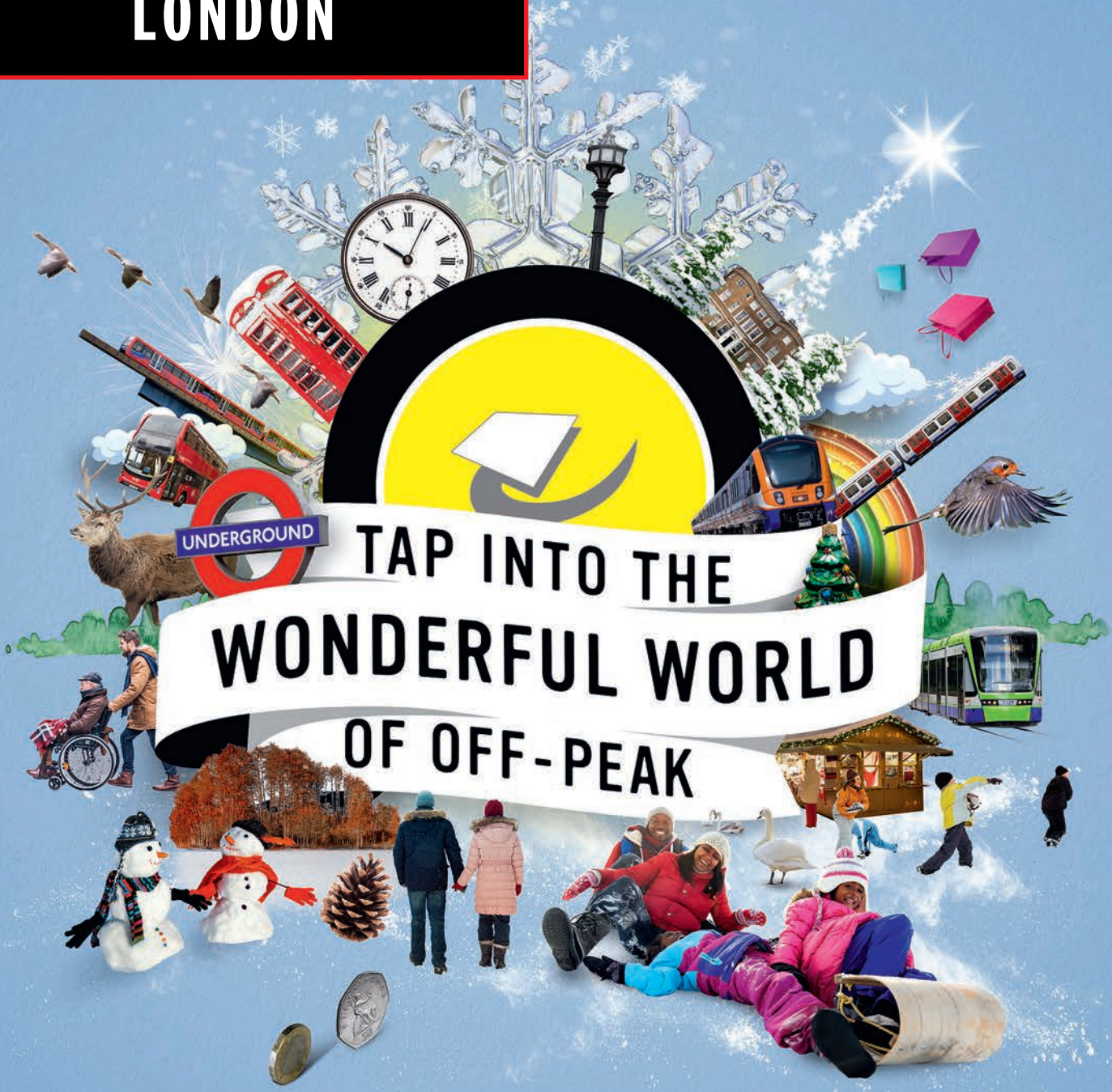


TimeOut

LONDON



UNDERGROUND

TAP INTO THE
WONDERFUL WORLD
OF OFF-PEAK

Go and discover
London this winter

MAYOR OF LONDON



TRANSPORT
FOR LONDON
EVERY JOURNEY MATTERS



Dear London,

We hope your 2020 is off to a flying start.

We've officially arrived in a brand new decade – and there's no better time than right now to start planning for your best London year yet.

And how will you do that, exactly? We're glad you asked. Last month we brought you a taster of what to look forward to in 2020; in this issue, we'll show you how to squeeze the most out of the capital on a budget. Naturally, one of the best ways to save the pennies while you're getting out and about is by travelling on public transport – and that's why we've teamed up with Transport for London, and its wonderful world of off-peak, to bring you more awesome tips on how to experience your city to the fullest, no matter your budget.

So if you're ready to kickstart your year, turn to page 52: you'll find Time Out and TfL's guide to 20 things every Londoner must do in 2020. We bet that there are loads of experiences you're yet to have; whether it's exploring a new neighbourhood, riding through leafy Cycleways or going on a street art hunt. We've also got the highlights of this year's London Borough of Culture (Brent!), which kicks off this Saturday (January 18) with RISE: an outdoor spectacle at Olympic Way.

There's also another reason to celebrate: 2020 marks TfL's 20th birthday. So next time you're travelling on the network, think about the role TfL plays in making London a more sustainable city, one that's easier and more affordable to get around.

Make sure you get out there and experience something wonderful. Hibernation is not an option!

MAYOR OF LONDON

TimeOut



→ Discover London this winter at [timeout.com/off-peak](https://www.timeout.com/off-peak)

TimeOut

LONDON

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Inside

This week's Time Out
in no time at all

Stone me!

You wouldn't believe the stuff we've found in London's museums. Any idea what this is? (Clue: gall bladder)

PAGE 41



New year, neg you?

Beat January clichés of shaming and denial at Anti Diet Riot Club's fest of body positivity

PAGE 48



Good Hellas

For the mother of all taramas and so much more, head to new Greek on the Notting Hill block, Suzi Tros

PAGE 73



2020 cine-vision

It's only mid-January and we've zoomed in on the most exciting films of the year. Your next 12 months of cinemagoing: sorted!

PAGE 61

Booze-free bliss

Pull up a stool at Square Root Soda in Seven Dials Market – 'a dry bar in a food hall, it could hardly be more 2020'

PAGE 76

↓ FEATURES AND REGULARS

9 City Life 20 Free London 24 50 things to do for a fiver (or less) 41 Weird stuff in museums 46 Exclusive offers
48 Things to Do 57 Film 62 Music & Nightlife 66 Theatre & Dance 70 Art 73 Food 76 Drink 78 Escapes

Hello, London

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Cover Photography
Andy Parsons. Thanks to
the Royal Opera House and
Danielle Patrick

YOU SAID IT

What you've been rating and hating online

The new year is a chance to try new things, right? For example, a genital-fridge-magnet-making workshop, where you cast your bits and... you know... stick 'em on your Smeg. No, not keen?

'Not for me, I'm doing dry vaginauary.'

Estelle H via Facebook

We told you about some controversial product diversification, as Smithfield Market, the butcher's choice for 800 years, announced it was going to start stocking vegan alternatives.

'Dear Lord, it's a meat market. Are we giving in to everything now?'

Carmel N via Facebook

It's January and lots of us are being abstemious. Help is at hand in the form of the world's first completely alcohol-free beer bar.

'If only London had other places I could get alcohol-free beverages with my friends. Anyway, I'm just going to sit in this coffee shop.'

Matt C via Facebook

**“THIS IS AS SPECIAL AS THEY COME...
A MASTERPIECE”**



NME



Lewis Knight, Mirror Online



HeyUGuys



Vulturehound

**“THE MOST STYLISH, MOVING
AND INTIMATE PIECE OF
CINEMA IN YEARS”**

Lewis Knight, Mirror Online

**“REVOLUTIONARY...
MOVIES OF THIS CALIBRE COME
ALONG SELDOM TO NEVER”**

Peter Debruge, Variety



Katherine McLaughlin, The List



Time Out



Rolling Stone

“STUNNING”

The Playlist

“DAZZLING”

Buzzfeed

“INCREDIBLE”

Tom Macklin, Esquire

“CAPTIVATING”

Katherine McLaughlin, The List

**“TRULY
ASTOUNDING”**

Rolling Stone

**“WAVES WILL
TEAR YOUR HEART OUT”**

Sheri Linden, The Hollywood Reporter

**“A CINEMATIC
WONDER”**

NME

**KELVIN
HARRISON, JR.**

**LUCAS
HEDGES**

**TAYLOR
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**ALEXA
DEMIE**

**WITH
RENÉE ELISE
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**AND
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WAVES

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Fuel economy and CO₂ results for the BMW i3 range 120 Ah mpg (l/100 km): N/A. CO₂ emissions: 0 g/km. Electric range: 188 miles. Electric energy consumption per 62 miles/100 km (weighted combined): 16.5 – 15.5 kWh. Figures are for comparison purposes and may not reflect real life driving results which depend on a number of factors including the starting charge of the battery, accessories fitted (post registration), variations in weather, driving styles and vehicle load. They were obtained after the battery had been fully charged. The BMW i3 range are battery electric vehicles that require mains electricity for charging. All figures were determined according to a new test (WLTP). Only compare fuel consumption, CO₂ and electric range figures with other cars tested to the same technical procedure. Model shown: BMW i3.

City life

Edited by
@tin



Get real

WHETHER WE'RE GOBBLING our way around town like a glorified Pac-Man or cramming like Tetris blocks on to the Central line, London life can sometimes feel a bit like being stuck in an arcade game. But **The Actual Reality Arcade** takes things several steps further. Popping up at a former Royal Mail delivery centre in Nine Elms from Wednesday (alongside, for some reason, an art installation which uses grains of rice to make sense of abstract statistics), it's a pleasingly hands-on set-up featuring ten giant playable models of classic retro arcade games: everything from an IRL Donkey Kong-style challenge to life-sized Asteroids and a huge-scale version of Whac-a-Mole (starring a brave volunteer as the mole). If your 2020 resolution was 'look at screens less', then pelting pixelated spaceships with beanbags to save the planet from alien invasion might be just the ticket. ■ *El Hunt*

→ Former Royal Mail Delivery Office. ☺ Vauxhall.
Wed Jan 15-Jan 26. Free. www.nineelmslondon.com

THE ESSENTIALS

Three things you have to do this week



Eat this

This month, **Bao** in Soho is hosting a battle of the buns. Try 15 bao with a twist (from Philly cheesesteak to banana fritter) and score it for taste and style. The winner might join the menu.



Book this

You don't need a Holmes-sized brain to track down a £1 ticket to detective-themed escape room **Sherlock: The Official Live Game** – all you need to do is sign up online before January 22.



Fund this

Catastrophe (in the form of a rogue car) has struck south London institution **Blackheath Tea Hut**. Chip in to the crowdfunder to rebuild it and support the staff member who was injured.

Get the latest from London at timeout.com/news

AN ODE TO Corner shops

WORD ON THE STREET

Ten ridiculous things we've overheard in London this week



Celebrating the most maligned, overlooked and underrated bits of London

ALRIGHT, I KNOW: everyone appreciates their own corner shop as a source of snacks, fags, batteries, Blu-Tack, fizzy drinks, painkillers and all the other things that make London life possible. But have you ever thought about the cosmic significance of the capital's independent newsagents as a whole?

Without the plucky corner shop, our city would be an unbroken chain of Sainsbury's Locals and Tesco Expresses. Decent crisps would never be on offer, there would always be an unexpected item in the bagging area, and veg wrapped in infinite layers of plastic would force the condemned into a Sisyphean game of pass the parsnip.

Salvation lies down the road, where the beacon of the corner shop's fascia – invariably sponsored by a phone company you thought went bust in 2008 – emits a providential glow amid the hoary gloom. Booted out of the pub after last orders, thirsty for more but reluctant to go out-out? The corner shop is there for you. Been out-out and want to carry on into the ungodly hours? The corner shop is your friend, with its abundant store of tinnies, cigs and other afterparty supplies.

Each corner shop has a unique special feature – a butcher's counter at the back, say, or an endearing selection of gas-mask-shaped bongos.

If you're truly blessed, your local may be furnished with the holy grail: a hatch for spontaneous after-hours purchases once the main doors have closed. What these establishments all have in common is a bigger, better selection of booze (Tatra Mocne! Cactus Jack's!) and an infinitely superior array of snacks – from Space Invaders to baklava to dib dabs – than any chain mini-market.

They don't just feed our bad habits, either. The corner shop has played a crucial role in the integration of the capital's immigrant communities. Read Babita Sharma's book 'Shopkeepers, the Sharmas and the Making of Modern Britain' for a look at how the corner shop and its proprietors shaped our country. In their absence, our city would be as predictable and bland as your lunchtime meal deal.

After you and I are gone, when commuters travel on the PepsiCo Northern line and tuck into Chlorine Fried Chicken; when part-ownership schemes offer lucky first-time buyers 1 percent of their dream studio box room; when, cutting out the middlemen, public policy is finally decided by a committee of tabloid newspaper editors, the corner shop will endure, its inviting 24-hour glow illuminating our urban perdition. ■

Josh McLoughlin

'I work in Canary Wharf. I never see the sun.'

'No, I don't like drinks that taste like candles.'

'If you were £4, I'd buy you.'

'In the holidays I try to shrink down from bovine to human. It's not fair otherwise.'

'Shall I just wipe you down with a green-tea towelette?'

'I've Febrezed my hair!'

'I ended up drinking heavily and bingeing on Elton John.'

'My Hoover has become politicised.'

'I'm so bougie I won't eat any potato cakes that aren't Warburtons.'

'I can't wait for you to meet him... but never speak of his penis.'

Overheard something weird? Tweet us #wordonthestreet @timeoutlondon



BAFTA
NOMINEE
FILM

3 BAFTA NOMINATIONS

INCLUDING

LEADING ACTRESS CHARLIZE THERON + SUPPORTING ACTRESS MARGOT ROBBIE

"YOU'LL BE GRIPPED FROM START TO FINISH"

GLAMOUR



DAILY MIRROR



EMPIRE

"THE MOST IMPORTANT FILM OF THE YEAR"

DAILY MIRROR



TOTAL FILM

"SUPERB"

TOTAL FILM



THE INDEPENDENT

"INCREDIBLE"

HELLO! ONLINE



BBC ONLINE

"POWERFUL"

VOGUE

CHARLIZE THERON

NICOLE KIDMAN

AND MARGOT ROBBIE

BOMBSHELL

IN CINEMAS FRIDAY

BRON



WRITTEN BY CHARLES RANDOLPH

DIRECTED BY JAY ROACH



LIONSGATE

MY LONDON STORY



Alec Curtis

Black-cab driver for a stonking 58 years

I WAS BORN and brought up in London's East End. Apart from during the war, when we got evacuated 30 miles outside the city, I've lived here my whole life. I first started driving a cab in May 1961 after becoming fed up working at the factory where I made ladies' garments. I had never really given any thought to whether I wanted to be a cab driver, but a lot of my friends started doing The Knowledge, so I did too.

I was 30 at the time, which was quite late to become a cab driver. I used to go out on my bicycle and learn the streets and suburbs of London using a map. It wasn't easy, but it only took about a year to learn then, whereas now it can take four to five years – the city has grown so much. Eventually I got my badge and licence. The lower your badge number, the longer you have been driving in London. My badge number is 511. If you got your badge now, your number would be about 70,000 or 80,000 – and it keeps going up.

'Even my heart bypass didn't stop me driving'

London has changed a lot in my 58 years as a cab driver. There are more motorways now, everywhere is a lot busier than it used to be, and there are so many one-way systems. If you don't know where you're going now in central London, you can just forget about it – you'll just be going round in circles. But a black-cab driver will always get you out of trouble.

In 58 years driving around London, of course I've had some famous people in my car (though I usually say everyone is famous if they pay me). I've picked up Judi Dench, David Walliams and the poet John Betjeman. I once gave Michael Flatley a lift on my wedding anniversary: he gave me £50 and told me to take my wife out for a nice meal.

As a cabbie I've always tried to help out my customers. A few years ago, one lady asked me to help her carry some bottles of water up the stairs. She told me, 'You know I'm 75?' I replied, 'Well then, you should be the one helping me: I'm 85!'

There are no fortunes in cab driving, but it is a living – though I have noticed a big difference since Uber came to London. You can be sitting at hotels for hours, and all of a sudden someone will come out using their phone, get in a car and off they go. It's definitely had an impact on the trade.

I've always been a hard worker. In 1984 I had a heart bypass, but it didn't stop me driving: I had medicals every year to make sure I was safe on the road. But then a few months ago, I ended up in intensive care with double pneumonia. It was obvious that, at the age of 89, I'd have to pack it in.

Even though I didn't set out to become a cab driver, I never regretted it. I've loved the freedom: even though you're always working for someone, you are an individual. Everybody pays their own tax and insurance, and if you don't earn anything you don't get anything from the government. You can please yourself about where to go and when to work. And, of course, I love talking! ■ *Interview by Ariane Sohrabi-Shiraz*

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

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Shaping a New Journey



IT HAPPENED HERE

Comedian and musician *Lloyd Griffith* on his surreal first brush with fame – at the BBC studios in west London, aged 12

THE YEAR WAS 1995, I was 12 and the school choir coach trip from Grimsby to London had taken ages. I remember looking out as we swooped through Brent Cross, thinking that London didn't look much like it did on TV. But an hour later our coach arrived at the BBC studios in Wood Lane, and it was exactly as I'd seen it every Saturday on 'Live & Kicking'. For me, it was the equivalent of the Hollywood sign.

Our school choir had been invited to sing on 'The National Lottery' because Grimsby Council had been given a grant to buy a Steinway piano for its new auditorium. As we stepped off the bus we all lost our minds at the plethora of celebs just knocking about. Bob Geldof, PJ & Duncan and Toby Anstis were all present and correct. On the piano for our performance was none other than actor, comedian, musician and composer Dudley Moore. To this day I don't think anyone knows why Dudley Moore was playing piano with a choir from Grimsby – least of all Dudley Moore.



The host, Anthea Turner, showed us round the studios, teaching us about the ins and outs of telly – and introducing us to Mystic Meg. Meg could do no wrong in my eyes: with her pristine hair, flamboyant clairvoyant regalia and oh-so-accurate predictions, she was my childhood hero. Unfortunately, Mystic Meg wasn't as welcoming as the other stars. I was a little sad, but I understood that she was 'in the zone'.

About an hour later, I was in the canteen where I'd just ordered my sausage, burger and beans.

Suddenly, Mystic Meg appeared right next to me. I froze and then dropped my tray on the floor. My lunch narrowly missed her mystic cape.

Of all people, it was Toby Anstis who rushed to my rescue. 'You didn't see that coming, did you?' he quipped. Everyone laughed, except for me and Mystic Meg. If there's a moral to take away from this it's never meet your heroes. Especially if they wear capes and can't fly. ■

→ 'Lloyd Griffith: Not Just a Pretty Face' is at Soho Theatre from Apr 7-11 and Leicester Square Theatre on Apr 25.

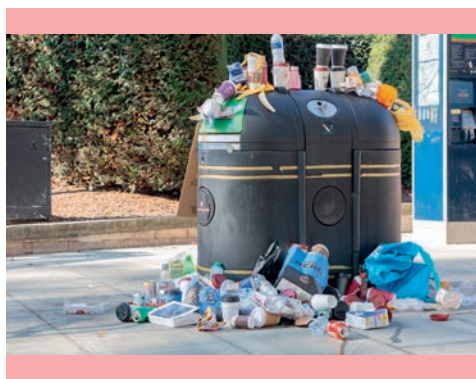
MOST GOOGLED

Where does London's rubbish go?



LONDON'S POPULATION will hit 9.3 million by 2021 – and people equal waste. As Jeff Goldblum might say while assessing our city's rubbish situation: that is one big pile of shit. But where does London's hefty trash heap end up?

Leaving recycling aside, each borough collects waste from its residents (a vital use of your council tax) and delivers it to a central collection point. From there, according to Roger St Paul from the West London Waste Authority



(a man who knows a thing or two about garbage), London's detritus is mostly either buried in landfill or used as fuel for energy, either in the UK or elsewhere in Europe.

And recycling? Well, London is really bad at it – possibly because of our patchwork of different councils with different rules, and possibly because we're all a bit lazy sometimes. Instead of burying or burning our shit, we should probably get better at turning it into something new. ■ *Thomas Hobbs*

Learn more interesting stuff at [timeout.com/googled](https://www.timeout.com/googled)

10 BAFTA AWARD NOMINATIONS
BEST FILM

INCLUDING

DIRECTOR – MARTIN SCORSESE
SUPPORTING ACTOR – AL PACINO

ADAPTED SCREENPLAY – STEVEN ZAILLIAN
SUPPORTING ACTOR – JOE PESCI



“THE BEST FILM OF 2019.

‘THE IRISHMAN’ EARNS A PLACE IN THE CINEMATIC CANON. AN INCENDIARY,
INDELIBLE SUMMATION OF A LANDMARK CAREER.

A CLASSIC FOR THE AGES.”

RollingStone

**THE
IRISHMAN**

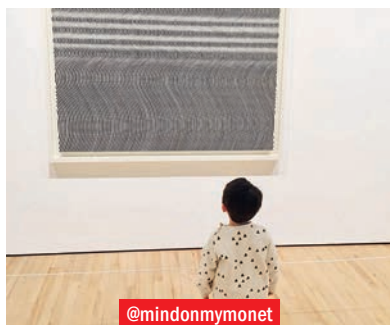
15 STRONG VIOLENCE,
LANGUAGE

N

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

 **THE VIEW FROM YOU**

What Time Out readers have been Instagramming this week



@mindonmymonet

'We finally made it to see the Bridget Riley exhibition at @hayward.gallery!'



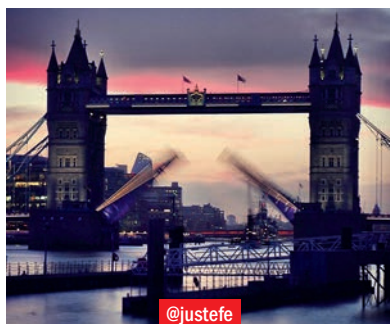
@claragarden_

'Surprised myself by staring at this bakery window for five entire minutes.'



@dinerdesi

'Feeling the post-lunch slump: a caffeine kick at @lecafealainducasse.'



@justefe

'London is open!'



@livin.london

'Squeezed in a visit to the moon on its last day at @natural_history_museum.'



@paulgrifnet

'Travelator to "The Drain" – the Waterloo & City line.'

2020 BAFTA* NOMINEE
ADAM DRIVER

2020 BAFTA* NOMINEE
JONATHAN PRYCE

THE MAN WHO KILLED
Don Quixote

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TERRY GILLIAM
ACADEMY AWARD* NOMINEE

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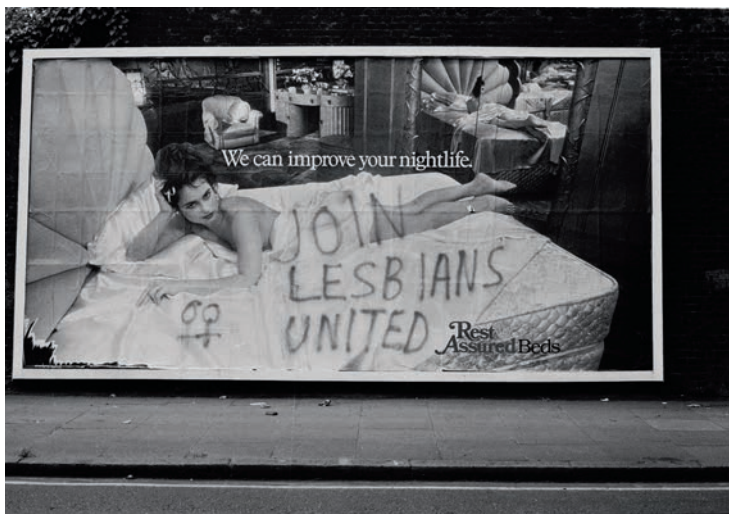
FIND YOUR FAVOURITE

LONDON EYE

Jill Posener, 'Blood Group, Soho Dirt', 1984



Tessa Boffin, 'Angelic Rebels: Lesbians and Safer Sex', 1989



Jill Posener, 'Dalston, London', 1979



Ingrid Pollard, 'Performance outside The Fridge, Brixton', c.1990

Here and queer

THE '80S WERE heavy times for London's LGBTQ+ community. The Aids crisis, reproductive rights activism and fighting back against Section 28 – a Conservative law which banned the 'promotion' of homosexuality in schools – were live issues, and LGBTQ+ people were regularly abused in the media and the street. So thank goodness for photographers Jill Posener, Tessa Boffin and Ingrid Pollard.

These three women documented the lives of lesbian Londoners in the '80s and early '90s, putting forward a positive alternative that celebrated queer female identity. Their images touch on the homophobic representation of LGBTQ+ people in the press, gender expression


and the ways in which queer women made themselves visible – from cabaret and theatre to activist book fairs, clubs and graffiti.

Work by the three women features in 'Hot Moment', a new free exhibition at Bethnal Green's Auto Italia gallery. All the images on display were captured around the city at a time of great struggle for the LGBTQ+ community, and they're still essential viewing today. Get down there in a hot second. ■ *El Hunt*


→ Auto Italia. Cambridge Heath Overground. Until Mar 14. Free.

See more London snaps at [timeout.com/photography](https://www.timeout.com/photography)

CLOCKWISE FROM TOP LEFT: JILL POSENER, 'BLOOD GROUP/SOHO DIRT', 1984. COURTESY OF THE ARTIST; TESSA BOFFIN, 'ANGELIC REBELS: LESBIANS AND SAFER SEX', 1989. COURTESY OF THE ESTATE OF TESSA BOFFIN/BATESEA ARTS CENTRE ARCHIVE; WANDSWORTH HERITAGE SERVICE; INGRID POLLARD, 'PERFORMANCE OUTSIDE THE FRIDGE, BRIXTON', c.1990. COURTESY OF THE ARTIST; JILL POSENER, 'DALSTON, LONDON', 1979. COURTESY OF THE ARTIST.



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**HOLIDAY LIKE
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FREE LONDON

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



North-west London song and dance

Brent is celebrating becoming Borough of Culture with a huge performance about its history. Expect tales of the Grunwick strikers – migrant women who fought against degrading working conditions in 1976 – and how the biggest Hindu Temple outside India was built in Neasden.

→ Olympic Way. ☉ Wembley Park. Sat Jan 18, 7pm.

Minor Figures cold brew freebies

It's a gratis food and drink bonanza this issue starting at Whole Foods. It's giving away 500 vegan cold brews on the so-called 'most miserable day' of 2020. Grab one if you want to be sad and jittery instead of just sad.

→ 63-97 Kensington High St. ☉ High St Kensington. Mon Jan 20, from 8.30am.

Oklava Bakery and Wine Bar giveaway

How to get our attention? Combine two of humankind's best inventions (wine and pastries). How to keep it? Announce you're giving out 100 of those Turkish pastries (filled with halloumi and more) on launch day. Go get 'em.

→ 64 Grafton Way. ☉ Warren St. Wed Jan 15, 8am-10pm.

Beanberry coffee handout

Drag your tired, overworked body to Beanberry's new Holborn café early enough on Wednesday and you'll get a free coffee to perk you up. It's good stuff too: the Kingston brand is known for focusing on organic beans.

→ 272 High Holborn. ☉ Holborn. Wed Jan 15, 7am-noon.

The Energy Bar cardio sesh

Clif bars is putting on what its calling a 'work out party'. It's actually much less lame than that: free 30-minute spinning classes, energy bars and free mocktails are on offer. It sounds very January but also quite fun.

→ 135 Bethnal Green Rd. ☉ Bethnal Green. Thu Jan 16, 5pm-10pm. Book on Eventbrite.

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



THE NEW veggie dippers MEAL



Served after 11am. Meal shown is vegan. Some other sides and drinks on the McDonald's menu are not vegan, see [mcdonalds.co.uk](https://www.mcdonalds.co.uk) for details. ©2020 McDonald's

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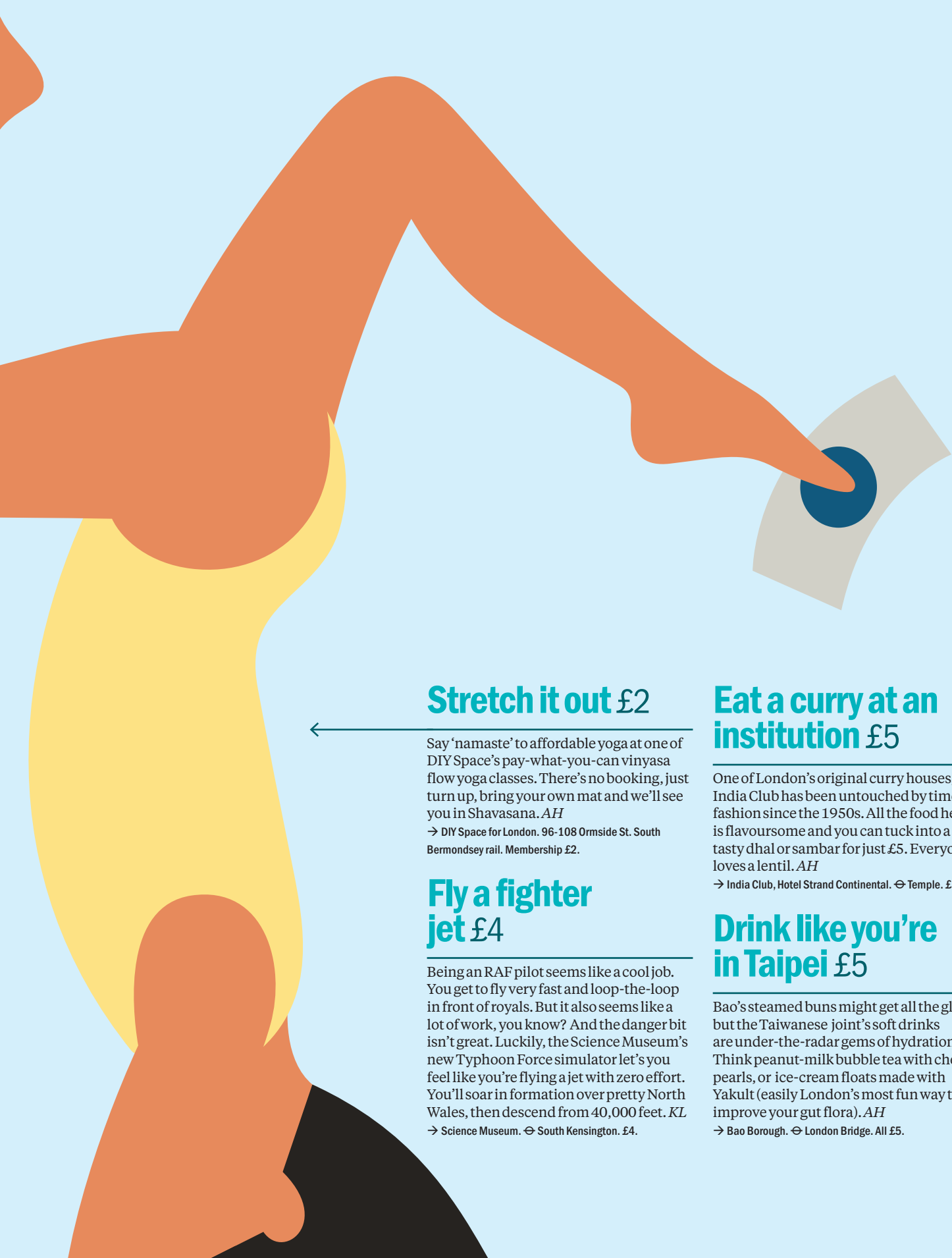


50

things to do for a fiver (or less)



Broke? It's okay – you don't have to spend a fortune to have a really good time in London. *Angela Hui, Alice Saville and Kate Lloyd* pick 50 great things to do on next-to-no cash. Illustrations *Stephen Cheetham*



Stretch it out £2



Say 'namaste' to affordable yoga at one of DIY Space's pay-what-you-can vinyasa flow yoga classes. There's no booking, just turn up, bring your own mat and we'll see you in Shavasana. *AH*

→ DIY Space for London. 96-108 Ormside St. South Bermondsey rail. Membership £2.

Fly a fighter jet £4

Being an RAF pilot seems like a cool job. You get to fly very fast and loop-the-loop in front of royals. But it also seems like a lot of work, you know? And the danger bit isn't great. Luckily, the Science Museum's new Typhoon Force simulator let's you feel like you're flying a jet with zero effort. You'll soar in formation over pretty North Wales, then descend from 40,000 feet. *KL*

→ Science Museum. ⊖ South Kensington. £4.

Eat a curry at an institution £5

One of London's original curry houses, the India Club has been untouched by time or fashion since the 1950s. All the food here is flavoursome and you can tuck into a tasty dhal or sambar for just £5. Everyone loves a lentil. *AH*

→ India Club, Hotel Strand Continental. ⊖ Temple. £5.

Drink like you're in Taipei £5

Bao's steamed buns might get all the glory, but the Taiwanese joint's soft drinks are under-the-radar gems of hydration. Think peanut-milk bubble tea with chewy pearls, or ice-cream floats made with Yakult (easily London's most fun way to improve your gut flora). *AH*

→ Bao Borough. ⊖ London Bridge. All £5.



Less than a fiver

See Shakespeare as the Bard intended it £5

Dive into the Renaissance equivalent of a mosh pit by getting a £5 standing ticket at Shakespeare's Globe. The Bard's goriest, bawdiest moments were designed to whip 'groundlings' into a frenzy. Turn up early and you'll be so close to the action you can lean on the stage. AS

→ Shakespeare's Globe. ⊕ Blackfriars. From April. £5.

Unwind with some fish £4.50

Sure, the London Aquarium is ever so big and has a shark pool, but the Horniman's more modest space can take you on an equally magical journey through the rivers and oceans of the world, from British ponds to Fijian coral reefs. AH

→ Horniman Museum. Forest Hill Overground. Museum entry free. Aquarium £4.50, £2.50 children.

Time-travel in your lunch hour £2.50

In a city of endless Prets, switch up your lunch with something truly special. Go back in time at Rothe's gloriously old-school deli that's been making sandwiches every which way since 1900. AH

→ Paul Rothe & Son. ⊕ Bond St. From £2.50.

Catch a new movie at a retro price £4.99

South London's indie-cinema stalwart PeckhamPlex has a powerful USP: all the hottest new movies at '90s prices. Cheap tickets mean you can afford to take a chance, whether it's braving a messed-up horror flick or checking out the work of local filmmakers. AS

→ PeckhamPlex. Peckham Rye Overground. £4.99.

Get in a canoe £5

Kayaking and canoeing might seem like coastal pursuits: something bored Cornish teenagers do to get their kicks when the swell's bad for surfing. But you can learn the sport in London at



Laburnum's evening adult boat club (Wednesdays 7.30pm-9.30pm), where you'll pick up paddling techniques in beautiful riverside surroundings. Book your place in advance. AH

→ Laburnum Boat Club. Haggerston Overground. £5.

Soar above the Thames £3.50

London's very own cable car is a quixotic rival to the more pedestrian ways of getting around by walking, bussing and tubing. It offers views over the Thames from inside a gently swinging gondola (dispel any lingering motion sickness by exploring Greenwich's fascinating, fast-changing docklands). AS

→ Emirates Air Line, between Greenwich Peninsula and Royal Victoria Docks. ⊕ North Greenwich. £3.50.

Unlock an old tradition FREE

Glimpse medieval times at the Tower of London's Ceremony of the Keys. Each night, the Yeomen Warders enact a 700-year-old key-swapping ritual as they lock up for the night. Online booking is essential (if not very medieval). AS

→ Tower of London. ⊕ Tower Hill. Free.

Swoon over salt beef £4.50

Why is Beigel Bake an institution? The answer's in the window. A huge slab of succulent salt beef, carved to order. You'll be hard-pressed to find a cheap eat in





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Five ways to ace Veganuary

Cruelty-free boots and 'bleeding' burgers: here's how to live your best Veganuary

Banish the brandy butter and trash-talk the turkey: it's Veganuary once again! If you're looking for plant-based power this new year, London has got your back. There's never been an easier time to go vegan, especially when dairy alternatives taste so sweet. Read our guide on how to win at veganism this month and turn over a new (organic salad) leaf.

1 Receive the gift of ghife
Say goodbye to traditional dough and hello to dairy-free ghife. This heavenly Moroccan flatbread is a flaky, delicate delight usually made with butter. Head to

Comptoir V in Kensal Rise for its full-flavoured, vegan version of this delicious Middle Eastern cuisine.
→ Kestlake Mansions, Station Terrace.
☉ Kensal Green.

2 Try dairy alternatives for no extra cost at Costa
Throughout January and February, **Costa Coffee** is providing delicious dairy alternatives (coconut, almond and soya) in your coffee at no extra cost. There'll also be a collection of new snacks on offer, including the flavourful smoky vegan ham and cheese toastie, a rocky road and a tasty cookie. We're getting a coconut latte to go.

3 Walk the vegan walk
Going vegan isn't just about what you put in your mouth. Put your best animal-friendly foot forward in a new pair of 100 percent cruelty-free shoes. We love London-based online brand **Will's Vegan Store**, makers of classic riding-style boots, wallets and knitwear. Being virtuous has never been so stylish.
→ www.wills-vegan-shoes.com

4 Attend the Plant Powered Expo next month
For serious inspo, and info on how to vegan up your life in 2020, head to Olympia London on February 1 and 2 for the **Plant Powered Expo**. Browse 235 stalls, get tip-top cookery advice and even learn about growing your own food.
→ Olympia London. ☉ Kensington (Olympia).
Feb 1-2. £15-£25.

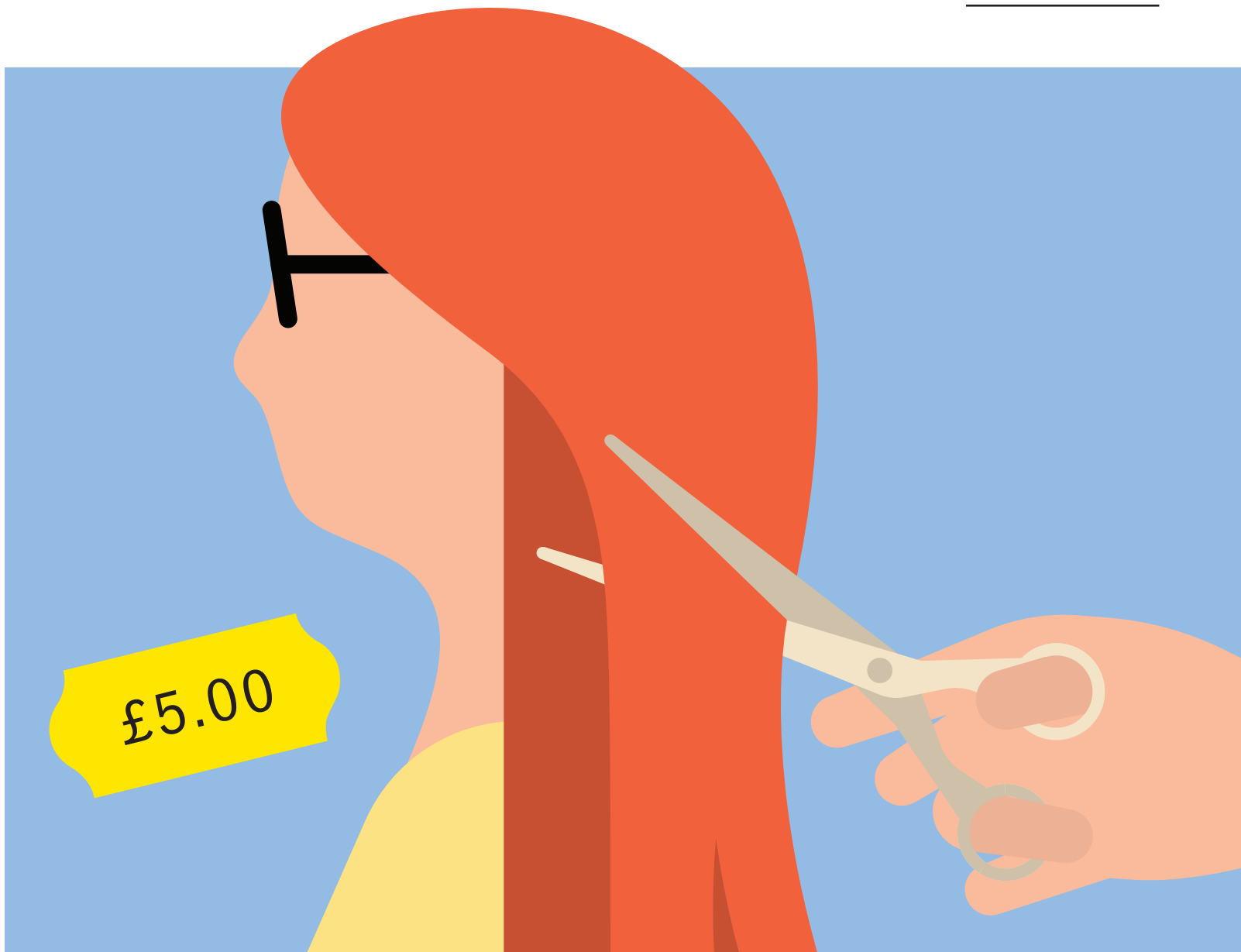
5 Still get your junk food hit
We get it: you want to go vegan but then the hangover happens and... yeah, enough said. Luckily, ditching meat doesn't mean ditching fun food full stop. When we're in need of a serious junk hit, we head to Brixton's **Halo Burger** for its famous 'bleeding' meat-free burgers slathered in everything.
→ 49 Brixton Station Rd. ☉ Brixton.

COSTA
COFFEE

→ Try the delicious range of dairy alternatives in your coffee for no extra cost at Costa

*at participating stores only





London more iconic than that stuff in a beigel. Order with as much mustard as you can handle and a whopping gherkin. *AH*
 → Beigel Bake. Shoreditch High St Overground. £4.50.

Meet famous dead Londoners £4

This city's greatest alumni are buried in the morbid marvel that is Highgate Cemetery. In the East Cemetery, seek out the graves of Claudia Jones, mother of Notting Hill Carnival, and painter Patrick Caulfield, who designed his own headstone, spelling out the word 'dead'. Does exactly what it says on the plinth. *AS*
 → Highgate Cemetery. ☉ Archway. East Cemetery £4 entry.

Get an edgy do £5

Budding hairdressers at the Toni & Guy Academy are always looking for models to practise their cut and colour skills on. The

only catch? You have to be adventurous ('half an inch off the layers, tidy up the greys' doesn't count). *AH*
 → Toni & Guy Academy. ☉ Tottenham Court Rd. £5 cut, from £20 for colour.

Dig dumplings £5

At Jen Café, a fiver gets you a plate of seven sticky, minced-pork-and-chive, Beijing-style steamed dumplings (jiaozi). For an extra quid you can have them fried. Go on, treat yourself. *AH*
 → Jen Café. ☉ Leicester Square. £5.

Visit the 'Sistine Chapel' FREE

On the first Wednesday of every month, visitors can see the 40,000-sq ft Baroque murals covering Greenwich's Painted Hall for free. 'Britain's Sistine Chapel' was painted more than 300 years ago and has

just undergone a two-year restoration, so it's looking *fresh*. *KL*
 → Old Royal Naval College. Cutty Sark DLR. Free on the first Wednesday of each month, £12 otherwise.

Relax in a lofty garden... FREE

Get the lift to the top of the Walkie Talkie and you'll emerge in a garden with sublime views of London. Spot Tower Bridge, The Shard, Wembley Stadium and more. Or kick back among the ferns and succulents that lushly carpet its floors. *AS*
 → Sky Garden. ☉ Monument. Free.

...or enjoy a leafy paradise FREE

The Barbican's light-filled conservatory is an Instagram influencer hotspot for a reason: brutalist architecture and



Less than a fiver

sculptural succulents are a combo made in design heaven. Explore its leafy delights for free on Sundays. Don't forget to jot down the names of your fave ferns, intend to seek them out as houseplants and then never get round to it. AS

→ Barbican Centre. ☉ Barbican. Free.

Discover hidden canal history £5

The watery arteries that run through London are equally full of discarded shopping trollies and fascinating stories. Discover the latter at the London Canal Museum, which is packed with artefacts from the waterways' heyday. It even has its own dock so you can explore some narrowboats up close. AS

→ London Canal Museum. ☉ King's Cross. £5.

Get pedalo-ing £4

Boating excursions are a romcom staple for a reason: floating, swan-like, above birdshit-filled water is *extremely* romantic. Take a date on a pedalo ride in Crystal Palace Park for a peek at the dinosaurs, in Dulwich Park to circumnavigate a secret island or in Greenwich Park to see geese galore. AS

→ Dulwich Park. West Dulwich rail. From Easter. £4.

Greenwich Park. Maze Hill rail. From Easter. £4. Crystal Palace Park. Crystal Palace Overground. From Easter. £5.

Be a fan stan £5

Greenwich's Fan Museum, housed in a pair of Grade II-listed Georgian houses, is a fan-tastic tribute to the noblewoman's most essential accessory. The collection includes a fan painted by artist Paul Gauguin, glam numbers from the '20s and even concertina-ed retro adverts. AS

→ The Fan Museum. Cutty Sark DLR. Closed until Feb 1. £5.

Experience perfect pizza £3.50

Open as wide as you can for Voodoo Ray's extremely huge slices of very good New York-style pizza. The best in London? That's a matter of opinion. But we do reckon these perfectly sloppy segments are the best you can get in Dalston or Peckham after midnight. And they start from just £3.50 for the margherita! And you can sit in! AH

→ Voodoo Ray's Dalston. Dalston Kingsland Overground. From £3.50 a slice.



Devour dhal-dipped rotis £5

It's no secret that basement Malaysian joint Roti King is comfort-food royalty – just look at its lunchtime queues. It's well worth getting in line for its roti canai: two pieces of flaky flatbread and a pot of moreish dhal that'll make you feel like you're getting a cuddle from a fluffy, friendly bear. AH

→ Roti King. ☉ Euston. £5.

Relive your childhood £1

This sticky-carpeted paradise of Rowans is all about revisiting simple pleasures:

playing arcade games, dancing to tinny R&B and getting brainfreeze from a neon slushie (it comes in many flavours – they all taste identical, and great), although if you want to bowl you'll have to shell out a bit more than a fiver. AS

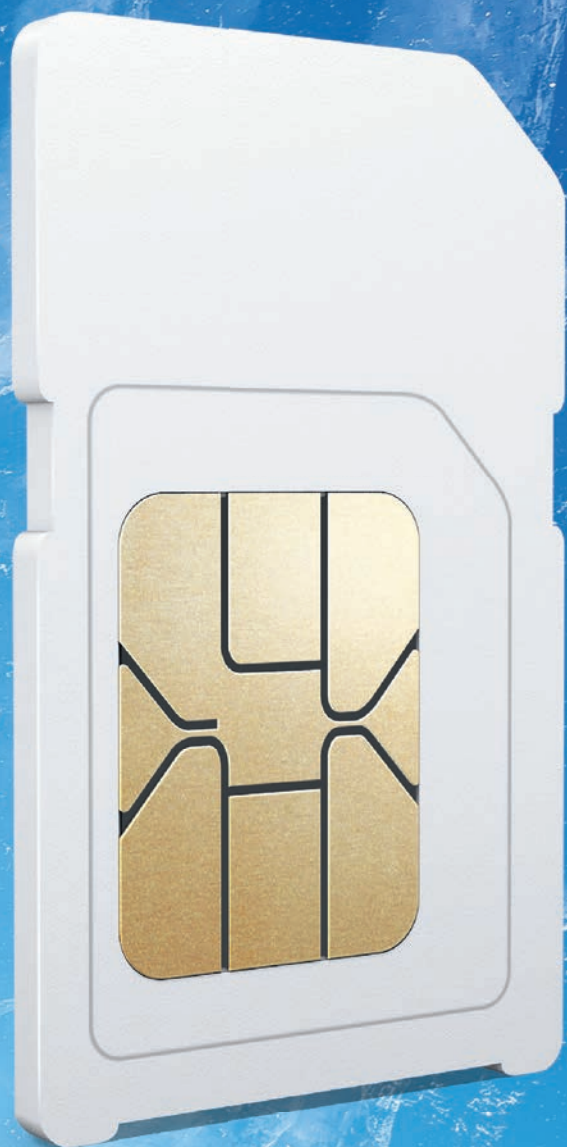
→ Rowans. ☉ Finsbury Park. £1-£3 entry, £2.30 slushie.

Get a plant-based junk food fix £5

Before fast-food chains got all confused about meatlessness, faux fried chicken pioneer Temple of Hackney was battering seitan the actual vegan way. Sure, it's about as healthy as eating deep-fried bread, but the Strips 'n' Chips combo of two 'wings', small fries and a pot of sauce will kill all hunger pangs instantly. AH

→ Temple of Hackney. Hackney Central Overground. £5.

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Less than a fiver



Eat a katsu pie £5

Is the winter cold getting you down? Warm up at Young Vegans in Camden. You'll find flaky pastry treats stuffed with plant-based versions of fillings ranging from classic (steak and ale) to wild ('cheezeburger') to one of the best things you'll ever eat (chick'n katsu). *AH*
→ Camden Market. ☉ Camden Town. £5 per pie.

See a pas de deux for pas de cash £5

Balletomanes on a budget can enjoy cut-price pirouettes courtesy of the Royal Ballet's £5 tickets. You'll be sitting (or standing) in the vertiginous Amphitheatre (higher than the Balcony), so bring binoculars to gaze at the action on stage, or indeed at the immaculately dressed punters in the stalls below. *AS*
→ Royal Opera House. ☉ Covent Garden. £5.

Take a bao £2.50

Don't want none unless you got buns, hun? Well, you're in luck, because Bun House offers towers of Cantonese-style pillowy steamed numbers filled with everything from pork to custard. If fluffy comfort food is what you're craving, this house should become your home from home. *AH*
→ Bun House. ☉ Leicester Square. £2.50 per bun.

Borrow a bike for an hour £4

Don't let tourists hog the Santander bikes. Those ruby numbers are your ticket to a whole load of adventure. A day's bike hire plus 30 minutes' ride time costs just £2 (every extra 30 minutes is another couple of quid). That means for less than a fiver you could spend an hour cycling along the Thames from Battersea

Park or spinning through the birthplace of GMT itself in Greenwich. *AH*
→ Various locations. £4 for bike rental and an hour's ride.

Make a splash £2

Are there any Londoners hardier than the winter swimming crowd at Hampstead Heath Ponds? These bargain-hunting tough nuts get their thrills and chills for just £2, which allows access for a whole day. Sack off the gym pool and join them, if you dare. *AH*
→ Hampstead Heath Bathing Ponds. Hampstead Heath Overground. £2.

Build a Lego robot £5

Unearth skills that have lain dormant since primary school at one of café-bar Drink, Shop & Do's whimsical workshops. Its Lego robot-building sessions invite





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groups to battle it out in a less technically challenging version of 'Robot Wars'. AS
→ Drink, Shop & Do. ☉ King's Cross. Next Lego Robots workshop Jan 22. £5 deposit.

Test your vagina knowledge at a fun night out £3

Are you a mufficionado or a nookie rookie? Find out at the Vagina Museum's anatomy-based Pub(e) Quiz, which will challenge your vulva know-how. Keep the fanny-tastic fun flowing at the institution's regular Bajingo Bingo nights. AS
→ Vagina Museum. ☉ Camden Town. Next Pub(e) Quiz Feb 10. Next Bajingo Bingo Mon Jan 20. £3.

See the city from the top of 345 stairs £4.50

Named with commendable straightforwardness, the Monument is one of London's OG tourist attractions. This 61-metre stone pillar memorialises the Great Fire of London and was built a few years after the 1666 disaster. Send your step-counter into overdrive by corkscrewing your way up the spiral staircase inside. AS
→ The Monument. ☉ Monument. £4.50.

Meet a goat FREE

Come nose to nose with the most soulful of animals at Vauxhall City Farm, which allows you to feed its goats. Fred, Barney and their friends will submit to a pat in exchange for a generous handful of grass nuts from the farm's feed dispenser. AS
→ Vauxhall City Farm. ☉ Vauxhall.
Free entry, donations welcome.

See great art (and science) after dark FREE

London's museums lead something of a double life, getting up to all sorts once the sun has set. South Kensington's most venerable institutions have monthly after-dark openings that let you flit around their collections, dance to DJ sets



and try your hand at activities inspired by their current exhibitions. The lates at the Science Museum, Victoria & Albert Museum and Natural History Museum are all free. AS
→ South Kensington. Free (some lates are ticketed).

Pretend you're on a savannah FREE

Regent's Canal offers loads to look at: start with the cybergoths of Camden Market then head west to get a peek at London Zoo's wild dogs, which live in a canalside enclosure. Enjoy watching them wolfing down hunks of meat suspended on a zipline by wily zookeepers. AS
→ Regent's Canal. Camden Rd Overground. Free.

Neck oysters like a posho £1

Want to feel like the fanciest diner in town? Head to Wright Brothers in Battersea, South Kensington, Soho or Spitalfields on weekdays between 3pm and 6pm, where you'll be able to gorge on fresh oysters for just a quid a pop. AH
→ Wright Brothers. Various locations. £1 per oyster.

Sip a frozen Margarita £3.50

Sure, you can get a whole margarita pie at Pizza Union for £3.50, but did you know its frozen Margaritas cost the same? Live out your Miami pool-party dreams →



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Less than a fiver



by indulging in slushy cocktails in such glamorous locations as King's Cross and Old Street roundabout. *AH*

→ Pizza Union. Various Locations. £3.50.

Give your face a present FREE

You might be surprised to learn that La Mer, arguably the fanciest purveyor of moisturiser in the world, dishes out free 15-minute facials at its counter in Harrods. Bag yourself the golden-hued skin of a person much richer than you. *AH*

→ Harrods. ☹ Knightsbridge. Free.

Get a round in £4.80

Two pints for under a fiver in central London? In this economy? You better believe it. God bless Sam Smith, Yorkshire's patron saint of extremely

cheap drinking. In Fleet Street's Ye Olde Cheshire Cheese, one of the most atmospheric Sam Smith's pubs in Zone 1 (and a fave of Charles Dickens, no less) you can sink a pint of Alpine Lager for just £2.40. *AH*

→ Ye Olde Cheshire Cheese. City Thameslink rail. Pints from £2.40.

Cheer on Chelsea FC Women £3

Why pay a small fortune to watch Chelsea men's team kick a ball around, when you can see its women's squad play at their ground in Kingston from just three quid? Sure, the Kingsmeadow stadium's less fancy than Stamford Bridge but you can grab a bacon-and-sausage bap from neighbouring Fat Boys Cafe for a mere £2.90 to enhance your experience. Glory fans might prefer to splash out £7 to watch top-of-the-league Arsenal's home games. Or do both. *KL*

→ Kingsmeadow. New Malden rail. From £3.

Take a hot choc for a stroll £3.95

Take yourself on a date ripped straight from a schmaltz town and spend a crisp winter afternoon wandering along the South Bank, hot chocolate in hand. The rich and comforting salted caramel number from Hotel Chocolat's restaurant Rabot 1745 in Borough should be your go-to. Opt for a big 'un. *KL*

→ Rabot 1745. ☹ London Bridge. £3.95 for a large.

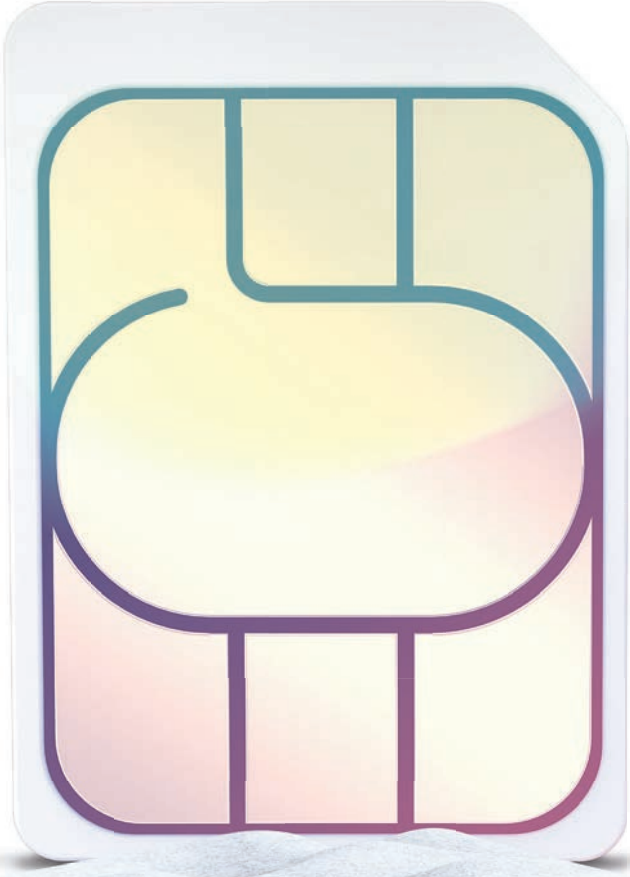
Party at Duckie £5

LGBTQ+ stalwart Duckie turns 25 this year, but is it getting old, sensible, and into batch cooking? Oh no. Every Saturday, host Amy Lamé presides over a messy, sweaty night that's dedicated to getting the crowd dancing, complete with cabaret spots from London's alt-drag stars. *AS*

→ Royal Vauxhall Tavern. ☹ Vauxhall. Saturdays. £5 before 10.30pm.



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Less than a fiver

Explore a gothic castle £3.50

With a name that would make JRR Tolkien sit up and take notice, Severndroog Castle in deepest south London is a lofty folly built by an eighteenth-century lady as a memorial to her husband. Visit for panoramic views of the capital, ancient woodland and general spooky chills. *KL*
→ Severndroog Castle. Falconwood rail. Saturdays and Sundays. £3.50.

See a really, really bad movie £3.50

If you get your kicks taking the piss out of daft plot twists and shocking acting, you're probably a terrible person. But you'll also enjoy Crap Film Club, a monthly meet-up for bad fans of bad films, with a different wretched movie screened at each event. You're sure to have a perfectly awful time. *KL*
→ The Book Club. ☉ Old St. Early bird tickets £5.

Ease into the week with... jazz FREE

Every Sunday, The Royal Albert in Deptford gets a bunch of good musicians from local colleges in to play classic soul, disco and pop with a jazz twist. It's usually packed, it's usually buzzy and it usually ends in mass dancing. A relaxing end to the weekend. *KL*
→ The Royal Albert. New Cross Overground. Sundays. Free.

Push language to its limits £5

Rhymes with Orange is a monthly sesh that lets wordsmiths of all abilities show off their linguistic chops. Resident poets show the crowd how it's done, newbies can sign up to open-mic slots and the audience can turn the air blue with the night's popular limerick challenge. *AS*
→ The Horse & Stables. ☉ Lambeth North. SE1 7RW. £5.

Chuckle for nothing PWYC

Dedicated comedy pub The Bill Murray puts on free shows by circuit regulars and future stars several nights a week and



every weekend. Turn up nice and early to bag a seat, and bring some cash to chuck in the bucket afterwards if the line-up tickles your funnybones. *AS*

→ The Bill Murray. ☉ Angel. Pay what you can.

Get judged by an old-school robot £3.50

Holborn alternative art den Novelty Automation is full of mechanical weirdness putting a DIY spin on traditional seaside arcades. Grab a fistful of tokens and try your hand at 'Is It Art?', which will cast an expert (robotic) eye over your creations, or learn quantum physics with the 'Small Hadron Collider'. *AS*

→ Novelty Automation. ☉ Holborn. £3.50 for five tokens.

Get down at London's funnest funk night £5

Desperate for a dance? CLF Art Cafe stalwart The South London Soul Train is a surefire spot for big-time boogying, with playlists packed with rare disco vinyl and extremely funky soul. Get there early for blinding live sets from artists from around the world. Arrive post-3am to hang out with mainly shitfaced Goldsmiths students. Win-win. *KL* ■

→ CLF Art Cafe, Bussey Building. Peckham Rye Overground. Early bird tickets £5 (more on the door).

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Crisp winter mornings sparkle under a layer of frost, adorning trees and pavements alike with glittering white, and steamy clouds of breath billow from the mouths of commuters on their way to work. But as we head further into the season and the weather takes a turn, problems can arise across the rail network.

When the mercury plummets, even the lightest shower of rain or dusting of snow can freeze and become compacted on the rails, turning into dangerous ice. Not only does this freeze around the electric rail and create an insulating effect preventing trains from drawing power and being able to move with any speed – in the worst cases, it prevents them from being able to move at all.

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keep you moving. These special trains are kitted out with anti-icing fluid, which works in a similar way to salt gritters on the road, preventing our electric rail from freezing in the first place. And they apply an adhesion gel to the tracks so that trains can get grip.

BREAKING THE ICE

insulation to further prevent ice build-up, particularly in places where trains change direction to other lines. That's right, the battle against snow

We also fit certain points along the tracks with heaters and NASA-grade insulation to further prevent ice build-up, particularly in places where trains change direction to other lines. That's right, the battle against snow and ice has become space age.

To try to keep disruptions to your journeys to a minimum, we may have to make some changes to our timetables when bad

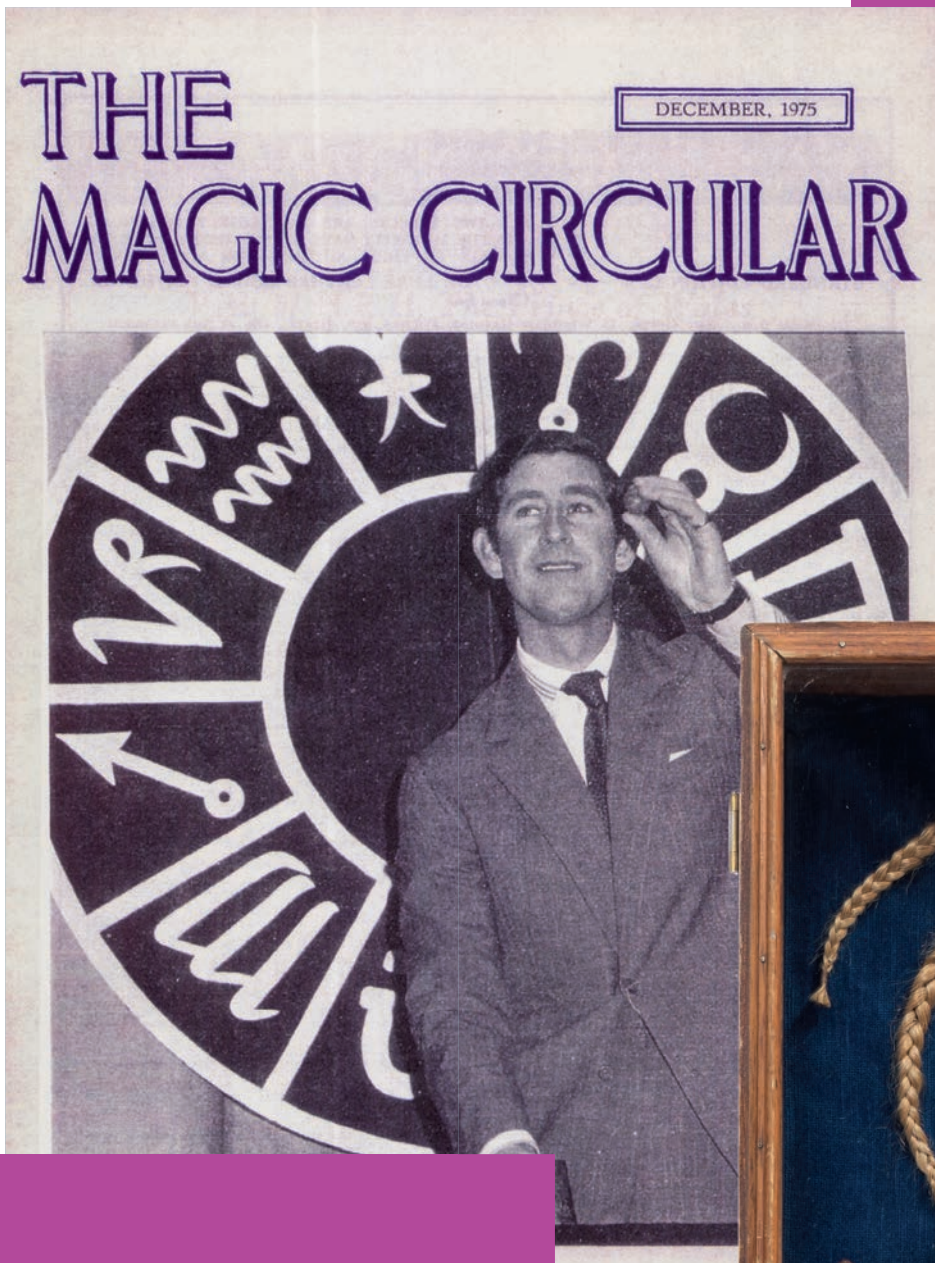
weather hits. Some services will be less frequent, and some stations may close, but this allows us to complete all the work needed to keep you moving, albeit a little slower than usual to keep you and our staff as safe as possible.

We know you've got places to go this winter.

When the mercury drops, our snow-and-ice-busting trains will work around the clock to keep you moving.

**Find out more at
southeasternrailway.co.uk/winter-weather**

Magic Circle (left); Museum of Sex Objects' whip (below)



London's weirdest exhibits

Think you know London's museums? Wrong. *Kate Lloyd* asks curators from institutions big and small to pick oddball artefacts that'll make you curious for more

Prince Charles's cups at the Magic Circle Museum

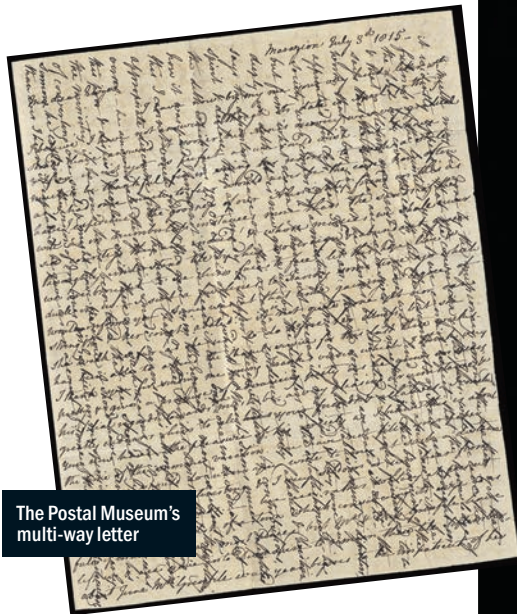
Bet you didn't know Prince Charles took the Magic Circle exam in 1975, performing a classic illusion for the panel. **'Houdini said that no magician could be considered a magician unless they had mastered the Cups and Balls,'** says executive curator Scott Penrose. Charlie clearly had, passing the test with his custom-made cups and getting on the cover of the Magic Circle's mag. → 12 Stephenson Way, ☉ Euston.

A whip made of blonde hair at the Museum of Sex Objects

Sex workers in Roman times were legally required to dye their hair blonde. And the stuff used to do it would often make them go bald. Many resorted to wearing wigs made from the hair of blonde slaves. The result? **'Blonde hair became a symbol of sexual availability and domination that's still potent now,'** says keeper Deborah Sim. This artwork explores that history. → The museum pops up around London.



Museum oddities



The Postal Museum's multi-way letter

A criss-cross letter at the Postal Museum

Before 1840, sending letters was expensive. The more paper you posted, the more you had to pay. **'And, normally, the charge was paid by the recipient,'** says curator Joanna Espin. Rather than resort to a curt, misinterpretable, email tone, penpals wrote in loads of directions to *really* get their money's worth from every sheet.

→ 15-20 Phoenix Place. ☉ Russell Square.

Roy Hattersley puppet at the Cartoon Museum

'It scares us every morning when we come in and turn the lights on,' says collections manager Kate Owens of this Roy Hattersley puppet used on television satire show 'Spitting Image' in 1984. The mouth of the dummy squirts water when it speaks – a caricature of the former deputy leader of the Labour Party's tendency to be a bit spitty.

→ 63 Wells St. ☉ Oxford Circus.



'Spitting Image' puppet at the Cartoon Museum



'Siamese piglets' at Viktor Wynd

A Norfolk farmer had been keeping these conjoined porkers in his freezer since 2001 before he offered them to Viktor Wynd. **'I find it hard to express the pleasure that these joys give to me,'** says Wynd of his collection of similar abnormalities.

→ 11 Mare St. Cambridge Heath rail.

Elephant tusk with a bullet at the Grant Museum of Zoology

This segment of an Asian elephant tusk was bought from a natural history dealer in the early 1900s. It contains part of a large-calibre bullet, typically used by colonial big-game hunters. It's not the end of the story, though. **'It shows regrowth around the bullet, indicating that the elephant survived this shot,'** says curator Tannis Davidson. Hopefully it also sought revenge through trampling.

→ 21 University St. ☉ Warren St.



Grant Museum of Zoology's wounded elephant tusk



WHAT'S ON YOUR MENU THIS WEEK?

Planning just 3 meals for the week ahead can be an opportunity to try something new, or eat the meals you love most. It also helps reduce food waste.

Visit wiseuptowaste.com/3mealschallenge to find out more.

Museum oddities

'Cheddar Man'

at the Natural History Museum

Not a bottom-of-the-barrel 'Batman' villain, this life-sized reconstruction of what humans looked like 10,000 years ago is based on the oldest *homo sapiens* skeleton found in the UK. **'Dutch palaeoartists the Kennis brothers [made it] using the extraction of ancient DNA,'** says research leader Professor Chris Stringer. The severe fringe is artistic licence.

→ Cromwell Rd. ⊕ South Kensington.



Mummified rat at The National Archives

Back in the 1830s, the government's records were often kept in terrible conditions. A researcher, Henry Cole, discovered the corpse of a rat that had chomped through a load of medieval documents. **'He presented the dead animal as evidence of the neglect,'** says head of medieval records Dr Sean Cunningham. Now the little guy's kept among the very documents he partly ate: a chilling reminder to us all to save our work to the cloud.

→ Bessant Drive. ⊕ Kew Gardens.

The National Archives' mummified rat



Gallstone circle at the Science Museum

When keeper of medicine Natasha McEnroe said she'd chosen a **'beautiful but weird display of stones'** for us, it sounded... underwhelming. Turns out it's actually made of hundreds of urinary and gall stones, which were removed from patients in the '60s. Gross and cool! They were used by chemist Kathleen Lonsdale to study the body and change medicine for ever.

→ Exhibition Rd. ⊕ South Kensington.

The Science Museum's stone circle



The Fan Museum's dodgy hearing aid



Fan hearing aid at the Fan Museum

Ah, those crazy Victorians – always inventing stuff. Not content with making ornate fans to flirt with at soirées, they figured they could turn them into 007-style gadgets. Medical companies like Hawksley & Sons shilled 'acoustic fans', with an ear trumpet that they claimed would help the user's hearing. **'Of course, the irony is that raising a large, open fan to one's ear would have resulted in the opposite effect,'** says founder Jacob Moss. ■

→ 12 Crooms Hill. Cutty Sark DLR.

Want more? Check out timeout.com/museums

first direct



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Inamo

What is it? Bottomless food and drink at a gadget-loving, pan-Asian restaurant.

Why go? To mess about on the interactive tables, sure, but mostly for the procession of Szechuan chicken, bang bang cauliflower, Korean barbecue ribs and more. Plus free-flowing booze, of course.

What's exclusive? We've sorted you out with 70 percent off at two great locations – from just £30.

→ Inamo Soho. ⊕ Tottenham Court Rd. Inamo Covent Garden. ⊕ Covent Garden. Until Mar 29. www.timeout.com/inamo2020



Silent Disco Fitness Classes

What is it? A dance workout in a judgement-free space run by the Nobody's Watching crew.

Why go? To experience the joy of cutting carefree shapes without the stares of pissed-up partygoers and boogie your way to your body goals.

What's exclusive? Tickets are just £6 (that's nearly half price) so you can bust a move, not your bank account.

→ The Canvas Café. Shoreditch High St Overground. The Bridge. ⊕ Borough. Various dates until May 6. www.timeout.com/nobodyswatching

Psycle

What is it? An immersive Ride class that takes spin to a whole new level.

Why go? These sessions aim to push you beyond the limits of the average spin experience. Enthusiastic instructors will have you feeling the rhythm (and that sweet, sweet burn) in state-of-the-art studios.

What's exclusive? We're offering you four classes for only £24 – that's 72 percent off. Saddle up!

→ Psycle Clapham. Clapham Junction Overground. Until Feb 7. www.timeout.com/psycleclapham

Mindfulness Workshop

What is it? One-day wellness courses led by experts.

Why go? With mental health and self-care being talked about more than ever (and rightly so), there's never been a better time to find out how mindfulness could be used to improve your wellbeing.

What's exclusive? Save 48 percent on a variety of workshops. Book now for £49.

→ 6 Fitzroy Square. ⊕ Warren St. Until Apr 5. www.timeout.com/mindfulness

Terra Terra

What is it? Pizza, sides, dessert and bottomless prosecco for 90 minutes.

Why go? So you and a pal can get stuck into some comforting Italian fare while sipping free-flowing fizz, all for less than £20 each. 'Why not go?' would be a better question.

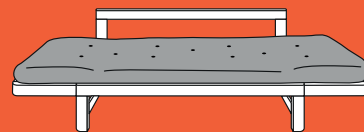
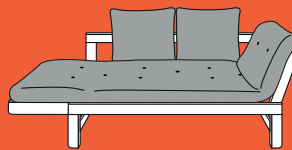
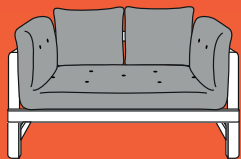
What's exclusive? The whole lot costs just £19.50 per person – and is available every evening from Tuesday to Saturday.

→ Terra Terra. ⊕ Finchley Rd. Until Mar 1. www.timeout.com/terraterra

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Things to Do

Edited by Katie McCabe
timeout.com/thingstodo @timeoutlondon

EVENT OF THE WEEK

Anti Diet Riot Fest

One of the creators of a new body-positive collective explains why they are launching a festival tackling the toxicity of diet culture

JANUARY IS A month that sees so many of us give in to clichés. We start swapping Bailey's for green juices and fill our cupboards with rice cakes and dehydrated seeds to curb our cheese cravings. But Londoners Becky Young and Harri Rose have started their 2020 by organising a big 'fuck you' to the inevitable new year diet trends.

In 2018, Young came up with the idea for a new body-positive community, Anti Diet Riot Club. 'January is a month full of diet talk, insidious fat phobia and body checking,' says Becky. 'I wanted a space that was free from that.'

Over the past two years the club has thrown Valentine's Day self-love parties, given a platform to body-positive experts and activists, started inclusive life-drawing classes and put on plus-size catwalks at festivals across the country. Now it is throwing its biggest event to date: a 12-hour festival that's calling

for an end to diet culture.

Young's journey here has been a long and personal one. 'I was deep in diet culture and kept thinking I wouldn't be good enough until I was thinner,' she says. 'In 2016 I went on Instagram for "fitspiration" and instead I found accounts belonging to fat women who were living their lives unapologetically and talking about intuitive eating and health at every size. It was a lightbulb moment for me.'

Despite discovering so much support online, Young struggled to find spaces where she could meet these powerful communities in person. 'The only space I'd found where I could talk about my body-image struggles with people who felt the same was at weight-loss meetings, which are really toxic. I wanted to create my own group with the same sense of community, but with no scales, no calorie counting, no shame and no comparison.'



The club's debut festival of visual art, talks, creative workshops, performances and music hopes to serve as a joyous culmination of everything Anti Diet Riot Club has explored over the past two years. Three rooms themed around 'protest', 'pleasure' and 'pop' will host panel talks on subjects such as post-partum bodies, masculine physical ideals and the politics of ugliness, which will feature Joeley Bishop who runs body-positive Instagram account

The Vagaggle. 'Speakers will talk about "revolutions" rather than "resolutions",' says Young.

Empowering dance classes from School of Strut and The Curve Catwalk will take place across the day, while sex educator Ruby Rare will be schooling people about sex toys. There'll also be intimate sessions exploring how to write 'fat fiction', film screenings, life drawing and political art-making workshops.

'This is our version of a summit,' Becky tells me. 'It'll be a riot, but also

IMAGEN FORTE

Find more great events at
[timeout.com/january](https://www.timeout.com/january)



Anti Diet Riot Club recommends

Beck Young picks her favourite body-positive groups in London

The Candid Collective

'This collective throw fun and informative events all about sex and bodies, like the Genital Model Making Workshop (they're coming to the fest too!).'

→ Genital Model Making Workshop.
Colours Hoxton. Hoxton Overground.
Jan 27. £15.

London Centre for Intuitive Eating

'Founded by Laura Thomas, who is a fountain of knowledge about intuitive eating and non-diet nutrition. We'd advise anyone interested in this approach to food to check them out.'

→ Instagram
[@intuitiveeatingldn](https://www.instagram.com/intuitiveeatingldn)

thy.self

'A wellbeing platform that doesn't make you cringe and that has developed some awesome practical workshops that really teach you how to prioritise and take care of yourself.'

→ Instagram [@thy.self](https://www.instagram.com/thy.self)

AnyBody

'The UK branch of Endangered Bodies and a fat-positive collective of inspiring experts, activists and academics that have been hosting events and promoting campaigns for years.'

→ Twitter [@AnyBodyOrg](https://twitter.com/AnyBodyOrg)

WHAT IS IT?

A new body-positive festival for London.

WHY GO?

To swap new year's resolutions for a 2020 revolution.

→ Colours Hoxton. Old St. Sun Jan 19. £40.

a celebration.' In the past, the club has run breast-printing workshops 'where women with mastectomies got their boobs out for the first time since their operations,' Young explains. 'These are spaces of real compassion and they're really, really powerful.'

The diet and weight-loss industry is worth billions of pounds and at this time of year it can feel all-consuming, despite the fact that, more often than not, dieting fails. Young and Rose's festival is an

attempt to challenge the same tired story we're fed every new year. 'January doesn't have to be this time for restriction and piousness,' says Young. 'Twenty twenty is the year to throw out the scales, embrace your body and live unashamedly. It's an infectious mindset and it's starting to catch on.' ■



By Alexandra Sims
Who will never swap her Bailey's for green juice.



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SOMETHING FOR THE WEEKEND

Friday



London Model Engineering Exhibition

How do you get 2,000 trains, planes, boats and tanks up the biggest hill in north London? Shrink them. See all manner of models at this convention.

→ Alexandra Palace. Alexandra Palace rail.
Fri Jan 17-Sun Jan 19. £11.50.

WATCH LSFF: Midnight Movies

As part of the London Short Film Festival, see bite-sized movies filled with gore, jump scares and other eerie goings on at this witching-hour screening.
→ Rio Cinema.
Dalston Kingsland Overground.
Fri Jan 17. £10.

CELEBRATE Folk of the Wood's Burns Night

Get your reel on at this night of kilt-raising capers. Expect ceilidh dancing, bagpiping, haggis eating and much more whisky-soaked revelry.
→ Portico Gallery.
West Norwood rail.
Fri Jan 17. £12.

Saturday



CREATE Zinesters' Coffee Morning

After a new project for 2020? Head to this meet-up in an anarchist bookshop to pick up tips on how to make your own zine.
→ Freedom Bookshop.
⊖ Aldgate East.
Sat Jan 18. Free.

EAT Veganuary+

Scoff plant-based street food and join conscious-living workshops and panel talks at this fest.
→ The Boiler House. Shoreditch High St Overground.
Sat Jan 18-Jan 26. Free.

Midnight Apothecary Wassail

Bring lanterns and your finest wassailing voice to this Twelfth Night party with cider, folk bands and firepits.

→ Brunel Museum. Rotherhithe Overground. Sat Jan 18. £10.

Sunday

Mindful Drinking Festival

There's no danger of a hangover from this booze-free festival. If you're sober-curious or on the wagon, discover low- and no-alcohol beer and wine, craft sodas and more.

→ The Old Truman Brewery. Shoreditch High St Overground.
Sat Jan 18-Sun Jan 19. Free.



More sober shenanigans at timeout.com/thingstodo

EXPLORE Spitalfields Walk

See a different side to Shoreditch on this historical guided walk through Spitalfields, before stepping into London circa 1724 at the frozen-in-time Dennis Severs' House.
→ Meet on Brushfield St.
⊖ Liverpool St.
Sun Jan 19. £20.

SHOP East London Vintage Kilo Sale

After a bargain? Dig through heaps of vintage clothes, take them to the scales and pay £15 per kilo.
→ York Hall. ⊖ Bethnal Green.
Sun Jan 19. £1.50-£3.

20 things every Londoner must do in 2020

Why not kickstart the new decade by ticking off all these awesome experiences in the capital?

Yep, it's 2020. And whether you're low-key freaking out (surely we weren't fretting about Y2K a full 20 years ago?!) or itching to jump into the new decade, we reckon that now's a great time to start planning your best year yet. Here, we've teamed up with Transport for London – and their wonderful world of off-peak – to bring you some of the most exciting upcoming events. We've also got tips on how to save your pennies as you go. Remember, travelling off-peak will make your trip more affordable: single adult pay as you go fares start from £1.50.

1 Try to live more sustainably

Yes, this is the biggie. You don't need to channel Greta Thunberg to do your bit: why not volunteer for Trees for Cities to put down roots in London (literally), or join the waterways warriors at Thames21 and clean up the foreshore?

2 Do a ceilidh on Burns Night

This lively (we'll say it: sweaty!) tradition is a must on January 25 – and there are community centres and pubs hosting events across the capital.

3 Marvel at a Steve McQueen exhibition

It opens on February 13 at Tate Modern and it'll bring together the artist's masterful immersive video and film installations.

4 Search for street art in your neighbourhood

Look up! You never know what you'll discover. You can't go wrong wandering the streets of Shoreditch, but why not try somewhere different, like RISEgallery in Croydon?

5 Explore the outer zones

Gorgeous country estates, fascinating little museums, antique shops filled with treasures... if you're only hanging out in Zone 1, you're missing out, pal. Plus, £1.50 off-peak fares apply in Zones 2-6 (see #20 for more info).

6 Watch the game(s)

Grab your mates and catch some of this summer's footie at Potters Fields Park – home to the family-oriented (and totally free, fyi) Football Village. And if you're not a fan? Don't worry – there will be loads of other fun-filled activities taking place.

7 Pass go, collect... memories

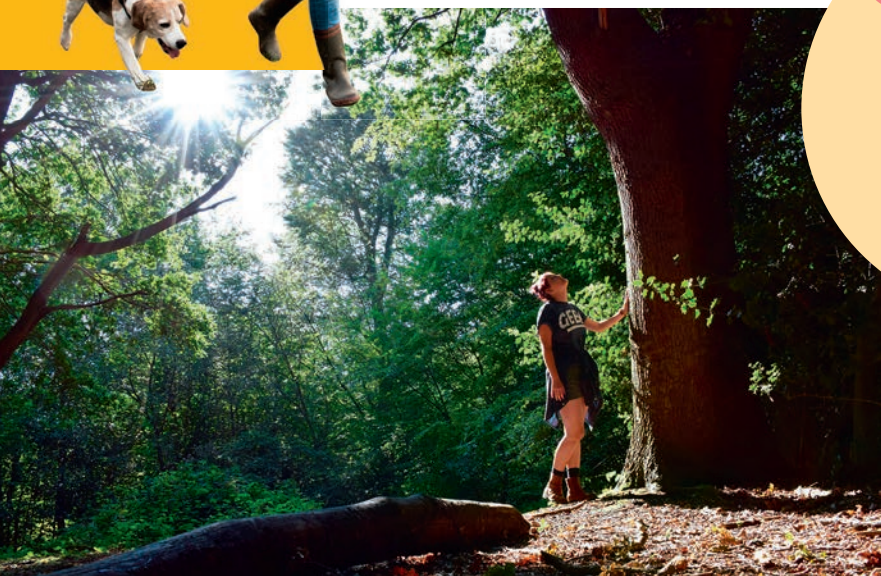
An immersive Monopoly experience is coming to London this year. Can we be the thimble?

8 Embrace the London Borough of Culture

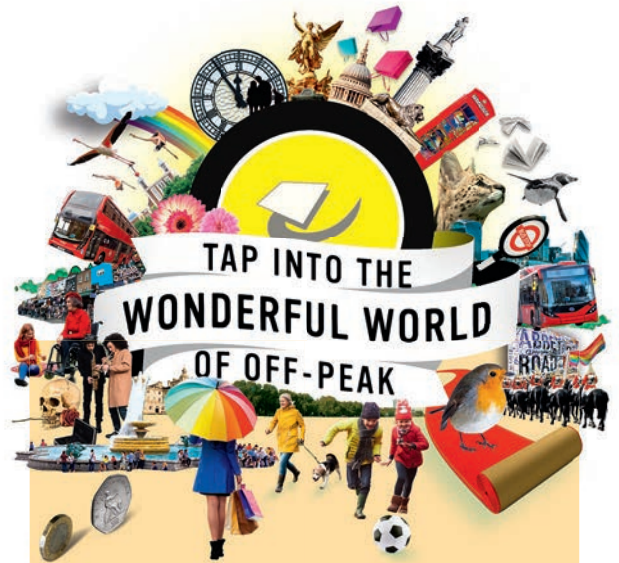
The second ever London Borough of Culture is Brent! It's the place to be for street parties, exhibitions and more. It kicks off this Saturday night with RISE – a huge outdoor spectacle at Olympic Way in Wembley Park.

9 Shop local

Canvas bags out, London: you know what to do. Not sure where to start? We love Deptford Market for secondhand fashion, and Wood Street Indoor Market in Walthamstow for all the retro knick-knacks you could ever need.



Advertisement feature



20

TRAVEL DURING THE WONDERFUL WORLD OF OFF-PEAK

As always, it pays to remember that you'll save big when travelling during the wonderful world of off-peak. The fares apply on all Tube, DLR, London Overground and TfL Rail services. You can tap into the wonderful world of off-peak every weekday before 6.30am, between 9.30am and 3.59pm, and from 7pm onwards. Off-peak fares also apply all day on weekends and public holidays. Always touch in and out with the same card or device to pay the right fare. Touch in only on buses and trams. To check a fare, use the single fare finder at tfl.gov.uk/farefinder.

Travel in Zones 2-6 for £1.50

Fare shown is for an adult off-peak pay as you go journey not going via Zone 1 on Tube, DLR and most London Overground services.

Travel into Zone 1 from £2.40

Fare shown is for an adult off-peak pay as you go journey from Zone 2 into Zone 1.

Travel by bus or tram for just £1.50

TfL's Hopper fare lets you take unlimited pay as you go bus and tram journeys within one hour of first touching in for just £1.50.

10 See what happens when two great artists collide

Calling all Tracey Emin and/or Edvard Munch fans: the Royal Academy has a show about both of them starting on November 15. It will explore how Emin's work has long been inspired by the Norwegian expressionist.

11 Drop a Tube stop

If you're able to, get off and walk: those little extra steps really do wonders for your wellbeing.

12 See Whoopi Goldberg in 'Sister Act'

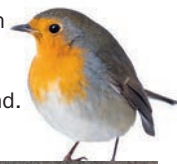
Oh happy day! Goldberg is getting back in the habit and will hit the Eventim Apollo Hammersmith stage in July.

13 Get close to nature in the city

Stressed? Patting a goat at a city farm will sort you right out: try Mudchute Park and Farm or Hackney City Farm.

14 Use the Cultural TfL Map

We've added loads more listings to our interactive map of TfL's network (there are now more than 800!) We bet you've never heard of some of the hidden parks and awesome art galleries we've found.



15 Sit at the front of the DLR

Need we say more?

16 Get on your bike

Or, if you don't have one, rent a Santander Cycle for as little as £2 a day and explore TfL's brand new network of Cycleways.



17 See Grace Jones's Meltdown

What happens when a true visionary curates a major arts festival? You'll just have to find out in June.

18 Visit the National Portrait Gallery before it closes

It's shutting its doors for three years of refurbishment, so you've got until June to gaze into the eyes of a whole lot of famous people.

19 Help your little ones travel for less

If you're a parent, then chances are you're always looking for tips on how to save money. Here's a big one: kids aged under 11 can travel free at any time on buses and trams! Up to four children can travel free at any time on Tube, DLR, London Overground and TfL Rail services when accompanied by an adult.



→ Find lots more off-peak experiences at timeout.com/off-peak



TRANSPORT FOR LONDON
EVERY JOURNEY MATTERS



More inevitable light shows at [timeout.com/thingstodo](https://www.timeout.com/thingstodo)

DON'T MISS

Winter Lights at Canary Wharf

LONDON IS OVERRUN with light shows. Right now, you can find the small Light Festival at Battersea Power Station (until February 16) and soon Chiswick House and Gardens will be covered in garish, glowing lantern sculptures and projections for Lightopia (January 22-March 1, entry £20).

And this Thursday, Winter Lights at Canary Wharf returns to the city's central business district to bathe the bankers in neon. The financial towers of east London are a strange spectacle after dark, made even more surreal by the addition of fluorescent installations from international artists. For Winter



Lights 2020, there's a neon artwork called 'Mi-e dor de tine', (which means 'I miss you' in Romanian) and 'Squiggle' by Angus Muir, which is made up of 450 metres of digital tubing. Look out for 'Affinity', by Amigo & Amigo and S1T2, a

colourful interconnected web of globes representing neurons in the human brain.

Events like these are obvious fodder for Instagram, destined to fill your feeds with sparkling silhouettes of Londoners in beanie

hats. But if previous years are anything to go by, Canary Wharf's offering is pretty impressive. Most importantly, it's completely free to attend, making it a clear frontrunner in this endless battle of the bulbs. ■
Katie McCabe

WHAT IS IT?

A free festival of light-art installations in the financial district.

WHY GO?

To walk through a web of glowing neurons, of course.

→ Canary Wharf.

⊖ Canary Wharf. Thu Jan 16-Jan 25. Free.

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House of Vans

Skateboarding

Practise your 360-degree flips for free on the House of Vans ramp and skating bowl at its weekly Skate Skool. The one-hour session is open to all (as long as you're more than five years old, that is) and you'll be given a board and helmet on the day. Once you feel confident freestyling, go along to Sk8 Fry-Days, where you can earn cash for tricks and help yourself to some free fried chicken.

→ House of Vans. ↻ Waterloo. Skate Skool, Sat Jan 18-Sun Jan 19 then weekly. Sk8 Fry-Days, Fri Jan 17 and additional dates. Register for both at www.houseofvanslondon.com.

Bike repairs

Are you putting off fixing a broken bicycle chain or puncture? Take your wounded wheels to Dr Bike, a free drop-in service organised by Ealing Council where mechanics will address minor repairs and offer advice on how to sort them for yourself. No more Ubers and tube rides – back on yer bike, pal.

→ West Ealing Farmers' Market. West Ealing rail. Sat Jan 18.

Laughter yoga

You know that Nat King Cole line, 'Smile, though your heart is aching'? Take that sentiment to the next level by doing a free laughter

yoga class. Spitalfields café Benk + Bo will be hosting a free session with the UK's leading laughter yoga teacher, Lotte Mikkelsen, who'll have you giggling through exercises. You'll all be cracking up like a group of goofy flatmates doing balloons in London Fields.

→ Benk + Bo. ↻ Aldgate. Mon Jan 20. Register at www.benkandbo.com.

WHERE TO FIND

Free courses and classes

Start 2020 by learning a new skill for free



Benk + Bo

Ballet dancing

Did you beg your parents to let you do ballet because you wanted the gear, then give up after one class?

Redeem yourself, free of charge, at this ballet taster session with EnoDanse, led by French dancer Enora Tribotté.

→ Academy Mews Dance Studios. ↻ Camden Town. Sat Jan 18 then weekly. Register at www.academydancestudios.com/enodanse.

Poetry writing

At the Say It Back: Poetry Workshop in Pop Brixton, singer-songwriter Eliza Legzdina and UEA Creative Writing Poetry MA graduate Affly Johnson promise to help you take your '2019 Ls' and 'spin them into 2020 Ws'. Go and rescue your sad, secret hardback notebook from its drawer and start filling those foolscap pages.

→ Pop Brixton. ↻ Brixton. Wed Jan 22, Jan 29, Feb 5 and Feb 12. Register via Instagram @sayitbackldn.

Meditation

Covent Garden isn't exactly synonymous with calm and mindfulness, but at Inner Space's meditation and personal development centre, you can recover from your trip to Apple Market with a 30-minute guided lunchtime meditation session in its Quiet Room. If that doesn't hit the spot, the centre runs seminars on positive thinking and self-esteem. Everything is funded by spiritual organisation the Brahma Kumaris, plus voluntary donations, so all sessions are free. ■

Katie McCabe
→ Inner Space. ↻ Covent Garden. Mon-Fri lunchtimes. Find out more at www.innerspace.org.uk/calendar.

Things to Do

SING

N Apple Yowling

Bring your best wassailing voice to serenade (or 'bless' if we're using the correct lingo) the apple trees in Waltham Forest's oldest orchard. Neck a few pints of spiced cider and you'll soon be in good voice for this jolly Twelfth Night tradition.

→ Ferry Boat Inn Tottenham.

⊖ Tottenham Hale.

Sat Jan 18. Free.

C Sing-a-Long-a 'Grease'

A vocal warm-up and hand-jive class kick off this screening so you can be on full rock 'n' roll form to sing along to the teen musical's enduring hits. Peachy keen? Arrive in your best T-Bird get up and make use of your free 'interactive prop bag'.

→ Prince Charles Cinema.

⊖ Leicester Square.

Fri Jan 17. £17.

LISTEN

N Natural Born Storytellers: Sounds of Music

Anyone from the audience is invited to get up on stage and share true stories alongside professional storytellers at this spontaneous evening. For this week's event the focus is on tales involving music or sounds. So have those dodgy festival stories at the ready.

→ Camden Comedy Club.

⊖ Camden Town.

Wed Jan 15. £5.

W Our Little Ting

Squirrelling away some inspired prose or spoken word? Give your work an outing at this supportive open mic for writers, storytellers and poets.

→ OSO Arts Centre.


Barnes Bridge rail.

Sat Jan 18. £5-£7.

TO DO

The best events in your area


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JAPAN HOUSE LONDON

E Jawdance

Yomi Sode's spoken word institution celebrates its tenth anniversary this year. Sign up for an open mic slot or just bask in the snappy stanza-spitting greatness of headliner and TS Eliot Prize nominee Roger Robinson, plus Amani Saeed and Great Northern Slam winner Richard Boggie.

→ Rich Mix. Shoreditch High St Overground. Wed Jan 15.

From £4.

EXPLORE

C Light Festival

Battersea Power Station is transforming into a winter blues-busting beacon of light. See four sparkling installations from international artists including giant LED heads and an interactive neon sign.

→ Circus West Village.

Battersea Park rail.

Until Feb 16. Free.

W Winter Bird Watching Walk

Species-spot on this walk around London's 105-acre rural oasis. Spy birds clinging on in the coldest season and get tips on field craft. Keep an eye out for elusive bitterns and bearded tits.

→ WWT London Wetland Centre.

Barnes rail. Sun Jan 19.

£16.50, plus admission.

JOIN IN

S The Actual Reality Arcade

Step away from the tangle of controls in your bedroom to dodge lasers, build Tetris walls, shoot aliens and become a Pac-Man IRL at this life-sized interactive classic games arcade. Your knackered thumbs will thank you for it.

→ Former Royal Mail Delivery Office. ⊖ Vauxhall.

Wed Jan 15-Jan 26. Free.

E Neon Art Rave

If the words 'immersive painting party' fill you with dread, you should look away now. But if splashing colours on giant canvas to the sound of 90s house tunes is your ideal night out, here's your chance. Jeremy Deller won't be making a doc about *this* rave scene anytime soon.

→ The Lighthouse Bar & Club.

⊖ Old St. Sat Jan 18. £32.

E Unf**k Your Life

Adulting too hard? Join personal responsibility coach Nat Rich for this six-hour workshop where she'll be dishing out tips on how to tackle those tricky everyday problems like getting finances in order and organising your inbox.

→ Colours Hoxton. ⊖ Old St.

Sat Jan 18. £30.

EXCLUSIVE

Save 40 percent on a showcase of innovative therapies and leading health companies at **The Get Well Show** at Olympia. From £12.

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Film

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

A Hidden Life



TERRENCE MALICK MUST have been stung by the shrugs that have greeted his recent films. His triptych of ruminations on love and relationships – ‘To the Wonder’, ‘Knight of Cups’ and ‘Song to Song’ – saw a style of filmmaking that had once been gloriously elliptical starting to feel self-indulgent. Had the maestro lost his magic touch?

Happily, the answer is a resounding no. The hard-hitting yet tender ‘A Hidden Life’ is his best work since ‘The Tree of Life’. It’s another languorous affair that leans heavily on his usual devices of disembodied voiceovers, golden landscapes and Dreyer-like spirituality – and it’s sure to divide opinion – but the screws have been noticeably tightened on the storytelling.

The film tackles the true-life story of Franz Jägerstätter (August Diehl), an Austrian conscientious objector whose refusal to swear an oath to Hitler and serve in the Wehrmacht made him a pariah first in his village, then with the Nazi authorities. We’re introduced to him as a farmer living with his wife Franziska (Valerie Pachner) and daughters in a chocolate-box mountain village. It’s 1939 and war is around the corner, and the gentle Franz is called up for basic training. Instead of tilling the soil, he’s plunging bayonets into stuffed dummies in British uniforms.



But with Germany’s invasion of France over, farmers are soon discharged from the army and Franz returns to his village convinced that his nation (Austria having been annexed by Germany) is in the wrong. Franz and Franziska begin wrestling with the ramifications of opting out. ‘If our leaders are evil,’ he asks, ‘what are we to do?’

It’s the central – and, you could say, fairly topical – poser of a movie that ushers the audience into Franz’s shoes, and Diehl charts his complexities with a heavy-laden believability. The voiceover works too, giving quiet expression to the doubts. And they come from all angles. If Franz objects to killing, surely he could serve as a medic instead? What about other villagers who’ve been forced to serve?

Diehl and Pachner are both terrific, bringing earthy authenticity to playful family moments. It’s not a film full of familiar faces, though Matthias Schoenaerts pops up as a lawyer and Bruno Ganz appears as the head of a military tribunal

with echoes of Pontius Pilate. The second half of the film works slightly less well, mainly because Malick overpowers things with a laboured Christ metaphor; the power of Franz’s action is in its quotidian bravery, not its Messianic destiny. What are we to do? Take a stand. But, wonders this quiet but resoundingly emotional movie, how many of us would have the courage? ■

WHAT IS IT...
A Nazi-era biopic from legendary director Terrence Malick.

WHY GO...
For a long, thought-provoking dose of Malick philosophising.

→ Director Terrence Malick (12A) 174 mins.

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By Phil de Semlyen
Who has enough doubts for a whole other Malick film.

★★★★★

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“CINEMA AT ITS MIGHTIEST AND HOLIEST.
A MOVIE YOU ENTER, LIKE A CATHEDRAL OF THE SENSES”

VARIETY

A HIDDEN LIFE

Written And Directed By
TERRENCE MALICK



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This week's pick is Terrence Malick's new masterpiece based on a true story of an Austrian who refused to join the Nazis. As breath-taking as it is heart-breaking. Truly wonderful cinema.

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App Store

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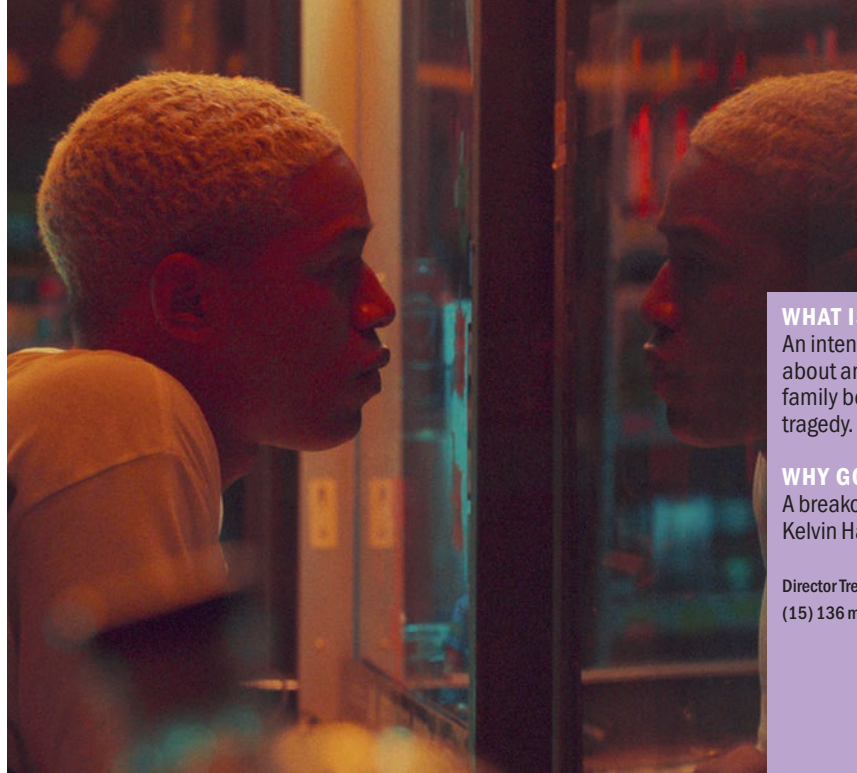
Waves



IT'S TAKEN HIM three films, but over the course of those indies, writer-director Trey Edward Shults has ruined Thanksgiving (2015's excruciating domestic psychodrama 'Krisha') and spoiled the world with plague (the majestically paranoid 'It Comes at Night'). Now, with 'Waves', he obliterates a hardworking Florida family before delivering some nearly cosmic forgiveness in the movie's second half. All of his films feel like personal exorcisms – Shults may best be described as a non-supernatural-horror director – but this one is a true breakthrough.

Shults has a signature shot in which his camera rotates like the searching eye of a lighthouse, and 'Waves' exploits it beautifully. It's how we meet the black high school wrestler Tyler (Kelvin Harrison Jr, impressively precise on his character's steep decline), cruising in the car with his girlfriend. Shults takes in the happy moment with his swirling camera: Tyler swaddled in his middle-class comforts, with their attendant crush of expectations. Over the coming weeks, several bad things will happen to Tyler, a few of which are made infinitely worse by his own impulsive actions and confusion. 'Waves' turns this descent into an extended run of Job-worthy misfortune.

'We are not afforded the luxury of being average,' says Tyler's father (Sterling K Brown,



WHAT IS IT...
An intense drama about an American family beset by tragedy.

WHY GO...
A breakout turn from Kelvin Harrison Jr.

Director Trey Edward Shults (15) 136 mins.

taut with concern), but apart from that line, 'Waves' doesn't play like a statement on race so much as an indictment of the Kanye-scored, dumped-via-text pressure cooker that is being a teenager in 2020. (Shults, it should be mentioned, is white.)

But that isn't all there is to 'Waves'; its second section is where the movie widens into a kind of redemption narrative. Shaken by her circumstances, Tyler's sullen younger sister, Emily (Taylor Russell), blooms with the attentions

of a sweetly dorky boyfriend (Lucas Hedges), and gradually, this universe seems like less of a deathtrap. Shults's technique finds a new intimacy as well – closer to the actors and yet less oppressive. 'Waves', like all of his films, is about family, but this time it's not a portrait of suffocation. The artistic evolution Shults is undergoing makes him as exciting as anyone working today – he's as sharp as a young Darren Aronofsky, and his heart is only growing larger. ■
Joshua Rothkopf

Just Mercy



WHAT IS IT...
A real-life death-row drama starring Michael B Jordan and Jamie Foxx.

WHY GO...
It's got a great cast on top form.

→ Director Destin Daniel Cretton (12A) 137 mins.

A TRAINEE LAWYER helps death row inmates in this stirring drama based on the work of attorney Bryan Stevenson. Michael B Jordan ('Creed', 'Black Panther') is on fine form as the young Harvard graduate who offers free legal services to men like Walter McMillian (Jamie Foxx), who's been sentenced to death for murdering a white woman in Alabama in 1986. The more Stevenson probes the case, the more preposterous the 'evidence' begins to appear, but he faces opposition from racist cops and DAs.

It's an inspiring tale that's told in a traditional fashion, with lots of plain speaking to make sure audiences are receiving its messaging loud and clear. But the steady hand of director Cretton ('Short Term 12') is aided by a strong cast who keep the tone just the right side of sentimental. Jamie Foxx is terrific as the condemned man who's almost lost all hope, buoyed only by the solidarity of his fellow convicts (including O'Shea Jackson Jr). Brie Larson underplays it nicely as Stevenson's colleague, while Rafe Spall injects dark humour as a district attorney whose breezy manner is a thin veil over his prejudice. And it's hard to imagine anyone but the brilliant Tim Blake Nelson playing troubled convict Ralph Myers, on whose testimony the conviction is based.

The frustrating injustices and what feels like a prolonged execution scene mean this isn't always an easy watch, but it's an ultimately heart-warming one that argues passionately for justice, community and kindness – timely indeed. ■
Anna Smith



WAVES: A24; JUST MERCY: JAKE NETER/WARNER BROS; BOMBHELL: HILARY BRONWYN GAYLE

Bombshell



WHAT IS IT...
A star-studded dramatisation of the Fox News sexual harassment case from 2016.

WHY GO...
It's an insight into a pre-Weinstein scandal.

→ Director Jay Roach (15) 109 mins.

TRANSFORMING HER VOICE into a husky boom, Charlize Theron continues to be the best thing in movies about irresponsible men (see 'Mad Max: Fury Road'). She's Megyn Kelly, the Fox News anchor who largely turned the tide on CEO and chief creep Roger Ailes (John Lithgow in a fat suit). As Kelly, Theron consistently hints at the smarter Time's Up drama this might have been if it had been stewarded by a media-savvy director who didn't feel the need to cast its female characters as walking, talking symbols.

Instead, Jay Roach ('Trumbo') lends the film his TV-ish snap, if not any kind of visual signature. From an overly busy script by 'The Big Short' co-writer Charles Randolph, 'Bombshell' wants to touch upon every facet of the network's predatory climate – a noble goal, but one that results in a power-suit pile-up. Nicole Kidman (below left) can't get her character Gretchen Carlson working beyond a sternly set jaw, while a composite role played by Margot Robbie slides too easily from naive to shrewd and back again.

There's occasional intrigue in scenes that portray the failure of solidarity between women. Already jockeying for the spotlight, the central trio connects only tentatively, while female colleagues and underlings sometimes sell them out. Then again, blonde-on-blonde infighting seems like a weird place to put the emphasis in a story in which Ailes should be the enemy. The material is worthy, but this continuing struggle deserves a more nuanced take. ■
Joshua Rothkopf



ALSO OPENING



BE NATURAL: THE UNTOLD STORY OF ALICE GUY-BLACHÉ

★★★★★

Alice Guy-Blaché was the first female filmmaker yet criminally overlooked by history – something Pamela B Green sets out to correct in this educational and entertaining film. Beautifully narrated by Jodie Foster, it tells how the French secretary made her first film in 1896 and rose through the ranks of a Parisian studio. There's a flavour of 'Who Do You Think You Are?' as Green's research forms a picture of a formidable, fiercely talented woman who broke new ground and refused to conform, asking her actors to 'be natural'. Sadly, this is still very pertinent to the current conversation around female directors. The ingrained sexism it highlights could form the basis of several sequels. *Anna Smith*



WEATHERING WITH YOU

★★★★★

You know the old saying: if you're going to make a romcom, you might as well make it about a girl who has the supernatural ability to change the weather. Makoto Shinkai's anime follow-up to 2016's body-swapping 'Your Name' doesn't scrimp on whimsy. Penniless 16-year-old runaway Hodaka flees to Tokyo, where he gets involved with a cat, a tabloid journalist and aforementioned weather-botherer Hina. This is an enchanting little story, to a point – it's thin stuff, but while it never fully gets the emotions jangling, there's charm to spare and the action is dynamic and occasionally thrilling. The sense of space, of place, is extraordinary. You wish the world looked like this. It's a film to bathe in. *Alex Godfrey*



MIDNIGHT TRAVELER

★★★★★

Hassan Fazili's powerful documentary about a family's bid to escape persecution is a startling and heart-warming depiction of life on the refugee road. The Sundance award-winner was shot by Fazili, his actress wife Fatima Hussaini and their two young daughters on their mobiles as they took the smugglers' route away from home, hoping to have their case heard at the EU border. But the journey to get there is fraught with threatened kidnaps, dodgy people-traffickers and interminable waits. At the end, one daughter promises to wipe this time from her mind for ever. We hope she can, but you won't want to. 'Midnight Traveler' is an unforgettable answer to the refugee question. *Greer McNally*

BE NATURAL: STILL FROM PLAYING WITH FIRE (L&L); COURTESY OF WISCONSIN CENTER FOR FILM AND THEATER RESEARCH

★★★★★ - The Telegraph ★★★★★ - Empire ★★★★★ - Total Film ★★★★★ - Radio Times

IN CINEMAS JANUARY 17TH

From **MAKOTO SHINKAI**,
director of **YOUR NAME**

天気の子
WEATHERING WITH YOU

weatheringwithyoufilm.co.uk
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ANIME LTD colland over film NATIONAL AMUSEMENTS TOHO

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The ten most exciting films of 2020



'The Lighthouse'

1 The Lighthouse
This black-and-white thriller from Robert Eggers ('The Witch') has a deliciously hallucinogenic quality and features superb turns from Willem Dafoe and Robert Pattinson.
→ Opens Jan 31.

2 Parasite
Inventive and darkly funny, this treat from Bong Joon Ho ('Okja') won the Cannes Palme d'Or last year. Choi Woo Shik plays a young man who blags his way into a wealthy Seoul household.
→ Opens Feb 7.

3 No Time to Die
A new Bond film is always an event. Probably Daniel Craig's last, the twenty-fifth features script work from Phoebe Waller-Bridge and a role for Londoner Lashana Lynch ('Captain Marvel').
→ Opens Apr 2.

4 Rocks
Sarah Gavron's drama about teenage girls in London is a multicultural treat with moments of pathos and joy. Breakout star Bukky

Bakray plays the schoolgirl trying to juggle family life with friendships.
→ Opens Apr 10.

5 Wonder Woman 1984
Patty Jenkins returns to direct Gal Gadot in this sequel that plunges Wonder Woman right into the heart of the '80s, with perms, neon and New Order dominating the lively trailer. Kristen Wiig co-stars.
→ Opens Jun 5.

6 Tenet
Christopher Nolan directs John David Washington,

Elizabeth Debicki and Robert Pattinson in a time-travel spy epic – we're hyperventilating already. Washington takes centre stage as the hero trying to stop a third world war.
→ Opens Jul 17.

7 Respect
Jennifer Hudson plays soul legend Aretha Franklin in a biopic directed by Liesl Tommy, which also stars Forest Whitaker and Mary J Blige. Franklin consulted on the film before her death, so expect a credible watch and belting tunes.
→ Opens Aug 21.

8 Last Night in Soho
Edgar Wright's London-set psychological horror stars Thomasin McKenzie ('JoJo Rabbit') as a modern-day fashion student who experiences the swinging '60s. Anya Taylor-Joy and Matt Smith co star alongside Diana Rigg.
→ Opens Sep 18.

9 The Eternals
Chloé Zhao ('The Rider') helms the next Marvel superhero film, with heavyweight actors including Angelina Jolie, Richard Madden, Salma Hayek and Barry Keoghan.
→ Opens Nov 6.

10 Dune
'Blade Runner 2049' director Denis Villeneuve is sure to give the classic sci-fi novel an interesting spin. This first of a two-partner stars Rebecca Ferguson, Oscar Isaac, Josh Brolin and Timothée Chalamet. ■
→ Opens Dec 18.



The best pop-ups and film festivals at [timeout.com/film](https://www.timeout.com/film)

Music & Nightlife

Edited by Oliver Keens
timeout.com/music @timeoutmusic

‘Winning Lipsync1000 was a huge moment in my performance career. I went down to have fun but never expected to win. The final was nerve-racking, but none of the other queens had my arse, I guess *wink*’

RhyssPieces Lipsync1000 winner and current co-host

What are The Glory's most iconic moments?

As London's beautifully madcap queer mothership turns five, we ask its resident drag talent for their highlights so far

OPENING AROUND THE TIME when much-loved Shoreditch LGBTQ+ venues The Joiners Arms and The George & Dragon closed down, The Glory has helped keep east London's queer flame burning for half a decade. The key to the Haggerston venue's success is versatility: it's a great place to pop in for a quick (or not so quick) early evening drink but it also fervently champions new talent with its Man Up! and Lipsync1000 drag competitions as well as hosting dazzlingly inventive, defiantly off-the-wall, one-off club nights. Over the years, these have included Björk Scratchings, a playful tribute to the Icelandic pop alchemist, and Club Tropicana, an ad-hoc George Michael wake.

Five years after it opened (well, strictly six – is someone perhaps fibbing about their age?), The Glory is one of the last places in London where literally *anything* could happen. So join us for a slice of birthday cake and some choice anecdotes from one of our favourite venues... ■ **Nick Levine**

→ The Glory, 281 Kingsland Rd. Haggerston Overground.

‘For our Halloween Ball, we made tombstones for every Madonna album and had a drag Madonna corpse jumping out from behind them. I was a giant Madge statue in the middle, but fell off my ladder and ruined my “Strung Up” routine. I spent the rest of the night as a sexy rancid bat.’

John Sizzle Co-owner and superstar



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

'A Glory highlight is our summer takeover of the National Theatre's River Stage. We once pushed the boundaries of "family-friendly" drag by making John Sizzle a sexy strawberry and hosting a sexy dad contest, while I breastfed tourists with my plastic boobs. It's art, honey.'

A Man To Pet
Drag diva extraordinaire

'People queued for 50 metres to celebrate George Michael's life with us after he died. We put a jacuzzi in the basement and did Wham! karaoke in it, singing and crying until morning. Another time, we bought a spray-tan booth and Jacqui Potato tanned everyone in the pub. For 2020, I'm considering a sex party. Just checking it with the lawyers...'

Jonny Woo Drag legend and co-owner

'Running around Man Up! [The Glory's annual drag king contest] looking like Louis CK with 30 prosthetic willies attached to me, singing "Sorry Seems to Be the Hardest Word" was a moment in my life I could never have envisaged while growing up. But it happened - and I won £1,000. I BLOODY LOVE THE GLORY!'

Evie Fehilly 2019 winner of Man Up!

JONNY WOO: KAMIL KUSTAV; A MAN TO PET: ROB GREIG

SO YOU'VE
NEVER BEEN TO
The Amersham
Arms



In a nutshell

Thought Goldsmiths was the beating heart of the New Cross hipster community? Nope, it's The Amersham Arms pub.

Where is it?

Just over the road from New Cross Overground station. First thing you'll notice is the giant red neon sign saying 'TAKE COURAGE' on the front of the pub.

What's the vibe?

It's the closest thing you'll get to experiencing life at esteemed arts uni Goldsmiths without needing to spank £9k a year on tuition fees. During daytimes and reasonable evening hours, a chilled cross-section of New Cross's creative community drink craft beers on tap and take full advantage of the gorgeously squashy sofas. By night, art school students exploit the airy club room to part-ay!

What makes it a great venue?

The Amersham's basically a lovely comfy pub with some seriously worthwhile added extras. For starters, its music magazine laden front room is

Art school students exploit the airy club room to part-ay!

the precursor to the surprisingly giant clubroom out back, which has glorious air conditioning to keep vibes cool even when they're sweaty. DJs pay respect to all genres, so check the website for weekly nights, and proper bands play live earlier in the evening (we recently saw tight punk/funk outfit Fake Turins here). Admirably, the pub also serves the local community in a big way. Events manager Oliver Ward runs weekly events for locals with learning difficulties, including regular parties, and proceeds go to local charities.

What's the booze situation?

There's a good selection of craft beers, and the prices are student-friendly. A pint of Prava lager is £4.40 and a gin and tonic is £4.30.

What's coming up there soon?

For anyone stuck in a 1996 vortex, hit up long-running indiegasm, Britpop Curious? on February 15. ■ *Adam Bloodworth*

→ 388 New Cross Rd, SE14 6TY. New Cross Overground.

GIGS AND CLUBS

THIS WEEK

DJ Maseo

De La Soul's DJ is a veteran party starter and a good friend of Camden's iconic soulful spot.

→ Jazz Cafe. Fri Jan 17.

ON SALE NOW

Kokoroko

The eight-piece London afrobeat band bring their funky, Fela Kuti-inspired sound to the Roundhouse. Their horn-fuelled jams will definitely get your hips shaking.

→ Roundhouse. Jan 28.

AmericanaFest UK

This year's event will see around 75 emerging and established americana acts performing at various east London venues, including Oslo, Moth Club and Paper Dress Vintage. One wristband gets you into all gigs, so wear your comfiest walking shoes.

→ Various venues. Jan 28-29.

Carly Rae Jepsen

After a one-off show at intimate Shoreditch venue XOYO in 2019, the connoisseur's pop queen returns for a bigger Brixton gig. Book it, maybe?

→ O2 Academy Brixton. Feb 8.

Dorian Electra

Explosive pop idol plays their largest London headline show yet. Expect to hear clever and subversive anthems such as 'Clitopia', 'Adam & Steve' and 'Emasculate'.

→ Heaven. Apr 24.

Pussycat Dolls

Don't cha wish the Pussycat Dolls would reunite for an arena tour? If so, you're in luck, because the choreo-smashing girlband led by Nicole Scherzinger are back and playing two nights at The O2.

→ The O2. Apr 17, 19.

Thundercat

The jazz-fusion king and Kendrick collaborator brings his unique sound – think soul crossed with hip hop, yacht rock, electronica and of course jazz – to the capital.

→ Roundhouse. Apr 9.



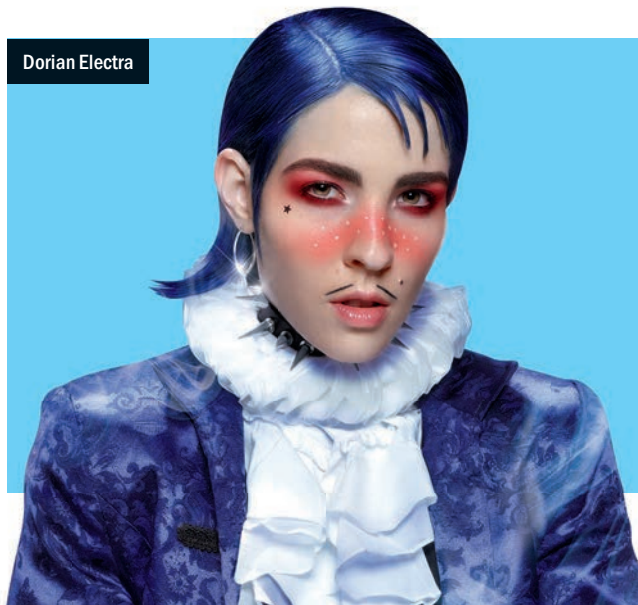
Beat Horizon

B-boys and B-girls, gather... Returning for its second year, Beat Horizon is a one-day festival aimed squarely at fans of beats, bass and rhymes. Yasiin Bey (fka Mos Def) plays live, as does Sampa The Great and The Pharcyde, while Goldie, Roni Size, Mala and Don Letts spin.

→ O2 Brixton Academy. Sat Jan 18.

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

Dorian Electra



BEAT HORIZON: JAKE DAVIS

Theatre & Dance

Edited by **Andrzej Łukowski**
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TIME OUT MEETS

Sonia Friedman

Tom Stoppard, Brexit... 'Jerusalem'?
The West End superproducer tells *Andrzej Łukowski* what's shaking in 2020

'THERE'S JUST SOME lioness inside me that says: "We are going to find a way to do this and nobody is going to stop us," says West End superproducer Sonia Friedman.

That, in a nutshell, is what makes her tick, and if you're not familiar with the name, you'll know the work. Over the last 20 years Friedman has steadily fought back against the jukebox musical mediocrity that once threatened to drown the West End. She produced the most acclaimed play of this century, 'Jerusalem', and the most popular one, 'Harry Potter and the Cursed Child'. She doesn't do many musicals, but you'll know 'The Book of Mormon'. She produces a lot of stuff because she's a fan who takes risks to stage the work she loves, and while some of it is intensely profitable, much of it absolutely isn't. She just wants people to see it.

We meet to discuss the year ahead. Even by her standards it's a heaving 2020: as well as a couple of acclaimed transfers – Laura Wade's

'The Watsons' and Robert Icke's 'The Doctor' – she'll be staging four huge London premieres.

First up, it's Chekhov's classic 'Uncle Vanya'. Adapted by Conor McPherson and starring Toby Jones, it marks her fourteenth collaboration with director Ian Rickson. When we speak in mid-December she hasn't seen a rehearsal or a read-through. Some producers are famous meddlers: is she not at all worried it might fall apart in her absence? 'I don't need to be there every day,' she shrugs. 'If I wanted to do my version of "Uncle Vanya" then I'd be the director but, thankfully for British industry, I'm not very good.'

'Vanya' has come together quickly, unlike Tom Stoppard's 'Leopoldstadt', which has been gestating for four years. The 82-year-old theatre legend promised Friedman he'd write her his next play for her, but it was only in 2018 that he started sending her teaser messages: 'I've written five



SONIA FRIEDMAN: EMILIO MADRID-KUSER; BROADWAY.COM; HARRY POTTER AND THE WATSONS: MANUEL HARLAN; UNCLE VANYA: SEANUS RYAN

More reviews and features at
timeout.com/theatre

BOOK NOW

A year in Friedman

Uncle Vanya

Toby Jones and Richard Armitage star in the bittersweet Chekhov classic.

→ Harold Pinter Theatre.
⊖ Piccadilly Circus.

Tue Jan 14-May 2. £15-£97.50.

Leopoldstadt

Tom Stoppard's latest traces the fortunes of one Viennese Jewish family through the early twentieth century.

→ Wyndham's Theatre.
⊖ Leicester Square.

Jan 25-Jun 13. £15-£125.

The Doctor

Robert Icke's provocative drama stars Juliet Stevenson.

→ Duke of York's Theatre.
⊖ Leicester Square.

Apr 18-Jul 18. £15-£99.50.

The Watsons

Laura Wade scores her third West End hit as her brilliant Jane Austen metacomedy transfers from the Menier.

→ Harold Pinter Theatre.
⊖ Piccadilly Circus.

May 8-Sep 26. £20-£84.50.

To Kill a Mockingbird

'The West Wing' scribe Aaron Sorkin adapts Harper Lee's immortal novel.

→ Gielgud Theatre.
⊖ Piccadilly Circus.

May 21-Sep 5. £40-£152.50.

Oedipus

London finally gets to see Robert Icke's Amsterdam reworking of the Greek tragedy, here starring Helen Mirren and Mark Strong.

→ Venue and dates tbc.

pages'; 'I've written ten pages.' She still had no idea what it was about. Finally, a year ago, 'he said it was about "being Jewish". And the hairs on my arm literally stood on end.' It's an epic about the rise and fall of Vienna's Jewish community, and has a cast of 41 – something Friedman notes would send other producers running, but she wryly points out she just has to roll with it.

After that it's Aaron Sorkin's hit Broadway adaptation of 'To Kill a Mockingbird'. She's cautious about whether it'll be the blockbuster it's been in New York – where it has the highest weekly gross for a play, ever – but there's a lot of buzz, and Friedman is extremely enthusiastic about Rhys Ifans, the unconventional choice to play upstanding Deep South lawyer Atticus Finch.

Finally, Brit auteur Robert Icke will adapt his European hit 'Oedipus' for the West End, with Helen Mirren and Mark Strong. 'Rarely do you go to a piece of theatre and know you are watching one of the great artists, not of the future, but now,'

'There's just some lioness inside me that says: "We are going to find a way to do this"'

she says of Icke, every inch the fan. 'I would do anything with Rob and I would do anything for Rob'.

Also in 2020: the little matter of Brexit. Philosophically, she is opposed: 'I think Brexit is a terrible thing – I don't want our country to become insular.' Pragmatically, she accepts it is happening and hopes we can make the best of it: 'I know Boris attends a lot of theatre; our job now is to make sure the Conservative government supports the arts.'

One last thing: will 'Jerusalem' ever return? Both writer Jez Butterworth and star Mark Rylance have indicated they would be amenable to bringing Rickson's 2009 production back. A revival is a prospect roughly akin to the idea of The Beatles getting together for a tour in the '70s. When asked, Friedman answers with a delicacy that suggests there are ongoing conversations.

'Erm. How do I answer this? I can't tell you if it will happen. But I will do my best to get everybody back together, try to get the band back together. If it's going to happen, I will be producing it.' ■

From left: 'Harry Potter and the Cursed Child', 'Uncle Vanya' and 'The Watsons'

Theatre & Dance

Magic Goes Wrong



ERSTWHILE YOUNG SCAMPS

Mischief Theatre have spun their pleasant 'Noises Off' knock-off 'The Play That Goes Wrong' into a veritable empire: the original farce is still going strong, they have another long-runner in 'The Comedy About a Bank Robbery', there's a BBC One TV show ('The Goes Wrong Show') and they've won a host of American celebrity fans, including JJ Abrams – who co-produced this latest offering – and magicians Penn & Teller, who've helped them write it.

And it's... okay. There is something charmingly unchanging about the core Mischief players, who are presumably now all millionaires several times over but always attack each new venture with the pure élan of a fledgling university sketch troupe. They're both winsome and limited, and 'Magic Goes Wrong' feels caught



WHAT IS IT...

The team behind 'The Play That Goes Wrong' hook up with Penn & Teller.

WHY GO...

You absolutely bloody love things going wrong.

BOOK...

Buy tickets at [timeout.com/theatre](https://www.timeout.com/theatre)

→ Vaudeville Theatre.

↻ Charing Cross.

Until May 31. £20-£75.

at a strange crossroads between Mischief's bumbling Englishness and Penn & Teller's edgier bits.

The plot is pretty much contained in the title: neurotic magician Sophisticato (Henry Shields) is throwing a charity magic gala in his late father's memory, and he's rustled up some truly terrible acts to perform, notably Henry Lewis's

hack mentalist The Mind Mangler, and Dave Hearn's entertaining The Blade, an amusing send-up of faux-edgy 'alt' magicians.

That this somehow stretches out to two-and-a-half-hours without really having a plot is not ideal, not least because the ambling pace buries the handful of pretty good tricks in the show – a snappy 90

minutes but with all the tricks intact would surely have been stronger.

That said, Mischief are well within their comfort zone. If you enjoy watching flustered English people get more flustered as stuff goes wrong – and let's be clear, that is literally their entire shtick – then 'Magic Goes Wrong' pulls that trick off once again. ■ Andrzej Lukowski

The Tyler Sisters



WHAT IS IT...

Forty years of three sisters' lives, told in 40 scenes.

WHY GO...

An immersive, effective central concept.

→ Hampstead Theatre.

↻ Swiss Cottage.

Until Jan 18. £14.

THE NEW YEAR is a good time to stage Alexandra Wood's play about three sisters, who we witness ageing over 40 years: we tend to really notice the passing of time around now (another year gone, hasn't it flown? etc etc). Plus, much of the audience will just have spent a fat chunk of time with their own families, ensuring every bit of bickering hits home.

Forty years is a lot, though, and Wood stages a single scene from every year – 1990 to 2030 – in a play that's only two hours long. The pace is always speedy, the scenes skidding past. At first, this feels restless and insubstantial, a jarring gimmick. But then something clicks into place, the show settles into its rhythm, and the snappiness of the short scenes becomes deeply satisfying. The more you know these women, the more you can be in on the jokes or predict characters' quirks and behaviour patterns, just like sisters do.

Abigail Graham's production has – as it needs to – three lovely, very different performances, all with great comic timing. Maddy begins as a bit of a damp doormat, albeit delivered by Caroline Faber in delicious deadpan. Bryony Hannah starts out supercilious as Gail, while rebellious little sis Katrina is played with fierce good humour by Angela Griffin. It's a pleasure watching them shift between being supportive or judgemental, protective or irritated. Also impressive is how the actors all age their characters, so subtly you often don't notice it's happening. Suddenly, they're in their thirties, then their fifties. A bit too life-like to be honest. ■ Holly Williams



Scrounger



WHAT IS IT...

A drama from Athena Stevens about an airline trashing her wheelchair.

WHY GO...

It's provocative, smart and calls out its liberal audience.

→ Finborough Theatre.

↻ Earl's Court. Until Feb 1.

£18-£20, £16-£18 concs.

IN 2015, ATHENA STEVENS arrived at London City Airport for an early morning flight to Glasgow. But instead of flying to Scotland, Stevens was left on the tarmac to deal with her irrevocably damaged wheelchair that staff had wrecked attempting to put it in the aircraft's hold. That cock-up, and the absolute lack of care Stevens received afterwards, left her stranded in her London flat for months without a working wheelchair.

'Scrounger', Stevens's second play, is based on this nightmare scenario and her general encounters with friends and strangers, some nice and some very much not. The playwright and performer is accompanied by Leigh Quinn, her 'PA', who jumps between a large number of secondary roles.

The brilliance of Stevens's work is that it angles its observations about how disabled people are routinely treated at those lovely, left-leaning, Guardian-reading, petition-signing people likely to be sitting in the audience. It doesn't allow the 'nice' people to feel good about themselves by placing the blame on the Tories, the Daily Mail or outdated attitudes. It asks if your well-meaning bullshit is precisely that: bullshit.

And that's something so little of the theatre that's on stage is doing right now. Instead of preaching to the converted, it sinks its teeth into the hypocrisies of people who tell themselves they're doing good without actually doing anything. It's theatre that's designed to make you feel properly uncomfortable, and then to do something about it. ■ Rosemary Waugh



MAGIC GOES WRONG AND THE TYLER SISTERS: ROBERT DAY; SCROUNGER: NICK RUTTER

NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

Rooman

Fleur Elise Noble's mime show tells of a woman's encounters with a kangaroo man.
→ Barbican Centre.
⊖ Barbican. Tue Jan 14-Sat Jan 18. £18.

Cirque du Soleil: Luzia

The European premiere of Cirque du Soleil's Mexico-inspired spectacle.
→ Royal Albert Hall.
⊖ South Kensington.
Until Mar 1. £25-£247.

Les Misérables

A brand new staging of the classic musical as it reopens in the newly refurbished and renamed Sondheim Theatre.
→ Sondheim Theatre.
⊖ Piccadilly Circus.
Until Oct 17. £17.50-£177.50.

The Pappy Show: Boys

A cast of young men collaborate to create a spontaneous, unscripted dance performance on love, friendship, heritage and masculinity.
→ Purcell Room. ⊖ Waterloo.
Mon Jan 20-Jan 21. £18.

OFF-WEST END

Rags the Musical

Stephen Schwartz's musical about a group of Jewish immigrants in America.
→ Park Theatre. ⊖ Finsbury Park. Until Feb 8. £18.50-£32.50, £15-£23.50 concs.

The Violence Series

An anthology of three new dystopian plays transfers from Cardiff's The Other Place.
→ Theatre 503.
Clapham Junction Overground.
Wed Jan 15-Sat 18 Jan. £5-£15.

The Strange Tale of Charlie Chaplin and Stan Laurel

Told By An Idiot's show about a boat voyage the two comedians took together.
→ Wilton's Music Hall.
⊖ Aldgate East. Tue Jan 14-Sat Jan 18. £13-£28, £10.50-£25.50 concs.

The Water Babies

Puppet-based stage adaptation of Charles Kingsley's fable.
→ Puppet Theatre Barge.
⊖ Warwick Avenue.
Wed 15 Jan-Feb 23. £13, £10 concs, £9 child.



'Tria Fata'

Fix

Julie Tsang's debut play is a dark psychological thriller.
→ The Pleasance.
⊖ Caledonian Rd. Tue Jan 14-Feb 1. £12-£16, £14 concs.

Four Play

Comedy about a gay couple who open up

their relationship, by Jake Brunger.

→ Above the Stag Theatre.
⊖ Vauxhall. Wed Jan 15-Feb 22. £15-£25.

Tria Fata

Life and death play out as a cabaret in this show from French company La Pendue.

→ Jacksons Lane. ⊖ Highgate.
Fri Jan 17-Sun Jan 19.
£18, £16 concs.

You Stupid Darkness!

Sam Steiner's play about optimism in a collapsing world transfers from Theatre Royal Plymouth.
→ Southwark Playhouse.
⊖ Elephant & Castle. Thu Jan 16-Feb 22. £22, £18 concs.

The Canary and the Crow

Middle Child brings its Edinburgh hit about a working-class black kid at a grammar school to London.
→ Arcola Theatre. Dalston Junction Overground.
Thu Jan 16-Feb 8. £10-£25, £20-£22 concs.

TOP-SELLING TICKETS

AT TIMEOUT.COM/TICKETS

1 & Juliet

Max Martin's very fun, very silly Shakespeare musical.
→ Shaftesbury Theatre. Until Oct 3.

2 9 to 5 the Musical

You've got until Feb 8 to catch David Hasselhoff in the cast.
→ Savoy Theatre. Until May 23.

3 Leopoldstadt

The legendary Tom Stoppard returns with a historical epic.
→ Wyndham's Theatre. Jan 25-Jun 13.

4 Come from Away

The smash Canadian musical is entirely heartwarming.
→ Phoenix Theatre. Until May 23.

5 Girl from the North Country

Haunting Bob Dylan musical.
→ Gielgud Theatre. Until Feb 1.

FOR TICKETS TO THE BEST SHOWS AT GREAT PRICES
TIMEOUT.COM/TICKETS

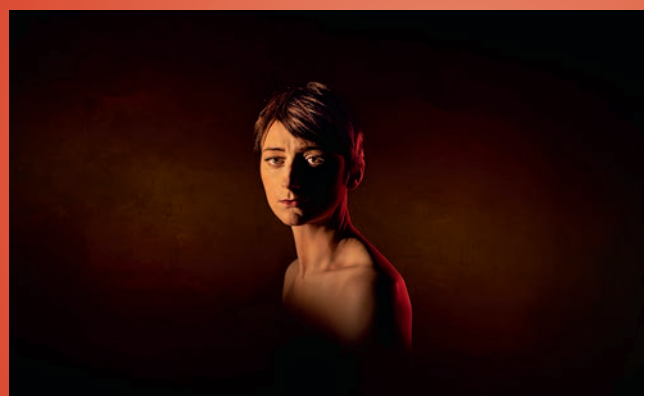
EXCLUSIVE

Crack up at some top-notch comedians at the renowned **Covent Garden Comedy Club** at Heaven. Tickets £9.50.

TIMEOUT.COM/COMEDYCLUB

EXCLUSIVE

'FAUSTUS: THAT DAMNED WOMAN' AT LYRIC HAMMERSMITH



See Faustus reimagined as a woman who makes the ultimate sacrifice in order to change the course of history. Show ends February 22, book now and get tickets for £15 – that's 52 percent off.

TIMEOUT.COM/FAUSTUS20

Ts&Cs apply.

TimeOut
THE BEST OF THE CITY

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Art

Edited by Eddy Frankel
timeout.com/art @timeoutart

The blockbusters are coming

Where art exhibitions are concerned, it doesn't get bigger than these. Be first in line to see the shows everyone's going to be talking about



David Hockney: 'Drawing from Life' →

This show includes coloured pencil portraits, iPad drawings and composite Polaroid portraits by England's Greatest Living Artist™, David Hockney. Focusing on his drawing, it also features some of the self-portraits he completed as part of a two-month-long project in which he drew a new one every day. It's a more intimate view of Our Dave than we've ever seen.

→ National Portrait Gallery.
⊖ Charing Cross. Feb 27-Jun 28.
£18, £17 concs.

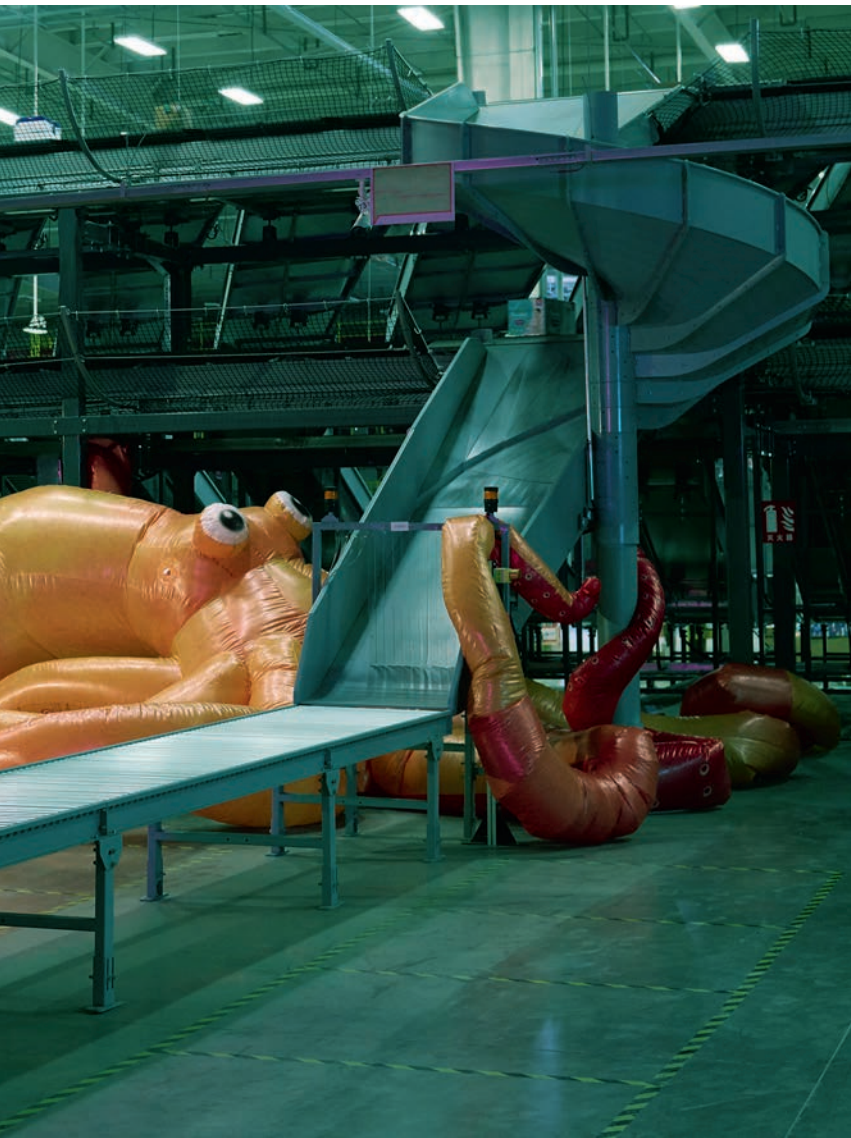


↑ Steve McQueen

Turner Prize-winning artist, Oscar-winning film director: Steve McQueen is *good*. But over the past few years, his art has taken a backseat to his filmmaking, so this is a chance to turn the spotlight back on his experimental, pioneering and deeply moving output. This show will bring together immersive video installations made over the past few decades, and it overlaps with his brilliant exhibition of primary school classes in Tate Britain's Duveen Galleries.

→ Tate Modern. ⊖ Southwark. Feb 13-May 11. £13, £12 concs.

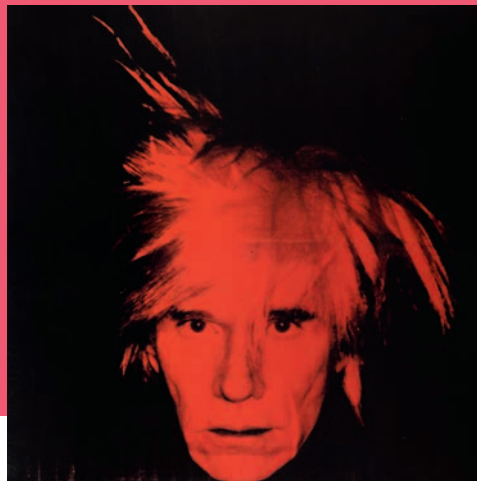
STEVE MCQUEEN: 7TH NOV. (2011). © STEVE MCQUEEN. IMAGE COURTESY OF THE ARTIST, THOMAS DANIE GALLERY AND MARIAN GOODMAN GALLERY; DAVID HOCKNEY: 'SELF PORTRAIT, MARCH 14 2012'. © DAVID HOCKNEY; C&O FEI 'ASIA ONE' (2018). IMAGE COURTESY OF THE ARTIST, VITAMIN CREATIVE SPACE AND SPRÜTH IMAGERS



↑ Cao Fei: 'Blueprints'

Fei's multimedia artworks relish the dissociative weirdness of her native China's overwhelming urban environments. This immersive, site-specific installation at the Serpentine is going to be a trippy ride through the darkest, weirdest recesses of city living.

→ Serpentine Gallery. ⊕ Lancaster Gate. Mar 4-May 17. Free



↑ Andy Warhol

Warhol's famous for Campbell's soup and Marilyn Monroe, but there's a lot more to the artist than that. In between the product placement and the slebs, visitors to this show will be able to see his lesser-known portraits of black and Latinx drag queens and trans women. You can also get hair inspo from a display of Warhol's own amazing wigs. The pop master remains as popular as ever.

→ Tate Modern. ⊕ Southwark. Mar 12-Sep 6. £22, £20 concs.

Titian: 'Love, Desire, Death' ↓

For the first time in more than 400 years, Titian's six mythological paintings are going to be reunited. Based on Greek myths in the work of the Roman poet Ovid, the works include 'Diana and Actaeon' and 'Diana and Callisto', both favourites of the artist Lucian Freud. Titian called them 'poesie', which means they're the visual art version of poetry. Whatever word you want to use, the simple fact is this: they're bloody gorgeous.

→ National Gallery. ⊕ Charing Cross. Mar 16-Jun 14. £8-£10.

← Toyin Ojih Odutola: 'A Countervailing Theory'

Drawing, for Nigerian-American artist Toyin Ojih Odutola, is a form of storytelling. These new works, exhibited around the 90-metre sweep of the Barbican Curve, form part of an epic series relaying an imagined ancient myth. The artist uses pencil, pastel, ballpoint pen and charcoal to create mega-sized portraits that are as delicate as they are beautiful.

→ Barbican Curve Gallery. ⊕ Barbican. Mar 26-Jul 26. Free.



'Artemisia' →

In 2018, the National Gallery acquired its first painting by Artemisia Gentileschi, very slightly boosting their collection of works by female artists (shamefully, they only have 20 in a collection totalling 2,300). They're now redoubling their efforts to promote the Baroque artist with this stunning, major solo show.

→ National Gallery. ⊖ Charing Cross. Apr 4-Jul 26. £18, £16 concs.



ARTEMISIA GENTILESCHI, 'SELF-PORTRAIT AS A LUTE PLAYER', ABOUT 1615-18; WADSWORTH ATHENIUM, HARTFORD. ZANELE MUHOLI, 'BESTER', 2015; IMAGE COURTESY OF THE ARTIST AND STEVENSON, CAPE TOWN; JOHANNESBURG AND YANCEY RICHARDSON, NEW YORK; © ZANELE MUHOLI; ARTEMISIA GENTILESCHI, 'SELF-PORTRAIT AS A LUTE PLAYER', ABOUT 1615-18; WADSWORTH ATHENIUM, HARTFORD. MARINA ABRAMOVIĆ, 'IMPONDERABILIA', 1975; PHOTOGRAPH BY CLAUDE PÉLOUSE, PARIS; AND 'THE SEVEN VOICES OF POWER', 2013; COURTESY OF THE MARINA ABRAMOVIĆ ARCHIVES © MARINA ABRAMOVIĆ, JEAN DUBUFFET, 'UN SUEAU ARGENT', 1958; PHOTOGRAPH BY JEAN DUBUFFET, PARIS; © COLLECTION GUY HONIG & DUBUFFET © FONDATION DUBUFFET, PARIS; © ANGEL CAUILLÉ © FONDATION DUBUFFET, PARIS



Marina Abramović →

Every celebrity's favourite performance artist, Marina Abramović, is back with a major exhibition spanning her groundbreaking career. The show includes 'Imponderabilia', where visitors squeeze between a naked man and a naked woman in a doorway. Sounds unhygienic, inconvenient and uncomfortable, but that's performance art for you.

→ Royal Academy of Arts.
⊖ Green Park. Sep 26-Dec 8. £tbc.



↑ Zanele Muholi

This mid-career survey of Zanele Muholi's work captures the breadth and power of an artist dedicated to presenting a multifaceted view of black LGBTQ+ individuals. Muholi's experience of racial profiling inspires a series of images referencing their personal history and the political landscape of South Africa.

→ Tate Modern. ⊖ Southwark.
Apr 29-Oct 18. £tbc.



← Jean Dubuffet

Sure, it's nice to order off the menu, but sometimes you just want Dubuffet. And there'll be plenty to feast your eyes on in this ambitious retrospective of the radical French artist's painting. Over his 50-year career (he died in 1985), Dubuffet constantly pushed at the boundaries of artistic representation, creating a body of work full of knowingly naive, simplistic and in-your-face aesthetics. ■ Eddy Frankel and Rosemary Waugh

→ Barbican Art Gallery. ⊖ Barbican. Sep 30-Jan 17 2021. £tbc.

Edited by Tania Ballantine
timeout.com/eatdrink @timeouteatdrink

Food



WHAT IS IT...
A Greek bistro and casual spin-off to Mazi, next door.

WHY GO...
The savoury feta cheesecake: it's dakos, but not as you know it.

→ 18 Hillgate St, W8 7SR.
📍 Notting Hill Gate.

RESTAURANT OF THE WEEK

Suzi Tros



FOR YEARS, YOU could count the number of genuinely good Greek restaurants in London on one hand. And not even a full hand: more like one that had been inadvertently reduced in the name of repaying gambling debts. Then, in quick succession, two sizzlers rocked up. First came Notting Hill's excellent Mazi. Then, just a few months later, a spin-off next door: Suzi Tros.

And like so many younger siblings – Gigi to Bella, Liam to Chris, Jake to Maggie – she's every bit as attractive, but, well, a little more fun. Lighter and brighter than the rustic Mazi, Suzi Tros has more of a modish bistro vibe: window seats and a clean-lined counter at the front giving way to the dining room, a place of patterned floor tiles, farmhouse chairs and flickering oil lights. As we walked in, the speakers were blaring Greek power ballads: over the evening, as the lights dimmed, these softened to funkier grooves, and then, finally, no music at all. The air was thick, instead, with the loud chatter of a full room. Everyone was

having a good time. Partly because of the staff, who know their stuff and brim with enthusiasm. And partly because of the food. Which is stellar.

It began with the tarama to end all tarama. I mean, whipped cod roe has become one of those ubiquitous dishes you'll find at all the cool small-plates places, usually served with some waffer-thin cracker, but this one was dreamier. Thick, yet somehow also light and delicate. Even better was the squid – grilled food is a strength – which arrived in a buttery sauce and was both smoky and impossibly tender. You typically only get squid this good in a Greek home or in Greece itself. But away from the classics – a giant, golden-edged parcel of spanakopita (spinach and cheese in filo pastry), a plate of magnificent marinated anchovies, flecked with parsley and teensy jewels of chopped tomato – there are lesser-seen options you need to try. Like the dakos. Usually, this Cretan fave is a bit like a Greek bruschetta: a soaked piece of the island's famous

barley rusk topped with tomatoes, feta and olives. Here, that rusk has been crumbled then put back together into a dense circle, topped with a thick smear of creamed feta, then the best of all the usuals: tomatoes (the smallest, ripest ones), black olives, capers and oregano. It looked like a small cheesecake-for-one you might get in the supermarket, but was stunning to eat: crumble and crunch offset by creamy and salty, then deep and intense notes, then fruity and tangy. Lovely.

A few flattish notes: the chicken thigh 'tacos', though pleasant, were on the dull side. The leek bread was too doughy. But these were minor blips. Great food, charming service and a buzzy, atmospheric room: Suzi Tros has got the lot. ■

Dinner for two with drinks and service: around £95.



By Tania Ballantine
Whose Greek housemate used to take her to illegal restaurants with proper squid.

Food

Siren at The Goring



THE GORING IS a funny old place. Historically, it was the go-to for a more, ahem, mature crowd, who were especially fond of its Sunday roast trolley. Then, in April 2011, it shot to fame when K-Middy chose to stay the night ahead of the royal wedding. Now the hype has died away, it's back to doing what it does best: being classy without being old fashioned, and small enough to feel intimate. Siren – named after the mythical creature-turned-overused-metaphor – is its seafood menu.

The menu is from Cornwall's Nathan Outlaw, a chef famed for his flair with coastal cooking. And yes, there are flashes of brilliance. Like a trio of lobster fritters (think seafoody croquetas) which sat in what was essentially a breathtakingly good bisque, only thicker. Or a crab tart with a perfect golden filo case and layers of mildly



curried kohlrabi (like coronation chicken, only with veg), and delicate white pieces of the crustacean. It's just a pity the advertised brown meat mayo was missing.

There were bigger niggles. Curls of cured monkfish with slivers of fennel were clobbered by an unwelcome interloper: raw spring onion, its flavour smothering everything in its wake. While an extravagant clotted cream rice pud

with gingerbread ice cream and roast pineapple was unpleasantly cloying. Given the steep, special-occasion price tags, the kitchen needs to tighten up its act. Still, staff are lovely, and the room – a rear conservatory with garden views, regal carpets and lush foliage – remains one of the prettiest spaces in SW1. ■ *Tania Ballantine*
Dinner for two with drinks and service: around £190

WHAT IS IT...

A seafood restaurant with a menu from acclaimed chef Nathan Outlaw.

WHY GO...

The lobster fritters. In sauce so good you might cry.

→ The Goring, 15 Beeston Place, SW1W 0JW.
📍 Victoria.

EXCLUSIVE

Unlimited cocktails and a two- or three-course British meal at Soho's **Wild Heart**. From just £20.

[TIMEOUT.COM/WILDHEART20](https://www.timeout.com/wildheart20)

DAVID COTSWORTH

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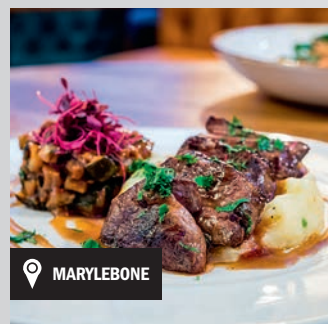
Going out? Try here.



📍 BERMONDSEY

ARANCINI BROTHERS SAYS:

'Having turned totally vegan two years ago, the Arancini Brothers are a couple of Aussie blokes feeding London, one plant-based ball at a time. We offer everything from arancini balls to burgers and salads, so there's no excuse not to get balls-deep this Veganuary. Go on down and grab a pair: they're delicious.'
Arch 34 Maltby St, SE1 3PA.



📍 MARYLEBONE

THREE FALCONS SAYS:

'This little gem is a lively, friendly, English pub offering you all the ambience of a neighbourhood boozier, in an area full of history and charm. Our food offerings are classic and quintessentially British, with seasonal menus. Quench your thirst with a wide variety of local London craft ales, beers, selected gins and wines.'
1 Orchardson St, NW8 8NG.



📍 PECKHAM

NAÏFS SAYS:

'Family-run, Naïfs feels like a home from home, with a carefully crafted seasonal menu and a super-creative drinks offering. You'll find natural wines and quality cocktails alongside unique vegetarian and vegan dishes. It's the perfect place to join in with Veganuary and discover how exciting plant-based eating can actually be.'
56 Goldsmith Rd, SE15 5TF.



📍 LEICESTER SQUARE

BOURNE & HOLLINGSWORTH SAYS:

'Start 2020 in the best possible way, with a sky-high brunch at the beautiful Bourne & Hollingsworth garden room, situated right in the heart of the West End. Join us in these stunning surroundings for a very special weekend brunch, complete with panoramic views of London.'
10th Floor, 27-31 Charing Cross Rd, WC2H 0LS.

THREE OF THE BEST

Shoreditch restaurants



Lahpet

★★★★★

This buzzing Burmese joint is not only stylish, but it bashes out quality grub (the flavours here are the cousins of Thai and Indian). Don't miss the buttery charred paratha.

→ 58 Bethnal Green Rd, E1 6JW. Shoreditch High St Overground.



Popolo

★★★★★

One of London's most exciting Italian restaurants, Popolo's food is stunning, somehow both plain and complex. We love the agnolotti (little pasta parcels) stuffed with pork cheek.

→ 26 Rivington St, EC2A 3DU. ☉ Old St.



Smoking Goat

★★★★★

On the hunt for food that'll smack you in the face? Smoking Goat is the one. It's all about the funky Thai barbecue vibes: gnarly nosh with bold flavours and tons of attitude.

→ 64 Shoreditch High St, E1 6JJ. Shoreditch High St Overground.

POPOLO AND SMOKING GOAT: ANDY PARSONS

Find more Shoreditch stars at timeout.com/shoreditch

Ko Coffee

★★★★★

A HAVEN FROM the passing crowds, this blink-and-you'll-miss-it King's Cross coffee shop is delightfully hip, combining exposed brick walls, chic hanging lights and funky brightly coloured chairs. Staff are friendly and helpful, too.

The coffee, from Assembly Coffee Roasters, is equally appealing. The flat white was smooth, never inching close to that classic pitfall of being too bitter, while the chai latte had a nice hum of spice. Plus, there are lots of alt milks.

Generally, the food delivered. The savoury stuff, in particular, was ace. Ko's bagels, shipped in from Brick Lane, were top quality, with a slightly sweet dough, and were plentifully filled. The smoked salmon, cream cheese and rocket one was delicious, and generous with the fish, too. A pot of overnight oats soaked in almond milk was a mini marvel: ultra-creamy, with a smattering of cinnamon to keep things interesting.

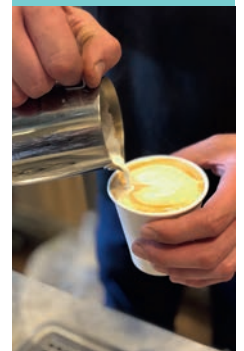
Not everything shone, though. The vegan raspberry cake was an absolute fail – dry, lifeless and the little flavour that it had was a bit synthetic-tasting. Plus, a watery hot chocolate, ho-hum hazelnut brownie and dull croissant were all pretty average. Still, Ko is a great spot for a cosy work meeting, or just to offer some respite from all the bustle. ■ *Ella Braidwood*

Lunch for two with drinks and service: around £35.

WHAT IS IT...
An indie coffee shop in King's Cross.

WHY GO...
Those overnight oats – so cinnamon-y, so splendid.

→ 258 Pentonville Rd, N1 9JY. ☉ King's Cross.



EXCLUSIVE

UNLIMITED FOOD AND A BOTTLE OF BUBBLES AT INAMO



This popular restaurant is serving up tasty pan-Asian plates with a side of high-tech hijinks. Order on the interactive menu, then tuck into endless Sichuan chicken, beef tataki, bang bang cauliflower and more. Now just £30 – that's 62 percent off.

TIMEOUT.COM/INAMO20

Ts&Cs apply.

TimeOut
THE BEST OF THE CITY

Drink

Edited by Laura Richards
timeout.com/bars @timeouteatdrink



BAR OF THE WEEK

Square Root Soda Bar



NOT JUST FOR Dry January, soda maker Square Root has a permanent alcohol-free bar within Kerb's heaving Seven Dials Market. The soft drink brand began selling sodas from the back of a bike at Kerb's fledgling street food markets, so it's been nice to see these two London start-ups grow together. And a dry bar within a food hall could hardly be more 2020 if it tried.

Square Root describes its beverages as 'made with as much effort as quality alcoholic drinks' – and as well as colas and fruit-packed sodas, it has mastered an alcohol-free Negroni Spritz, a boozeless shandy and a sober G&T. That's just the bottled range. At the bar, cocktails completely void of alcohol incorporate hacks to produce the flavours and (I hate to say it, you hate to hear it) mouthfeel you might expect from a cocktail. The noble lime and soda never looked so inadequate.

Maybe the place is not expecting a rush, with just three bar stools oddly positioned in the market's alleyway rather than tucked into Square





WHAT IS IT...
A bar from east London soda maker Square Root.

WHY GO...
Sours, spritzes and hot toddies – all completely booze-free.

→ Seven Dials Market, Earlam St, WC2H 9LX.
☉ Covent Garden.

Root's corner space. This does make it tricky to settle in for a sober session – curious customers tend to grab a drink and go. It's a shame, as staff know their stuff, plus there's a selection of more obscure board games to play (or just marvel at).

My Pear and Aronia Sour (£5.90) saw a signature soda shaken with aquafaba for a frothy texture and extra citrus for that tart tang. I was told that aronia is a sour berry that tastes like red wine, which had me sold. The Apple Cyder Shrub (£5.90) was a temperate hot toddy made from cider vinegar and Kentish apples. These guys are using fresh fruit to turn out palate-awakening drinks away from the synthetics. Teetotallers – and everyone else – should be scrambling for one of those three bar stools. ■



By Laura Richards
Who is now a total square for soda.

THREE OF THE BEST

Bars for temperance

Founder of Club Soda and its 'Mindful Drinking Festival' *Laura Willoughby* shares her fave sober spots



Albie

'One of London's best kept secrets, Albie at The Hoxton has the best alcohol-free menu I've ever seen. More than 13 cocktails to choose from, plus a wide selection of craft beers, ciders and wines. It's my new favourite hangout.'

→ The Hoxton, Southwark. 40 Blackfriars Rd, SE1 8PB. ☉ Southwark.



The Understudy

'The South Bank bar is pouring kombucha on tap throughout January alongside an exciting new alcohol-free spirits collection featuring brands like Lyre's and Everleaf. It will also be launching new draught lines of Lucky Saint lager.'

→ Upper Ground, SE1 9PX. ☉ Waterloo.



Fugitive Motel

'Pick up more than 40 of the best low- and no-alcohol products here, plus a January 'drink the bar dry' loyalty card that gets you every sixth sober drink for free. The bar will be hosting the Mindful Drinking Festival's official afterparty, too.'

→ 199 Cambridge Heath Rd, E2 0EL. ☉ Bethnal Green.

→ The Mindful Drinking Festival. The Old Truman Brewery. Sat Jan 18-Sun Jan 19. Free.

Escapes

Edited by Ellie Walker-Arnott
timeout.com/daytrips



IF YOU ONLY DO ONE THING

Try a stunning and fairly challenging hike that's famous for its views. You'll have to pause every few steps on your way up to the **Old Man of Storr** (left) – a huge pointed rock on the Trotternish ridge – to gawp at your surroundings. Bonus points if you bring a thermos of tea for a cuppa at the top. You're a true hiker now.

A weekend on

The Isle of Skye

Dreamy views, high-altitude tea breaks and sweet, sweet solitude

IT WOULDN'T FEEL that strange to bump into a sprite on the Isle of Skye. With its lush glens and ghostly peaks, this Inner Hebridian island is otherworldly. Arriving is like stepping into the pages of a fantasy novel, except it's populated by real (and super-friendly) locals, as well as crowds of hikers in the summer months. Not afraid of a little unpredictable weather? Visit off-season to get this amazing place to yourself.

Eat this

Wild garlic, honey and the freshest mussels, all foraged, farmed and fished on Skye, are on the menu at **Edinbane Lodge**, a stellar restaurant with a warm vibe in a sixteenth-century hunting lodge. The seven-course tasting menu is ace. Order the vegetarian version for pure plant-based joy.

See this

Take in the technicolour seafront at pretty **Portree**. The buildings that line the harbour form a rainbow of pastel shades. Stop for fish and chips before exploring the rest of the tiny town, which is the capital of Skye.

Drink this

The **Talisker Distillery**, perched on the edge of Loch Harport, is the oldest working whisky distillery on the island. Take a tour of the stills and taste a dram of single malt before striding drunkenly across the sweep of grey sand at nearby Talisker beach.

Explore this

Drive north, and pass through mind-bogglingly different landscapes: bleak coastlines dotted with Nordic-looking homes; the **Quiraing**, a landslip on the Trotternish ridge famous for its ruggedly dramatic scenery; and the fantastical **Fairy Glen**, a world of grassy hills and ponds in miniature that could be home to a Hobbit or Teletubby.

Hike this

There's no shortage of opportunities to don your walking boots on Skye, but if you want to avoid other ramblers, climb the less frequented **Ben Tianavaig**. The coastal hill rewards your efforts with vistas across mirror-still lochs to the islands and mainland Scotland – plus the kind of silence that'll confuse your London ears. ■ *Ellie Walker-Arnott*

→ Get there: around eight hours by train from London King's Cross to Inverness, then drive or bus to Skye; around 11 hours by car.

WAKE UP HERE

The Crofter's House



At the foot of Ben Tianavaig in tiny Camastianavaig, The Crofter's House is a dreamy place to hole up on Skye. Once a nineteenth-century smallholding, the spot is now a Scandi-chic self-catering cottage for two, complete with cosy nooks, white timber walls and a wood burner. Wake up early to watch the sunrise over Tianavaig Bay and stay up late to spot brilliant constellations in the inky black sky. Life without light pollution is good, it turns out.

→ Camastianavaig, Isle of Skye.

From £100 a night. www.sawdays.co.uk

More trips worth daydreaming about at timeout.com/daytrips



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