**IF I SAID** that you could have everything you love about The Wolseley – aka the grand café to end all grand cafés – only in a more intimate, more neighbourhood-y form, would you be excited? Of course you would. I mean, what’s not to like about turn-of-the-century Parisian styling and classic French food in a cosy space, right?

Because that’s exactly what Soutine is: an embodiment of every Londoner’s fantasy of the Parisian bistro, from the Wolseley team. It’s a dapper space – even the loos are gorgeous – with every last repro *belle époque* detail perfectly in place. In fact, it’s so pretty, it’s borderline Disney (land Paris). But when staff are this friendly (*très un-Parisian*) and the food almost-all excellent (ditto that), who even cares?

The menu has all the good stuff. I’m talking oysters, snails, onion soup. Also: croque monsieurs (and madames), steak frites, salade

niçoise. They even do a carrot *rapées*, that grated, vinaigrette-dressed dish which no French picnic – or *supermarché* – can be without. In fact, the whole thing is like being pelted with all of your Gallic favourites, but in the very nicest way.

At just £19 for a generous portion, you should really order the *coq au riesling*. A white wine version of the peasant classic, nods to its humble roots included its cast-iron

pot, or the fact that the meat was on the bone (though only just: one nudge and off it shimmied). But

this was anything but primitive. Intense and aromatic, the sauce – somewhere between creamy and jus – was also thick with juicy, chewy mushrooms. Classy and comforting.

Or the highlight of the evening: a proper *veau viennoise*, the kind you rarely get these days. A thinly-battered, panko-breadcrumbed veal

## WHAT IS IT

A neighbourhood bistro from the duo behind The Wolseley.

## WHY GO

It’s like a Parisian bistro, only, well, better.

→ 60 St John’s Wood High St, NW8 7SH. ☎ St John’s Wood.

# Soutine



escalope: golden and magnificently crunchy on the outside, tender and succulent in the middle. It might just be the best thing on the menu. Oh, and it came with a muslin-covered half lemon for pipless squeezing, which is always a nice touch.

One dish – a double-chocolate mousse that was sweet to the point of being inedible – was a decided blip. But Soutine’s charms were many: staff were genial and attentive, more than half the wine list is available by the glass and – strikingly, for a French restaurant – there’s plenty for veggies. From a distance, the whole place emits a warm glow. In fact, chances are, a warm glow is exactly what you’ll leave with. ■

**Dinner for two with drinks and service: around £105.**



By Tania Ballantine  
Who is off to buy a packet of Gauloise and a beret.

## Food

# Lucky Cat



**IT'S THE PLACE** everyone's been talking about. Gordon Ramsay's new 'Asian' restaurant, on the site of the once-trailblazing Maze. As always, we gave it a few months to 'bed in' and went incognito, to give you an honest, accurate report.

And you know what? It was better than expected. Specifically, the food is excellent. Lucky Cat originally launched with a lot of schtick – for which they got a lot of stick – about the 'authenticity' of the cooking, but they've thankfully ditched all those affectations. Instead, it is, simply put, a place to eat a pimped pick 'n' mix of all your fashionable pan-Asian faves, from sushi, buns, skewers and dumplings to Burmese curry or Laotian salad. This kind of please-all approach, what I like to call a 'room service' menu, usually means one thing: crap food. Not so here. Each dish was prettily plated, with careful, nuanced flavours.



(Star picks: razor clam sashimi with Liliputian apple balls and waves of yuzu; sweet and sticky pork belly on rice; earthy and smooth-middled snail and watercress dumplings).

So what's the issue? Well, it's not the prices: this is prime Mayfair after all (though giving the option to add caviar or truffle to any dish is just tacky). But its soul. Or rather, lack of. Someone has spent a lot of money to make this place feel like

the restaurant of a Dubai hotel, complete with monotone beats.

As for the staff, they were unduly polite, but perilously slow. Worse: they wouldn't stop trying to 'upsell' (one attempt is good business, more than that is not okay). I'm sure Lucky Cat will do just fine. I just wish it were on Deliveroo. ■

*Tania Ballantine*  
**Dinner for two with drinks and service: around £160.**

### WHAT IS IT...

A pan-Asian restaurant in Mayfair from Gordon Ramsay.

### WHY GO...

For sweet, sticky pork belly over rice. It's great value, too.

→ 10 Grosvenor Square, W1K 6JP ↻ Bond St.

## EXCLUSIVE

Paintbrush in one hand, prosecco in the other – it's Party n Paint at **The Library**. Tickets now just £23.50.

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168 Blackstock Rd, N5 1HA.



CLAPHAM

## MBARE SAYS:

'Join us for a selection of European and traditional breakfasts and all-day brunch, or peruse our specially created lunch menu. Stay a little later for dinner to taste flavours from the north and south of Italy, and select a drink from our curated wine list or enjoy an Italian aperitivo.'

127 Clapham High St, SW4 7SS.

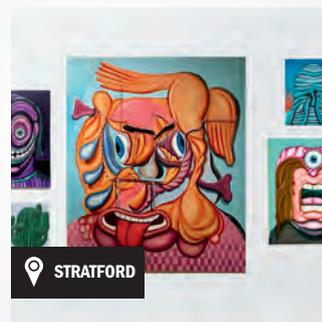


COCKFOSTERS

## GO APE – COCKFOSTERS SAYS:

'Swap rooftop bars for the treetop challenge at Go Ape Cockfosters in North London. This obstacle course in the trees is not for the faint-hearted, so grab some friends and use the code "Advanced" when booking online to get up to 20 percent off your autumn adventure.'

Trent Country Park, EN4 0DZ.



STRATFORD

## THE FUNCTION SUITE AT ESCAPE BAR SAYS:

'This new project space hosts a one-night-only art exhibition on the first Wednesday of every month. This month, you can see "High Strangeness", a group exhibition that indulges in the bizarre and the eerie. Expect a night of paintings, interactive sculpture and performance.'

25 West Ham Lane, E15 4PH.

## THREE OF THE BEST

# Tapas restaurants



### Barrafina Adelaide Street

★★★★★

The glossy Covent Garden branch of this modern mini-chain bashes out small plates galore, with gems like stuffed courgette flowers and ortiguillas (fried sea anemone). Expect a queue.

→ 10 Adelaide St, WC2N 4HZ. ☉ Charing Cross.



### The Counter at Sabor

★★★★★

Take a seat at the counter of this rustic-chic tapas bar, from Barrafina's former exec chef, for croquetas, tortillas and, even, chipirón (baby squid) in its own ink. Yes, like a crime scene.

→ 35-37 Heddon St, W1B 4BR. ☉ Piccadilly Circus.



### Twist

★★★★★

The food at this Marylebone favourite is tapas with, you guessed it, a twist. It's creative stuff, all modish and not too outlandish. Plump for the ace red prawns: you won't regret it.

→ 42 Crawford St, W1H 1JW. ☉ Edgware Rd.

Find more Spanish stars at [timeout.com/tapas](https://www.timeout.com/tapas)

BARRAFINA: GREG FUNNELL; SABOR: CHRIS TERRY; TWIST: JONNIE

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# Drink

Edited by **Laura Richards**  
timeout.com/bars @timeouteatdrink



## BAR OF THE WEEK

### WHAT IS IT...

A vermouth-heavy night-time takeover of an Italian caff in Shoreditch.

### WHY GO...

Parmesan, truffle oil and cherries all make it into your glass.

→ 154-158 Shoreditch High St, E1 6HU. Shoreditch High St Overground.

## Luigi's Bar



**DESPITE THE MARIO** Bros name, Luigi's Bar looks more like a Berlin canteen. There's an eclectic mix of art on the walls, shabby rugs on the shiny floor, and two clusters of inviting brown leather sofas beside rows of tables. By day, the room is Spelzini, a low-key Italian café; by night it's Luigi's. Wide windows let you see out to Shoreditch High Street, and if you sit on the sofas, you feel a bit like you're in an advert for the great east London dream.

Luigi's design might be trying to convey a sense of cool Shoreditch ease, but, on two separate visits,

staff eagerly ushered us in. On the second occasion a guy in a suit was outside drumming up business.

Inside, service was similarly overenthusiastic. Even the owner, Jim Fisher, worked the room, talking knowledgeably about the Italian wines and vermouth on offer, and showing passion for a new cocktail menu. Although, it did render the clever, edited-down version of the menu totally irrelevant.

A delicious savoury martini came with a sliver of parmesan and a couple of drops of truffle oil on its surface, while my friend's Luigi's cocktail was like a cherry negroni, with an in-house cherry shrub adding a tart dimension. The pork ragù with bread and butter was hugely generous and full of Italian flavour – although, not as dainty as your traditional bar snack. Maybe stick to olives, salumi and the

punchy pickles if you're visiting for date night.

While Shoreditch High Street is overrun with happy hour and party spots, Luigi's is really focusing on quality Italian produce.

It might be a bit keen to please on the whole, but I'd take that over hip indifference any day. Especially when it means that my cocktail comes with a cheesy bonus. ■  
*Laura Richards*

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## DRINK THIS

# Voodoo That You Do



Forget happy hour and let your drinking take a sinister turn this Halloween. We can think of nowhere creepier for cocktails than The Last Tuesday Society, a bar within The Viktor Wynd Museum of Curiosities in Hackney, a spot filled with objects of the occult. Inspired by New Orleans, this rum cocktail uses potent classics like Jade Nouvelle-Orleans absinthe. You'll feel at one with the spirits after knocking this back. ■  
→ 11 Mare St, E8 4RP. Cambridge Heath Overground. £9.

Find more boozy haunts at [timeout.com/bars](http://timeout.com/bars)

# Escapes

Edited by Ellie Walker-Arnott  
timeout.com/daytrips



A perfect day in

## Whitby

Quaint streets, gothic vibes and a ruined abbey

**WHITBY IS NOT** your average seaside spot. A former fishing town isolated by miles of moor, it's got amusement arcades and donkey rides, but you'll find clifftop graveyards and whalebone monuments too – and it's all loomed over by the spectral splendour of Whitby Abbey, a 1,360-year-old ruin. The setting for Bram Stoker's vampire-filled novel 'Dracula', it now hosts two Goth Weekends each year. Spooky! Goth, or not – there's plenty to sink your teeth into here.

### First up

Climb the **199 Steps** – it's tradition to count as you go. Your reward is views over the harbour and a chance to explore **St Mary's Church**, with its triple-decker pulpit and graveyard that clings to the clifftop. Hunt out Humpty Dumpty's tomb.

### Soak up the vibes

Stroll around **Whitby Harbour** to waste some coppers at the arcade. Eat an ice cream on **Whitby Sands**, a golden beach unfolding from the West Pier for 2 miles along the coast lined by grass-tufted cliffs and multi-coloured beach huts.

### Stop for lunch

Ask any local where you'll find the best fish and chips and they'll say **Magpie Café**. Its battered cod and chips fried in beef dripping are so good that long queues snake down the pavement for them. For fine dining, Michelin-starred chef Andrew Pern's **The Star Inn The Harbour** serves beautiful plates of fresh-as-it-gets seafood.

### Splash the cash

Stock up on smoked fish at **Fortune's Kippers**, a tiny, ramshackle smokehouse with charred black walls that has been trading since 1872. Visit **Whitby Jet Heritage Centre** to take home a chunk of dark Whitby jet, the local gemstone.

### Drink like a local

You'll find watering holes on every corner, ranging from the twee to the raucous, all with at least one punter dressed in vampire garb. Hit up the cosy **Endeavour** for sing-a-longs, or **The Duke of York** for harbour views. Sink a pint of Whitby Whaler right next to one of the tanks it was made in at **Whitby Brewery Taproom**. ■ *Alexandra Sims*

→ Get here: three hours by train from London King's Cross to Scarborough, then bus or taxi; around five hours by car.

### IF YOU ONLY DO ONE THING

You can't miss the gorgeously spectral thirteenth-century ruin of **Whitby Abbey** looking down on the town from its clifftop spot. Bram Stoker was so taken by the gothic pile it inspired him to write 'Dracula'. Walk among the crumbled ruins, touch the old stones and watch fun re-enactments of his novel there.

### WAKE UP HERE

## No 19 Hilda's Terrace



Full of elegant furnishings and beautiful antiques, this Georgian townhouse is an exquisite spot to rest your head. Super-friendly owners Peter and Lucy have devoted the first floor to guests, where bright, white rooms are filled with shuttered windows, charmingly creaky floorboards and Shaker-style furniture. A breakfast of bread from local bakery Bothams, jams and cereals will be hidden in a mini fridge in your room so you can enjoy it at your own pace in the morning, and in the next door bathroom you'll find a free-standing bath for a sumptuous soak. ■ *Alexandra Sims*

→ Whitby, Yorkshire. From £75 a night.  
www.sawdays.co.uk

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## Escapes



**Book now**

## Lumiere Durham 2019

**REMEMBER LAST YEAR** when all those luminescent playgrounds, interactive laser beams and neon artworks lit up London? Well Lumiere is back, but this year it's dazzling its home city of Durham.

The biggest light festival in the UK is going all out to celebrate its tenth anniversary. Taking place November 14 to 17, Lumiere will be a mix of new commissions and old faves, like a 3D whale projection, a

glowing cloud and a tunnel of light inspired by a cresting wave.

It's all free to visit (although you need to pre-book to see inner-city artworks during peak hours) and nice to look at, but it's not designed just for Insta – organisers are keen for people to experience the event IRL. So look with your eyes and not your iPhone. ■ *Lucy Lovell*

→ Lumiere, Durham. Nov 14-17. Free but ticketed during peak hours. [www.lumiere-festival.com](http://www.lumiere-festival.com)

## LEAVE LONDON FOR

## A really English cup of tea



**THERE'S NO SHORTAGE** of places to nurse a cuppa in London, whether you're sipping a loose-leaf blend from a bone china teacup, or dunking a bag of English breakfast in a mug. But in southern Cornwall, you can drink the UK's only homegrown tea right on the land the leaves were picked from.

Tregothnan Tea Estate is the UK's first tea plantation. It's a vast Cornish estate that dates back to the 1300s and houses the biggest historic botanic garden in Cornwall. Thanks to a warm

microclimate, all sort of rare plants thrive here, like *camellia sinensis* – better known as tea plants – and heady herbs like chamomile (also good for tea).

Tregothnan first started selling its hand-picked tea back in 2005 and now the British blends are stocked in Liberty. Swing by to take a private tour of the gardens followed by a cream tea. Then stock up in the shop and head home for another brew. Milk, no sugar, ta. ■ *Katie Gregory*  
→ Near Truro, Cornwall. Private tour and cream tea from £65. [www.tregothnan.co.uk](http://www.tregothnan.co.uk)

## THREE OF THE BEST

## Bonfire celebrations



### Battle East Sussex

This ancient celebration (going strong since 1646) is all about the procession, with more than 30 bonfire societies marching through the streets with flaming torchlights. Costume is compulsory: people dress up as anything from pirates to pumpkins. Reuse your Halloween kit and join in.

→ Sat Nov 2. [www.battelbonfire.co.uk](http://www.battelbonfire.co.uk)



### Edenbridge Kent

Along with fireworks and (obvs) a bonfire, this annual parade includes floats, marching bands and enormous effigies. Last year they set fire to a ten-metre-tall Boris Johnson guy; previous years have seen likenesses of Donald Trump and Harvey Weinstein lead the fiery procession.

→ Sat Nov 2. [www.edenbridgebonfire.co.uk](http://www.edenbridgebonfire.co.uk)



### Lewes East Sussex

For 364 days of the year, Lewes is a sleepy place. But on November 5 it hosts one of the largest, rowdiest and most famous Bonfire Night parties in the UK. Bonfires are lit all around the town, while parades take place on the streets, featuring burning crosses and effigies of political figures. ■

→ Nov 5. [www.lewesbonfirecelebrations.com](http://www.lewesbonfirecelebrations.com)

Find more lit light shows at  
[timeout.com/daytrips](http://timeout.com/daytrips)



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