

TimeOut

LONDON

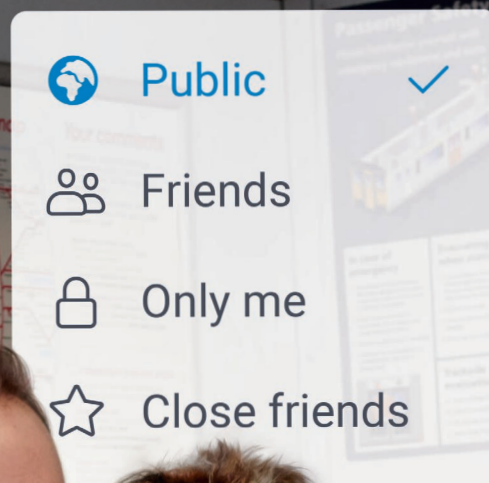


Party like it's 1799

Classic nights out in London's greatest museums

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Inside

This week's Time Out in no time at all

Eyes on the prize

Shana Moulton's four-star art show offers an escape, and some perspective, on our anxious world

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'Variant 31'

It's got 200 rooms and 150 shuffling actors: we preview this epic West End 'zombie experience'

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Open House London

That time of year has come round again where you can get a look inside a church tower, a castle or, erm, an arms factory

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Magazine London

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Hello, London

Caroline McGinn
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LONDON

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Time Out's Events Editor Katie McCabe has had more nights out in London than a massive gang of foxes. And she thinks the most exciting late ones in this city right now are happening in galleries and museums. Turn to p16 to find out why, and to get a first peek at the weirdest and most wonderful culture lates this autumn.

Special-access fans are also in for a treat this weekend when Open House (see p36 and p46) lets us nose around all manner of off-limits London buildings, from Southwark Integrated Waste Management Facility to 10 Downing Street. And who knows what you'll find in there? Massive gang of foxes, probably.

YOU SAID IT

What you've been rating and hating online

You can meet goats at a gin townhouse. No, we're not *kidding*. Most of you loved it, but someone was sure that the hairy guests of honour should be elsewhere. **'Not nice for the goats, really. Should be jumping on mountains, not in a bar!'**
Janis M via Facebook

We showed you a vid of a place where cheese passes before your very eyes on a conveyor belt, like in Yo! Sushi. But with cheese. **'This is what heaven must look like. Shame I'm probably going to hell, but at least there'll be a nice warm fondue down there.'**
Natasha G via Facebook

Fancy going to a food festival where all the scan is jet black? Stop. Don't stop. This millennial catnip split opinion right down the middle. **'The food fest I'm asking for.'**
Krj B via Facebook
'The food fest no one's asking for.'
Andy B via Facebook

Art queen Marina Abramović is getting a retrospective at the Royal Academy next year. At the main entrance, you'll need to squeeze between two people in the buff to get in. Someone's thinking ahead... **'I hope they've washed and shaved their bits. Don't want any pubes catching on my jumper!'**
Samantha W via Facebook

COMMENT OF THE WEEK

Remember the '90s? It was so romantic: 'Notting Hill', 'Four Weddings and a Funeral'... a decade of celluloid bangers. But kicking it all off was tart-with-a-heart classic 'Pretty Woman', and now it's been made into a musical. Tickets for its London transfer went on sale and you couldn't wait. **'You can finally live out your fantasy as a charming hooker that falls in love. LET'S GO!'**
Jess D via Facebook

Yep, a tale of Beverly Hills kerb-crawling is, apparently, the West End night out you've all been waiting for. What's next for the song-and-dance treatment, 'Requiem for a Dream'?

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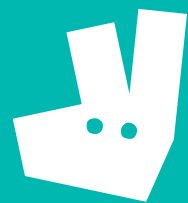


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City life

Edited by James Manning
@timeoutlondon

Clear the air

THERE'S NO PLANET B when it comes to the climate emergency, and this weekend two big eco-friendly events are happening in London to highlight the urgency of the situation – and a few of the potential solutions. On Friday, people around the world are walking out of schools, colleges and workplaces en masse to join the Global Climate Strike. They're urging politicians to act now (not later) to tackle climate change: meeting points in London include Westminster, Hackney, and Brixton. Then on Sunday, London Car Free Day will show the Big Smoke in a cleaner light. Currently, more than 2 million Londoners live in an area that exceeds legal limits for air pollutants. 20km of tarmac will be off-limits to cars – that's about 200 streets, including much of the City of London and Tower Bridge. Traffic will make way for yoga, playgrounds, art installations and picnics (see p53). Get out and paint the town green. ■ *El Hunt*

→ www.globalclimatestrike.net,
www.londoncarfreeday.com



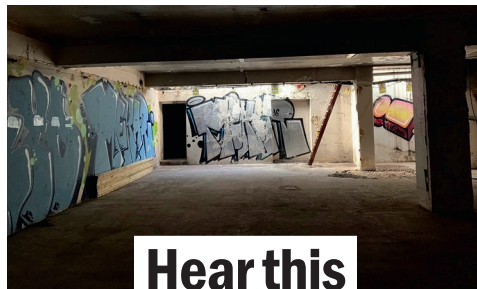
THE ESSENTIALS

Three things you have to do this week



See this

The **London Queer Fashion Show** takes over the V&A Museum of Childhood on Friday, with 100 LGBTQ+ models putting the bass in their walk to showcase ten top queer designers.



Hear this

After lying empty for years, a Soho building is waking up with a bang. Electronic musician Laurel Halo is hosting the first beat-heavy instalment of the **Mode** music series there on Saturday.



Eat this

Returning for its sixth year, **Conflict Café** marks International Peace Day this Saturday with a Filipino feast at Flat Iron Square by Mark Corbyn, of The Adobros supper club fame.

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

MAKE LONDON BETTER

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

Opening Doors London



Discover more ways to make a difference at timeout.com/better

WHAT IS IT?

A charity that runs loads of different events for LGBTQ+ people over 50. It operates in every borough, working to engage older Londoners who might be feeling isolated or are anxious about leaving the house. A team of around 280 volunteers help ODL to bring its members together, by lending a hand at its Friday night supperclubs or going on group trips to film screenings or art galleries.

WHY DOES IT MATTER?

Loneliness and isolation are common problems among older LGBTQ+ people. Many individuals grew up in a time when homosexuality was illegal, and (according to Age UK) are statistically less likely to have children or family members that they see regularly. Knowing that there's a whole group of likeminded people nearby for a chinwag can make all the difference.

HOW CAN I GET INVOLVED?

There are loads of ways to get involved with the charity's many group events, dinners and cultural tours. There's also a one-on-one befriending scheme: keep an eye out for the next sign-up period. Or just get in touch with the charity to find out more about how you can help. Chances are you'll end up having a blast and making some new intergenerational friends.

■ *El Hunt*

→ www.openingdoorslondon.org.uk

CHRISTA HOLKA

MAYOR OF LONDON

EXPERIENCE

AFRICA IN LONDON

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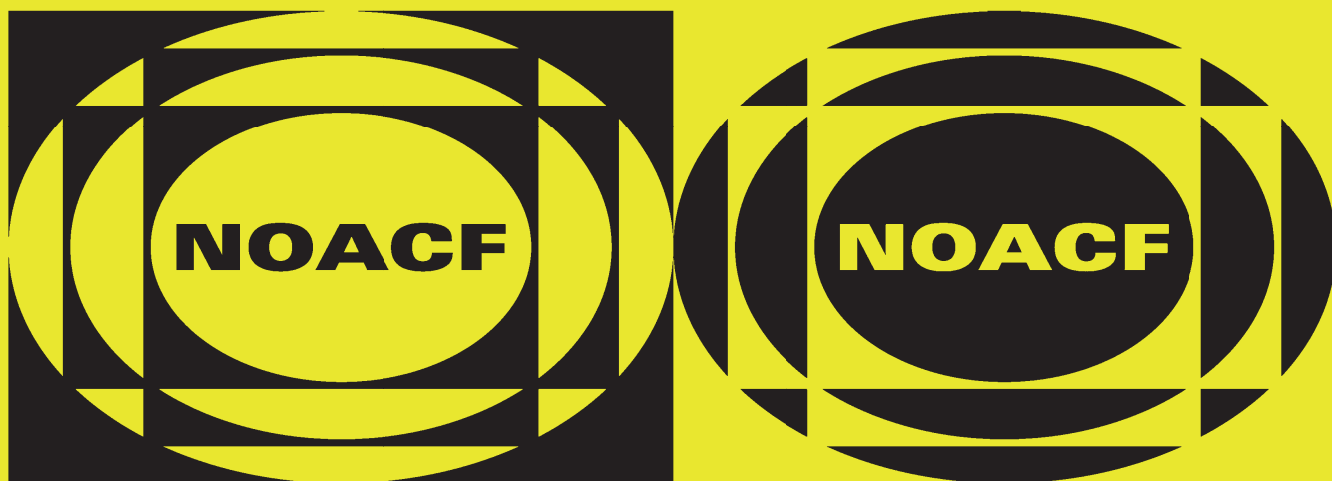
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DIRTY HIT

OI, SADIQ!



What are you doing to help the arts in London get funded?

THIS YEAR, WE'RE giving some of our favourite Londoners the chance to put one big question to the Mayor. **Kwame Kwei-Armah** is the artistic director of the Young Vic theatre. As government spending on the arts decreases, he's wondering: what can the Mayor do to help boost private donations to London's culture sector?

Kwame 'Oi, Sadiq! I know you're supportive of London theatre. But can you help educate Londoners about how important it is to support theatre and the arts through philanthropy?'

Sadiq 'We need to educate both politicians and Londoners. I hate going to the bottom line, but culture brings a huge amount of money to our economy – £52 billion every year. Half of culture's income used to come from public funding, but over the last nine years, that has gone down to a third.'

Kwame 'Yes, we've been used to the model of thirds: a third of our funding from the box office, a third from government and a third from philanthropy. But that balance has shifted.'

Sadiq 'Philanthropy is a solution. We've got to not be afraid to ask for money – it's a very British thing to be embarrassed. But it's still really important for there to be a contribution from the public sector. If you relied mostly on ticket sales, you'd only use actors and playwrights who are already successful. Public funding means you can afford to take some risks and create a pipeline of new talent. That's one of the reasons that London punches above its weight in culture.'

Kwame 'In America, there's a culture of giving in order to make great art. It's not just your ticket price that helps theatres.'

Sadiq 'I think we also need to remind ourselves why culture is a good thing. It fulfils potential: it can divert young people away from a negative path to a positive one. But we need theatres to reach out and engage different communities. When I grew up, the idea of going to the theatre was intimidating. We need to make sure theatres understand that the stories you tell have got to be relevant to the city you seek to serve.'

Kwame 'I wrote a play called "Seize the Day" in 2008. It was about the first black mayor of London. I thought it would never happen, but look at where we are now. Our city can change.'

Sadiq 'Don't underestimate the power of art!' ■
→ Young Vic, 66 The Cut. ⇄ Waterloo.
www.youngvic.org

'We can't be afraid to ask for money'
Sadiq Khan

WORD ON THE STREET

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

- 'Our mouths filled simultaneously. Honestly, it was a special experience.'
- 'When I say "tools", I mean implements. And when I say "implements", I mean cock rings.'**
- 'I don't even sweat under my armpits.'
- 'At first I thought it was a sausage dog, and then I realised it was a ferret.'**
- 'I've been seeing that chin everywhere.'
- 'I actually know a surprising amount about the mating rituals of shellfish.'**
- 'Farts are mainstream now – next it'll be poops.'
- 'Don't worry – I will never put a Bic pen up your bum.'**
- 'Judi Dench has been old my whole life.'
- 'All the Dutch I know comes from the back of a cat food packet.'**

Overheard something weird? Tweet us #wordonthestreet @timeoutlondon

“A MOVIE THAT REMINDS US OF THE AWESOME POWER OF FILM”

- CINEMA BLEND

“ONE OF THE BEST FILMS OF THE YEAR”



- THE INDEPENDENT



- CBC NEWS

“A TRIUMPH”

- VARIETY



- WASHINGTONPOST.COM



- ROGEREBERT.COM



“OUTSTANDING”

- FOX

“THE FAREWELL IS ONE OF 2019’S BEST MOVIES”

- THEWEEK.COM



“AN UNDENIABLE, CROWD-PLEASING HIT”

- FLICKERING MYTH



- NOW MAGAZINE

“A KNOCK OUT OF EMOTIONAL RESONANCE”

- THE PLAYLIST

“THIS IS ONE OF THE YEAR’S BEST PICTURES”

- DEADLINE

“ONE OF THE MOST GENUINELY MOVING FILMS I’VE EVER SEEN AT SUNDANCE”

- ROLLING STONE

“THE FAREWELL IS THE BEST MOVIE OF THE YEAR”

- THE DAILY BEAST

“ONE OF THE MOST MOVING FILMS OF THE YEAR”



- EMPIRE



- LITTLE WHITE LIES

“EXUBERANT, BITTERSWEET, AND WITTY”

- TIME OUT



“ONE HELL OF AN INTRODUCTION FOR AWKWAFINA”

- THE GUARDIAN



“A TRUE CROWD-PLEASER”

- VANITY FAIR

“POIGNANT AND FUNNY”

- THE NEW YORK TIMES

BASED ON AN ACTUAL LIE

THE FAREWELL

A24, BIG BEACH, HUNDRED SPIRIT AND RAY PRODUCTIONS PRESENT A BIG BEACH PRODUCTION IN ASSOCIATION WITH DEPTH OF FIELD AND SESAW A LULU WANG FILM "THE FAREWELL" AWKWAFINA TZI MA DIANA LIN COSTUME DESIGNER LESLIE WOOD CSA ANNE KANG COSTUME DESIGNER SUSAN JACOBS DYLAN NEELY EXECUTIVE PRODUCERS ALEX WESTON EXECUTIVE PRODUCERS ATHENA WANG EXECUTIVE PRODUCERS MICHAEL TAYLOR MATTHEW FREDMAN EXECUTIVE PRODUCERS YONG OK LEE PRODUCED BY ANNA FRANQUESA-SOLANO EXECUTIVE PRODUCERS JOSH COHEN DAN BALGOYEN EXECUTIVE PRODUCERS EDIE RUBIN EXECUTIVE PRODUCERS DANIELE MELIA P.G.A. MARC TORTILETTAUB P.G.A. & PETER SARRAE P.G.A. ANDREW MIANO P.G.A. & CHRIS WEITZ P.G.A. JANE ZHENG LULU WANG P.G.A. ANITA GOU WRITTEN AND DIRECTED BY LULU WANG

IN CINEMAS FRIDAY

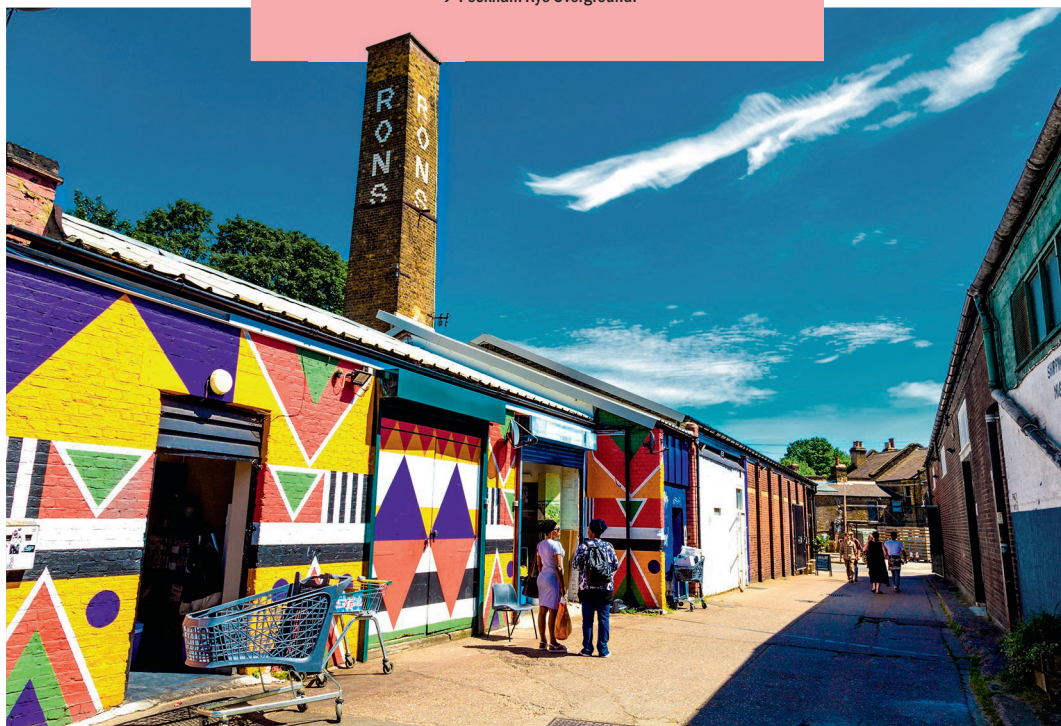
We just named Peckham one of the world's 50 coolest neighbourhoods. Check out the other 49 at www.timeout.com/50neighbourhoods

THE INSIDE GUIDE

Peckham

Sure, Frank's is great. But there's so much more to the city's coolest 'hood

→ Peckham Rye Overground.



THE BEATING HEART of Peckham – home to Del Boy, road rap hero Giggs, national acting treasures Olivia Colman and John Boyega, and a much-photographed pink staircase – is Rye Lane. It's a throng of colours as stalls sell fruit, veg, clothes, handbags and trainers, jumbled up with the smells of saltfish and raw meat. Walk past the kiosks playing Nigerian pop and the Chinese supermarket inexplicably blasting dance bangers and you'll reach the Rye: a sprawling patch of green that stretches all the way to East Dulwich.

But Peckham isn't all about Rye Lane's rickety shopfronts, crowded arcades and creative endeavours in looming warehouses. The side streets are leafy and low-rise, with cast-iron bollards by artist Antony Gormley. The railway arches house mechanics, breweries, bars, a tattooist and even a foundry. To the east, the streets around Queen's Road station have started sprouting bars and cafés. And past the landmark library you'll find a shockingly good Filipino restaurant just round the corner from M Manze Eel & Pie House, where you'll still see the Pearly King of Peckham tucking in to his lunch.

IF YOU ONLY DO ONE THING...

Drop in to **The Prince of Peckham** pub. It's a great community boozery where you'll find all walks of Peckham life and incredible Caribbean-British fusion food.

GO OFF THE BEATEN TRACK

Don't walk past Rye Lane's many arcades and alleyways. Shop for fruit and secondhand books down the passage opposite the station; hit Holdrons Arcade to spot DJs at **Balamii** radio station or buy vintage garms at **Little Sister**, local-made leisurewear at **Sturla** and vegan food at **Deserted Cactus**. Or dive into Bussey Alley and explore **CLF Art Café**, alias the Bussey Building.

SOAK UP THE SUN

The lesser known **Burgess Park** has a serene lake and well-used community barbecue area. Get there early on sunny weekends to bag a grill.

HIDE FROM THE RAIN

Catch a film at unbelievably cheap local institution **Peckhamplex**. There's another, much smaller, cinema in the back room of **The Montpelier** pub, showing arthouse films and docs (you can take your pint in too). Or you could play vintage arcade games at **Four Quarters**.

GET CULTURED

Copeland Gallery, behind Bussey Building, has a great programme of events and exhibitions, from shows like **Peckham 24** photography festival to music events like next month's **Boiler Room Festival**. Then there's **Flat Time House** gallery – studio of the late John Latham – and **Hannah Barry Gallery**, heading up the annual **Bold Tendencies** sculpture show at **Frank's Café**, as well as the **Hub + Culture** shop for contemporary African design.

CHILL OUT

Get seriously languid at brand new bar **Zapoi**: an oasis just off Rye Lane with velvet chaises longues, antique rugs and a leafy garden.

STAY UP LATE

Pop in to the bustling **Peckham Springs** between the train tracks, especially on a sunny evening, for top-notch Whisky Sours before a night of bashment, dancehall and grime at **Tola** nightclub. Try **Canavan's Peckham Pool Club** if you want to break up your dancing with a few frames of pool, or catch local DJs like the Touching Bass collective at **Tasty Bakery** on Rye Lane: a Caribbean bakery by day and impromptu club by night. ■



By Emma Finamore
Who you'll probably find on the 343 bus.



DRINK HERE

- **The Peckham Pelican**
Come for 6pm happy hour, stay for the goat's cheese pizza.
- **Mae J's Café**
A café/bar in an afro salon named after the first black woman in space.
- **Rye Wax**
This basement record store doubles up as a cocktail bar and gig venue.
- **The CLF Art Lounge & Roof Gardens**
A brand new rooftop bar next to the station.



EAT HERE

- **Yadas**
This ramshackle but delicious backstreet BYOB Kurdish joint is a must.
- **Taco Queen**
Jackfruit tacos that'll change your life, plus addictive nachos.
- **Ganapati**
South Indian communal dining with a thali inspired by Gandhi's diet.
- **Peckham Bazaar**
Pan-Balkan delicacies on a quiet residential corner.

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FREE LONDON

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



DON'T MISS

ACCESS ALL AREAS

'Bafta: Behind the Screens'

Still obsessing over Villanelle's incredible pink dress in 'Killing Eve'? See it IRL at Bafta's new exhibition, which will bring TV shows and films to life through costumes, annotated scripts and audiovisual displays. Other highlights include character wigs from 'The Favourite' and original sketches from 'The Clangers'.

→ Bafta Piccadilly, ☉ Piccadilly Circus. Until summer 2021.

GOOD BREWS Five Points End of Summer Yard Party

Squeeze the last drops out of summer as Five Points Brewing Company opens up its warehouse yard for a party. There will be DJs all day and, if you register for a free ticket online, you'll get a free beer too. Hop to it!

→ The Five Points Brewing Company Warehouse. London Fields Overground. Sat Sep 21.

PRETTY COOL Revlon 24-hour beauty salon

Fancy a blowdry at 3am? Head to Revlon's 24-hour beauty salon, open from 7am this Thursday. Walk-ins are available, or you can book a slot online. Treatments are first come, first served but everyone can nab a free foundation.

→ Noho Studios. ☉ Oxford Circus. Thu Sep 19-Fri 20 Sep.

LOCAL HEROES Rye Links Festival

This community festival is bringing together SE15's artists and creative traders to celebrate Peckham's local talent. There will be a pop-up market, live music, DJ sets, locally produced snacks and workshops on everything from craftivism to graffiti.

→ Copeland Park. Peckham Rye Overground. Sat Sep 21.

WHEELY GOOD IDEA Free Santander Cycles hire

It's World Car Free Day this Sunday, which means streets all over the city will be closed to traffic (find more events on p53). To celebrate, Santander Cycles (or, um, Boris Bikes) will be free to use all day long. Time to get on yer bike!

→ Various locations. Sun Sep 22.

Looking for things to do all year round? Try [timeout.com/free](https://www.timeout.com/free)



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Starry, starry nights
Royal Academy Lates



Better lates than ever

There's a huge range of great stuff going on after dark in London's museums. Here's some of the best

IN 1999, THE Royal Academy of Arts became the first British gallery to open for 24 hours, sparking a lasting trend in London's nightlife: the museum 'late'. The V&A launched a Friday lates series three years later, with most major museums and galleries soon following suit. But after a decade of them, things got a bit samey. Most lates became little more than after-hours drinks where you'd get in trouble for taking your plastic cup of wine into the wrong gallery.

That all changed in 2016, when *gal-dem*, a new magazine by and for women of colour, took over the V&A to launch its first print issue, and broke the mould for what a late could *really* be. BBZ

brought its club night into the Fashion Gallery, and the foyer became a heaving dancefloor as grime artist Melz killed it on stage. More than 4,000 people showed up, and every inch of the museum felt alive. It turned a traditional institution into a radical, political party space.

Since then, lates have got more ambitious in their reflection of what's really happening in the city. Instead of hosting string quartets and cheese-and-wine nights, galleries are booking drag artists, political activists and people like Rerezent Radio. Lates really are better than ever. Now we just need the RA to bring back that 24-hour opening... *Katie McCabe*



London lates

V&A Lates

What's the vibe? This is it: the majestic grandmother of all London lates. The V&A first dipped a toe into nightlife back in 2008 (perhaps surprisingly, considering Queen Vic wouldn't know fun if it hit her on the bustle) – and hasn't looked back since. Queues snake round the block for this doughty mix of DJ sets and late-night design-led fun.

When do they happen? The last Friday of each month.

What's coming up? Named after a geological era that was shaped by human activity, 'Anthropocene' (September 27) ushers in a new epoch with art, tech, and earth-shaking dance.

→ V&A Museum. ⊕ South Kensington. Free.



V&A Lates



Uniqlo Tate Lates

What's the vibe? Buzzing! If the lates dream is all about grassroots, democratic night-time takeovers, then Tate's making that a reality. It teams up with London collectives to programme fresh artists, DJs and curators who are sparky enough to make this former power station a vital energy source once again.

When do they happen? The last Friday of every month.

What's coming up? 'Creative Learning' (September 27) is about getting your hands grubby. NTS Radio will curate a squelchy line-up of abstract funk and dance sounds – the ideal soundtrack for making Andy Warhol-style prints, getting surreal Dalí tarot readings and playing with paper made out of poo (bring your own hand sanitiser).

→ Tate Modern. ⊕ Blackfriars. Free.

Emerge Festival

What's the vibe? Think Art Night but for heritage. This new fest is a massive culture crawl through 30 London museums, historic venues and arts centres. Everyone from teeny players like Brixton's Chocolate Museum to big guns like the Barbican are laying on DJ sets, escape games, talks and art seshes. Follow one of six planned 'circuits' or try catch 'em all in a demented but educational form of Pokémon Go.

When do they happen? Who knows? This month's event is the first.

What's coming up? The first edition (September 27-28) features everything from an ice sound bath (London Canal Museum) and witchcraft workshops (Lauderdale House) to medieval code-breaking (Jewel Tower). Cracking stuff.

→ Various locations. £25-£40, £15-£30 concs.



Uniqlo Tate Lates

First Thursdays

What's the vibe? Hop on a tour bus to discover east London's coolest art hotspots by night, like an edgier version of TV's 'Coach Trip' but without the sunburn and imminent threat of national humiliation. Or, opt for the safer option of a curator-led walking tour. Either way, things kick off and end at Whitechapel Art Gallery, where the bar stays open until late.

When does it happen? The first Thursday of each month.

What's coming up? The next instalment (October 3) is a multi-venue shebang, taking place across four indie art spaces, plus an after-hours encounter with Whitechapel's latest exhibition, which features mud sculptures and eerie mouth-based video art by Anna Maria Maiolino.

→ Whitechapel Gallery. ⊕ Aldgate East. Bus tour £14.50, £12.50 concs.



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RA Lates

RA LATES: MAX MECHOWSKI



London Transport Museum Lates

What's the vibe? Choo-choose these nights for transport-themed shenanigans that are designed to appeal to reluctant commuters as well as hardened train aficionados. The LTM's been drawing in late-night crowds for more than a decade with quizzes, talks and scavenger hunts around its collection of great transport memorabilia.

When do they happen? Every couple of months.

What's coming up? 'Hidden London' (October 11) will explore what lies beneath the city's streets and the dusty charms of disused tube stations.

→ London Transport Museum. ⊕ Covent Garden. Oct 11. £15, £12 concs.

RA Lates

What's the vibe? This is where the grand dames and duchesses of the art world come to let their (immaculately groomed) hair down. Tickets are pricy, but you get your money's worth with free entry to the exhibitions, DJ sets and the chance to meet the art-collecting sugar daddy/mummy of your dreams.

When do they happen? Arty parties happen every few months.

What's coming up? Deep Earth (November 23) is inspired by Antony Gormley's 'Eco-Visionaries' exhibition. The space will be decked with natural forms like rocks, moss and seaweed, and will house an unbe-leaf-able line-up of nature-inspired performances, including Aszyk's 'Floral Intensities', which mixes psychedelic plant visuals with botanical-inspired sounds. Trippy.

→ Royal Academy. ⊕ Green Park. £25-£75. Find an exclusive ticket offer on p34.



100 YEARS

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Natural History Museum Lates

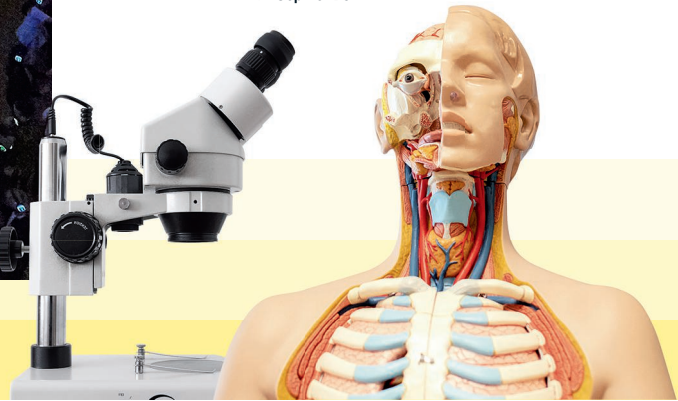
Cinema Museum

What's the vibe? Housed in the workhouse where Charlie Chaplin toiled as a lad, this spooky building comes alive at night with gigs, talks and screenings of vintage flicks. The doors open an hour before the movie starts, so there's plenty of time to look through the memorabilia.

When do they happen? Get a night at the flicks at least three times a week.

What's coming up? Take a chariot ride into the history of stop-motion animation with a screening of 'Jason and the Argonauts' (Friday September 20), followed by a Q&A with animator Astrid Goldsmith, who's made work inspired by its mythical skeleton warriors.

→ Cinema Museum. ⊕ Elephant & Castle. Fri Sep 20. £6.



Science Museum Lates

What's the vibe? A highly interactive, brain-stretching night out for anyone who wants 'eureka!' moments that don't involve being naked in a tepid bathtub. It's a world away from the boring lessons on the periodic table you had at school.

When do they happen? The last Wednesday of each month.

What's coming up? If you've set all your passwords to 'password' (ya fools!) then cyber security-inspired night 'Top Secret' (September 25) is for you. Watch cyber criminals try to hack smart TVs in real time, find out how gamers can tackle online espionage and try and bend your drunken brain round quantum information protection.

→ Science Museum. ⊕ South Kensington. Free, but book online. £2 silent disco.

Natural History Museum Lates

What's the vibe? If your idea of a great night out is goggling at some horrible things in jars, then this is for you. Peer at the museum's 'Spirit Collection' of preserved animals or dance until the whale skeleton's massive bones rattle at a huge silent disco in the museum's foyer.

When do they happen? The last Friday of each month.

What's coming up? Chat to scientists from across the EU at 'World Wide Webs: Our Interconnected Planet' (September 27).

→ Natural History Museum. ⊕ South Kensington. Free entry. £22 silent disco.



Cinema Museum

Fashion and Textile Museum Thursday Lates

What's the vibe? Look, we're not saying *don't* wear your holey old cardigan, but this crowd's looks are as sharp as a dressmaker's scissors. Flamboyant designer Zandra Rhodes's magenta-hued museum welcomes guests in for after-hours masterclasses in all things fashion, hosted by industry experts.

When do they happen? Get your style fix a few times a month.

What's coming up? 'Working for Christian Dior' (October 10) is a talk that swirls you into the world of a '50s fashion model who worked closely with the originator of the full-skirted ensemble. ■ Alice Saville

→ Fashion and Textile Museum. ⊕ London Bridge. £15, £12 students.

You wouldn't think the humble leaf could cause so much trouble. The once lush trees of spring and summer slowly fade, through shades of yellow and orange, to brown, before their leaves fall gracefully to the ground.

Winds carry them towards the railway line, where the rush of air from passing trains pulls them directly onto the tracks, where they are crushed to a pulp.

Leaves are made up of around 80% water, with the rest made up of a complex combination of other substances including pectin, cellulose, and a type of fatty acid that, when compressed, have a lubricating effect.

When this happens on train tracks, it's essentially like coating them with Teflon, and the steel wheels struggle to grip the steel tracks. Braking distance can more than double, with trains taking up to 1000 metres to stop.

The wet mulch also messes with the electrical signals used to keep track of where all the trains are on the network.

This combination of issues leads to a potentially dangerous situation, so to be on the safe side, we need to move more slowly and occasionally miss out the odd

station along the route to make up time.

We know that this can be frustrating, but please bear with us. We have special


leaf-busting treatment trains

running throughout autumn that clean the rails using water jets and then apply a sand-based gel to them to help trains grip the rails.

And teams working around the clock using specialist machines to clean the railhead (the top of the rails). It's an arduous task, but trust us, we're on it and working hard to minimise disruptions to your journeys.



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'I channel Awkwafina to gain confidence'

From 'My Vag' viral rapper to 'Crazy Rich Asians' superstar, Nora Lum, and her famous alter ego, are on their way to the top. *Joshua Rothkopf* meets the New Yorker. Portraits *Guerin Blask*

"**JOKES**", "**COTCHING**", "Rizlas", "wanker"... Nora Lum – aka Awkwafina – is listing the British words she finds funny. Her favourite is 'vag'. 'It's very polite,' she says. 'And the people who've said it to me lower their voice four decibels, so it's like, "My [whisper] vag.'" The word tickles her so much that back

in 2012 she released the music video 'My Vag' on YouTube. Since then she's gone from viral star to legit Hollywood actress. Last year she joined an all-star line-up for 'Ocean's Eight'. Then came 'Crazy Rich Asians', a breakout blockbuster that she sums up as a 'movement' for onscreen representation. The revolution

continues with the forthcoming 'The Farewell', where the NYC-born actress headlines an all-Chinese cast in a film about family, grief and immigrant blues. For now, she sits vaping in a loft on a hot day in New York while we talk inclusivity, why London's a 'no-bullshit' city and, er, Old Gregg from 'The Mighty Boosh'.





Can you turn off your Awkwafina persona? Do people call you by your real name Nora?

'My friends do. I think I channel her to gain confidence in situations where I'm insecure. Awkwafina is what I present to the world, and Nora is who I go home to.'

Is she a defence tactic?

'Literally, yes: in my first video, I wanted to be anonymous. It was stupid because I got fired from my job because of it anyway. Awkwafina came into existence when I was 15, 16 years old. So she is a part of me. You want to appear strong and set a good example about loving yourself. But the truth is, sometimes you don't.'

Was it weird for you to start seeing your stage name on billboards?

'The first time that name was really put on something crazy was "Ocean's Eight". You're reading all these credits, and then you come across mine: what the hell was

that? People were incensed about it on Reddit. It stuck out like a sore thumb. But without the Awkwafina, I felt like something would be lost. I'm not ready to lose her yet.'

Did you get any London tips from Helena Bonham Carter?

'I had never been there until last year. It was really cool. I don't often go to cities and walk around and say, "I could live here." I really don't do that. I probably have only

'What happens after this? Am I just in the orchestra pit for "The Lion King"?''

done that with London. Being a New Yorker grounds you in every way. You can dress in the nicest clothes and be whoever you think you are, but when you're on those streets, you're just in a school of fish. I walked around London and I felt New York there. It's a no-bullshit city.'

You rap about authenticity, right?

'For sure. I rap about what I know, always. I bet you're referring to "NYC Bitche\$", which I wrote in 20 minutes. The New York around me was changing. I was going from being a teenager who took the train to [arts school] LaGuardia High School every morning to being a young adult who wanted to live a life but felt like the city wasn't hers. I don't want to be one of those 85-year-old New Yorkers on her stoop, wearing a muumuu, talking about how much it's changed. But it's good to be aware of it.'

Are you a fan of any British comedians?

'Yeah, I love Jack Whitehall. I love the "Absolutely Fabulous" girls. [Laughs] Ricky Gervais is great. I love "The League of Gentlemen", "The Mighty Boosh". It's where Old Gregg came from. I love old British shit.'

How about British rappers?

'Skepta! I like UK grime. I like the sample box - I like the production of UK grime.'

What were you like at school?

'I was the best trumpet player in my junior high. But when I got to LaGuardia, I was eightieth in the city. So for music, I really had to find my own way. What LaGuardia did for me was allow me to travel into the city every day. To get out of town and explore different neighbourhoods.'

So that was your awakening. But your grades suffered?

'I was such a bad student. My dad had a parent-teacher conference and my teacher told him, "For some people, the best thing that will ever happen to them is getting into LaGuardia." And I remember it resonated with me. What happens after this? Am I just in the orchestra pit for "The Lion King"? Where do I go? That road led me here.'

'Crazy Rich Asians' was definitely about reclaiming territory.

'When "Crazy Rich Asians" came along, I told my team: "I know this is going to be important. I don't care if they cast me in it - the fact that it's happening at all is important." I made it a point to tell them that. And I got the part because of that.'

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Awks Awkwafina (centre) in 'The Farewell'

Did you have a hunch about its huge success?

'We had a gut feeling. I would see these kids crying, coming out of screenings. You don't realise the power of representation until you feel it and you know you've been missing it.'

Growing up, do you wish you'd had a film like that?

'I do. And I want the kids of the future to be spoiled with representation and to wonder why "Crazy Rich Asians" was such a big deal. I want them to have that representation everywhere.'

Instead of having that representation for yourself, you had NYC's dearly departed Evergreen Video, a trove of foreign cinema, where you worked as a clerk.

'I did. I watched the entire Criterion Collection. It was film school, man. That's how I discovered Asian-American indies – we had a whole section for them.'

Did you always think you'd move to dramatic indies like 'The Farewell'?

'It wasn't that I wanted a foray into drama. It was this script – I'd never seen something like it, both as an actress and as an Asian-American.'

Your character, Billi, is a mixed-up New Yorker who jumps at the chance to reconnect with her dying grandmother. Your own grandmother helped to raise you after your mother died. Did you feel connected to her story?

'I only saw strong women around me because my grandma was so strong. She told me that all the things I came home crying about – like being bullied or my voice – were the things that were going to make me special. She loved my spunkiness.'

Both 'Crazy Rich Asians' and 'The Farewell' have some deep ideas about Asian families, characteristics that make them universally relatable. What do you think about the stories?

'These movies are about families in crisis and everyone has been around their family in a crisis. But more so than that, there's a deep reverence. There's a term – "filial piety" – that you'll almost never hear outside of the context of East Asian studies. It has to do with the relationship between the younger generations, their elders and their ancestors. It's an undying respect. There are

certain tropes that are very true to Asian culture. You can't call them stereotypes. They're just aspects of our culture.'

'The Farewell' requires a lot from you, dramatically. Were you ever worried about delivering?

'I didn't know if I could cry. I was worried about my Mandarin. I was worried about doing drama for the first time. But you have to choose the projects that speak to you. All those insecurities vanished because it was so real. It was a real connection I had with Billi, as if I were living it. And maybe that's the key to dramatic acting.'

How will Awkwafina handle the awards buzz?

'If people say I've arrived in a serious way, I'll have to use my platform to give others a chance. Because that's what I want. I need there to be representation behind the camera and in front of the camera. I need that for me.' ■

→ 'The Farewell' is out on Fri Sep 20. See our review p57.



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The People's Supermarket



Green your eats

The People's Supermarket ©

Thanks to the Channel 4 doc, we've all followed the success of The People's Supermarket – a co-operative in Bloomsbury that fought off Tesco for a site. Although anyone can shop at the store, full membership (which scores you a 20 percent discount and a say in how the shop is run) will cost you £25 and four hours per month working in the store. What you get is fresh, local (when possible) supermarket fare that's affordable and air freight-free.

→ 72-76 Lamb's Conduit St.
⊖ Russell Square.

BRITTA JASCHINSKI



Doing a weekly shop doesn't have to cost the earth, thanks to a new wave of independent, sustainable stores. *Nicole Garcia and Lucy Lovell* pick the best

The Source Bulk Foods 'W S

Highlights at this plastic-free haven's two branches include kombucha on tap, a flour mill for grains (rice, spelt, buckwheat, oats, barley and more) and a nut butter machine, which does made-to-order creations from trusty peanut to poshed-up macadamia nut. As well as a massive selection of kitchen supplies, it stocks household essentials including fig handwash, biodegradable plasters and washing-up liquid – because it's not just the food in your kitchen cupboards that could benefit from a green overhaul.

→ 24 Turnham Green Terrace. ⊖ Turnham Green.
99 St John's Rd. Clapham Junction rail.



Sustainable supermarkets

Bulk Market E

At this Hackney supermarket's zero-waste beauty bar you can make your own cosmetics from a selection of essential oils, dried flower petals, bath salts and natural wax. Bring along an old cosmetic container for extra green points. The shop also boasts a zero-waste freezer section where you can load up on loose frozen fruit and veg.

→ 6 Bohemia Place. Hackney Central Overground.

Hetu S

Hetu is a one-stop shop for the busy eco-warriors who don't have the time to visit five different places to do their bit for the planet. Products include shampoo bars, spices, loose grains, pasta and lentils. You can fill up any kind of container (apparently someone once filled up an old pillowcase with pasta) but if you forget your glass jars, there's a donation station where you can pick up one for free.

→ 201 St John's Hill. Clapham Junction rail.

BYO S

Based in Tooting Market, this little shop makes big change easy. Alongside kitchen essentials, it stocks bamboo toothbrushes, reusable make-up palettes and wax food wrap (like cling film but long-lasting enough for several uses and also biodegradable). All of its products are vegan, too.

→ Tooting Market, 21-23 Tooting High St. ☺ Tooting Broadway.

Harmless Store N

This vegan bulk shop is nestled in Wood Green's Blue House Yard, a car park-turned-creative hub. You can pick up everything from paprika to plant-based washing up sponges. Email your shopping list before you go and they'll let you know what's in stock. Owner Tami Jarvis is spreading the zero-waste revolution throughout north London, with plans to open a second branch in Hornsey too.

→ The Yellow House, Station Rd. ☺ Wood Green.

Zéro S

This new enterprise is already making big moves. It stocks six different types of flour, numerous types of pasta and probably the most local honey you're going to find. It comes from Merton Park, which is just down the road, meaning its carbon footprint is close to nothing. Sweet!

→ Unit 7, The Apprentice Shop, 14 Watermill Way. ☺ South Wimbledon.

Time Out London September



Hetu (below), Harmless Store (middle), The Source (bottom)



Earth Natural Foods N

Earth Natural Foods is a two-minute walk from Kentish Town tube station, which makes carrying your jars of loose leaf tea, cashews and dish soap a lot easier. Though not exclusively zero-waste, this space is doing its bit for the environment, and even stocks eco-friendly nappies, because no turtle should have to look at one of those bobbing around in the sea for ever.

→ 200-202 Kentish Town Rd. ☺ Kentish Town.

Jarr Market S

Jarr Market in Herne Hill hopes to put a lid on wasteful shopping with a small but well-curated selection of grains, cereals, pasta and household products.

As it settles into its new space, the south London store hopes to run pop-ups, events and workshops on sustainable living.

→ 19 Half Moon Lane. Herne Hill rail.

Gather S

Gather prides itself on being a welcoming, inclusive store. The shop is vegan-friendly but not exclusively plant-based, and aims to minimise plastic (you might find a smidge of it). In other words, you can rock up to refill your pantry, and you won't be judged if you're not dressed entirely in hessian. ■

→ 121 Bellenden Rd. Peckham Rye Overground.

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RA Lates: Deep Earth

What is it? The Royal Academy's latest after-hours party.

Why go? This multi-sensory event will delve into the body's relationship with nature through art, music, performance and film. Plus, there'll be tasty street food and mighty fine cocktails to enjoy.

What's exclusive? You can only get tickets through us. From £25.

→ Royal Academy. ⊕ Piccadilly Circus. Sat Nov 23.

www.timeout.com/deep



Gamma Gamma

What is it? A nine-dish sharing menu at a unique Asian restaurant.

Why go? For a slightly unorthodox dining experience. Treat your tastebuds to some pretty off-piste dishes, such as zebra loin tataki and kangaroo steak. Veggies, fear not – there's a tasty-looking vegetarian menu available too.

What's exclusive? Nine dishes to share with prosecco is just £29 each.

→ Gamma Gamma. ⊕ Tottenham Court Rd. Until Nov 1. www.timeout.com/gammagamma

'Journey to the Underworld'

What is it? An eerie, immersive supperclub experience.

Why go? This trip to the underworld in an actual train carriage will see you embark on a journey like no other. While the details are being kept under wraps, we do know that your four-course feast is cooked by 'MasterChef' finalist Louisa Ellis.

What's exclusive? Save 22 percent – tickets and dinner are £49.

→ Secret location in Bethnal Green. Select dates from Sep 26-Nov 9. www.timeout.com/underworld

Being Mum Festival

What is it? A two-day fest dedicated to those trying to conceive, mums-to-be and new mums.

Why go? Haven't slept a wink since your newborn? Whether you're pre or post-natal, this event aims to answer your questions. Expect exercise classes, treatments, workshops, talks, a crèche and more.

What's exclusive? Tickets are 64 percent off, now just £29 each.

→ The HKX Building. ⊕ King's Cross. Oct 12-13. www.timeout.com/mum

Kurobuta

What is it? Bottomless brunch at a bang-on-trend Japanese joint.

Why go? These hip restaurants serve sublime food with serious pedigree. Bao, kuro fried chicken, baby shrimp tempura and spicy tuna maki rolls are just a handful of dishes you can find on their menu.

What's exclusive? Bao, a main, a side and bottomless wine, beer or prosecco is just £29.

→ Marble Arch and Chelsea. Until Dec 7. www.timeout.com/kurobuta2019

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Property

Edited by Laura Richards
timeout.com/property

Grand designs

As Open House London returns this weekend, we take a look at some of the home transformations worth having an inspiring nosey around

GO OFF-LIMITS this weekend as buildings across London throw open their doors for a celebration of the capital's best architecture. Every year, Open House London offers a free poke around offices, churches, theatres and tube stations, with more than 800 buildings, walks, talks and tours to get stuck into. But instead of joining the queues outside The Gherkin, Londoners can tap into their inner nosey neighbour by visiting people's actual homes.

It's not all about seeing how the other half live. Open House is an opportunity to explore renovations of domestic spaces across town that demonstrate the impact of a bit of canny planning – not just mega-dollar mansions, but cutting-edge architectural projects. See how designers have made tricky buildings into functional homes, or study clever uses of space and material. And even if transformations like these are beyond your budget, they could signify the future of London living. Get ready for some serious house goals, the kind that would make even Kevin McCloud weep.

The kitchen made from cork

This unusual extension to the rear of a Victorian terrace house in Lewisham shows you don't have to stick to just bricks and mortar. Although more commonly associated with wine bottles, cork was used to clad this ambitious project. Check out how it complements the existing brickwork, with pink window frames adding an on-trend pop of colour. But using cork wasn't just a quirky design decision with this kitchen, dining room and living area; the material absorbs noise better, plus it's breathable, free from chemicals or harmful materials, and is fully compostable and recyclable.

Allie Mackinnon of Nimit Architects, says: 'Our clients were keen to make quite bold decisions. We kept costs down because we didn't need to use additional insulation or decorate over the cork.'

→ Cork House, 67 Algernon Rd, SE13 7AS. Lewisham rail.
Sat Sep 21, 10am-5pm.



MEGAN TAYLOR



Advertisement feature



So this is how to buy a London property...

You might think owning a London home is impossible but it's more affordable than you think, especially in the leafy north-west London suburb of Mill Hill

Yes, the London property market is a daunting thing, especially to first-time buyers. But there's an easy way to get on to it. Housing developer L&Q is launching an exciting collection of Shared Ownership homes at Ridgeway Views in the green and, frankly, lovely suburb of Mill Hill, just nine stops on the Northern Line away from Euston. Provided you're employed, over 18 and your total household's income is less than £90,000, you should be able to qualify to buy there. The property dream can be yours. Here's why you owe yourself a look at Mill Hill.

It's green. Very green

On the quiet, Mill Hill is one of London's most verdant suburbs. L&Q at Ridgeway Views is in a

particularly green spot, with the 35-acre Mill Hill Park, the ancient hedgerows and unusual birds of Arrandene Open Space and Featherstone Hill, plus the idyllic nearby Darlands Lake Nature Reserve just to the north.

It's up-and-coming

The last few years have seen a rocket put under the area, with huge investment in Brent Cross Shopping Centre and lots of new homes, including Ridgeway Views. Lots of people are moving there, but unlike other areas of London, affordable new homes are being built.

There's great shopping

There's a fine mix of independent and chain shops at Mill Hill Broadway, or there's everything

you could possibly want to buy at Brent Cross (just 15 minutes away by car) – a shopping centre that's being redeveloped to introduce 150 new retail stores, 50 restaurants, a cinema and hotel accommodation.

You can get into central London easily

Yes, Zone 4 can sound terrifying if you've never been there. But it's fine, honest. Hop on to the Northern Line at Mill Hill East or grab a Thameslink train at Mill Hill Broadway.

You can afford it

The London property market is unfair. But Shared Ownership is a way to make things fair. Take out a mortgage on a portion of the home – from as little as 25 percent – and pay discounted rent on the rest. You can increase the share you own until you hit the glorious 100 percent.

You don't have to leave London to buy. And you'll no longer be throwing your money away on rent. There is no catch.

About Ridgeway Views

A series of 131 modern, one, two and three-bedroom Shared Ownership apartments with fully furnished kitchens, parking and bike storage and great views, L&Q at Ridgeway Views is making it easier to own a home of your own. If you're looking to own in London, book yourself an appointment for the launch weekend of Saturday September 28.



L&Q

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→ For more information, head to millhillsharedownership.co.uk

The science lab-turned-family gaff

Built in 1935 as an annexe to a now demolished Victorian school, this building was used as a canteen, art department and science laboratory until the 1980s. After that, it functioned as a recording studio – and there are rumours that East17 and Run-DMC taped demos up on the first floor. It was later converted into flats, before its current owners decided to make it into a single family home in 2015. What now exists is a spacious four-bedroom property with many original features, including knockout wood parquet flooring, terracotta tiles and a concrete stairwell (and there's not a bunsen burner in sight). On the roof there's even a beautiful wildflower terrace with views to Wanstead Flats, BT Tower and Canary Wharf. It shows just what can be done with an old building and a bit of imagination.

Carlo Viscione of architects Made With Volume, says: 'There was a strong desire to keep and restore original features. The clients are thrilled with the result, which includes plenty of room for cooking, entertaining and relaxing.'

→ The Science Lab, 134 Trumpington Rd, E7 9EQ, Wanstead Park Overground. Sat Sep 21. Every 45 mins between 10am and 4pm.



The extension in a conservation area

This neglected home was overhauled two years ago and has won plaudits from the local council for the way a modern extension was added without destroying its period features – and all within a conservation area in the capital. Designers created a kitchen and dining room with huge airy windows to maximise the daylight, as well as a loft room with a window overlooking the neighbouring roofs. While the ground floor extension has been constructed in reclaimed brick to match the original building, the owners chose zinc for the dormer. Inside, the period features have been kept, but with unmistakably modern additions such as concrete, tile and glass balustrades, which bring the old and new together seamlessly.

Peter Lancaric of architects Planstudio, says: 'People don't want to live in the nineteenth century – but they like and value traditional features. It's about finding the right balance between traditional and contemporary.'

→ R&S House, 30 Lampmead Rd, Lea Manor Conservation Area, SE12 8QL. Hither Green rail. Sat Sep 21, every 45 mins between 10am and 4pm.



The home with a slide inside

Embrace your childhood fantasies and hit up this Homerton house which, yes, really has a slide inside. It's used to connect the kitchen to the basement of this mid-Victorian home. The owners wanted to make the existing cellar into a place for the whole family, so they created a double-height ceiling and a sunken living space to form an envy-inducing family room. They also built a large rear extension for a kitchen and dining space, and renovated the upper floors, adding bedrooms and a study in the loft space. But it's that slide that really brings it all together – not to mention bringing the fun.

Seán McAlister of architects Seán and Stephen, says: 'In the end it became a matter of daring each other to do it: the clients dared us to design it, and we dared them to go for it!'

→ A House with a Slide, 41 Groombridge Rd, E9 7DP.
Homerton Overground. Sat Sep 21, bookings only.



By Rhiannon Curry
Who's already called first dibs on that slide.



How to do London Design Fair

Find furniture, lighting and cute craft touches at the annual fair, as part of London Design Festival



Christabel Balfour (top left); High Society (above); Daniel Heath (left); Melanie Abrantes Designs (below)



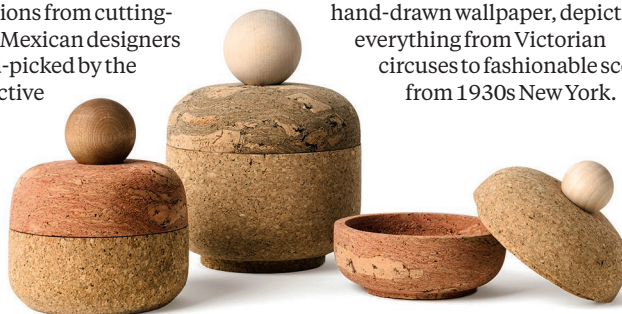
Get inspiration for an eco-friendly home

So you thought you'd pivoted to a plant-based life. Find yourself proven wrong at LDF, where sustainability is big on the agenda. Biomaterials – repurposed waste left over from agricultural and food production – has been named the 'material of the year'. That might sound dry, but **Chip[s] Board** will be showing off its wares made from waste potato peelings – it's already making cushion buttons from the stuff, and is working on larger biodegradable furniture. And **High Society** will also be showing its groovy lampshades fashioned out of surplus materials used in the hemp and tobacco industries. It's the ultimate interiors trip.

Check out gorgeous crafts from around the world

New for 2019, the **International Craft Pavilion** is the place to perve on incredible items without boarding a plane. See trad-meets-modern Indian and Peruvian pottery, ceramics in dreamy pastels by Indonesia's **Kandura Studio** and creations from cutting-edge Mexican designers hand-picked by the collective

that programmes Mexican Design Week. You can still find some of the best in London-born design here – and in action in the demo space. Witness geometric weaving from rugmaker **Christabel Balfour**, alongside live silk-screen printing with designer **Daniel Heath**, who likes to bring storytelling into hand-drawn wallpaper, depicting everything from Victorian circuses to fashionable scenes from 1930s New York.



Browse indie home items you can actually take home

If you have an aversion to having the mass-produced in your London home, visit **The Milk Stand** pop-up shop. Curated by the founder of home decor blog Design Milk, it's the one place in the whole of LDF where you can buy direct from under-the-radar makers – and ask them all about their rad homewares in person. Check out California-based **Melanie Abrantes Designs**, which specialises in one-off turned-wood vases and planters, or pick up unique tableware from New York-based **Max ID**, whose bright glassware range should bring the party back to yours. ■ **Clare Vooght** → Old Truman Brewery. ⊕ Liverpool St. Thu Sep 19-Sun Sep 22. £15.



A LOCAL'S GUIDE TO LIVING IN

Wood Green

Tell me about the local tribe.

They're a multicultural bunch – Turkish, West Indian and Polish communities live cheek-by-jowl with young professionals and families priced out of nearby Muswell Hill and Crouch End.

What's new in the area?

It's more gradual regeneration than burst of gentrification. Cheap rents in an industrial setting are offered by **Clarendon Yards** – and 2019 inductees include craft kings the **Goodness Brew Co.**

Are there any community spaces?

Hotel-meets-restaurant-meets-community-space **Green Rooms** is a social enterprise bringing a bit of Berlin to N22. It also has a kitchen residency – chicken karaage expert Oita is the current occupant.

Where can I grab a morning latte?

Board-game café **Cakes & Ladders** can be found on an old double-decker bus parked among the indie boutiques of quirky pop-up space **Blue House Yard**. If the idea of over-caffeinated Risk players scares you, try **Bean + Brew** by the station for a coffee and a killer almond croissant.

What's the nearest green space?

Lordship Lane, the main artery, can feel clogged up with traffic, but like verdant lungs, Wood Green has parkland to the west (**Alexandra Park**) and east (**Lordship Rec**). Haringey Council has been working hard to beautify some of the grittier corners, too. If you stand still long enough, you will be landscaped.



Cakes & Ladders



Bean + Brew

What are the supermarket options?

The posher chains have yet to arrive but there's a big **Morrisons** opposite the tube and a **Sainsbury's** for the weekly shop.

Is the area family-friendly?

Noel Park and **Scotch Estates** offer family-friendly Victorian terraces. Plus the world-class Alexandra Park School is in range.

Is there a market at the weekend?

Middleton Road Market is on the edge of the area and gathers local producers, vintage traders and street food on the first Sunday of the month – watch out for its seasonal takeovers at Blue House Yard.

AVERAGE PROPERTY PRICES:
Flats £385k
Houses £570k

AVERAGE RENT:
£800pcm per person

NEAREST TRANSPORT:
Wood Green, Piccadilly Line

BUS ROUTES:
Loads of local routes, plus the 29 to Trafalgar Square

LOCAL MP:
Catherine West (Labour)

Any takeaway hotspots?

Pho-natics head to **Mien Tay**, sister to the Kingsland Road staple. Turkish temple **Kervan Sofrasi** is great for pide or chicken shish, offering delivery if you'd rather not venture outdoors.

How about keeping fit?

The Gym on Lordship Lane gives 24/7 no-contract access to gym bunnies with insomnia. Or feel the burn outside: Ally Pally's **Parkland Walk** is a truly lovely running route.

Where's the nearest cinema?

For bargain-hungry cineastes there's a 12-screen **Cineworld** and a **Vue** where you can catch the latest Marvel flicks for just £5.99.

Where's best for a Sunday roast?

One of N22's finest boozers, **The Prince** is great for a Sunday bite. For a vegan roast, head to **Karamel**, a tucked-away restaurant and arts space. ■ *Phil de Semlyen*



HELP FOR HOMEBUYERS



THIS THURSDAY • 16:00 – 20:00 • Lindley Hall, Victoria

Don't miss our free-to-attend, Help for Homebuyers event in central London and gain the tools and understanding to get moving up the property ladder.

You could buy your new home with a 5% deposit of £9,500 with Help to Buy.*

What's in store on the day:

- Talks and discussions from leading industry experts
- Seek advice from London Help to Buy, mortgage experts and legal advisers
- Discover our developments across London and the South of England
- Reserve on the day and save £5,000[^]
- **Apartments and houses available from £189,995**



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BARRATTLONDON.COM/HELPPORHOMEBUYERS



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*Limited availability, selected plots only. Subject to status, terms and conditions apply. See www.barratthomes.co.uk for full details. The equity loan is provided by Homes England (HE) and is secured as a second charge on your property. The amount you have to repay to HE may be more than the amount of the equity loan provided. £9,500 based on a 5% deposit on plot 548 at The White Building. YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR OTHER LOAN SECURED ON IT. ^Offer applies to developments present at the Help for Homebuyers event taking place on 19.09.2019 at Lindley Hall. Selected plots only. Offer applicable only on reservations taken on 19.09.2019. The maximum value of incentives is £5,000. Speak to our sales team to find more. Offer cannot be used in conjunction with any other offer and we reserve the right to withdraw the offer at any time. Prices correct as at 28.08.2019. Calls to 03 numbers are charged at the same rate as dialling an 01 or 02 number. If your fixed line or mobile service has inclusive minutes to 01/02 numbers, then calls to 03 are counted as part of this inclusive call volume. Non-BT customers and mobile phone users should contact their service providers for information about the cost of calls.

DON'T MISS

London Home Show



IF YOU'VE HAD enough of feathering your landlord's nest (and being the only person in your flat who empties the bins), the London Home Show might help you hatch an escape plan. The one-day show – as part of Shared Ownership Week – is mainly aimed at first-time buyers (plus people returning to home-buying after a break) and should flag up a few of the more affordable options from the Help to Buy and Shared Ownership schemes.

Exhibitors at the show include housing associations like Peabody, Clarion and Notting Hill Genesis, who sell and manage homes in London. They'll be showcasing

developments available now and in the coming months, from one-bed flats in Finsbury Park to four-bed houses in Deptford. Plus, legal and property professionals will appear during expert Q&A sessions to talk through the buying process, and independent mortgage advisors and conveyancing solicitors will be on hand to offer free one-to-one advice.

It's true, an afternoon filled with mortgage chat isn't the sexiest way to spend your Saturday, but with London rents now averaging double what they are in the rest of the country, it might pay off. And just imagine how good it would feel to flop out in your very own living room after big Saturdays out in the future. ■
Laura Lee Davies

WHAT IS IT...
A one-stop shop for first-time buyers.

WHY GO...
Get fully clued up before you make the leap to home-owner.

→ Queen Elizabeth II Centre. ↻ Westminster. Sat Sep 21. Free. Advance registration at www.sharetobuy.com

SHARC STODOLSKI

IN NUMBERS Shared ownership

5%

You only need this amount for a deposit (and it's only on the size of your share), so fun can continue while you save.

£90k

That's the maximum a household's annual income can be to buy a Shared Ownership property, meaning high earners don't have an unfair advantage (for once).



You can decorate your property to your heart's content – that's right, you no longer have to worry about losing your deposit for hanging pictures on the wall.

£0

The amount of stamp duty you'll generally have to pay until your share reaches 80 percent. Woop!

£230

This could be your monthly rent if you didn't own (or have a mortgage on) £100,000 of your Shared Ownership pad. Developers' charge roughly 2.75% in rent per year on their share – peanuts compared to real renting!

1,497

Shared Ownership pads are currently on the market in Greater London. What are you waiting for?

18-55

Shared Ownership is only open to those in this age range – sorry, baby boomers, you've already had your cake and eaten it.

25%

It's possible to secure some Shared Ownership pads with as little as a 25% share. See ya later, letting agents and landlords.



Just because you've bought a certain share doesn't mean that's that. Increase the percentage you own through 'staircasing', and eventually it could be all yours – result! ■

→ Shared Ownership Week runs Thu Sep 19-Sep 25. Find out more at www.sharedownershipweek.co.uk.

NEON

SOME PLACES SHINE BRIGHTER

Burnt Oak, Edgware, HA8

1, 2 & 3 bedroom apartments
with prices from £132,000*



LUNCH & LEARN

28th September, 12–3pm!

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Catalyst terms and conditions apply. Computer generated image is for illustrative purposes only. Images are indicative only. Prices correct at time of going to print. *Figure based on a 40% share of full market value of a 1 bedroom apartment. **Shared Ownership – This scheme is subject to qualifying criteria and status. Minimum and maximum share values will apply and rent is payable on the unsold share. Only available on selected properties. It is not offered with any other promotion unless by special arrangement by us. Please speak to our sales team for further details. September 2019.



SHARED
OWNERSHIP**

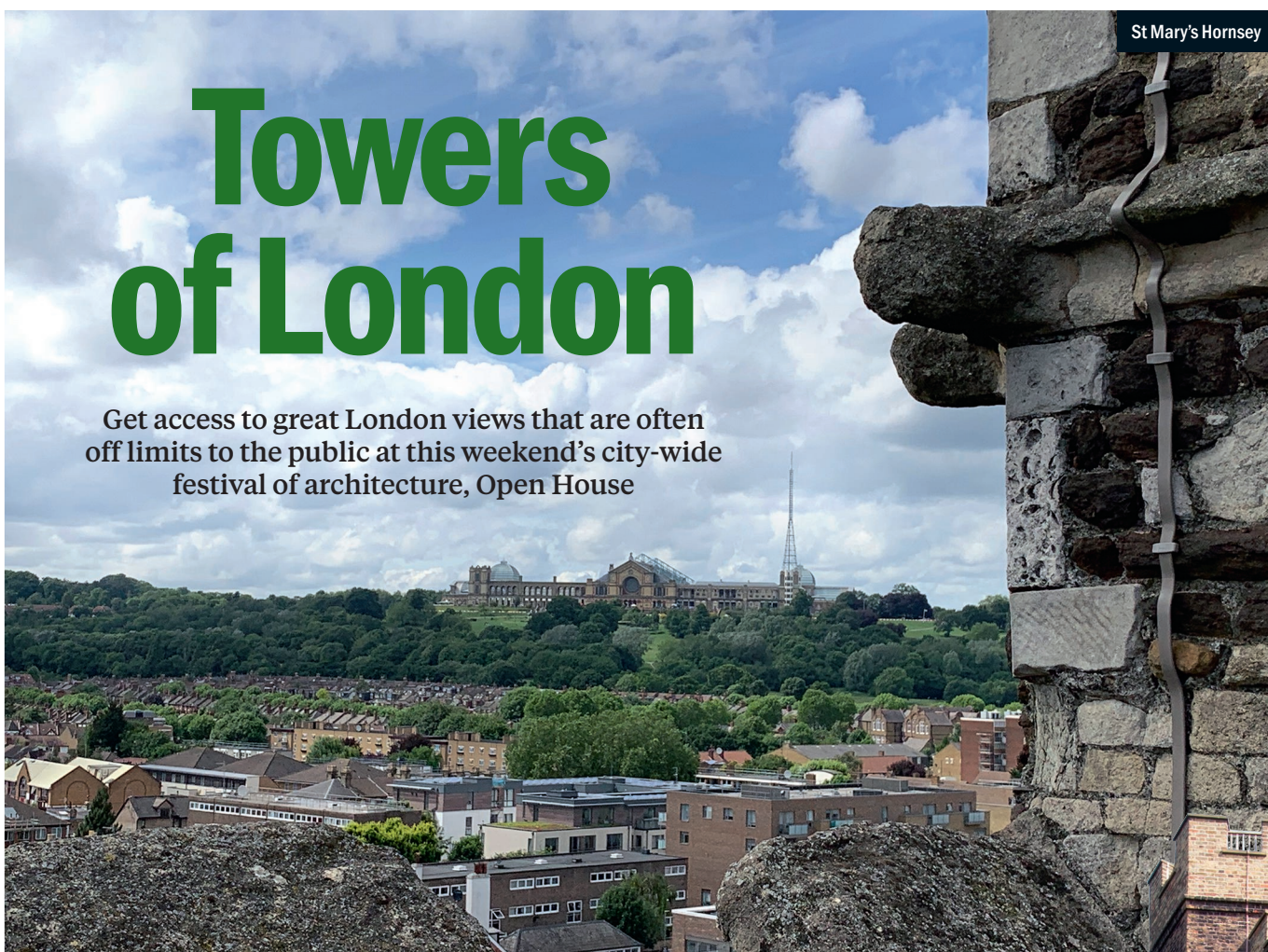
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catalyst

Things to Do

Edited by **Katie McCabe**
timeout.com/thingstodo @timeoutlondon

Towers of London

Get access to great London views that are often off limits to the public at this weekend's city-wide festival of architecture, Open House



Shad Thames Water Tower

Have a nosey around this swanky loft apartment contained in a narrow nineteenth-century warehouse building. At the tippity top, you'll find a roof terrace constructed inside a redundant water tank. Standing on its platform will make you feel like a pirate peering at the Shard and Tower Bridge from your crows' nest.

→ Flat 16, Butler & Colonial Wharf, 10 Shad Thames, SE1 2PX. ☉ Bermondsey, Sun Sep 22, 10am-4.15pm. Pre-book only on 020 7407 3336.

Severndroog Castle

Spend the day at well-known gothic castle Severndroog, a 60-foot high triangular tower right in the middle of the ancient Oxleas Wood. Lady Anne James built the castle in the late eighteenth century in memory of her husband, Sir William, to commemorate his supposed destruction of a 'pirate fortress' – Suvarnadurg – near Goa (in fact, they were not pirates at all, it was more of a colonial invasion). Dodgy history aside, it has some good

points, like the viewing platform, perched on a castle turret, which has a 360-degree view of the London skyline. And you get to see Oxleas in all its crunchy autumn amber glory.

→ Castle Wood, Shooters Hill, SE18 3RT. Eltham rail. Sun Sep 22, 11am-4pm. Expect queues.

St Mary's Hornsey

Visit the oldest building in Hornsey, the last remnant of a medieval parish, surrounded by a garden of remembrance. The free Open House tour will get you access to all the best

ST AUGUSTINE'S TOWER, LAURIE ELKIS, ST MARY'S HORNSEY, FRIENDS OF HORNSEY CHURCH TOWER, NEW MUSEUM OF LONDON, MUSEUM OF LONDON



St Augustine's Tower

bits – the crypt, the ringing room (sadly no bells, they were ripped out and melted down in the late 1960s) but really, it's all about the rooftop, which looks right across north London to Alexandra Palace.

→ High St Hornsey, N8 7NT. Hornsey rail. Sun Sep 22, 2pm-5pm. Tours every 15 mins.

Royal Small Arms Factory

Up until the 1980s, this Enfield building had been closed to the public while factory workers toiled away inside producing rifles.

Severndroog Castle

The factory's gun-slinging days are long gone, and this Open House visit offers something more wholesome than a tour of a site used for mass weapon production. This is all about the factory's clock tower. Ascend the ladder to see the cogs of a clock that has been keeping time since the end of the American Revolution. Sadly no stellar views from this tower, but the big ticker is worth the climb.

→ RSA Island Centre, 49 Island Centre Way, EN3 6GS. Enfield Lock rail. Sat Sep 21, 10am-5pm.

St Augustine's Tower

Hornsey's tower has got some competition from St Augustine's, which was also part of a medieval chapel (the oldest building in Hackney: built in 1292, and named by the Knights Templar). Aside from its old age, it has a big dusty church bell, a clock tower and some gasp-worthy views of the City to be seen between its ancient stone walls.

→ Mare St, E8 1HR. Hackney Central Overground. Sat Sep 21-Sun Sep 22, 11am-5pm.

Seager Place, Distillery Tower

New developments loom over our streets like Bond villain HQs, reflecting the sunlight off their long glass jackets. Seager Place, which stands 27 floors tall on the site of an old gin distillery, is in this camp. But whatever you think of the outside, it's worth checking out the panoramic London scenes from the observation deck on the inside. You'll be able to spot The O2, Greenwich Observatory, Croydon and Crystal Palace from your villainous vantage point. ■

→ 1 Mill Lane, SE8 4HN. Deptford Bridge rail. Sat Sep 21-Sun Sep 22, 10am-5pm.



By Katie McCabe
Who now has hair long enough to do a Rapunzel.

EDITORS' PICK

Open House

Get a sneak preview of three museums-in-progress this weekend

Geffrye Museum

The Geffrye is closed until 2020, so this a rare chance to look around. Hard hat tours are sold out, but the restored almshouse is open-access. → 136 Kingsland Rd, E2 8EA. Hoxton Overground. Sat Sep 21, 11am-5pm.

East End Women's Museum

A museum dedicated to east London women is scheduled to open in Barking in 2021. Find out what's in store with this talk at the construction site.

→ Meet at St Margaret's Parish Church, The Broadway, IG11 8AS. Barking Overground. Sat Sep 21, 11am-3pm. Hourly tours.

New Museum of London

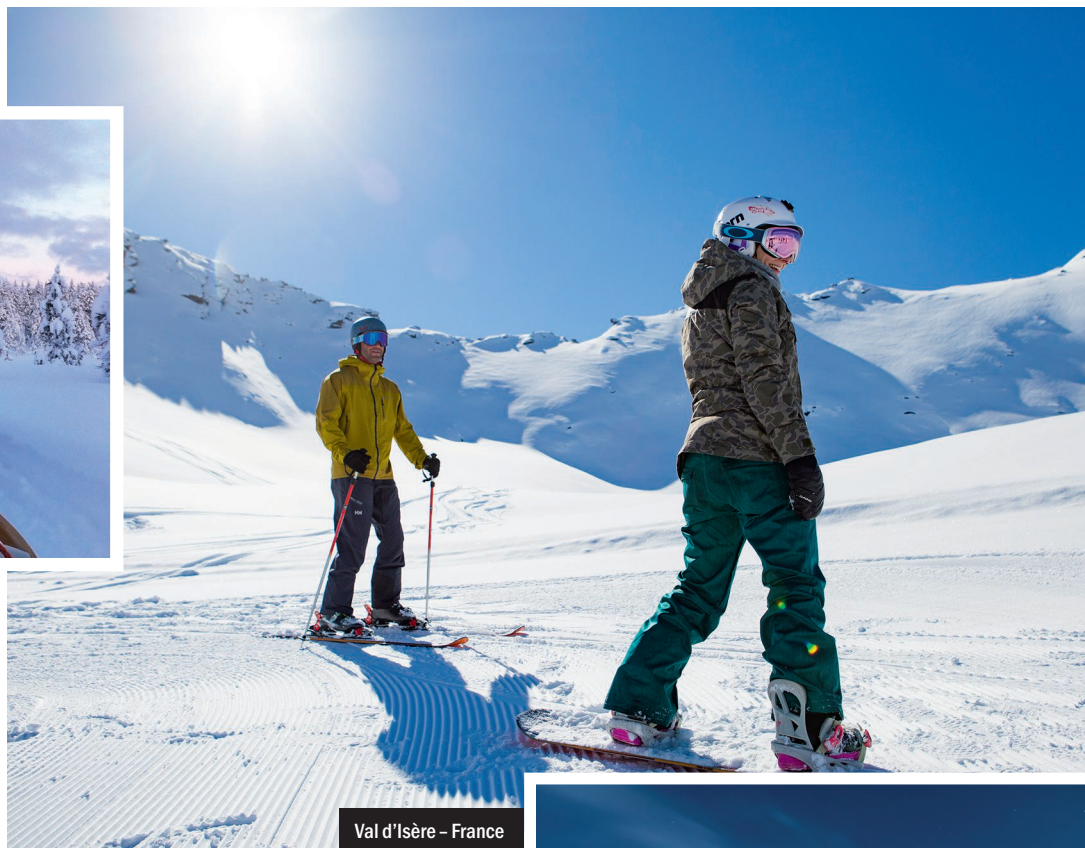
See the proposed location for the new Museum of London, at a derelict former poultry market in West Smithfield. It's the first time in 20 years that the public will have access to the site.

→ Central Markets, Charterhouse St, EC1A 9LY. ☺ Farringdon. Sat Sep 21, 1pm-5pm. Sun Sep 22, 10am-5pm. Spaces limited, sign up on the day.





Ruka - Finland



Val d'Isère - France

Five ski destinations you need to check out

Slopes or spa? Gondola lift or fireside fondue? We've fallen in love with ski resorts, and here's why



Zell am See - Austria

We all have a mate who loves a ski holiday. They go every year and start planning their next on the flight home. In fact, maybe you are that friend and don't need us to tell you why we also love the slopes. But in case you're not, here's the deal: ski resorts aren't just about the skiing and the snowboarding (although we won't lie, they're obviously the best place for that too). They're also where you head for some serious R&R, whether that's spa treatments or bar treats, these snow havens have got you covered. Because you can't have 'ski' without the 'après-ski'.

Tempted? Well, Crystal Ski Holidays arrange flights, transfers and accommodation, plus they'll fix you up with lift passes, ski hire and ski school lessons. We've had a browse through their 120 resorts and picked five of our absolute favourites.

Zell am See Austria

Did someone say 'picturesque'? This lakeside Austrian town is (almost) better looking than you in your ski togs. Pros go for the Kitzsteinhorn Glacier, newbies hit the tree-lined lower slopes and shoppers wander through the traffic-free town centre. *From £499pp.*

Val d'Isère France

Val d'Isère doesn't need much of an intro. As one half of the Espace Killy, this world-famous resort offers high-altitude skiing and high-altitude partying. Although it's a fave with accomplished skiers, beginners can find plenty of suitable runs, too. Sip post-slope cocktails and watch the sun set over the mountains. Bliss. *From £449pp.*

Ruka Finland

Reindeer sleigh rides. Dog sledding. Santa. If we're making Finland sound

like a dream, that's because it kind of is. Ruka, voted the Finnish Ski Resort of the Year 2019, is ideal for less confident skiers. Tranquil on slope and off, there are plenty of opportunities to warm up the Finnish way: in the sauna. *From £349pp.*

Banff Canada

Based in the Canadian Rockies, Banff is a big hit with winter sports fans but it's also stunning, thanks to its National Park location. Make sure you find the time for a snowmobile trip through the mountains. *From £769pp.*

Pas de la Casa Andorra

This one's for all the party animals. Big on nightlife, it's surprisingly affordable despite its great reputation. Grab a big team of friends and head here for late-night bar hopping and some top in-the-day slope action. *From £349pp.*

Win a ski holiday for two!

A week at the Chalet Montalembert in Serre Chevalier, France with flights and transfers – plus a lesson or session at Snozone's indoor real snow slopes before you go. Enter at www.timeout.com/crystalski

CRYSTAL
SKI HOLIDAYS

→ Find out more at www.crystalski.co.uk or by calling 020 8610 3131

SOMETHING FOR THE WEEKEND

Friday



London Cartonera Book Festival

Cartoneras are pieces of waste cardboard turned into colourful books by grassroots Latin American publishers. Learn how to make them from South American activists at these workshops.

→ Various venues. Tue Sep 17-Fri Sep 20.
 ↻ King's Cross/Goodge St. Free.

EAT Urban Food Fortnight

Join foraging walks, make kombucha, try Hackney tea, food from Tottenham Ploughman and more at this series of foodie events celebrating grub grown in London.

→ Various locations.
 Thu Sep 19-Oct 6. Prices vary.

SHOUT 'The Moth' Mainstage

One main stage, five storytellers and a lot of emotions: these are the ingredients of 'The Moth' podcast. See it recorded live in Union Chapel's atmospheric surroundings.

→ Union Chapel. ↻ Highbury & Islington. Fri Sep 20. £22.50.

Saturday

BROWSE Blackhorse Makers Market

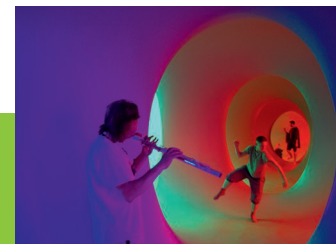
Visit the yard of this E17 workshop to shop at a food and makers' market and buy gifts you won't find on the high street.

→ Blackhorse Workshop.
 ↻ Blackhorse Rd.
 Sat Sep 21. Free.

JOIN IN North End Road Autumn Festival

This year the annual street party has an eco theme. Go for music, markets and vegan munchies.

→ North End Rd. ↻ West Kensington. Sat Sep 21. Free.



Colourscape Music Festival

Enter this labyrinth of rainbow-hued tunnels and find musical performances that tip the experience into magical territory.

→ ↻ Clapham Common.
 Until Sun Sep 22. £5-£11.

Sunday

Black Food Festival

You'll find doughnuts, tacos and all the usual fare here, but with a twist. Everything – from squid linguini to charcoal ice cream – is 100 percent black.

→ Oval Space. Cambridge Heath Overground.
 Sun Sep 22. £12.



BUY Antiques Anonymous Vintage Market

Eye up vintage gems as 80 antiques dealers set up shop on the streets of Marylebone. Street food, music and entertainment will accompany the action.

→ Church St. ↻ Edgware Rd.
 Sun Sep 22. Free.

FOLLOW Clapton Jumble Trail

See Clapton turn into a giant yard sale with 200+ front garden stalls. Pickup bric-à-brac from local sellers.

→ Lower Clapton. Homerton Overground. Sun Sep 22. Free.

Follow the trail to [timeout.com/walks](https://www.timeout.com/walks)

BLACK FOOD FESTIVAL: PELINSU DUMAN; COLOURSCAPE MUSIC FESTIVAL: SIMON DESORGHIER; LONDON CARTONERA BOOK FESTIVAL: ALEX FLYNN



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Tickets selling fast – book now at newscientistlive.com

DON'T MISS

HowTheLightGetsIn

The festival of ideas returns to Hampstead this month



GOT A TASTE for Ted Talks? HowTheLightGetsIn festival might be one for you. Join heated debates with thinkers, philosophers and activists across a spectrum of subjects. Away from the headline acts (like the motorcycle-riding economist, Yanis Varoufakis, philosopher Slavoj Žižek, science journalist Angela Saini and musical mind Brian Eno), there are a whole host of talks, gigs, comedy shows and upmarket street food to sink your teeth into. Here are some of the highlights...

Debate the role of nature in our lives

It's impossible to turn on the news and not see a story about the latest catastrophe that the human race has contributed to. But were our ancestors right in putting nature at the centre of everything they did, from worshipping the sun to believing in tree gods? And should we look to build a whole new way of life that does the same? Hear from a panel including ex-Green Party leader Natalie Bennett and Extinction Rebellion co-founder Roger Hallam and discuss our place on the planet.

Learn how we can stop big tech's rise

We're all suckers for the latest social media craze (don't shake your head – we've seen you messing around with the face-swapping app). But as big tech gets bigger, its ability to shape our lives – from individual emotions to national governments – can be alarming. Listen in as authors Shoshana Zuboff and Joanna Kavenna are joined by politicians Bim Afolami and Angela Eagle to debate how government can tackle the likes of Apple, Google and Facebook, and halt the shift to a world dictated by global corporations.

Discover how to touch a taste

Take part in a workshop with The Centre for the Study of the Sense that will send you into a sensory overload. Find out how you can hear a smell (and no, it doesn't involve sticking your ear into a tin of tuna) or touch a taste. Leave feeling very philosophical about your senses.

Find out why robot doctors might just be the future

If you ever try to get a same-day doctor's appointment, you can anticipate a frustrating morning spent jamming the surgery's phone before being told the only available slot left is in three weeks' time. But could the rise of AI spell the end of the GP's waiting room? Hear who (or what) will be doing the diagnosing in the future in a discussion between palliative care doctor and author Rachel Clark, psychiatrist David Healy and futurist Anders Sandberg.

Top it all off with some surreal comedy

After all that 'big talk', head straight to the comedy stage for some light relief. Tony Law will be bringing some leftfield stand-up to Kenwood House along with deadpan comedy queen Eleanor Tiernan, while rising star Sophie Duker is definitely one not to miss. ■ *Charlie Allenby*
→ Kenwood House. ⊖ Golders Green then 210 bus. Sat Sep 21-Sun Sep 22. £52 Sat, £79 Sun, £114 weekend. Find out more at www.howthelightgetsin.org/london

More bright ideas
timeout.com/thingstodo

THE NATIONAL GALLERY

AUTUMN EVENTS



GLIMPSE INTO GAUGUIN

SHARE STORIES OF ART

LUNCH WITH LEONARDO

See the full list at nationalgallery.org.uk/events

Willem Kalf, Still Life with the Drinking-Horn of the Saint Sebastian Archers' Guild, Lobster and Glasses (detail), about 1653 © The National Gallery, London

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 experience

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THREE OF THE BEST

Car Free Day celebrations

London is going automobile-less on Sunday September 22. Time to reclaim the roads...



Reimagine

See car parking spaces transformed into parks, Cheapside filled with hedge mazes and car-clogged Bank junction become a festival space with acts performing on a solar-powered stage, as 20km of roads become car-free in the City.

→ Various locations in The City. Free.



Clean Air Run Club

Take advantage of the car-free roads on this 7km high-energy run which will race right through the heart of London's traffic-less streets. Grab your mates and cheer yourselves on as you smash this smogless sprint.

→ Starts at King's College, Guy's Campus. ↻ London Bridge. Free.



Sunrise Flow Yoga on Tower Bridge

Stretch out on one of the most famous river crossings in the world at this mass yoga session on Tower Bridge. Arrive at 7am sharp to set up your mat on the landmark for a vinyasa flow and guided meditation. ■ *Alexandra Sims*

→ Tower Bridge. ↻ Tower Hill. Free. Register in advance.

Find more reasons to ditch the car at timeout.com/outdoors

BOOK NOW



Houseplant Festival

Do you love your fern and yucca plants like they are your own children? Learn how to care for them at this festival dedicated to our potted pets.

→ Garden Museum. ↻ Lambeth North. Sep 29. £5.

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Things to Do

EXPLORE

C Design Junction

King's Cross is officially a London Design Festival District with hundreds of brands taking over the area. Check out the mix of pop-up shops, workshops, talks and impressive sculptures, including a huge interactive installation on King's Boulevard, 'Talk to Me', exploring mental health.

→ Various locations in King's Cross. ☉ King's Cross. Thu Sep 19-Sun Sep 22. £15.

W Chihuly Nights

Wander through beautiful Kew Gardens after dark to see the stunning glass sculptures of Dale Chihuly (the man behind the giant chandelier in the V&A's entrance hall) lit up among the foliage. Listen out for a soundtrack played by live musicians – including a glass-harmonica player.

→ Kew Gardens. ☉ Kew Gardens. Until Oct 26. £18.

BUY

S Peckham Kilo Sale

Wanna bag yourself a whole new outfit and get change from a twenty? Rummage through tons of vintage clobber at this sale and pay just £15 per kilo for your finds.

→ Peckham Springs. Peckham Rye Overground. Sat Sep 21. Free.

N North London Vintage Market

Consistently boasting a stellar line-up of stalls, this veteran market is the perfect place to pick up quirky retro pieces for your gaff or get your pre-loved fashion fix.

→ Hornsey Parish Church. ☉ Highgate. Sat Sep 21-Sun Sep 22. £1.50.

S Green Rooms Market

Dulwich Picture Gallery's beautiful grounds will look even more verdant when independent botanical traders set up shop. Get your green fingers on plants, pots and botanical prints, join terrarium workshops and explore the gallery's 'Colour Palace' for the last time this year.

→ Dulwich Picture Gallery. West Dulwich rail. Sat Sep 21. Free.

TO DO

The best events in your area

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

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Image: Concept and Art Direction by Rhea Thierstein. Photography by Aaron Tilley.

CREATE

E EndoftheLine Graffiti Festival

See more than 40 graffiti artists cover London's largest legal spray-painting wall with kaleidoscopic colours at this graffiti, street art and mural festival. There'll also be live music, DJs, screen printing and graffiti workshops, plus plenty of street food to keep you going.

→ Nomadic Community Garden. Shoreditch High St Overground. Sat Sep 21-Sun Sep 22. Free.

STRUT

E London Queer Fashion Show

Watch more than 100 models of all sizes, sexualities, genders and abilities sashay down the runway in show-stopping, gender-fluid outfits made by LGBTQ+ designers. 'RuPaul's Drag Race' alumnus Courtney Act will be hosting the proceedings, Club Kid DJ Prince Jay Jay will be providing the soundtrack and the likes of Tess Holiday, Rain Dove, Saara Aalto and Jamie Windust will be modelling the fierce looks.

→ V&A Museum of Childhood. ☉ Bethnal Green. Fri Sep 20. £20-£40.

WATCH

Underwire Festival

This indie film fest is celebrating its tenth birthday with ten days of female-focused short films, retrospectives and workshops. Look out for a ton of new short-form gems and a screening of Andrea Arnold's 'Fish Tank'.

→ Various venues. Until Sun Sep 22. Prices vary.

S Rivoli Ballroom Pop-Up Cinema

This gorgeous 1950s ballroom is one of London's most perfect settings. Grab a seat and watch 'Desperately Seeking Susan', 'Labyrinth' and the Prince-starring 'Purple Rain' this week.

→ Rivoli Ballroom. Crofton Park rail. Wed Sep 18-Fri Sep 20. From £10.

EXCLUSIVE

Bavaria's back in London! Oktoberfest at **Electric Brixton** and **Electric Camden** will celebrate all things German and beery. Tickets are now £10.

TIMEOUT.COM/OKTOBERFEST19

Film

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

Ad Astra



IF YOU LIKE your space odysseys brimming with formula-filled blackboards and quantum mechanics, consider this a warning: 'Ad Astra' is not that kind of sci-fi. This is a movie where a man travels to Neptune, a distance of 2.7 billion miles, without ageing a day – a reach, even when that man is Brad Pitt. Leave any disbelief at the door, though, and you'll be rewarded with an often gorgeous, soulful sci-fi that's charged with emotion and bursting with spectacle.

'Ad Astra' is set in the near future, in a time of 'hope and conflict' where the ratio seems to skew towards the latter. Short-haul space travel has been commercialised, while the mineral-rich moon is a battleground of vying national interests. Mars is a springboard for the outer reaches of the solar system, though via the US military, not Nasa.

Negotiating this politicised solar system is Brad Pitt's veteran astronaut, Major Roy McBride. He's tasked with finding the father – legendary spaceman Clifford McBride (Tommy Lee Jones) – he'd long presumed dead. Not only is he alive, but he's gone rogue on a scientific mission near Neptune, and has a seismic weapon at his

WHAT IS IT...

Astronaut Brad Pitt is sent on a space mission to find his father, and possibly save the world.

WHY GO...

For Pitt's stunning central performance.

→ Director James Gray
(12A) 122 mins.

disposal. Roy hasn't seen his old man for 16 years but doesn't seem particularly surprised to discover he's now taking after Colonel Kurtz – or that he's the likely source of humanity's survival. The stage is set for the ultimate father-son pep talk.

McBride Jr's pulse, we learn, never goes above 80. He's subjected to regular Voight-Kampff-like tests to make sure his emotions are kept equally in check. Pitt does a great job of smuggling a sense of boyish hurt under that carapace of coolness.

The scars left by his father's absence are more vivid than he realises and the final third of the movie is all the more moving for it. His brief scenes with Ruth Negga's functionary on Mars carry real emotional charge.

As with his equally ambitious 'The Lost City of Z', Gray looks for opportunities to let his story breathe – both films carry the stamp of Joseph Conrad's 'Heart of Darkness' in their man-on-a-thankless-mission philosophising – but he throws in sudden jolts of adrenaline to switch up the tempo.

Space debris cascades, lethal lasers zip soundlessly through space and there's a bit where things turn a little Silver Surfer in an asteroid field. It's often thrilling, occasionally improbable, sometimes confounding, but like its director, 'Ad Astra' is never bound by the gravitational pull of the ordinary. Strap in. ■



By Phil de Semlyen
Who's pretty sure he passed his driving test in an Ad Astra.

EIGHT OF THE BEST

Films to see this autumn



Woody Harrelson (left) and Luke Wilson (above) in 'Zombieland: Double Tap'



'Frozen 2'

1 The one that's a comic book movie with no superheroes
'Joker' Oct 4

Aren't you always curious about the supervillain's backstory? Us neither, but the operatic 'Joker' trailer has haunted us all summer, and Joaquin Phoenix has been on fire lately in brooding character studies like 'You Were Never Really Here'. If anyone has a chance of eclipsing Heath Ledger's award-winning turn, it's him.

2 The one with two Will Smiths
'Gemini Man' Oct 11

A sci-fi assassin action movie might seem like a surprising choice for Ang Lee, but the Taiwanese filmmaker has always been tricky to pin down. There's a high-concept premise: Will Smith's ageing government hitman faces down against a younger, more lethal version of himself. It's also co-written by 'Game of Thrones' showrunner David Benioff, so expect the body count to be high and the ending to be over in a flash.

3 The one with the undead
'Zombieland: Double Tap' Oct 18

Ten years on from 'Zombieland', the sequel lurches on to our screens, craving more braaains. Bill Murray is rumoured to be back for a second

cameo and Woody Harrelson, Emma Stone and Abigail Breslin also return.

4 The one that picks up where 'The Shining' left off
'Doctor Sleep' Oct 31

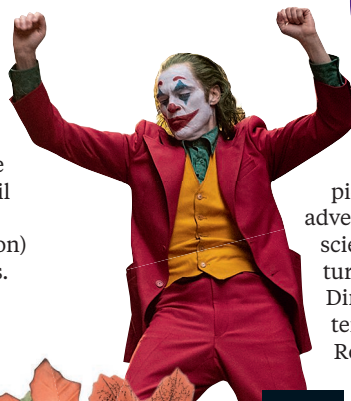
Famously, Stephen King hated the movie version of 'The Shining'. He's fully behind this, though, an adaptation of his 2013 sequel novel that picks up with an adult Danny Torrance (Ewan McGregor), who is drawn reluctantly back into the occult world. The still-traumatised Danny has to face off against the evil Rose the Hat (Rebecca Ferguson) and her followers.

5 The one with a social conscience
'Sorry We Missed You' Nov 1

Ken Loach turns his compassionate eye to the thorny subject of zero-hours contracts in this gripping indictment of the modern gig economy. It follows the struggles of a delivery driver (Kris Hitchen) and his family to make ends meet. If you loved 'I, Daniel Blake', definitely don't miss this.

6 The one that will take you higher
'The Aeronauts' Nov 8

Felicity Jones and Eddie Redmayne are hot air balloon pioneers on a historical adventure, when their scientific expedition turns life-threatening. Director Tom Harper did terrific work with 'Wild Rose', and the central



'Joker'

pair have proven their chemistry previously in 'The Theory of Everything'. This is high-flying stuff.

7 The one for adrenaline junkies
'Le Mans '66' Nov 15

Christian Bale plays irascible racing legend Ken Miles who, in the mid 1960s, teamed up with car designer Carroll Shelby (Matt Damon) to take on the Italians of Ferrari at France's Le Mans. In the US, the movie is even named 'Ford v Ferrari'. 'Logan' writer-director James Mangold is one of the few filmmakers on the planet who can turn circuit-lapping into something profound.

8 The one that'll make you want to let it go (all over again)
'Frozen 2' Nov 22

If you've got kids, you won't need reminding that the 'Frozen' sequel is quickly skating your way. The release date is probably written on your walls in felt tip. Elsa, Anna, Kristoff, Olaf and co are back for another wintry adventure in Arendelle. This time, they're on a mission to find the origin of Elsa's powers. Expect songs; expect spectacle; expect to be watching it 400 times. n

Find more previews at timeout.com/film

The Farewell



BITTERSWEET AND MATURELY witty, director Lulu Wang's Chinese-American family drama 'The Farewell' beats with an immigrant's split heart. Featuring a thoughtful, career-revising turn from 'Crazy Rich Asians' and 'Ocean's Eight' star Awkwafina, Wang's autobiographical story is 'based on an actual lie', though not the comforting kind of white lies shared at the start. Walking through a wintry New York on a long-distance call, unemployed writer Billi (Awkwafina) reassures her granny back home in Changchun, China, that she's wearing a hat (she isn't). In turn, 'Nai Nai' (Zhao Shuzhen) casually claims that she's at her sister's house (she's actually at the hospital for a scan). Now comes the real lie: in what is common practice in China, Nai Nai's family elects to withhold a grim diagnosis of cancer from her, saying the news is good. The clan comes together in Changchun under the false pretext of a sudden wedding between Billi's cousin and his confused Japanese girlfriend, setting the stage for a gathering that's outwardly



WHAT IS IT...
An Asian-American comedy-drama that was a hit in the US.

WHY GO...
Awkwafina is awkward-flipping-fantastic.

→ Director Lulu Wang (PG)
100 mins.

celebratory but secretly devastated (a mood beautifully supported by Alex Weston's vocal-heavy score).

Wang expertly plays these scenes to both comedic and heartbreaking effect, while the unruffled but bossy Nai Nai proudly throws together the trimmings of a full wedding, complete with a photo shoot and an over the top, colourful banquet.

Her perceptive film emphasises small, captivating details, and makes an unhurried case for what one cancer doctor calls the 'good lie'.

We see things through the conflicted eyes of Billi, thanks in part to weighty conversations with her Americanised parents (Diana Lin and Tzi Ma). Delightfully embracing the specificity of Eastern rituals, 'The Farewell' summons a complex sense of familial love that defies borders and language barriers. ■ *Tomris Laffly*

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WHAT IS IT...

Three Irish mob wives in '70s New York decide to turn the tables.

WHY GO...

McCarthy and Moss pack plenty of sass as feminist gangsters.

→ Director Andrea Berloff (15) 103 mins.

MELISSA MCCARTHY, Tiffany Haddish and Elisabeth Moss are all stranded in different shades of frustrated wife in this crime drama in desperate search of a tone. When their abusive husbands are carted away by the feds, the three can't make the rent. Fortunately, they're able to mob up pretty quickly, with laughably few complications, no learning curve and plenty of polyester tops.

Yes, it sounds like Steve McQueen's 'Widows', but a radically dumbed-down version. With dialogue like, 'What are we going to do?', the film's script is derived from a comic-book series by Ollie Masters and Ming Doyle. Even worse, screenwriter-director Andrea Berloff can't bring herself to lend her stridently symbolic characters any complexity or weakness. They pack heat and sass (and, presumably, a school lunch or two) and you wonder, post-'The Sopranos' and 'Goodfellas', who would want to dilute such a widely known universe with this kind of weak-sauce fantasising? No matter: the showdowns have a way of ending abruptly, without any payoff.

Domhnall Gleeson puts in a decent turn as an intense angel of death, but when he's your feminist Irish mob movie's most interesting asset, you need to find Hollywood's witness-protection programme immediately. ■ *Joshua Rothkopf*



BOOK NOW

'The Great Escape' – Live in Concert



John Sturges's WWII classic has a world-famous theme, yet the full score has never been performed live along with the film. Until now. Hear the BBC Concert Orchestra play Elmer Bernstein's music at the Royal Festival Hall as you watch Steve McQueen make his bid for freedom.

→ Royal Festival Hall. Sat Sep 21, 7pm. ⊕ Waterloo. £20-£45.

THE TEN BEST POP-UPS AND FESTIVALS THIS WEEK

10 'Heathers'

Winona Ryder and Christian Slater star in the 1988 black comedy about rebels battling popular kids.

→ Prince Charles Cinema.

⊖ Leicester Square.

Sat Sep 21, 9pm, £10.

9 'An Elephant Sitting Still'

This melancholy Chinese drama from writer-director Hu Bo gives an insight into life on the margins.

→ Deptford Cinema.

Deptford Bridge DLR. Sat Sep 21, 6pm, £6.

8 'Ratatouille'

Pixar's hit animation about the adorable rat chef will be served alongside a meal cooked by humans at Taste Film.

→ Parlour. ⊖ Kensal Green.

Tue Sep 17, 7pm. £55.

7 'Bad Education'

One of Pedro Almodóvar's finest: a nostalgic tale starring Gael García Bernal as a transgender performer.

→ Ritzy Cinema. ⊖ Brixton.

Tue Sep 17, 6.30pm.

6 'Desperately Seeking Susan'

Susan Seidelman's comedy starring Rosanna Arquette and Madonna will get you into the groove.

→ Rivoli Ballroom. Crofton Park rail. Wed Sep 18, 8pm, £10.

5 'Free Solo'

Catch the incredible story of free climber Alex Honnold as he takes on a solo ascent of El Capitan in Yosemite National Park.

→ Curzon. ⊖ Wimbledon.

Sep 17, 8.30pm, £11.51.

4 Raindance Film Festival

The indie film fest will open with the world premiere of trans doc 'Krow's TRANSformation'.

→ Various venues and prices.

Wed Sep 18-Sep 29.

3 'Jurassic Park'

You've seen Spielberg's dino epic, but have you seen it outdoors? Head over to Stoneydown Park.

→ Stow Film Lounge.

⊖ Blackhorse Rd. Sat 21 Sep,

8pm. Free.

2 Japanese Avant-garde Film Festival

Screenings explore national identity and cultural memory.

→ Barbican. ⊖ Barbican.

Fri Sep 20-Sun Sep 22.

Prices vary.

1

The German Film Weekend

Drama 'Lost Ones' kicks off a weekend of choice German films concluding with the charming 'All About Me'. Maria Dragus and Jonas Nay will be among the actors in town for Q&As hosted by curator Anna Smith.

→ Regent Street Cinema. ⊖ Oxford Circus.

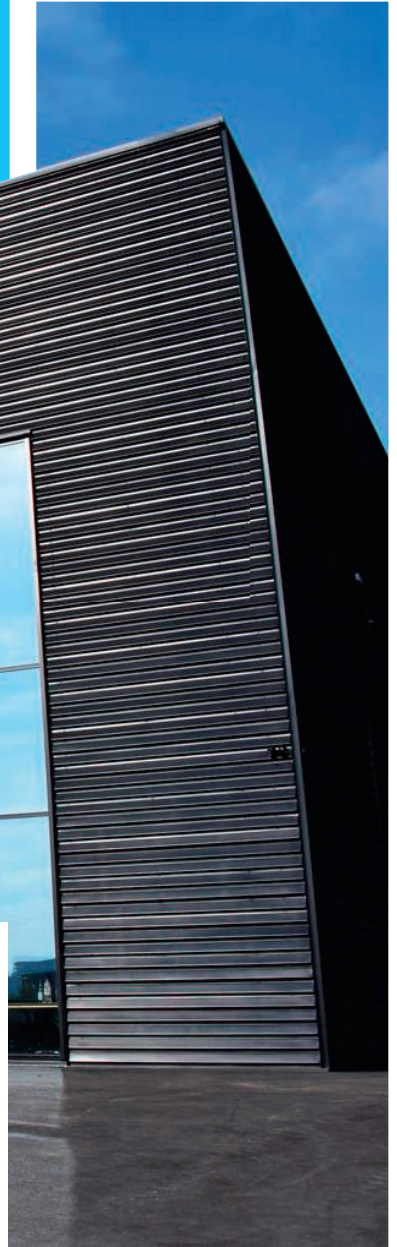
Fri Sep 20-Sun Sep 22. Prices vary.



'Lost Ones'

Music & Nightlife

Edited by Oliver Keens
timeout.com/music @timeoutmusic



FIRST LOOK

Magazine London

WHEN WAS THE last time you went to a London music venue that was absolutely brand spanking *new*? New lights, new loos and new floors that don't stick to your shoes like glue.

Magazine London is just that. It's so fresh, so far it's only had one bash in it: a party organised by Spanish clubbing crew Elrow and helmed by Skream. But don't let the newness or its proximity to The O2 give you the wrong idea: Magazine crucially retains the feel of a classic London warehouse space. Which maybe isn't a big surprise, given that it's the latest venue from

It's black, it's bold, it's 100 percent new. Say hi to a new, purpose-built music and nightlife venue for London



Broadwick Live and Venue Lab, the teams behind Printworks and The Drumsheds in Enfield.

Where Printworks is an epic reclaiming of an existing space (a vast old printing press in Canada Water), Magazine is the exact opposite. It's been built from scratch on Greenwich Peninsula: a huge sprawling development which, during my tour, is referred to as having a certain Manhattanesque quality.

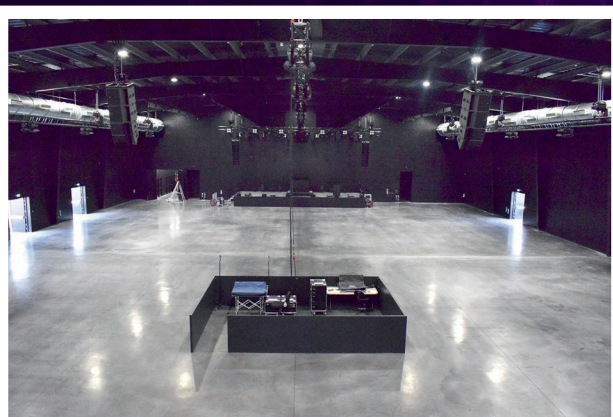
Obviously that could sound like developer speak. Except that, when you first encounter the view from the venue's floor-to-ceiling



Music & Nightlife



Mag for it Pictures from the Elrow-organised launch and the venue at rest



windows and gawp at the Thames and the tall expanse of Canary Wharf right in front of you, it really does look like the views of Manhattan offered by bits of Brooklyn from across the East River.

All concerned know that one day the site, on what was previously wasteland between The O2 and the river, will become posh flats. Maybe in ten or 20 years or so. Yet there's zero that feels temporary about Magazine.

Located about five minutes' walk from North Greenwich station, in a large empty space that will itself be used for outdoor events with a capacity for 7,000 people, the building itself is a beauty. Clad inside and out uniformly in black (RAL 9005 to be exact), Magazine has the right feel for a music and nightlife venue: dimly lit, unfussy and quietly epic. The main room is big, able to take 3,000 punters, yet with a low, modest stage that won't make the headliner feel like an exalted demi-god. Next to it is a smaller yet still vast 1,500 capacity

space which hosts bars on music nights, and is blessed with both enormous windows on to the city and steel staircases that weigh 4.5 tonnes each. There's also two VIP levels on a mezzanine, one boasting its own cute balcony which looks on to the riverside view.

The venue's name was chosen to reflect its potential to be random and varied. It's possible different events will style and dress the venue in a huge range of ways. Aside from music events, it's also intended to be used for things like launches, corporate fairs and more. But from what we've seen, it has all the makings of a really vital space for London's underserved music and clubbing fans, all desperate for a purpose-built place to cut loose. ■

→ 11 Ordnance Crescent, SE10 0JH. ☎ North Greenwich. Next show: Michael Bibi Presents Isolate, Oct 12.



By Oliver Keens
Who's always wanted to mention a RAL colour in an article.



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WHAT'S THE
DEAL WITH

Black Country,
New Road



Ah, the West Midlands road linking Bilston and Wednesbury? Love that road.

Erm, no. Actually we're talking about the precociously talented seven-piece who are part of the thriving Brixton Windmill scene. Sadly, the name doesn't come from a connection to the Midlands. Instead frontman Isaac Wood says it 'references a bad time being turned into a good time'. Just like a journey from Bilston to Wednesbury, then. Maybe.

So they're not following in the legendary footsteps of Wolverhampton's Slade or Babylon Zoo?

No. Firstly, they're from Cambridge. And secondly, we can't think of two bands they sound less like. Their sound is a maelstrom of post-punk, free jazz and spoken word. And they've got a sax player and a violin player.

Sounds a bit pretentious?

Well perhaps, but they're also brilliant. Just listen to 'Sunglasses', an exhilarating nine-minute post-punk, avant-jazz odyssey that rails against the banal trophies of domestic life with Wood proclaiming: 'I am invincible in these sunglasses'. Simultaneously hilarious and

acerbic, he's equal parts Steve Albini, Mark E Smith and Jarvis, with lyrics about Danish crime dramas, Kanye and NutriBullets.

NutriBullets, eh... so they blend a lot of stuff together, huh?

Very good. But also true. They draw on genuinely diverse influences, morphing between free-jazz noise, post-rock, post-punk, traditional Eastern European klezmer music, weird, jerky rhythms and brass-filled snare marches. Sometimes all in one song.

So, what else I can I listen to?

Their debut single 'Athens, France' sold out of its pressing on the always-excellent Speedy Wunderground label in mere days. But stream it for a jagged, jerking portrayal of sexual anxiety that references sourdough and Ariana's 'Thank U, Next'.

Thank U. And what is next?

More of their brilliant, chaotic live shows – they're playing the Boston Music Room in Tufnell Park next week. ■ *Danny Wright*

→ Black Country, New Road play Boston Music Room on Sep 24.

A jagged
portrayal
of sexual
anxiety that
references
Ariana's
'Thank U,
Next'

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

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THE BLACK GOLD TOUR

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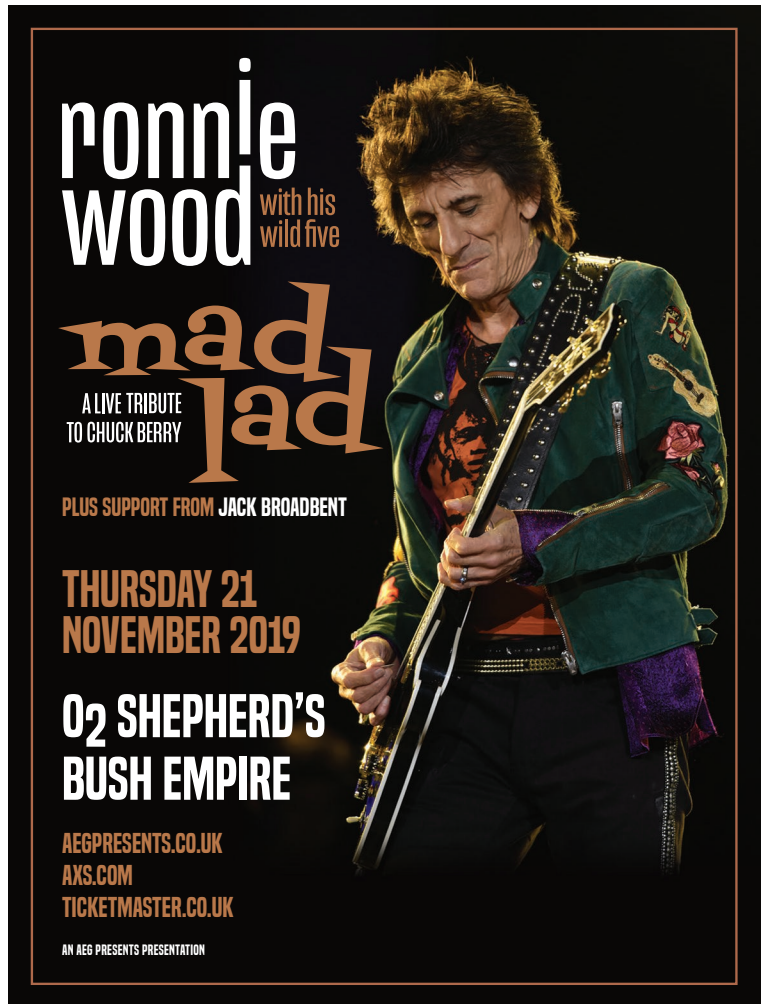
GREATEST HITS

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Music & Nightlife

In a nutshell...

Fold is a taste of Berlin in London, combining the best aspects of Continental clubbing with a rare 24-hour licence, then placing it firmly in the context of the capital.

Where is it?

Head down to newly hip Canning Town for some fun right in the heart of Docklands.

What's the vibe?

Cool and understated, Fold is first and foremost a place for music lovers. Photography is banned inside the venue and the club operates a strict 21-plus policy, so you won't find yourself surrounded by Instagram kids. The music isn't always for the faint of heart, but for those who can hack techno's more experimental regions you'll quickly make new friends amid the hazy waves of distortion.

What makes it a great venue?

Fold is a club that likes to let its programming do the talking. Be it hard-hitting techno from some

SO YOU'VE
NEVER BEEN TO

Fold



of the scene's most underground artists to forward-facing drum and bass, you can always trust the Fold crew to have bussed in a selection of the most innovative names in electronic music.

What's the booze situation?

Whatever you want it to be. A well-stocked – and reasonably priced – bar happily caters for those just looking to unwind *and* sesh gremlins alike.

What's coming up there soon?

For those of you who like your BPMs high, Rupture are colliding with Cylon on Friday September 20 for one of the weightiest drum and bass line-ups you'll see this year. Then on October 12, the incredible Saoirse celebrates her recent hiring as a new Radio 1 resident by playing from 11pm to 6am at her own party, titled Trust. If anyone is more suited to smashing Fold, we can't just think who right now. ■ *Reiss Bruin*
→ Gillian House, Stephenson St, E16 4SA.
⊖ Canning Town.

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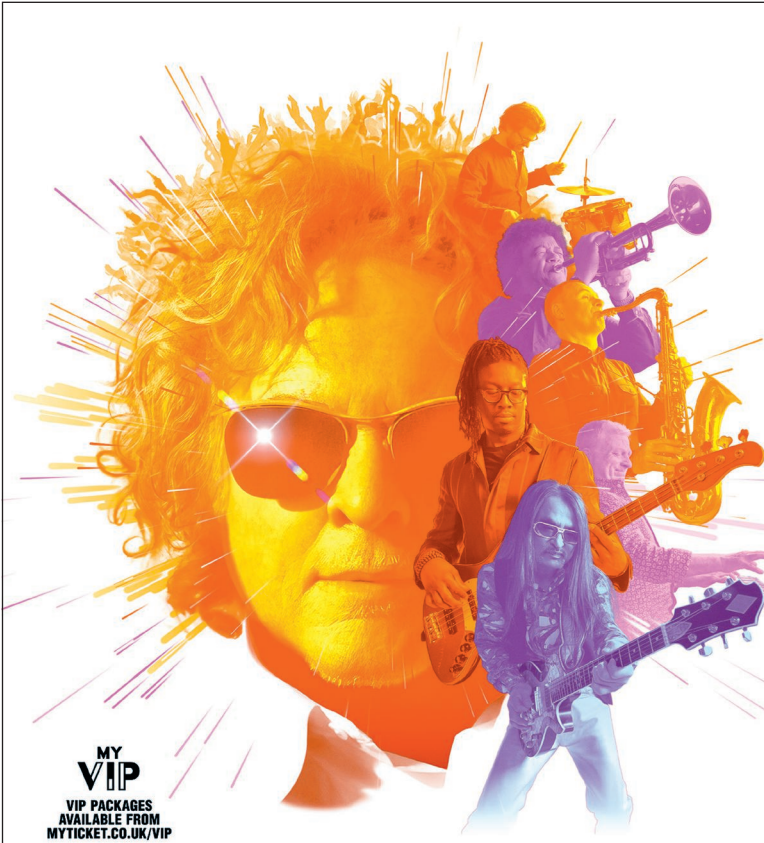
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GIGS AND CLUBS

Stuff to book for, this week and beyond

FKA Twigs

After too long away from the limelight, avant-pop artist and all-round genius FKA Twigs has announced her long-awaited second album 'Magdalene'. It drops on October 25, then a month later she begins a European tour with this large London show.

→ 02 Academy Brixton. Nov 25.



CRUMB
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GHOST WORLD
DIRECTOR TERRY ZWIGOFF IN PERSON
GHOST WORLD SCREENING **TROXY** SEPT 28

A CINEMA PARADISO RECORDINGS PRESENTATION. TICKETS FROM DICE & SEE

This week

Earth Is One

The ace Dalston space celebrates a year in business with shows from Jay Electronica and Gilles Peterson.

→ Earth Hackney. Sep 13-29.

Hungry Heart

The world's only club night dedicated to Springsteen throws its biggest ever party to celebrate The Boss's seventieth birthday.

→ Oval Space. Sat Sep 21.

Coming up

Lesbiennale - Party

Boiler Room's 'multi-event celebration of dyke culture' lets its hair down with sets from Pxssy Palace, BBZ's Sippin'T, Covco and DJ Paulette.

→ Village Underground. Oct 10.

Bat For Lashes

The artist also known as Natasha Khan tours in support of excellent new album 'Lost Girls'.

→ Earth Hackney. Nov 26.

Supergrass

The Britpop band continue their comeback with a big show at Ally Pally. More than 'Alright', to be honest.

→ Alexandra Palace.

Mar 6 2020.

Jon Hopkins

The Scottish electronica wiz plays one of London's grandest venues, accompanied by some of his favourite musicians.

→ Royal Albert Hall.

Mar 18 2020.

Richard Dawson: Delight Is Right

The Domino-signed avant-folksinger curates an evening of music from 'friends, fellow travellers and favourites' featuring a headline set from Dawson himself.

→ Barbican. Mar 28 2020.

Alphabeat

The dayglo Danes drop comeback album 'Don't Know What's Cool Anymore' in

November, then hit the road next April.

→ Subterania. Apr 2 2020.

Bon Iver

Justin Vernon announces an ambitiously huge date in support of his well-received fourth album 'i,i'.

→ SSE Arena Wembley.

Apr 26 2020.

Pet Shop Boys

This is Tennant and Lowe's first ever greatest hits tour, so expect more bangers than Bonfire Night.

→ The 02. May 28 2020.

The Who

Rockers tour with full orchestra in tow.

→ SSE Arena, Wembley. Apr 8

2020.

Hella Mega Tour

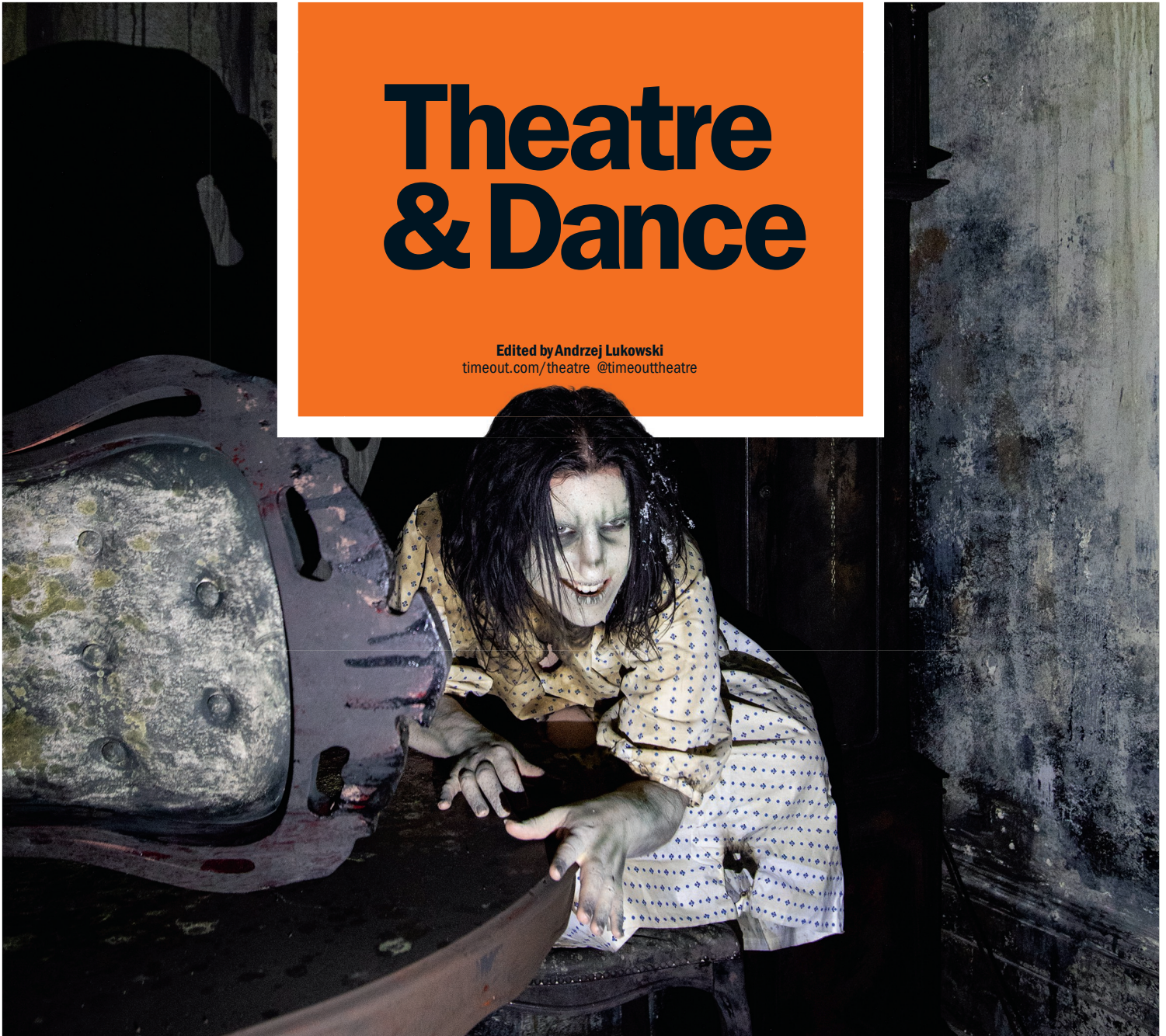
This is not a drill. Punk rock titans Green Day, Fall Out Boy and Weezer bring their epic joint tour to London, with more acts to be announced soon.

→ London Stadium.

Jun 26 2020.

Theatre & Dance

Edited by Andrzej Lukowski
timeout.com/theatre @timeouttheatre



Question: what's the most terrifying theatre show in London?

Ah, glad you asked, because there's a new contender in town: 'Variant 31'. It's an immersive horror adventure which has just started previews in a 200-room, 35-floor, seven-building complex in central London.

Oh right, I'd have guessed 'Cats'.

'Cats' closed years ago - oh, never mind. 'Variant 31' is 'the world's largest live gaming experience' and basically it's 90 minutes of you frantically attempting to gun down zombies before they infect you.

Is that technically even theatre?

Hey, theatre is a broad church. Just imagine Chekhov having to use his gun a lot earlier. Because he was being attacked by zombies. In any case, 'Variant 31' has the largest cast in London (150-plus!), and also a

WHAT'S THE DEAL WITH 'Variant 31'

Zombies have taken over the West End – possibly you can stop them. Photography *Andy Parsons*

plot, kind of, which is to do with you, the hapless public, being invited into a sinister laboratory that was burned down years ago.

And it turns out it's full of zombies?
And it turns out it's full of zombies.

What theatre is this in again?
It's in a huge dedicated complex

called Space 18, which is basically a hodgepodge of formerly vacant buildings on New Oxford Street – see if you can spot much-missed nightclub The End! – which creators Big Dreamer Productions have taken out a five-year-lease on and fused into one completely vast terrorplex. It is exquisitely detailed and beautifully/horrifyingly designed:

Time Out was invited on a tour of about 10 percent of it, during the daytime, and frankly it was pretty terrifying even when we knew our accompanying zombie was called Monica.

Hold on, are you saying it's scary?

The producer of the show swore blind that there's a monthly prize for the zombie that succeeds in generating the most 'code browns' amongst audience members.

So quite a lot like that 'Cats' film, then.

There's only one way to find out... ■
→ 'Variant 31' is at Space 18. ☉ Tottenham Court Rd. Booking until Dec 31. £31-£65.



By Andrzej Lukowski
Who would be useless
against the undead hordes.



A Doll's House



RACHEL O'RIORDAN'S MAIDEN season in charge of the Lyric opens with a big, bold, postcolonial take on 'A Doll's House' that marks a clear break with the arch experimentalism of her predecessor, Sean Holmes.

It is Calcutta, 1879: the year Henrik Ibsen wrote the original play. Young Indian woman Niru (Anjana Vasan) is married to British colonial official Tom (Elliot Cowan). On the face of it, their marriage is content: she bats her eyelids and coos about needing cash to buy shiny things; he sternly lectures her on the value of money but gives her the rupees anyway. Does it look like a great meeting of minds? No. But they're both happy. And yet, there are deeper cracks, just below the surface.

Tanika Gupta is gutsy with her rewrite. The first half, in particular, may have characters corresponding to Ibsen, but it's far more concerned with giving a sense of the Raj as it was in the high Victorian era. Particularly key are the chats

between Tom and his sardonic best friend Dr Rank (Colin Tierney), who has come to seriously question the purpose of British rule in India. Tom, though liberal by the standards of the day, leaps to a knee-jerk defence of the empire and its benevolence.

The second act cleaves closer to Ibsen, but by this stage Gupta has rewired the story. So yes, Niru walks away from Tom. But now it's an allegory for the end of the empire. When Tom drops his façade of benevolence and launches into a furious, self-interested rant at Niru, it's not hard to see it as anything other than a stinging attack on British hypocrisy.

O'Riordan's pacy production is uncluttered, but atmospheric. An awful lot rests on the shoulders of Vasan. Wide-eyed on the outside, steely on the inside, she's magnetic as a woman forced to play a role – and playing it with such conviction she struggles to see the truth about her marriage, until the very end.

The show sometimes feels caught between Ibsen and Gupta, with the fiery postcolonial stuff drowning out the feminist stuff. But Vasan is able to hold the threads together, and there's no denying the boldness of the endeavour – it's a galvanising start to the O'Riordan reign. ■ *Andrzej Lukowski*

WHAT IS IT...
Ibsen's masterpiece, rewritten as a postcolonial parable.

WHY GO...
Anjana Vasan is terrifically good as heroine Niru.

BOOK...
Buy tickets at timeout.com/tickets.

→ Lyric Hammersmith.
⇨ Hammersmith. Until Oct 5. £10-£42.

ALSO OPENING

Other new shows to catch

CHIAROSCURO



Lynette Linton's first show as artistic director of the Bush is a revival of this early play by Jackie Kay. Thrillingly staged as gig-theatre, this story of four young black and brown women articulately wrangling over their heritage and sexualities, as they navigate a world that treats them differently based on the shade of their skin or the gender of their partner, is a reminder that identity politics is nothing new. → Bush Theatre. ⇨ Shepherd's Bush Market. Until Oct 5. £20. *Holly Williams*

TORCH SONG



Like Arnold, the gay, Jewish drag queen at its centre, Harvey Fierstein's LGBTQ+ classic 'Torch Song' is anxious and wistful. The writing spills over with rapid-fire patter. It's also full of heart and hope. Opening the new Turbine Theatre, here the cast beautifully sell Fierstein's deep dive into the fragile but enduring spark of love: Matthew Needham is magnetic as a spiky, raw Arnold. → Turbine Theatre. Battersea Park rail. Until Oct 13. £33. *Tom Wicker*



Chiaroscuro

AMSTERDAM



A Jewish violinist is thrilled with her Amsterdam flat. Then, a huge gas bill is slid under her door. In Maya Arad

Yasur's moving if unwieldy play, the bill is a bitterly fitting metaphor for the city's Nazi past. → Orange Tree Theatre. ⇨ Richmond. Until Oct 12. £15-£32. *Alice Saville*

PRELUDES



David Malloy's 'Preludes' is unlike any musical you'll have seen. Russian composer Sergei Rachmaninoff visits a hypnotherapist. What follows is a trance-like excavation of his life. Utterly unique, it exercises a strange, moving grip. You find yourself lost in its feverish rhythm. → Southwark Playhouse. ⇨ Elephant & Castle. Until Oct 12. £27.50, £22 concs. *Tom Wicker*

THE KING OF HELL'S PALACE



Based upon a true story, Frances Ya-Chu Cowhig's grandiose, characterful play follows infectious disease specialist Yin-Yin, who discovers a HIV epidemic in early '90s China. Though lacking in subtlety, it is a work made with great ambition and great love. → Hampstead Theatre. ⇨ Swiss Cottage. Until Oct 12. £10-£37. ■ *Ka Bradley*

More reviews at timeout.com/theatre

NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

Agrippina

Handel's opera about a scheming Roman empress, directed by Barrie Kosky.

→ Royal Opera House.
 ⊕ Covent Garden. Mon Sep 23-Oct 11. £20-£245.

Big the Musical

The 1988 Tom Hanks body-swap comedy gets a belated stint in Theatreland.

→ Dominion Theatre.
 ⊕ Tottenham Court Rd.
 Until Nov 2. £29.50-£111.50.

Faith, Hope & Charity

A hard-hitting new drama about a

struggling community centre, masterminded by Alexander Zeldin ('Love', 'Beyond Caring').

→ National Theatre, Dorfman.
 ⊕ Waterloo. Until Oct 12.
 £15-£56.

Giselle

The ballet classic gets an industrial update from Akram Khan.

→ Sadler's Wells. ⊕ Angel.
 Wed Sep 18-Sep 28. £15-£75.

The Life I Lead

Miles Jupp stars in a biographical drama about David Tomlinson, an actor best known for playing classic English gents.

→ Wyndham's Theatre.
 ⊕ Leicester Square. Until Sat Sep 21. £17.50-£62.50.

Youth Without God

A teacher stands up to Nazis in Christopher Hampton's adaptation of a German bestseller.

→ The Coronet Theatre.
 ⊕ Notting Hill Gate. Thu Sep 19-Oct 19. £20-£30, £15-£25 concs.

OFF-WEST END

Black Chiffon

Lesley Storm's 1949 drama follows a female shoplifter who finds herself in bags of trouble.

→ Park Theatre. ⊕ Finsbury Park. Wed Sep 18-Oct 12.
 £14.50-£18, £10-£16.50 concs.

Call Me Fury

Sasha Wilson's new folk musical resurrects witches from history.

→ Hope Theatre. ⊕ Highbury & Islington. Tue Sep 17-Oct 5.
 £15, £12 concs.

Danelaw

A neo-Nazi football fan summons the power of the Vikings in this surreal comedy.

→ Old Red Lion Theatre.
 ⊕ Angel. Until Oct 5.
 £16, £13 concs.

The Permanent Way

David Hare's railway drama steams into The Vaults, appropriately housed in the tunnels under Waterloo.

→ The Vaults. ⊕ Waterloo.
 Until Nov 17. £15-£40.

LAST CHANCE

BitterWheat

Mamet's bullish play.

→ Garrick Theatre. ⊕ Charing Cross. Until Sep 21. £15-£125.

Evita

The swoony Lloyd Webber classic gets a psychologically intense reworking from high-flying director Jamie Lloyd.

→ Regent's Park Open Air Theatre. ⊕ Baker St.
 Until Sat Sep 21. £25-£59.

EXCLUSIVE

Get 43 percent off tickets to **The Halloween Raveyard** – a spooky party in the Waterloo Vaults with DJs, live music and zombie dance halls. Tickets £9.

TIMEOUT.COM/RAVEYARD

TOP-SELLING TICKETS

ATIMEOUT.COM/TICKETS

1 Pretty Woman

A big, huge musical take on the much-loved movie.

→ Piccadilly Theatre.

From Feb 14 2020-Jan 2 2021.

2 Night of the Iguana

Tennessee Williams's rarely staged, Mexico-set drama.

→ Noël Coward Theatre. Until Sep 28.

3 The Play That Goes Wrong

Wonky backstage fun from the Mischief theatre guys.

→ Duchess Theatre. Until Nov 1 2020.

4 9 to 5 the Musical

Dolly Parton's glitzy knees up.

→ Savoy Theatre. Until May 23 2020.

5 Waitress

Now featuring Joe Sugg.

→ Adelphi Theatre. Until Jan 4 2020.

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La Fresque

Sadler's Wells Theatre
 sadlerswells.com
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 ⊕ Angel

EXCLUSIVE

'GHOST QUARTET'

Catch the London premiere of this critically-acclaimed musical at Boulevard Theatre, Soho's latest venue. Written by three-time Tony Award-nominee Dave Malloy, this tale about love, loss and spirits is set to be a hit. Tickets from just £16.

TIMEOUT.COM/QUARTET

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Art

Edited by Eddy Frankel
timeout.com/art @timeoutart

SHOW OF THE WEEK

William Blake



FOR A MAN who casts such a huge, dark shadow over the history of British art, William Blake's drawings, paintings and etchings are quietly unobtrusive little things. The poet, artist and printmaker (1757-1827) spent his life hunched over, creating mesmerising, tiny works to illustrate poems and histories. His giant bearded man who haunts the entrance of the show is barely bigger than a rat in real life. His gods could fit in your palm, his angels are the size of swifts.

It's at this small, hypnotising scale that Blake drags you into his universe of rebel demons, invented mythologies and head-spinning dissident philosophies.

He had an incredible way with line and composition. His figures, whether allegories for the American Revolution or characters from the Bible, are solid, dramatic constructions, all rippling muscles, tormented faces and fierce, piercing eyes. They're all arranged in swooping curves and arcs, whipped up to heaven or dragged down to hell.

Some are tiny, like the incredibly coloured, dramatic works from his 'Small Book of Designs', drawing you closer and closer. Others are grander, like the breathtaking room of watercolours with the crawling, shocking image of Nebuchadnezzar, his eyes wild and horrified.

Every work is thrillingly, uniquely Blake. These are his visions of society,

history, religion and science, and they couldn't be anyone else's. That's probably why he was never rich, never able to achieve his more ambitious projects: he was too busy being himself to care about anyone else.

But the show fails to explain what any of this means. The Tate tells you about engraving techniques, the cost of living in the 1800s, Blake's relationships with his collectors, etc, etc. But who gives a rat's ass about a guy called Thomas Butts commissioning Blake or how many shillings were in a pound? I want to know about how much Blake hated slavery, how he fought for feminism, advocated free love, understood Satan as a rebel against the evils of dogmatic religion and saw each individual as a god in themselves. All those stories are here, in these works, but they stay hidden.

There are some dodgy images here (Blake is responsible for one of the ugliest baby Jesuses in art history, and that's a serious achievement), but that's what comes with being a prolific, obsessive artist. For the most part, though, this is a sprawling exhibition of little images by a visionary artist and thinker who stuck to his often incomprehensible guns at all costs. He believed in freedom, rebellion, emancipation and the power of the individual. And those are messages that resonate as loudly and clearly today as they ever did. ■
Eddy Frankel

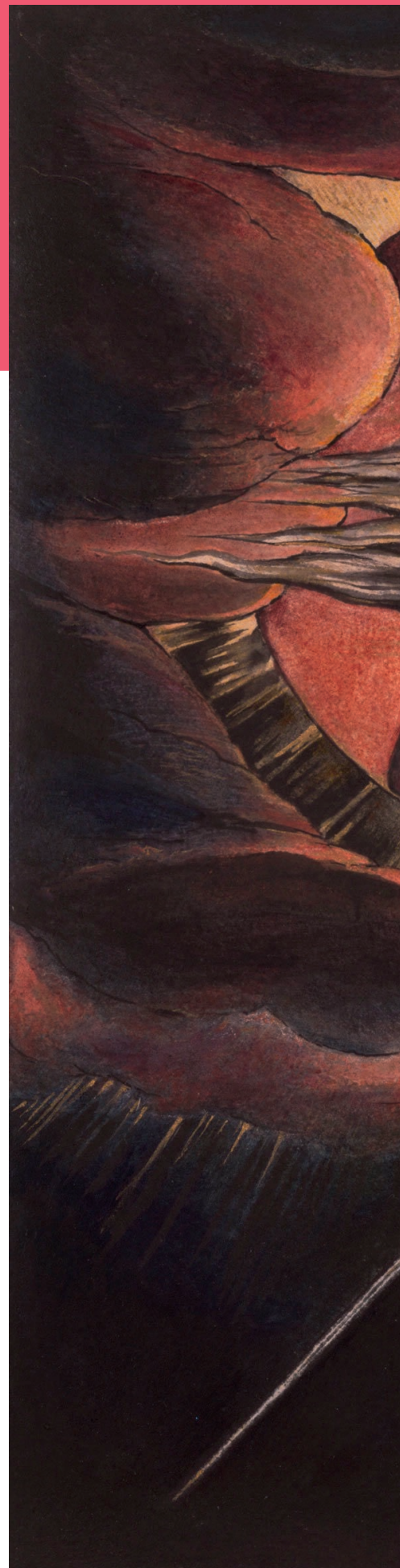
WHAT IS IT...

Awe-inspiring art by Britain's great mystic rebel.

WHY GO...

It's not green or very pleasant, but Blake's art is very special.

→ Tate Britain. ⇄ Pimlico.
Until Feb 2 2020. £18,
£17 concs.





WILLIAM BLAKE 'EUROPE', COURTESY THE WHITWORTH, THE UNIVERSITY OF MANCHESTER. PETER DOIG © PETER DOIG. ALL RIGHTS RESERVED. DOUG COOPER © THE UNIVERSITY OF MANCHESTER. MEXICO, WALTER NEWMARK AND LOU COOK © ANDREW ROSENQUIST PHOTO BY ULRICH GHEZZI. GOSHKA MACUGA COURTESY OF THE ARTISTS' AND PAULINE GARRATT, LONDON. IMAGE COURTESY: VANDUS MILL.

JUST OPENED

Even more great new London exhibitions



↑ Peter Doig

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

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



↑ James Rosenquist: 'Visualising the Sixties'

He's not that familiar on this side of the Pond, but Rosenquist's art messes with pop art to often brilliant effect.

→ Galerie Thaddaeus Ropac. ☉ Green Park. Until Nov 9. Free.



↑ Goshka Macuga

The one-time Turner Prize-nominated Polish artist ditches the sculptures and installations for this show of intricate works on paper.

→ Kate MacGarry. ☉ Liverpool St. Until Oct 19. Free.

Find even more art listings at timeout.com/art



Shana Moulton



ANXIETY IS AT epidemic levels. The painful agoraphobic stress of contemporary life is everywhere, and we're all looking for a mindful way to escape it.

American video artist Shana Moulton uses a character called Cynthia as an avatar for all of that modern angst. Cynthia does calisthenics, communes with nature, collects crystals; she claws desperately for a solution to the crushing weight of anxiety. It's uncomfortably relatable.

The sound of tinkling water and gentle pop-opera fills the gallery's three spaces. With her grainy, 1990s infomercial aesthetic,

Moulton puts Cynthia through a series of trials by wellness. Cynthia spins on a traction table, locks herself in a sauna tent and endlessly googles for answers to life's big questions. But throughout, she stays trapped. In one video she's a damsel in distress – imprisoned in a tower by capitalism – in another she's a paranoid recluse, scared shitless of ecological disaster. Mundane everyday life is everywhere, and it's unbearable.

The main space is filled with a giant pink tower and a gentle digital waterfall for you to dip your toes into. The rooms are filled with knickknacks like crystals, LED alien faces

and mini water features: weapons in a fight against anxiety.

Moulton's work isn't exactly satirical – she's too generous-hearted, and too earnest and American, to outwardly mock the mindfulness industry and the people who so desperately need its help – but it is a bit of a pisstake. Moulton acknowledges that people feel anxious and sad, she knows life is mundane and overbearing. By making this bright, twinkling, clever art about modern anxiety, she's giving the viewer exactly what we need: a little escape, a little perspective, and a little bit of critical distance from all that everyday bullshit. ■ Eddy Frankel

WHAT IS IT...
Lush, immersive video art about anxiety and wellness.

WHY GO...
This is almost uncomfortably relatable art.

→ Zabludowicz Collection.
⊖ Chalk Farm.
Until Dec 15. Free.



Rhys Coren: 'Shape of Story'



THE WORST PEOPLE on earth are the ones who take the tube from Covent Garden to Leicester Square. They have no idea what they're missing. London is a walking city. These damp, streets are built for trudging down; you're meant to walk these pavements.

Young English artist Rhys Coren knows that. He walks to his studio every day down south London streets, under lush plane trees, through choking smog, past rushed graffiti and the hulking heft of this town's bulky architecture. It's walking that ties this show together. The opening room is full of primary coloured works made from precisely cut and puzzled-together MDF. The abstract squiggles are exhaust fumes belching out of a cab, while meandering coloured lines are Coren's thoughts tumbling together as he walks. There are little hints of the shadows of trees, the alternating patterns of paving stones, the taut, straight lines of buildings.

One work is a series of curves hiding the word 'seahorse', a nickname for the hippocampus, the bit of the brain triggered into releasing endorphins by walking. Coren's new work is a little mindful, and a little neurotic. The second room is a primary colour playpen showing an animation of walking feet.

His aesthetic is what makes this special, though. It's a collision of Matisse, Albers and 'Sesame Street'. It's all these visual cues we've grown up with, condensed and spat out. They're these awesome little bursts of aesthetic thinking, controlled explosions of colour, shape and thought patterns.

And you get the sense that Coren really needs these walks. He needs the time and space to think and breathe, to be alone, to be in his own space. We all do, really. It's just that most of us aren't good enough to turn that necessity into good art. ■ Eddy Frankel

WHAT IS IT...

Bright, colourful, laser-cut works about the joys of perambulating.

WHY GO...

Coren is a brilliant young artist, and he just keeps getting better.

→ Seventeen Gallery.
Haggerston Overground.
Until Oct 26. Free.

RHYS COREN COURTESY THE ARTIST. PHOTO BY DANIAN GRIFFITHS

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Food

Edited by Tania Ballantine
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Master Wei



WALKING DOWN A cobbled alley in London is a little like chasing a rainbow: sometimes, if you're really lucky, there's a pot of gold at the end. Master Wei is precisely that treasure. It may not look especially swish – though it is bright and clean – but that's missing the point. You're in search of this: the food.

The menu focuses on dishes from the Shaanxi province of China, which is currently having a bit of a London moment, thanks to the popularity of its biang biang, or 'wide belt', noodles. If you don't know what these are (let's suppose you've been on a silent retreat for several years), the best place to start is to imagine something akin to pappardelle: the wide, ribbon-y kind. Now pimp that plate: making the noodles wider, thicker and longer, like something you might whip out to lash bits of your car together if your engine overheated. At Master Wei, they'll come with a

killer topping – chunks of tender beef or melting lamb, say, plus chilli sauce and pieces of pak choi – which they'll mix in at the table. Whatever you choose, it'll be singing with fire, garlic and oil, against the intensely satisfying chewiness of the noodles.

But truthfully, though the belt noodles are terrific, what made Master Wei that bit more special was how well it did the lesser-seen dishes. Like, for instance, the potato sliver salad. Don't expect the Teutonic, dairy-laced kind: this was a crisp, glossy, peppery number. A bowl of matchstick-thin spud slivers – and I mean the really tiny ones, that would struggle to be useful in a power cut – they were still crunchy, like something lightly pickled. Layered into this bonfire of micro-twiggs were heaps of visible szechuan peppercorns, the kind that make your tongue go numb, plus plenty of dried red chilli. The trick is not to eat any of these, but to let them do their

WHAT IS IT...

A Bloomsbury restaurant serving food from China's Xi'an province.

WHY GO...

For the traditional liangpi noodles. Chilly but brilli(ant).

→ 13 Cosmo Place, WC1N 3AP. ☎ Russell Square.



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timeout.com/restaurants



job: to impart a gentle, fuzzy heat to the whole thing, without singeing your taste buds. Oily and garlicky, it had all been warmed to a degree or two above room temperature: despite its official salad status, it was strangely comforting.

But the absolute book-the-top-floor-of-the-hotel-for superstar dish of the night was a plate of Xi'an liangpi noodles. You can have these with or without chicken. Unless you're ravenous, leave it out: it didn't need it. For £7.90, you got an enormous bowl of cold hand-cut noodles, some in clumpy shapes, some more distinctly noodle-y. Then layers of texture and taste, from spongy tofu to fragrant sesame, from crisp beansprouts to juicy strips of cucumber, plus a sauce that had tang and heat and a little bit of vinegary acidity. I know that a bowl of cold noodles might sound more like punishment than prize, but just go with me on this.

As for the dining room, well, it's fairly functional. There's a long strip of what look like giant backlit slides, depicting the best of the Xi'an region, like you'd get in a retro tourist office. The tables are wipe-clean, the banquettes distinctly pleather. Walls are exposed brick (the 'newbuild' kind), the floor grey and tiled. It would be great for a cleaning ad: you could drop a vat of oil in this place and have it come up sparkling in no time. But whatever. Staff couldn't have been more welcoming, the cooking was terrific and portions are huge, especially given the prices. So take yourself to Queen Square, look for the alley, and prepare to delight in its treasures. ■ **Dinner for two with drinks and service: around £65.**

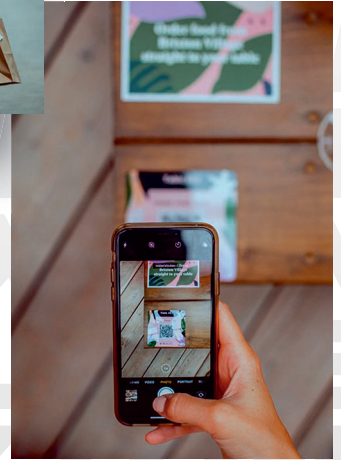


By **Tania Ballantine**
Whoth tongue is sthll a bhlt nhumb.

PHOTO: GREG

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Terra Rossa



DINNER AT THIS family-run Upper Street trattoria epitomises the ‘cucina povera’ (‘poor cooking’) of the Southern Italian region. Daubed on toast and served on a terracotta crock, the fave e cicorie (broad bean purée with wilted chicory) was velvety, earthy and humming with garlic. History hats on: back in feudal times, farmers torched any spent crops before re-planting, but allowed Apulian locals to glean any remaining grains first. They ground the leftover wheat into a smoky flour, which was used for breads and pastas and still serves as a memento of the hard times. Terra Rossa does this dark, nutty ‘grano arso’ (burnt grain) pasta with yellow tomatoes and black olives on a bed of puréed broccoli: smoky and bitter, it was like no pasta dish I’d ever tried (and vegan too).

The pappardelle arrived topped with chunks of dark wild boar meat, which came off in delicate threads



when prodded. Despite the pasta being ever so slightly too al dente for my taste, the ragù, inky with negroamaro wine, delivered just the right side of richness.

Although it nails the Puglian charm inside – think nonna’s lacy doilies hung from the ceiling, rustic wooden furniture and exposed brick walls painted white – the best seat in the house is on the pavement itself. In summer, with the doors

thrown wide open, it’s the sort of spot you’d linger (just don’t order the Bloody Mary: it was all tommy juice). In a street saturated by good dining, Terra Rossa has a lot to shout about – fresh, high-quality ingredients and a reasonably priced, bold menu. Ciao, minced octopus bolognese – I’ll be back for you next time. ■ *Megan Carnegie*
Dinner for two with drinks and service: around £90.

WHAT IS IT...
 A low-key Puglian trattoria in Islington.

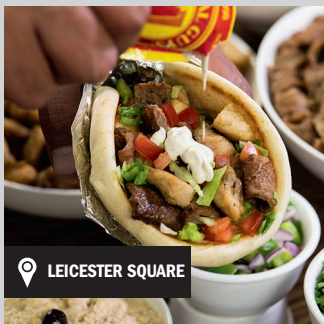
WHY GO...
 For a fava bean purée you’ll want to bathe in.

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MARYLEBONE

CALDESI IN MARYLEBONE SAYS:

‘Enjoy a lazy Sunday roast, Italian style, at Caldesi in Marylebone with their brand new “Sunday Sharing” menu. Enjoy generous sharing plates of starters, roast meats, sides and desserts, which are served to your table for a truly authentic Italian dining experience. Bring your friends and family for £35 per person.’
 118 Marylebone Lane, W1U 2QF.



CROYDON

BOXPARK CROYDON SAYS:

‘Boxpark Croydon is made up of over 35 mouthwatering street food restaurants and bars. Our 2,000-capacity events space has hosted the likes of Stormzy, JME and Tim Westwood, and you can enjoy an alfresco drink or two on the roof terrace. Plus we host a range of events including film screenings, workshops and more.’
 99 George St, CR0 1LD.



BELGRAVIA

MANGO TREE SAYS:

‘Diners can choose from dishes such as pla pow: a grilled fillet of sea bass wrapped in banana leaf and fresh lemongrass served with spicy lime sauce, larb pla tuna: a north-eastern-style tuna salad with dry chilli and lemon grass, or gaeng kiew wan gai: corn-fed chicken green curry. Time to dig in!’
 29 Romilly St, W1D 5HP.

THREE OF THE BEST Steak restaurants



Flat Iron Covent Garden ★★★★★

The third branch of this savvy steak joint bashes out full-flavoured but affordable shoulder cuts of beef: the signature flat iron is just £11. Expect to queue.

→ 17-18 Henrietta St, WC2E 8QH. ☉ Covent Garden.



Goodman Mayfair ★★★★★

A class act from the mini-chain. Hunker down in the atmospheric dining room with a classic angus fillet, or look out for daily blackboard cuts from the in-house 'ageing room'.

→ 24-26 Maddox St, W1S 1QH. ☉ Oxford Circus.



Hawksmoor Guildhall ★★★★★

Prime cuts of meat and expertly mixed cocktails are the name of the game at this wood-panelled outlet of the trusty steakhouse group. Note: it also does gut-busting breakfasts.

→ 10 Basinghall St, EC2V 5BQ. ☉ Bank.

Discover more meaty marvels at
timeout.com/steak

HAWKSMOOR: TOBY KEANE; FLAT IRON: PAUL WINCH-FURNE

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Drink

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

BAR OF THE WEEK



WHAT IS IT...
A reinvented pub just off the Strand.

WHY GO...
The beers are brewed sustainably – but can still be enjoyed with a pickled egg.

→ 20 Devereux Court, WC2R 3JJ. ↻ Temple.

The Devereux



WHAT DOES A pub look like in 2019? That's the question posed by the owners of the recently reopened The Devereux, which first came into being in 1677 as The Grecian Coffee House. A mere 343 years later, you'd be forgiven for thinking it was only the name that had changed – it's hidden away in a courtyard in Temple's legal quarter, flanked by old-fashioned hanging baskets and oaken barrels. Inside, it's all dark wood panelling, with board games in the corner and pickled eggs behind the taps.

Look a little further, though, and you'll see that The Devereux is actually modern – maybe even 'woke'. While I wasn't taken aback by the decor (not to mention the fact that the most exotic snacks were Tayto crisps), I was pleasantly surprised by the drinks. The pub

champions Toast Ale, a London brew made from bread that would otherwise be binned. And the fridges were filled with beers by Lewisham's Ignition, who employ locals with learning difficulties. Even plastic straws are out in favour of hollowed-out tubes of dry pasta.

It may not be extravagant, but The Devereux has heart – and a finger on the pulse of the capital. Add to that a surprisingly quiet location for somewhere just off the Strand, and there are far worse pubs for a very modern, thoroughly old-fashioned post-work tippie. ■ *Bobby Palmer*

THREE OF THE BEST London pilsners

With Oktoberfest a-coming, say 'prost' to some of the best golden boys brewed in London



Peckham Pils by Brick Brewery

This clean, crisp, easy-going Czech-style pilsner does exactly what it says on the aesthetically pleasing tin. This could be the perfect starter pils for apprehensive lager drinkers.

→ www.eebria.com, £2.50.



ALL CAPS American Pilsner by Mondo Brewing Company

Foamy and slightly flat, this one would seem more at home at a New Hampshire beer fest than a Hamburg bierkeller. One for the IPA-heads.

→ www.honestbrew.co.uk, £2.59.



Basecamp Pils Lager by Fourpure Brewing Co

The best of the three, this fruity, floral beer is ideal Saturday afternoon fare, whether you're in a Battersea pub garden or a Bavarian beer hall. ■ *Bobby Palmer*

→ www.honestbrew.co.uk, £2.49.



Why we love the rain in Yorkshire

Taylor's brewery sits upon *The Knowle Spring*, the unique source of water we use to brew our beers. This pure and consistent spring water is one of the reasons we're able to brew beer of such reliable quality and taste. It has filtered through layers of sandstone and black rock, creating the special mineral qualities that marry perfectly with our Golden Promise barley malt. This unique combination is the foundation of the complex flavour and subtlety of Landlord. And it begins with rain falling upon the Yorkshire hills. That's why we're always happiest when it pours.

All for that taste of Taylor's



Escapes

Edited by Ellie Walker-Arnott
timeout.com/daytrips



A perfect day in

Abergavenny

Magnificent mountains, bracing walks and cute cafés

NO MATTER WHERE you stand in this pretty market town, you can see hills. Rugged peaks poke out behind the high street. Slopes roll on for as far as you can see. So it's no surprise that a trip here is all about nature. Known as the gateway to Wales, this Monmouthshire spot is perfect for hiking, cycling, climbing and then eating in a way that'd make your nan proud.

First up

The quickest way to become one with nature? A foraging course with a pro. **Brecon Beacons Foraging** run regular workshops where visitors can pick and taste plants that are often dismissed as weeds – think wild garlic and nettles. It's a great way to explore the lush banks of the **River Usk**.

Stop for lunch

Abergavenny is full of charming cafés – try **The Trading Post** for a coffee in the sun. For something fancier, head out of town to the Michelin-starred **The Walnut Tree**. Its menu of hearty dishes – like hot pot and rabbit fricassee – is the very best in town. Warning: you will want every dessert.

Soak up the vibes

You can't visit a market town without popping in to the market hall. Abergavenny's is bustling on Tuesdays, Wednesdays, Fridays and Saturdays. Expect to find everything from an old-fashioned sweet shop to antiques traders. Stock up on quirky cheeses at the nearby **Marches Delicatessen**.

Get a culture fix

Wander around the ruins of **Abergavenny Castle**, established by the Norman lord Hamelin de Balun in around 1087. Still not relaxed enough? Go on a **sound meditation trip** led by local artist Chrys Blanchard. It's also known as a gong bath, and they've been used throughout history for their healing purposes.

Drink like a local

Round off the day with a nightcap at the fancy **Foxhunter Bar**. This wooden-walled den at The Angel Hotel is renowned locally for its cocktails and has a cosy, welcoming vibe. Don't leave before trying the Green Botanist – gin infused with green peach tea. ■ *Kate Lloyd*

→ Get there: two hours 30 minutes from Paddington, changing at Newport; around 3 hours by car.

IF YOU ONLY DO ONE THING

Hike a hill. **Sugar Loaf mountain** takes roughly four hours to walk up from the centre of town – via a path that takes you past trickling creeks, forested areas, grassy plains and rocky peaks. The views from the top are rewarding enough, but the route down also takes you past **Sugarloaf Vineyards**. Cheeky vino, anyone?

WAKE UP HERE

The Angel Hotel



Spend the night in a quaint hotel that's so friendly, you'll be on first-name terms with all the staff before you leave. A ten-minute walk from the train station, the rooms here are luxurious – with bedding so fluffy that lying down feels like sinking a fork into a perfect slice of victoria sponge. And, speaking of cake, the hotel does an afternoon tea that rivals any London hotspot in both taste and scale. Think towering trays of mini trifles, sausage rolls, sandwiches and pretty cakes, with a vegan version that's potentially even more decadent. *Kate Lloyd*

→ Cross St, Abergavenny.

From £125 a night on weekends.
www.angelabergavenny.com

Take a hike at timeout.com/daytrips