

# TimeOut

LONDON

is all of this  
green helping get  
across the point  
that Ben & Jerry's

ADVERTISING

## Cookie Dough

is now

# VEGAN

too?

hope so.



Non-Dairy

# What's better than free vegan ice cream?

## Free vegan ice cream with vegan doughnuts!

And London, that's exactly what you're getting tomorrow, thanks to Ben & Jerry's and Crosstown Doughnuts

It's Veganuary, and you know what that means? Your dessert game is about to improve massively. Whether you're already living the plant-based life or are vegan-curious, living without dairy for the rest of this month is going to be delicious and easy. Read on to find out how...

### Head to Crosstown tomorrow

We're sure you've heard of Crosstown Doughnuts: makers of insanely delicious and fresh treats. The folks there are also famous for their vegan doughnuts, which taste every bit as good as the regular range. And do you know which other dessert-maker is loved for its vegan creations? Ben & Jerry's. Tomorrow (Wednesday January 22) at 12.30pm, four Crosstown Doughnuts stores in London will be giving away 300 vegan doughnuts each along with a scoop of the new Ben & Jerry's Cookies on Cookie Dough ice cream, made with 100 percent almond milk. Once they're gone, they're gone, so get in quick!

### Try the latest vegan creation from Ben & Jerry's

Huge news: if you've been pining for a non-dairy version of Ben & Jerry's famous Cookie Dough flavour, then your call has been answered. Cookies on Cookie Dough, a vegan alternative, has just been released, and you can try it atop a vegan chocolate doughnut tomorrow. You can expect all the chunks and swirls Ben & Jerry's is famous for, mixed in a dough-liciously creamy caramel ice cream.



## LOOKING FOR THE REST OF BEN & JERRY'S NON-DAIRY RANGE?

Once you've had a taste tomorrow, we guarantee you'll want to sample them all. You can find all Ben & Jerry's vegan ice cream tubs in supermarkets and at Ben & Jerry's Soho Scoop Shop...

### Chocolate Fudge Brownie

Chocolate ice cream with chocolate brownies.

### Peanut Butter & Cookies

Vanilla ice cream with chocolate sandwich cookies and crunchy peanut butter swirls.

### Coconutterly Caramel'd

Coconut-flavoured ice cream with caramel cookie swirls and chocolatey pieces.

### Cookies on Cookie Dough

Caramel ice cream with cookie swirls, cookie dough and chocolatey chunks.

Head to one of these Crosstown Doughnuts stores from 12.30pm on Wednesday January 22 for a free doughnut with a scoop of Ben & Jerry's non-dairy Cookies on Cookie Dough:

### Marylebone

→ 5-6 Picton Place. ☺ Bond St.

### Shoreditch

→ 157 Brick Lane. Shoreditch High St Overground.

### Cannon St

→ 115 Cannon St. ☺ Cannon St.

### Victoria

→ 14 Sir Simon Milton Square. ☺ Victoria.



# TimeOut

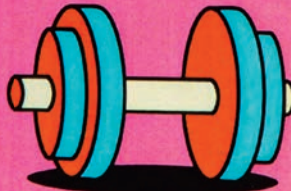
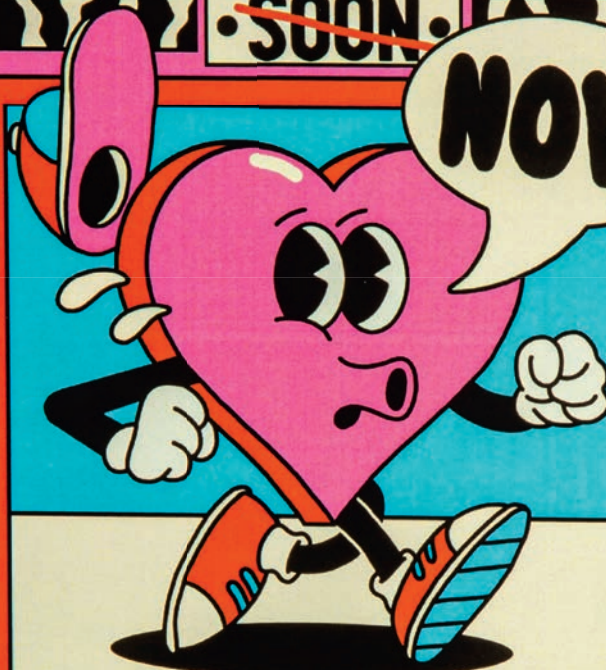
LONDON

How to feel  
really, really good  
about 2020

## GET WELL

~~SOON~~

NOW



# YOU NEED ENERGY, NOT AN ENERGY DRINK

Traditional energy drinks rely on artificial ingredients and loads of sugar to give you a lift.

TENZING® is a plant-based alternative that packs the same punch. Our recipe is inspired by the natural brews that have powered Himalayan Sherpas for centuries. Hey, it's what they use to scale the world's highest mountains.

**100% PLANT POWERED**

**60% LESS SUGAR** THAN THE BIG DOG OF ENERGY DRINKS

**NO ARTIFICIAL SWEETENERS**



**TENZING® NATURAL ENERGY.**  
**PURELY FROM PLANTS. NICE.**

TENZING® Natural Energy contains electrolytes, natural caffeine and also vitamin C, proven to contribute to a reduction in tiredness and fatigue and has 60% less sugar than the energy drinks market leader.

# Inside

This week's Time Out  
in no time at all

## Little chef

Meet the 11-year-old vegan entrepreneur who's already had his own pop-up at Boxpark

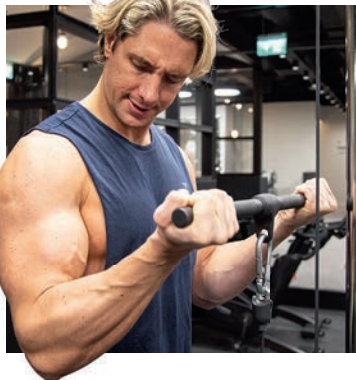
PAGE 14



## Arm-y guy

Bulging biceps don't just happen, you know. We ask a bodybuilding gym boss how to go great guns

PAGE 36



## Clean breaks

From yoga in a nature reserve to swimming as therapy, take a transformative trip out of town

PAGE 86



## Real meals

For wellness from within, we've picked seven super-healthy restaurants. Spirals of celeriac beckons – but there's more

PAGE 81

## Feelgood times

'Go out' needn't mean blowout (or pass out). So check out our vice-free nights out. Warning: may contain gongs

PAGE 56

### ↓ FEATURES AND REGULARS

11 City Life 24 Free London 28 How to be healthier and happier in London 45 Exclusive offers 46 Property 56 Things to Do 65 Film 69 Music & Nightlife 74 Theatre & Dance 78 Art 81 Food 84 Drink 86 Escapes

# Hello, London

**Joe Mackertich**  
London Editor  
@j\_mackertich



**Advertising** 7813 6000,  
advertising@timeout.com  
**Circulation**  
circulation@timeout.com

**Commercial**  
**MD EMEA** Lawrence Horne  
**Advertising Sales**  
Ian Tournes (Director),  
Stephen Jones, Natalie  
Reynolds, Juliet Grant,  
Donald Fenton, Banbha  
O'Hagan, Daniel Sinclair,  
Nesha Fleischer, James  
Hooper, Robyn Eldridge,  
Emma Myland  
**Head of Media Partnerships**  
Karen Fischer  
**Creative Solutions**  
Wayne Mensah (Director),  
Tamsin Vincent, Callum  
Sinclair, Charlie Liddington,  
Nicola Foxwell  
**Project Management**  
Junior Olokodana (Project  
Management Lead), Nicki  
Wymmer, Frankie Biggs,  
Zara Taylor, Chloe Godwin  
**E-commerce** Mimesh Shah  
(Senior Director)  
**Live Events** Sylvia Kowalska

**Global Editor-in-Chief**  
Caroline McGinn  
**London Editor** Joe Mackertich  
**Associate Editor/Chief**  
**Sub Editor** Chris Waywell  
**Deputy Chief Sub Editors**  
Kei Kikuchi, Sarah Cohen  
**Digital Editor**  
Ellie Walker-Arnott  
**Associate Editor/**  
**Drink Editor** Laura Richards

**Features** Kate Lloyd (Editor)  
**Events** Katie McCabe  
(Editor), Alexandra Sims  
(Deputy Editor)  
**News & City Life**  
Isabelle Aron (Editor)  
**Film** Phil de Semlyen  
(Global Editor)  
**Music & Nightlife**  
Oliver Keens (Editor)  
**Theatre, Dance & Comedy**  
Andrzej Lukowski (Editor)  
**Art & Culture**  
Eddy Frankel (Editor)  
**Food** Tania Ballantine (Editor)  
**Commercial** Stephen  
Farmer (Global Editor), Rose  
Johnstone (Branded Content  
Editor), Julia Robinson  
(Designer), Katherine  
Lovage, George Blew  
**Digital** Jordan Waller (Head  
of Digital Content), Sam Willis  
(Engagement Editor), Angela  
Elvira Bruce (Global Video  
Commissioning Editor)  
**Global Content** Huw Oliver  
(Commissioning Editor)  
**Global Projects**  
James Manning (Editor)

**Art Director** Bryan Mayes  
**Designers** Philip Lay  
(Senior), Jason Tansley  
(Senior Commercial)  
**Picture Desk Manager**  
Ben Rowe  
**Photographer** Andy Parsons  
**Head of Production**  
Dave Faulkner  
**Deputy Production Editor**  
Katie Mulhern-Bhudia

**Time Out Group CEO**  
Julio Bruno  
**Founder** Tony Elliott

**Cover Illustration** Yeye Weller  
**Photography** Andy Parsons



Are you well? Ask a Londoner that question and more often than not they'll say 'Yeah, fine' or, if you're lucky, 'Bit knackered, actually.' We don't discuss our *issues*. The kneecap that crunches when you sit down. Your habit of waking up at 3am inexplicably drenched in sweat. A nagging fear that everyone at your new job editing a London magazine hates you and thinks you're a chump. All of these things stop us from feeling 'well' but we would seldom dare divulge them.

We may never overcome our in-built reservedness. The ice-cold Queen Victoria that dwells within us all. Unlike our Californian cousins, a Londoner could never keep a straight face while saying 'I need to discover a self-space wherein I can nurture and be nurtured.' I find it hard to tell people what I do for a living without feeling like a repulsive blowhard.

Perhaps this isn't so bad. Maybe 'wellbeing' is more than talking like one of Gwyneth Paltrow's inspirational fridge magnets, but instead simply admitting 'Yeah, actually I do quite fancy not having a stress headache at 4pm every Sunday.' We all could use a bit of that.

## THE EDITOR'S ESSENTIALS Three things you have to do this week



**EAT this**

I can't wait to visit **Norma**, Ben Tish's (relatively) new Sicilian joint in Fitzrovia. I've followed Ben's career for years and he's yet to disappoint.



**DRINK this**

You should try **Saltaire's Triple Choc** stout, now on tap at pubs across London. It's like a pint of Nesquik with a shot of port. In a nice way!



**SEE this**

**Essex Road**: a charmless mile-long thoroughfare of which I am weirdly fond. It delights me that it has its own mini film festival, **Essex Road 6**.

# sensational iPhone 11

save £108

now from  
~~£32~~  
**£29**  
a month  
with no upfront cost

THE SEAL OF  
APPROVAL



iPhone 11



unlimiting

visit us in store

0800 052 0936

search Virgin Mobile deals

Based on a 36 month interest free Consumer Credit Agreement provided by Virgin Media Mobile Finance Limited and a 30 day rolling Pay Monthly Airtime Contract with Virgin Mobile Telecoms Limited. Credit check & payment by Direct Debit required. You must pay off your loan in full in order to upgrade your handset. 0% APR. Prices shown require eBilling. Includes 1GB data, 1000 mins & unlimited texts. **Save £108:** Based on total cost of Consumer Credit Agreement, previously £108 higher. Offer ends 03/02/2020. Plans include UK calls to UK landlines (01, 02, 03) & UK mobile networks. Calls & texts to mobiles in Jersey, Guernsey and Isle of Man are not covered by your inclusive monthly usage allowance. Each July airtime plan will increase by RPI rate of inflation announced in April that year. We'll give you 30 days' notice of the exact increase. **Registered office:** 500 Brook Drive, Reading RG2 6UU. Legal Stuff applies.







OAT-LY! JINGLE HOTLINE: 0800 130 3532



The Ultimate  
Driving Machine



# THE i3



Fuel economy and CO<sub>2</sub> results for the BMW i3 range 120 Ah mpg (l/100 km): N/A. CO<sub>2</sub> 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, CO<sub>2</sub> and electric range figures with other cars tested to the same technical procedure. Model shown: BMW i3.

# City life

Edited by Isabelle Aron  
@timeoutlondon



## Why every Londoner deserves a bit of wellbeing

Photographer and director *Rankin* on loneliness, switching off from social media and the importance of being bored. Illustration *Rami Niemi*



**LONDON IS AN** amazing city, but with so many people it can also be a very lonely city. Social media makes you feel more solitary and there's this feeling of having to compare yourself. London has got a brilliant history of people being very individual, and now there's this homogeneity of aesthetic – wanting to look selfie-ready or looking up to a TV show like 'Love Island'. You could say, as a photographer and director, I'm part of the problem.

Wellbeing is something that has been on my mind a lot over the past few years. I've thought

about my habits in terms of social media. I was getting drawn into this dark hole of scrolling. I'd just turned 49 when I started to notice. I thought: Why am I seriously addicted to this phone?

I've tried to become more healthy by doing things like putting time limits on my social media apps. Finding the space to be bored is a big thing for me – it's important to my creativity. We're all a bit of a GPS generation – we just follow Waze or whatever app you've got, and we don't see things properly, we're not looking around.

One big thing for me was getting therapy – being honest enough to look at myself in the

mirror and be like: You know what, I think I need some help here.

I don't want to be negative about everything, there are so many good things about living in London. I was on a plane recently and this girl was talking to a couple next to her and she said: 'Everyone's just rude in London'. I thought: Oh, that's such a pity. I always think of London as being an optimistic city, not a negative city. ■

→ Rankin is speaking at Remix Summit London, Royal Opera House and Royal Academy of Arts, Mon Jan 27 - Jan 28. His talk *Why Instagram Has Ruined Everything (Except Where It's Made It Better)* is on Jan 28.

**TRANQUILITY**

# Why the toilet should be your sanctuary

Daunted by the day ahead? In the spirit of her Unf\*\*k Your Life workshops, *Nat Rich* explains why you should spend more time in the bog (not in a gross way)



**WHEN I WAKE** up in the morning, the first thing I do is go to the toilet and splash my face with cold water. If I don't, I end up getting all snuggly and I want to get back into bed. The water has to be as cold as I can get it – it needs to wake me up, otherwise I'm super-sleepy.

Once I get to the office, before I turn on my computer, I usually go to the toilet to sit and ask myself how I feel. Am I nervous? Anxious? It could be that I've woken up a little bit late or something's happened on my way in and put me off already that morning. I'm taking all of that stuff into my day. So I just sit with my feelings.

I write down how I feel. It doesn't mean I have to deal with it at 9am before my meeting, it just means I acknowledge it. I'm aware of my own bullshit and my own feelings, thank you very much, I'll deal with those later when I can. But I'm not pretending that I'm okay, because I'm not. ■

→ Unf\*\*k Your Life workshop with Nat Rich. Colours Hoxton. ⊕ Old St. Next event: Feb 1. £30. [www.iamsoundacademy.com](http://www.iamsoundacademy.com)

## What the hell is 'London throat'?

**'London throat'? Sounds like a medieval disease**

Actually, it's a relatively new discovery. We're a sickly bunch, what with our regular colds and blackspot emissions, and now scientists at King's College have found out why Londoners are prone to the lurgy: breathing in tiny particles from car brakes is weakening our immune systems.

**Oh great, another thing to worry about. How does that work?**

Researchers think that one of the metals in brake dust stops our body's macrophages from working properly.

**Macro-what?**

'Macrophages are a form of white blood cell,' explains Dr Nick Hopkinson, medical director at the British Lung Foundation. 'Their job includes

scoffing bacteria and producing enzymes and chemicals that break down things that cause infection. If they're not working, that may translate into [us] being more susceptible.'

**So basically, we'll get ill more often?**

Yep, sorry. Hopkinson explains: 'It can make people more prone to getting coughs, colds, sore throats,

runny noses as well as blocked noses.'

**Should I be using a protective face masks?**

Don't bother, they're not very effective. 'Pollution is quite local,' says Hopkinson. 'Avoiding busy roads or walking on the side of the pavement further away from the road can reduce exposure.' Better get used to taking the scenic route. ■ *El Hunt*

### Give your lunchbreak a glow-up



**Learn about art**

2B, or not 2B? Sharpen those pencils for **Talk and Draw the National Gallery**. Every Friday, it hosts a talk about a famous painting and a drawing sesh.

→ National Gallery. ⊕ Charing Cross. Free.



**Get sweaty**

Blow off steam at **Another Space's 35 minute HIIT class**, where you'll pump weights and throw punches. Sweaty and therapeutic.

→ Various locations. £23 (cheaper if bought in bulk).



**Become highbrow**

You could spend your lunchbreak on Twitter, or you could squeeze in some culture at the **Royal Opera House's lunchtime recitals**. Your call.

→ Royal Opera House. ⊕ Covent Garden. £6-£12.

Life's better with

Vitality

# 50% OFF

## gym membership with Vitality life insurance.

Plus no gym joining fee

Offer valid to 29 February.

*Is that meant  
to be appealing?*



Gym discount is available across the national Vitality Partner Gym Network.

Virgin  
active

 VitalityLife

Health insurance • Life insurance • Investments

50% discount with selected VitalityLife plans available until 29.02.20 after which discount reverts to 40%. Minimum monthly premiums and terms and exclusions apply. Members must join Vitality between 01.01.20 and 29.02.20 inclusive and join a participating Virgin Active or Nuffield Health Fitness & Wellbeing club by 15.03.20 inclusive to benefit from the discount and no joining fee offer. Available on certain monthly gym membership plans only. Visit [vitality.co.uk/gymlocations](http://vitality.co.uk/gymlocations) for all participating clubs. VitalityLife is a trading names of Vitality Corporate Services Limited which is authorised and regulated by the Financial Conduct Authority.

## MY LONDON STORY



# 'I'm the world's youngest restaurateur'

**PECKHAM-BORN OMARI MCQUEEN** was eight years old when he started his own business, Dipalicious, which sells vegan dips and snacks. Now aged 11, he's sold his food at a Boxpark pop-up, has a vegan cooking channel on YouTube, Omari Goes Wild, and teaches cookery classes for kids at his south London home.

**I had my own pop-up restaurant at Boxpark Croydon** last year and became the world's youngest restaurateur. I messaged [CEO of Boxpark] Roger [Wade] on LinkedIn and said that when I was older I wanted a restaurant there. He said: 'Why wait until you're older?'

**I've got dyslexia** so I find it difficult to read food labels. Sometimes I smell the ingredients before I know what they are. When I was learning to read, I used cookbooks to help me remember words.

**I heard about veganism in a Peta video.** I wanted to help animals and bring people together through food. I went vegan and never looked back.

**When I first went vegan it wasn't difficult** because I was cooking my own meals. My mum thought vegan food was expensive, but I showed her that it doesn't have to be. We go to Brixton market for our vegetables – all the shopkeepers know me there.

**The worst thing about having my own business is that I'm small.** When I was at Boxpark, I had to use a chair to stand on!

**I was beaten up at school by a boy in year 8.** He asked me why I thought I was so special. I thought: 'I'm not that special.' I didn't understand why he was beating me up. I started to feel sorry for him because stuff might be going on at home. He told me he was sorry. I wanted to help him and thought maybe I could teach him how to start a business.

**I run cooking workshops for children** in my home kitchen and three of my students are now completely vegan. They tell me they're going to teach their parents too. My mum and my aunt help with the classes, but I boss them around!

**My favourite vegan junk food is fried cauliflower with jerk sauce.** You deep-fry it and it tastes like chicken wings. Before I went vegan my favourite meal was a kebab wrap. Now I swap the meat for jackfruit – I put it in the oven and cover it with barbecue sauce. It's delicious!

**My favourite London chefs are [brothers] Craig and Shaun McAnuff,** who run Original Flava. I like them because they cook Caribbean food with their grandma.

**My biggest dream is to turn a bus into a restaurant.** Sometimes I wake up at 5am and run into my parents' bedroom to share my latest plan. My dad is a bus driver and he works nights so we don't see him much. If I had a bus restaurant, he could work on it and I could see him all day. ■  
*Interview by Natalie Baker*

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



# O B A G O

---

**FLIGHTS + 7 NIGHTS HOTEL  
FROM £529pp**

**SALE NOW ON**



**BRITISH AIRWAYS • MADE BY BRITAIN**

**Book at [ba.com/tobago](http://ba.com/tobago)**



Subject to availability. Price stated is per person based on 2 adults sharing, inclusive of all airport taxes, fees and charges as at 13 December 2019 (additional resort/hotel fees, taxes and service charges may apply) and includes return economy flights from London Gatwick to Tobago ANR Robinson International Airport and 7 nights' accommodation at the 3 star Grafton Beach Resort hotel on a bed and breakfast board basis for selected travel between 1 – 30 June 2020 only. Book by 30 January 2020. For full terms and conditions, visit [ba.com/sale](http://ba.com/sale). Package Holidays from British Airways Holidays Ltd are ATOL protected (No. 5985). British Airways Holidays standard terms and conditions and conditions of carriage apply, please refer to [ba.com](http://ba.com)

*Tobago  
beyond*

# WORD ON THE STREET

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

**'The day I start functioning with only eight open tabs is the day I give up on life.'**

**'It really frustrates me how often you need to cook to keep yourself alive.'**

**'Don't call me stupid, I prefer "intelligence-impaired".'**

**'From my extensive knowledge of Pot Noodles, I thought that all chicken stock was vegetarian.'**

**'Always questions, questions, questions. Where are the answers?'**

**'Brownies are my Achilles tendon.'**

**'I'm going to set up a penis and vagina museum and call it "Venus".'**

**'Why is smoked paprika so much more expensive in Spain?'**

**'I'm double-parked with coq au vin.'**

Overheard something bizarre? Tweet us! #wordonthestreet @timeoutlondon

RHS  
GARDEN

# Wisley

## The Giant Houseplant Takeover

25 January-1 March 2020

Discover an immersive experience in the Glasshouse at RHS Garden Wisley, with six different rooms taken over by houseplants.

Hold on to your seat.



Inspiring everyone to grow

Book  
now

Your visit supports our work as a charity







**PLEASE DRINK RESPONSIBLY**

BULLEIT Kentucky Straight Bourbon Whiskey. 45% Alc/Vol. The Bulleit Distilling Co., Louisville, KY.

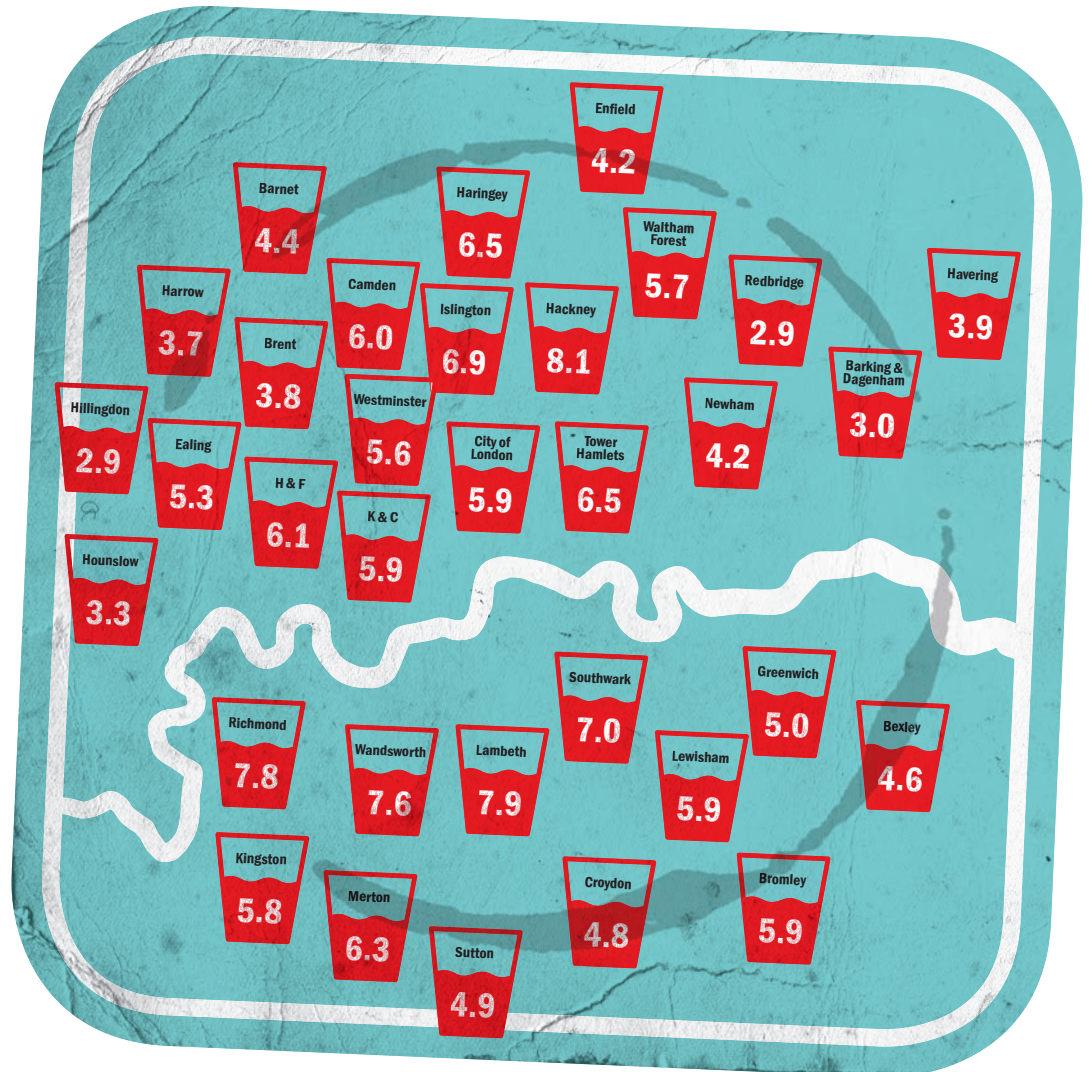
for the facts [drinkaware.co.uk](http://drinkaware.co.uk)

# LONDON MAPPED

## Boroughs by boozing

**GO HOME LONDON**, you're drunk. Well, some of you must be, at least. But which of the city's boroughs drink the most? Babylon Health surveyed around 40,000 Londoners to paint a picture of alcohol habits across the capital, shown on this map. Hackney is apparently the anti-wellbeing borough and tops the table, with its residents knocking back an average 8.1 units per week (around five bottles of lager). They're closely followed by Lambeth (7.9 units per week) and Richmond upon Thames (7.8 units per week). At the opposite end of the scale, Redbridge and Hillingdon neck the fewest bevs overall, averaging 2.9 units a week.

The survey also looked at frequency. Redbridge really loves to nurse a half-pint: its drinkers sensibly spread their modest units across an average of 3.2 sessions every week. But it's the City of London that's most often on the sesh (3.4 times per week). All that number crunching is thirsty work, eh? ■  
*El Hunt*



See more amazing maps of London at [timeout.com/news](http://timeout.com/news)

## MOST GOOGLED

### Why don't Londoners talk on the tube?



**THERE'S AN UNSPOKEN** rule on the tube: idle nattering is banned and eye-contact is out of the question. But could a casual chat on our commute make us happier?

According to Dr Gillian Sandstrom, a social psychologist at the University of Essex who specialises in social interactions, the tube is an instant conversation killer. Why? Because there's zero personal space: 'When you're jammed up in someone's armpit, you probably feel uncomfortable talking to them,' she explains. Better save those meaningful conversations for a quiet afternoon on the Overground instead.



But if the idea of chitchat with a stranger freaks you out, you're not alone. Thirty seven percent of Londoners say talking to strangers makes them uncomfortable – we're the least receptive chatters in the UK. But Sandstrom says we should persevere. 'People think they're not going to enjoy interacting with strangers, but research suggests that they'll enjoy it more than they think. It makes us feel more connected.'

Fancy breaking the silence? Take Sandstrom's advice. 'Be brave. And if it's a disaster, don't worry. You'll never see the same person twice on the tube.' See you for a DMC on the District line, then. ■ *El Hunt*

# EVERY FILM EVERY DAY

FROM

£9.99\*

GET LOST FOR LESS  
AT VUE WEST END

BOOK NOW AT [MYVUE.COM](http://MYVUE.COM)

**vue**

BIG SCREEN ENTERTAINMENT

\*£9.99 price refers to a Saver ticket bought for Vue West End. Not available with other offers or selected special events.  
Additional 75p booking fee applies per ticket purchased online or via our contact centre. See [myvue.com/legal](http://myvue.com/legal) for full terms.

# How do you sleep at night?

Four Londoners with stressful jobs share their tips for switching off



### Kylei Holmes-Lewis

firefighter for the London Fire Brigade  
'If I've had a hard day, or there's been an upsetting incident, talking things through with my mum or a friend really helps me switch off. The one thing that always helps me get to sleep is having an epsom salts bath – there's no better way to relax.'

### Mike Arnold

executive chef at Temper  
'The only thing that really affects my sleep in terms of work is when there is an issue with the food – that keeps me awake sometimes. To switch off after a stressful day, I sometimes eat in someone else's restaurant. It helps me realise things aren't all bad at Temper!'

### Gary Hepburn

TfL bus driver  
'The thing that really helps is switching off. I switch off with model making – painting Airfix tanks and planes. It's something I've rediscovered from my childhood with my son, and it helps a lot with unwinding. I also practise taekwondo in my spare time.'

### Becca Moore

assistant stage manager at the National Theatre  
'I've struggled with sleeping in the past, especially when running a stage in the evenings – you get such an adrenaline rush. I can't sleep in silence, so I listen to music. Any kind played quietly will do, but [pianist] Ludovico Einaudi relaxes me most.'

## MADE IN LONDON

Cool things from makers in the capital



Necking espressos might not be great for anxiety, but spent coffee grounds can do great things for your skin. That's the thinking behind **MontaMonta's Sage + Coffee Body Scrub**. The east London-based company collects used grounds from local cafés to make this luxe scrub that's good for you *and* the planet.

→ [www.montamonta.com](http://www.montamonta.com). £17 for 200g.



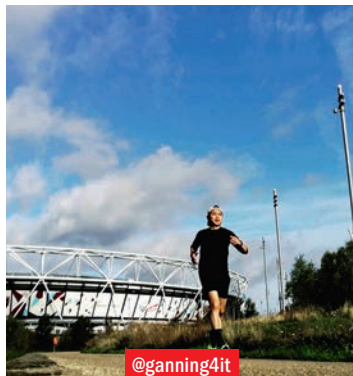
## THE VIEW FROM YOU

Time Out readers' wholesome snaps from London's parks



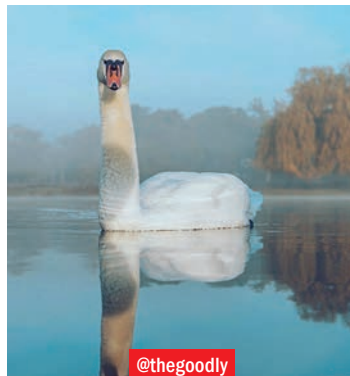
@forestladysteph

'Just a couple of best bros, hanging out and being beautiful together in Richmond Park.'



@ganning4it

'Exploring the routes around the Olympic Park and London Stadium – home to West Ham United FC.'



@thegoodly

'What you looking at? A surprise confrontation with a territorial swan in Bushy Park.'



@roland.j.ruttledge

'A parakeet pausing for a pose (and some seeds from my hand) in Kensington Gardens.'

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

FROM ROBERT EGGERS, ACCLAIMED DIRECTOR OF THE WITCH

**"FEROCIOUSLY ENTERTAINING"**

ROBBIE COLLIN, THE TELEGRAPH



THE TELEGRAPH



TIME OUT



NME

**"EXPLOSIVELY SCARY & CAPTIVATINGLY BEAUTIFUL"**

PETER BRADSHAW, THE GUARDIAN



FLICKERING MYTH



DISCUSSING FILM

**"UPROARIOUS & HALLUCINATORY"**

XAN BROOKS, THE OBSERVER



MIRROR ONLINE



EXPRESS ONLINE

**"CAREER BEST PERFORMANCES FROM  
WILLEM DAFOE & ROBERT PATTINSON"**

TOM MACKLIN, ESQUIRE



THE GUARDIAN



THE INDEPENDENT

# THE LIGHTHOUSE

A24 & REGENCY ENTERPRISES PRESENT AN RT FEATURES PRODUCTION A ARTS & LABOR PRODUCTION A ROBERT EGGERS FILM "THE LIGHTHOUSE" WILLEM DAFOE ROBERT PATTINSON WITH KHARMEL COCHRANE AND MARK KORVEN COSTUME DESIGNER LINDA MUTR  
EDITED BY LOUISE FORD DIRECTOR OF PHOTOGRAPHY CRAIG LATHROP EXECUTIVE PRODUCERS JARIN BLASCHKE PRODUCERS ARNON MILCHAN YARIV MILCHAN MICHAEL SCHAEFFER JOSH PETERS EXECUTIVE PRODUCERS ISAAC BRIGSON SOPHIE MAS CATO ORTIZ RODRIGO GUTIERREZ CHRIS COLUMBUS ELEANOR COLUMBUS  
EXECUTIVE PRODUCERS RODRIGO TEIXEIRA, p.g.a. JAY VAN HOY, p.g.a. ROBERT EGGERS LOURENCO SANT'ANNA, p.g.a. YOU'REE HENLEY WRITTEN BY ROBERT EGGERS & MAX EGGERS DIRECTED BY ROBERT EGGERS A24 FOCUS FEATURES UNIVERSAL

**IN CINEMAS JANUARY 31**

# Art that heals

Grayson Perry on the early ceramics he made in his pre-therapy, London years



## 'Childhood Trauma Manifesting Itself in Later Life' 1992

'My daughter, Flo, was born about the time I made this vase. This was still six years before I started having psychotherapy. I had a lot of fear about passing the psychological legacy of my own upbringing on to her.'



## 'Saint Diana (Let Them Eat Shit)' 1984

'I was fascinated and repulsed by the cult of Princess Diana. This reliquary is crafted from detritus scavenged from round our squat and pottery sherds found mudlarking on the Thames foreshore.'



## 'Artefact for People Who Have No Identity' 1994

'The scene in the background is reminiscent of Dyers Hall Road, Leytonstone, where my studio was. Every detail screams at me today what my life felt like then. The title, though, could have been coined in 2019.'



## 'Newsreader' 1990

'This is one of a pair of dishes featuring portraits of female television newsreaders who at the time represented an aspirational form of femininity for me. As a transvestite I was constantly seeking out female role models to emulate.' ■



→ 'Grayson Perry: The Pre-Therapy Years' is published by Thames & Hudson on Jan 24.

'Grayson Perry: The Pre-Therapy Years' is at The Holburne Museum, Bath. Jan 24-May 25.

GRAYSON PERRY: ROBB GREGG; ALL ARTWORKS COURTESY THE ARTIST AND VICTORIA MIRO. © GRAYSON PERRY; CHILDHOOD TRAUMA MANIFESTING ITSELF IN LATER LIFE, 1992. GLAZED CERAMIC, 34 x 33 CM; ARTEFACT FOR PEOPLE WHO HAVE NO IDENTITY, 1994. GLAZED CERAMIC, 26.8 x 37 CM; SAINT DIANA (LET THEM EAT SHIT), 1984. MIXED MEDIA, 36 x 23 x 13.5 CM; NEWSREADER, 1990. GLAZED CERAMIC, 36.5 x 41 CM

# habitat

habitat.co.uk

**SALE**

up to  
**50%**  
**off** selected  
lines

Ends Sunday

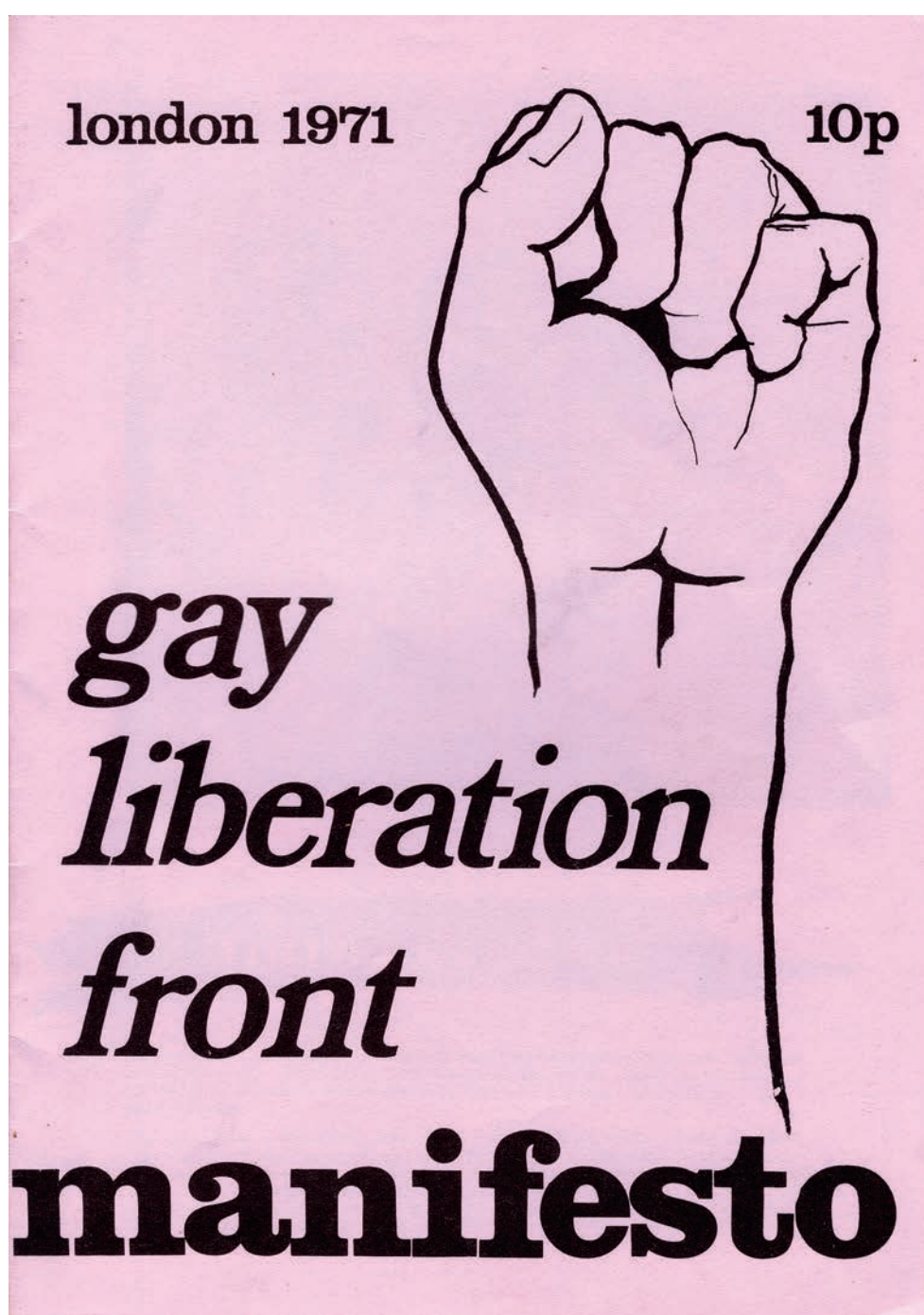


---

# FREE LONDON

---

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



## A look at social revolution at LSE

This year marks half a century since the start of two whopping social movements: Women's Lib and the Gay Liberation Front. Both went from tiny meetings to world-changers. The exhibition 'Social Revolution' explores how the activists behind the causes inspired thousands of people to fight for change. Plus, it features some *sweet '70s* graphic design.

→ LSE Library. ⊕ Holborn. Until Apr 3.



### Free Magnums on the South Bank

Your fave purveyor of ice cream on a stick has set up a pink box by the Thames featuring an infinity mirror to take pics in. It sounds... fine, but what's actually important for you to know is that, if you go there, you'll be given an ace free ice cream.

→ Observation Point, South Bank. ⊕ Southwark. Tue Jan 21.

### 'Beetlejuice' screening at Peckham Levels

Treat yourself to watching a film outside of your room for once. Deeper into Movies is showing the Tim Burton classic tonight and it's not even Halloween.

→ Peckham Levels. Peckham Rye Overground. Tue Jan 21.

### Lunch giveaway by Mob Kitchen

Grab some tupperware and get down to Covent Garden where the gang behind the Mob Kitchen cookery channel and books will fill it up with tasty zero-waste food. (Until it runs out.)

→ Covent Garden Piazza. ⊕ Covent Garden. Fri Jan 24.

### Creme Egg cooking at White Space

Get your Easter fix months early at this pop-up serving brownies, curries and spaghetti made out of Creme Eggs. We'd rather eat them sans pasta but who knows? It could work.

→ White Space. ⊕ Leicester Square. Thu Jan 23-Fri Jan 24. Book via 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

# Save up to 30% on **FIVE-STAR LUXURY**

Look forward to sun-kissed skin, sandy toes and mouth-watering cuisine with an unforgettable holiday to Dubai, Maldives or Asia. Take advantage of our sale and benefit from complimentary room and meal upgrades, as well as added values such as, excursions and drinks packages. Book one of our limited special offers today and enjoy award-winning Emirates flights, low deposits from £100 and incredible savings on hotel stays.

DESTINATION			FROM
5* Caesars Palace Bluewaters Dubai	Half board	3 nights	£755
5* Atlantis The Palm, Dubai	Complimentary half board	3 nights	£779
5* Phuket Marriott Resort & Spa, Merlin Beach, Thailand	Breakfast	7 nights	£815
5* Radisson Blu Azuri Resort & Spa, Mauritius	Complimentary upgrade to all-inclusive	7 nights	£1,099
5* Shangri-La's Villingili Resort & Spa, Maldives	Complimentary upgrade to all-inclusive	7 nights	£2,645

[emiratesholidays.com](http://emiratesholidays.com) | 020 8974 7425



**BEST LUXURY  
HOLIDAY COMPANY**



THE  
**EMIRATES  
HOLIDAYS  
SALE**

**NOW ON**



**Emirates  
Holidays**





# By this time next year I want to...

Our guide to making sure you're healthier, happier and (maybe) wealthier in 12 months' time.\* Illustrations *Yeye Weller*. Photography *Andy Parsons*

\*Please do not hold us to any of this

I want to...

# run really fast

## Choose your park wisely

Founder of London running community Run Dem Crew *Charlie Dark* reveals the best places to get the miles in

A good run has to stimulate the mind. It's got to be a celebration of being alive. You can't get that from just running a loop around the perimeter of a park as fast as you can. It's boring. You've got to approach the space with the eyes of a child. Kids in the park don't just stick to the outside, they explore and they play.

It could be the challenge of the gentle rolling hills of **Ladywell Park**, the primal feeling of getting lost on **Hampstead Heath** or sprinting past the deer in **Richmond Park**. It could be the view as you head down towards the lake in **Hyde Park** early in the morning. Perhaps it's jogging among the other runners in **Victoria Park** and the little rituals that you go through: do you say hello? Will they reply? Will people try to race you? Or it's the memories you have of a place. **Peckham Rye** is where I had my first

cross-country race, my first game of football and my very first kiss – all of that comes back to me when I run there.

The **Olympic Park** is my favourite park. Running there is a bit like being in a computer game. There are these amazing hills that lead up from the bottom to the top of the aquatic centre. There's the

velodrome, and all the bridges and steps you can run up. You can head up to the Olympic Rings. Or, from that East End park, you can run down the canal, all the way to Ladbroke Grove, without ever coming on to the road. It's challenging and inspiring: a perfect park for inner-city runners. *Charlie is a Lululemon ambassador.*



## Shop some sustainable gear

Want to be totally insufferable this January? Combine a new exercise habit with a sustainably sourced sports look. Bag one of **Sundried's** running vests (£20, [www.sundried.com](http://www.sundried.com)), made from recycled plastic bottles, or **BAM's** leggings (from £14.40, [www.bambooclothing.co.uk](http://www.bambooclothing.co.uk)) created with sustainably grown bamboo. **Silou's** Tara sports

bras (£129, [www.siloulondon.com](http://www.siloulondon.com)) look very 'fitness influencer' and are produced small-batch in factories that pay above the living wage. Combine with space-age **Adidas Ultraboost 20** (£160, [www.runnersneed.com](http://www.runnersneed.com)), made from beach litter, hit the park and, at the very least, you've got the makings of a successful Hinge pic.



## You'll need these albums

Music editor *Oliver Keens* on the tracks that'll get you accelerating



Nobody looks at James Murphy and thinks 'fit lord'. But the brilliant force behind NYC's greatest ever robo-punks made a whole piece of music for running back in 2006. Start slow to godly disco, speed up to some properly throbbing hi-NRG pulses, then stretch out in ambient bliss right at the end.



Should you feel the need for speed, cue up this jaw-dropping 50-minute live set from London DJ Sherelle – she owned 2019 with her intense 160bpm mashup of footwork, grime, jungle and unbridled energy.



If you want to achieve a PB through BPMs alone, then let this hybrid genre of breakcore be your friend, not foe. Not gonna lie, this 2002 album is distressing and sounds like a drumkit being aggressively pushed down the staircase at Covent Garden tube. It's not everyone's cup of tea but, fuck me, it's vigorous.

# REBOOT YOUR ZZZs

with our range of sleep products  
In-store | Boots.com | App



*Boots*  
Let's feel good

Subject to availability, selected stores.

I want to...

# make more friends

Know where real Londoners hang out...

From the pub with a northern vibe to a friendly vintage shop, locals share top spots for making new mates



**Shawlini 28**

'There's a nice mix of people at Flat Iron Square. The bao are great too.'



**Jay 27**

'The Bhakti Yoga Centre in Walthamstow is good. It makes great vegan food.'



**Rachel 28**

'Peckham Levels hosts events and is full of people. Zen Yoga in Camberwell is more intimate.'



**Ayo 27**

'I went to uni in Manchester, where it's super-friendly. The Star of Kings pub has that feel.'



**Mehdi 22**

'At exhibition openings, at the Truman Brewery and 180 Strand, you can share ideas.'



**Juliette 24**

'Traid in Dalston is a vintage shop where everyone tries on clothes and swaps things.'



**Ebold 20**

'Heaven is probably London's friendliest club. You never feel alone there.'

## ...Or just head to galleries

Art editor **Eddy Frankel** on how to make pals next to paintings



Let me be absolutely clear here: I don't think you should talk to strangers in art galleries. These are places where people like to be alone with their thoughts and

ideas; just leave them alone. But if you absolutely *have* to talk to someone when they're staring at a painting, your best way to make friends is to leave your ego behind and assume that they know more than you. Ask them what they think the work is about, why the

artist chose those colours, those shapes, that composition, why they made that work at that time. You might be lucky and meet an expert, or you might be really lucky and meet someone as unhinged as you: someone who actually *wants* to talk in an art gallery.

INTERVIEWS BY JESSICA PHILLIPS



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.

When winter weather strikes we run snow-and-ice-busting trains around the clock to

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.

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.

# SNOW PLACE LIKE HOME

**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](http://southeasternrailway.co.uk/winter-weather)**

I want to...

# do without booze

Open your mind to more wholesome pursuits

Events editor *Katie McCabe* explains why it's good to change your perspective on going out



**W**hen I first moved to London, I thought big nights out happened 'in town', so most of them ended with me pissed in Soho bars that served Corky's. It wasn't until I stopped chasing the big blow-out that things got better. I found fun that didn't end in a hangover.

I quickly realised that if you look hard enough, you'll find something in London every single day that could have been tailor-made in a lab for you, and doesn't involve shots at all. Want to watch a movie double-bill at midnight? Done – go to the **Rio Cinema** in Dalston. Need an interactive comedy night

that's dedicated entirely to Angela Lansbury? We've got that too, it's called **Solve-Along-A-Murder-She-Wrote**. Want something that blends circus, drag, disco, queer cabaret and erotic acrobatics? Try **Mariah & Friendz**. LGBTQ+ Bollywood hip hop night? Got it, it's called **Hungama**. Nights out where you can drink, but are so full of life, so enriched with their own sense of community, that you don't need it to feel at home.

And it's not just the niche stuff. The 2009 me saw the South Bank as a tourist trap, when really I was missing a place where you can see art exhibitions (**Hayward Gallery**) go to free literature nights (**Southbank Centre**), watch late-night Shakespeare (**The Globe**) and access one of the world's largest film archives (**BFI Southbank**). Now those are ways to get a buzz that doesn't involve apple-flavoured schnapps.



## Get charming sober chat

Dating coach *Hayley Quinn* lets us in on how to flirt without a drink

First of all, choose your environment. Doing an activity date can provide more opportunities for conversation, and walking or sitting side by side can make you feel more relaxed than across a table. When it

comes to breaking the ice, dodge small talk. Reveal how you're actually feeling instead of asking a question like 'So, how did you get here this evening?' that will make you both feel like you're in a job interview. Saying that you feel

shy or nervous can help you stop worrying about it and will come across as endearing and flirtatious. Don't worry if you run out of things to say. Silence isn't awkward. Pauses give you a bit of space to feel a spark. Don't panic if things

are moving a bit slower than on a boozy date. While alcohol definitely helps us lose our inhibitions, it can also make us feel like we have a stronger connection with someone than we would have if we met them in day-to-day life.

## Find low-alcohol meccas

Drink editor *Laura Richards* on the places that stock way more than Diet Coke



### Exmouth Arms

This beery institution offers booze-free bottles from Erdinger, Mikkeller and Ipswich's low-alcohol pushers Big Drop Brewing Co.

→ [Farringdon](#).



### Mother Kelly's Vauxhall

One of the best alcohol-free beers going – Lucky Saint – is finally being poured on draught. Try it at this epic taproom.

→ [Vauxhall](#).



### The Rake

The beer bar has given one of its draught lines to alcohol-free brewery, Nirvana. Taste 0.5 percent Hoppy Pale Ale for a truly spiritual experience.

→ [London Bridge](#).



## OUR WINTER SALE IS ON NOW

We're kicking off the new year with our big seat sale to the Americas. Now is the time to save on travel to Canada, the U.S., South America, and sunny Caribbean destinations.

With non-stop flights from London to St. John's, Halifax, Montreal, Ottawa, Toronto, Calgary, and Vancouver, and smooth connections throughout the Americas, it's only a question of where to go.

Sale ends January 31, 2020. Book at [aircanada.com](http://aircanada.com) or contact your travel agent.



Voted Best Airline  
in North America



**AIR CANADA**

A STAR ALLIANCE MEMBER 

I want to...

# have titanic arms



Be inspired by this guy...

Co-founder of City Athletic gyms *Shaun Stafford* spills how he got guns like Popeye's

## Shaun's big-arm tips...

**1** You need to train at least twice a week. On a Monday, work on your back muscles. Let them recover for 48 hours. Then focus on the biceps, with barbell curls and hammer curls.

**2** The most effective way to grow muscle is to work at 75-80 percent of your maximum effort. To find yours, do a one rep max test: work your way up the weights until you find a weight that you can lift once and once only.

**3** To build muscle mass, you need to eat more calories than you burn, including two grams of protein per kilo of body weight.

**I'm not that strong, but I'm incredibly muscly.** My biceps have a 16.5-inch circumference.

**I started weight training at uni.** I played rugby while I was studying Economics and Geography at Oxford and needed to get robust.

**I used to compete in the World Body Building and Fitness Federation.** I did the physique category. It's a

cross between bodybuilding and a beauty pageant.

**It's a selfish sport.** Relationships take a back seat to training 24/7. When my wife and I wanted kids, I stepped away. Now I run two gyms.

**I won four titles. Now I wouldn't place top ten.** I do five weights-based workouts a week – each one lasts around an hour.

**My bench press is very strong.** I can lift 140kg. That's the weight of two adults.

**Buying clothes is a nightmare.** I have to get suits and shirts made for me. I mostly wear sports kit and extra-large T-shirts.

**People have preconceived ideas about me.** They think I'm a slave to the gym and only eat broccoli.

**Actually, I can take time off.** A couple of weeks won't make a big impact.

**I do tell a food delivery service how much protein I want each day though.** I eat 170 grams of protein, which would require six chicken breasts.

**I notice other people's bodies, but it's without judgement.** Competition bodies don't translate to real life. → Join Shaun's gyms at [www.cityathletic.co.uk](http://www.cityathletic.co.uk).

## ...But don't worry about it too much

Sport psychologist *Dr Rhonda Cohen's* tips for staying balanced

When we exercise compulsively, we may have an addiction, rather than it being positive.

We have this switch, as humans, which pushes us to keep on achieving more. There are warning signs

that show an imbalance. They are: a lack of control which may mean ignoring friends, family or even

work; a lack of satisfaction unless exercising or post-exercising; and feeling irritable when not extreme exercising.

If you want a healthier appearance, look towards balance. Looking fit is a part of life and identify –

it is not the sole reason for getting up. Family and friends should be our driver.

Make a plan that isn't all-encompassing and stick to it as much as you can. Remember to be flexible, life isn't always straightforward.

# the get money positive account.

Our current account puts you first.  
That's why we'll give you £100 to join, a £250  
interest free overdraft and help you to put  
money aside with our Regular Saver.



overdraft representative example:

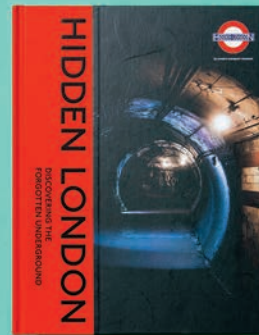
**0% EAR** variable on the first £250. **15.9% EAR** variable on anything above £250 assumed arranged overdraft **£1200**.

Switch using the Current Account Switch Service, deposit £1,000 within 3 months of account opening. New customers only. Overdraft subject to status. We charge interest on overdrafts above £250. Account T&Cs apply. **first direct** is a division of HSBC UK Bank plc, 1 Centenary Square, Birmingham, B1 1HQ. © HSBC Group 2020. All Rights Reserved.

I want to...

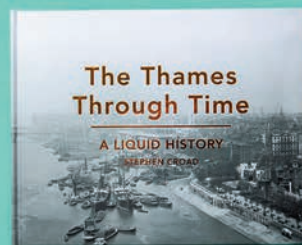
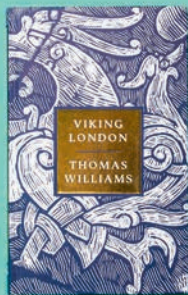
# know this city better

**'London Nights' by Museum of London**  
As anyone who's ever tried to get a good shot of their mates in the smoking area on a night out knows, taking photos at night is hard. That makes this book of more than 100, generation-spanning pictures of London after dark all the more impressive.



**'Hidden London: Discovering the Forgotten Underground' by various authors**  
Ever find it weird that what we see of the capital's tube network is only part of what's there? Read this to get familiar with the lost platforms and tunnels of London's transport system.

**'Viking London' by Thomas Williams**  
Hair, angry and often drunk, the Vikings were essentially seafaring Motörhead fans. This hair-raising yet short non-fiction book fleshes out the 200 years throughout which the V-men repeatedly ransacked London.



**'The Thames Through Time: A Liquid History' by Stephen Croad**  
The fluid boundary between north and south London has been an essential part of this city's life since its birth. This book is a photographic dip into the last 150 years of its history.

**'Modern London' by Lukas Novotny**  
No, it's not just an architecture book. It's a hyper-colourful, 144-page illustrated paean to the capital's art deco factories, social housing projects and gaudy skyscrapers. You will savour every page.

**'Charles Booth's London Poverty Maps' by Mary S Morgan and Iain Sinclair**  
With these fascinating maps depicting deprivation in nineteenth-century London, have fun checking whether the street you live on is in the 'vicious, semi-criminal' section.

THANKS TO FOYLES FOR SUPPLYING THE BOOKS

## For those who hate books

If you're bored of being a dumbo who doesn't know any good facts about the city you live in, you're in luck. London, the big old narcissist that it is, is full of institutions exploring this magical city. Naturally, you'll want to start at the **Museum of**

**London**, which tells the story of the city from prehistoric times to the present day. And it houses the fatberg. Love the tube? The **London Transport Museum's** permanent collection is a winner



(you can also get yourself some grade-A roundel merch there). At **The Postal Museum** you can ride on the Mail Rail train that once carried post around the city. If your kink is the capital's waterways, the **London Canal Museum** has the hot intel on the people who live on boats, the horses

that pulled them and much more. Of course, London's history isn't all fun and Industrial Revolution barons. At **The Foundling Museum**, on the site of a former hospital, you can get a glimpse of life in the first institution for homeless children and orphans (opened in 1739), while the **Museum of London Docklands** has a powerful exhibit on the lives of slaves in the city. Now go get clued up.

LONDON TRANSPORT MUSEUM: MICHELLE GRANT

# SALE

## UPGRADE ON US

### FREE ROOM UPGRADE

#### Dubai: 5★ Jumeirah Zabeel Saray

- Direct international flights & transfers
- 3 nights' half board
- **FREE** room upgrade to a Deluxe King room
- Special room rate

Tailor-made easy...

3-NIGHT HOLIDAY

FROM

£749 pp

SAVE UP TO

£648 pp

REF: 3635855

Escapes | Tailor-made holidays from FLIGHT CENTRE

Chat to us online, in-store or call **0808 239 6981** to find out about our **SALE** offers.

★ Trustpilot



**FLIGHT CENTRE**®

*All travel, No worries*



Offer applies to select packages for sale between 26.12.2019 and 31.01.2020. Prices correct as at 15.01.2020 and subject to change. Prices may be higher or unavailable for certain travel dates. Prices are per person and accommodation is based on two adults sharing. Airfares are economy on specified airlines from London, unless otherwise stated. Room upgrades based on availability at the applicable hotel selected at time of booking during select dates. Full booking conditions at [flightcentre.co.uk](http://flightcentre.co.uk). Flight-inclusive holidays are financially protected by the ATOL scheme.



I want to...

# be veggie (or not)

## So here's the thing about meat

Part-time veggie *James Manning* explains why it's time to give up as much meat as you can



**H**ey, you! I'm here to tell you that you should go vegetarian – or preferably vegan – in 2020. And I'm telling you this even though I'm not actually vegetarian. Or vegan. Or even pescatarian. I'd call myself a flexitarian if it didn't make me sound unbearable. 'Occasional carnivore'? 'V-curious'? Whatever you want to call it, that's me. I eat meat and I'm not happy about it.

I'm trying. In the last five years, I've cooked meat at home once. I try and order veggie or vegan options in restaurants whenever possible – except when I'm going for a Turkish grill, a Sunday roast, tapas or a barbecue. I love London's vegetarian and vegan eateries – but mostly because they're places I can avoid meat without having to crank my reserves of willpower into gear.

And yes, I'm fully aware that loads of people manage not to eat meat. According to our latest Time Out Index survey, one in 20 Londoners is vegan and a further one in ten is vegetarian. (One in five, like me, ticked the box titled 'reducing meat'.) That's a-million-and-a-half Londoners who find not eating dead animals seemingly effortless: a noble ability that makes me feel like a cruel, weak-willed monster. However, I suspect there is a key difference between me and at least some of that million-and-a-half: I love meat. Always have. As a kid, my

idea of a good time was a massive plate of ribs. Later I got hooked on Spanish ham. If I'm in a place that does really good steak, I'm damned if I'm not going to order the really good steak. But the fact is that people who know about stuff (the UN, scientists, David Attenborough) seem unanimous that eating meat is making climate change a lot worse. Two million acres of Amazon rainforest burned in 2019 to clear land for cattle ranching. Still enjoying that steak?

Sure, there are some outspoken vegans with some radical beliefs out there, and you're welcome to

think they're a pain in the arse. But is there anything more moronic than responding to someone saying they've gone vegan with: 'Now I can eat twice as many burgers'? They're doing something meaningful to try and stop an impending global catastrophe. You're sitting giggling with meat juice on your chin.

That's why I'm trying to go (more) vegetarian, and why you should too. Be part of the solution – so that if you do occasionally find yourself being part of the problem, like I did this very weekend at a Turkish joint, you can at least have the decency to feel bad about it.

**'I feel like a cruel, weak-willed monster'**



## Clue up on the best fake stuff

### Puffed tofu

**BEST AS:**

Bowls of laksa or noodles.

**TASTES LIKE:**

Thai fishcakes with the flavour sucked out of them.



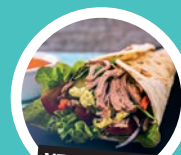
**VERDICT:** Flawed

### Jackfruit

**BEST AS:** Burritos.

**TASTES LIKE:**

Overripe pineapple with just a hint of banana.



**VERDICT:** Fair

### Soya protein

**BEST AS:** Seasoned mince.

**TASTES LIKE:** Beef

(sometimes). Lamb (if lucky). Pork (if you've struck gold.)



**VERDICT:** Fab

### Wheat gluten aka seitan

**BEST AS:** Fried 'chicken'.

Like, disturbingly so.

**TASTES LIKE:** Fried chicken.



**VERDICT:** Fantastique





**New plans.  
Great value.  
That's SMARTY.**



**Search SMARTY mobile.**

**SMARTY**  
Simple, honest mobile



I want to...

# feel less anxious

Fast track your way to relaxed at [timeout.com/bestspas](https://www.timeout.com/bestspas)

**What is making us anxious?**

**What can I do to calm down when I feel frazzled?**

**What about in the long term?**



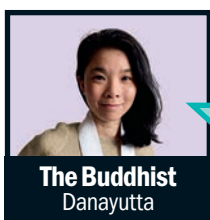
**The therapist**  
Lucy Blair

'We pick up ideas like feeling guilty, ashamed or hurt, and tell ourselves they're unbearable.'

'If you feel like you're going to have a panic attack, look at your shoes and describe them to yourself.'

'Practise mindful walking. Really focus on nature when you walk instead of just living in your head.'

Lucy does CBT at Barnsbury Therapy Rooms.



**The Buddhist**  
Danayutta

'We can tend to shut off from the world in order to get through our day.'

'Meditation can help. It's time and space to get some perspective on your life.'

'Try the London Buddhist Centre's free six-week meditation challenge in January.'

Danayutta is a meditation teacher at the London Buddhist Centre.



**The masseuse**  
Tracy Byrne

'Checking our devices every second. We need to make sure we're not doing that and be more mindful about what we're saying yes to.'

'The physical process of writing out your thoughts is good for getting you out of your head.'

'Regular massage, reflexology and acupuncture are really restful. They increase all the good hormones in the brain.'

Tracy works at Holistic Health Hackney.



**The yoga teacher**  
Rebekah Hay-Brown

'The world we live in now is non-stop and we've lost the structure of our working week.'

'Place one hand on your chest and slow your breath down. It will soothe the nervous system.'

'Go to bed earlier. Sleep is really key and normally the first thing that goes when our stress levels are up.'

Rebekah teaches at Triyoga in Ealing.

## The case for walking to work

Features editor *Kate Lloyd* on why it's time to commute via the pavement



The first time was by accident. I was walking to the overground station in Homerton and just kept going... all the way to Southwark. It took an hour and a half – double my tube commute – but I was hooked. Now I've walked to work for eight years, from Stamford

Hill to Shaftesbury Avenue, Tower Hamlets to King's Cross. Deliver me to work in a crowded carriage and I arrive in my natural state: Anxious Mess. Let me walk, and something changes. My worries downsize.

There's probably some science behind it: endorphins, expelling nervous energy, vitamin D or time alone to think. But, most of all, I love

the fact that walking to work makes me feel like a tiny cog in a ginormous wheel. I watch the city's landscape transform as I head into central London, I notice the first signs of the seasons changing and I get out of my head and lost in the crowds. I feel totally insignificant and I love it. If you too identify as an Anxious Mess I couldn't recommend it more. ■

INTERVIEWS BY ALEXANDRA SIMS



£1 SPENT.  
1 AVIOS EARNED.  
AND SOON  
1 SUITCASE  
PACKED.\*

NO ANNUAL FEE  
SEARCH 'BA AMEX'



British Airways American Express®  
Credit Card



REPRESENTATIVE **22.9%** APR VARIABLE

\*Terms and exclusions apply to collecting Avios. Applicants must be UK residents aged 18 years old or over and are subject to approval. All information including Representative APR is correct as at 18 November 2019. Interest rates link to the Bank of England base rate. See [amex.co.uk](http://amex.co.uk) for details. American Express Services Europe Limited is authorised and regulated by the Financial Conduct Authority.

AVALON PRESENTS

# RUSSELL HOWARD

## RESPITE

STAND-UP  
WORLD TOUR



**EXTRA LONDON DATES ADDED**

**EVENTIM APOLLO HAMMERSMITH**  
**18, 19, 20, 21, 23 SEPTEMBER**

**FOR FULL UK TOUR DATES VISIT**  
**RUSSELL-HOWARD.CO.UK**



AVALON PRESENTS

# CHRIS RAMSEY

NEW LIVE 2020 TOUR

**SOLD OUT** **LAST FEW**

HACKNEY EMPIRE: 21 MARCH & 6 NOVEMBER  
EVENTIM APOLLO HAMMERSMITH  
10 DECEMBER

FOR FULL UK TOUR DATES VISIT  
[CHRISRAMSEYCOMEDY.COM](http://CHRISRAMSEYCOMEDY.COM)

AVALON PRESENTS

# MATT FORDE

## BREXIT, PURSUED BY A BEAR



SOHO THEATRE: 20-25 JAN  
PURCELL ROOM: 10, 27 MAR & 22 MAY  
BLOOMSBURY THEATRE: 2 MAY

FOR THE POLITICAL PARTY PODCAST  
AND FULL UK TOUR DATES SEE  
[MATTFORDE.COM](http://MATTFORDE.COM)

AVALON PRESENTS

# DAVID BADDIEL

## TROLLS NOT THE DOLLS



**2020 UK TOUR**

QUEEN ELIZABETH HALL  
6 MAY

FOR FULL UK TOUR DATES VISIT  
[DAVIDBADDIEL.COM](http://DAVIDBADDIEL.COM)

AVALON PRESENTS

# 100% Simon Brodkin

THE STUNT MASTER AND LEE NELSON CREATOR

**EXTRA LONDON DATE JUST ADDED**

LEICESTER SQUARE THEATRE  
2 MAY

FOR FULL UK TOUR DATES VISIT  
[SIMONBRODKIN.COM](http://SIMONBRODKIN.COM)



# GO OUT WITH

## TimeOut

Food, drink, screenings, pop-ups: don't miss our exclusive offers and discounts

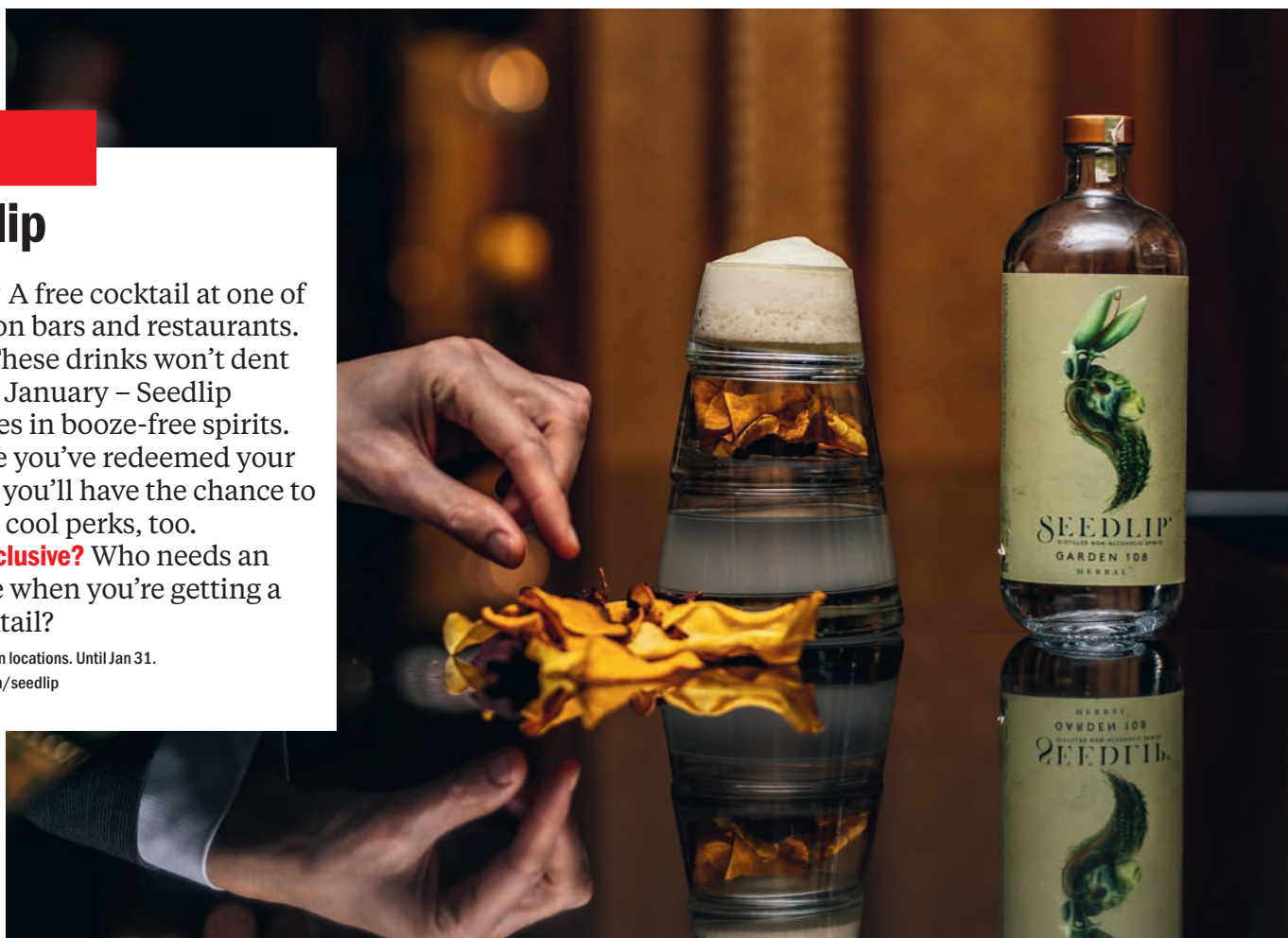
### Seedlip

**What is it?** A free cocktail at one of 40 London bars and restaurants.

**Why go?** These drinks won't dent your Dry January – Seedlip specialises in booze-free spirits. And once you've redeemed your voucher, you'll have the chance to get some cool perks, too.

**What's exclusive?** Who needs an exclusive when you're getting a free cocktail?

→ Various London locations. Until Jan 31.  
[www.timeout.com/seedlip](http://www.timeout.com/seedlip)



### Caudalie

**What is it?** A skincare package including a 50-minute facial, two products, a drink and a £20 voucher.

**Why go?** Whether you're affected by winter weather or London pollution, caring for your skin is important. And some of our most delicate skin is on our face, so why not show it a little bit of love?

**What's exclusive?** You'll save a massive 39 percent and pay just £79.

→ Various London locations. Until Apr 28.  
[www.timeout.com/caudalie20](http://www.timeout.com/caudalie20)

### Move GB

**What is it?** 30 days of fitness passes, including everything from pole and parkour to boxercise and barre.

**Why go?** Work up a sweat without breaking the bank. Oh, and if you discover your new fave fitness flavour, you can enjoy another class there with up to 30 percent off. Release the serotonin!

**What's exclusive?** An entire month of fitness passes for just £1.

→ Various London locations. Redeem by Feb 11.  
[www.timeout.com/movegb20](http://www.timeout.com/movegb20)

### The CBD Expo

**What is it?** Panels, presentations, seminars and networking events all about cannabidiol.

**Why go?** Understanding CBD is as easy as ABC. The expert speakers and vendors at this expo will show how this plant-powered ingredient looks set to be a defining lifestyle trend of the 2020s.

**What's exclusive?** Get a day ticket for £3.50 or a two-day pass for a fiver.

→ ExCeL London. ⊖ Custom House. Apr 4-5.  
[www.timeout.com/thecbdexpo](http://www.timeout.com/thecbdexpo)

### 'The Sunset Limited'

**What is it?** A rare stage outing for multi-award-winning American writer Cormac McCarthy.

**Why go?** Starring Gary Beadle and Jasper Britton, and directed Terry Johnson, this philosophical play is a brutal insight into racial dynamics in the US.

**What's exclusive?** Tickets are discounted up to 37 percent and start from as little as £14.

→ Boulevard Theatre. ⊖ Piccadilly Circus. Until Feb 11. [www.timeout.com/sunset](http://www.timeout.com/sunset)

Theatre, music, events: get the best tickets in town at [timeout.com/london/offers](http://timeout.com/london/offers)

# Property

Edited by Laura Richards  
timeout.com/property

## A-Z for first-time buyers

After an uncertain year, there's movement on the London property market. Use this guide to proceed with more confidence than a Monopoly champ.

Illustrations *Nathalie Lees*.

### **A** Agreement in principle

An estimate of what you can borrow from a mortgage lender. It lets you know the budget you're working with – and that you might have to keep saving just a little longer for that Chelsea townhouse.

### **B** Building survey

The house might look perfect, but a survey reveals what's hidden beneath (damp, subsidence, a crime scene...). Although optional, if something is found, it could knock down the price or warn you off.

### **C** Check out the neighbourhood

If the value seems odd to you, it's time to do some digging. Have a nose at the Land Registry to see how much similar properties in the street went for and then ask the hard questions – or drive an even harder bargain.

### **D** Deposit

You'll need some savings to secure a mortgage, but size doesn't always matter – in some cases, it can be as little as 5 percent of the value of the property.

### **E** Equity loan scheme

This government scheme offers loans of up to 40 percent of the purchase price on new-builds, and it's interest-free for the first five years. So politicians can be helpful (sometimes).

### **F** Freehold v leasehold

This is a biggy in London. A freehold means you indefinitely own the property and the land it sits on. Leaseholds are more common with flats (and in the capital). While you own the property, it's only for a finite amount of time, and there will be a freeholder who owns (and is responsible for) the building.





**G Ground rent**  
An annual fee that leaseholders pay to the freeholder for occupying their land. Check the small print: in typical London fashion, some could be subject to price hikes. And some properties will also incur maintenance costs.

**H Homes for Londoners**  
Interested in Shared Ownership? This search tool helps you find out your eligibility and homes available on the scheme – there may be some in your area.

**I Insurance**  
You're probably already familiar with contents insurance, but now it's time to splash out on buildings insurance too. This will cover the costs of rebuilding your home from scratch should the worst happen (and no, we don't mean a house party getting out of hand).

**J Joint mortgage**  
Buying solo is a big outlay. Why not buddy up? You don't need to have the hots for each other, but it's best to think long and hard before committing. Nothing tests a friendship like being legally and financially bound together.

**K Keep on top of finances**  
Knocksplashing out on the head for at least three months before applying for a mortgage – you want to look responsible when sharing your finances with lenders. Also check your credit score and ways to improve it, such as clearing debts and getting on the electoral register.

**L Loan-to-value ratio**  
In a nutshell, LTV shows the size of a mortgage compared to the value of the property. While yours might look high to begin with, the more you pay off, the lower the

percentage goes – and the less risky you seem to the bank. As a reward, you'll get access to those sweet, sweet interest rate deals.

**M Mortgage broker**  
Your new BFFs, these guys are looking to advise you on the best deals out there (for a fee, but don't worry, money doesn't exchange hands until they've come up with the goods). First, they'll get to know your spending habits intimately.

**N Negotiate**  
Just because a property is on sale at a price doesn't mean you have to pay that. Thanks to political uncertainty, you could be pleasantly surprised when you offer less than the asking price. But beware of being 'gazumped' by somebody making a higher offer – a fantastic word for something incredibly annoying.

**O Out-of-town solicitor**  
You might be buying in London, but that doesn't mean all legal bits have to be done here. You may find cheaper fees for conveyancing with a firm outside the city. Just don't go too far – you'll likely have to visit them at least once.

**P Property alerts**  
Fallen in love with an area? Get email notifications from the likes of Zoopla, Rightmove and local estate agents as soon as a property

that meets your requirements is put up for sale. Then secure a viewing before anyone has even had a sniff.

**Q Quickness**  
As mad as it sounds, it's not uncommon to make an offer during your first viewing, especially in first-time buyer hotspots such as Walthamstow and Peckham, where competition is #fierce.

**R Repayment v interest-only**  
There are two types of mortgage. With both you pay the interest on the loan, but with repayment, you chip away at what you've borrowed from the bank too. The monthly payments are higher, but you won't have a nasty surprise at the end.

**S Shared Ownership**  
This scheme is open to any household in London that earns £90,000 or less. It lets you own a percentage of your new home and pay rent on what you don't. It's not just on new-builds, with pads that have character also up for grabs.

**T Transport links**  
Being within walking distance of public transport might nudge up the price (the same with close proximity to schools), but living in a bus or tube black spot could make life a misery. Test the journey before committing to a new London 'hood. →

## Property

**U Under £300,000** Any property below this price is exempt from stamp duty tax for first-time buyers. You'll pay 5 percent tax on anything above this up to £500,000. Any higher and it gets more expensive.

**V Variable v fixed interest rates**

The bank charges you for the pleasure of lending you money and the amount can be variable (also known as a tracker mortgage), meaning it changes in line with the Bank of England's base rate. Otherwise, opt for a fixed-rate mortgage. Both have benefits, but a tracker is a bit more of a risk.

**W White goods** You've saved a deposit and budgeted for fees and taxes, but don't forget to put money aside for furniture. While it's not the most exciting way to spend your cash, a fridge and bed may come in handy.

**X X marks the spot** Looking for an investment? Seek out future hotspots (Crossrail



could have an impact on areas, for example), and put down roots before gentrification hits. But be warned: there's no guarantee where you pick will end up being 'the next Hackney'.

**Y Yolo** As the ancient proverb goes, you only live once, so be brave when making an offer. As a first-time buyer, you look more attractive since you're chain-free and committed to the cause. So if you're not in a bidding war, don't be afraid to come in slightly under your upper limit to give yourself some wiggle room.

**Z Zones** We hate to break it to you, but you might have to look outside of Zone 1. Barking and Dagenham is the most affordable borough and is only 30 minutes from central London. Say goodbye to cramming into someone's armpit and hello to a seat on the District line. ■



By Charlie Allenby  
Who can't stop saying 'gazumped'.

# First Time Buyers, we share your dream.

## (But not your home — you'll own 100%)

100% home ownership discounted by 20%  
for local people on average incomes.



Register now  
[pocketliving.com](https://pocketliving.com)

Coming to Barking & Dagenham, Croydon,  
Haringey and Redbridge in 2020.



BEAT THE

# Winter BLUES

Join us at one of our interior design events and reap the rewards when you reserve.



Bespoke interior design packages available!\*

**Saturday**  
25th January  
11am-4pm



**SOUTHALL VILLAGE**  
SOUTHALL, UB2

3 bedroom houses  
Prices from **£547,000**  
Stamp Duty\*\* incentive available

020 3369 0158 | southallvillage.co.uk

**Sunday**  
26th January  
11am-4pm




**Aspire**  
St Bernard's Gate

**SOUTHALL, UB2**

1 & 2 bedroom apartments  
25% share price from **£78,750†**  
(Full market value £315,000)  
No moving fees††

020 3369 0599 | stbernardsgate.co.uk

**Saturday**  
8th February  
11am-4pm



**ARRO**

**SOUTHALL, UB1**

Studio, 1 & 2 bedroom apartments  
25% share price from **£65,625†**  
(Full market value £262,500)  
5% deposit paid†

020 8168 0183 | arrolondon.co.uk



REGISTER YOUR INTEREST  
[www.catalyst.homes](http://www.catalyst.homes)  
020 8168 0700 | [sales@chg.org.uk](mailto:sales@chg.org.uk)



Catalyst terms and conditions apply. Images are indicative only. Prices correct at time of going to print. \*Interior design package – Terms and conditions apply. Only available on selected developments and plots only. \*\*Stamp Duty incentive – Terms and conditions apply. This offer is subject to availability and is only available on selected plots at Southall Village on reservations made before 31st January 2020. Please speak to a member of our Sales Team for more details. †Shared Ownership – Terms and conditions apply. This scheme is subject to qualifying criteria and status. Minimum and maximum share values will apply and rent is payable on the unsold share. Only available on selected properties. It is not offered with any other promotion unless by special arrangement by us. ††No moving fees – Terms and conditions apply. Please speak to a member of our Sales Team for more details. †Deposit paid – 5% deposit of shared value paid. Terms and conditions apply. This offer cannot be used in conjunction with any other offer and is available on selected plots only. January 2020.

# HELIX

SHARED OWNERSHIP  
LAWRENCE AVENUE  
HARLESDEN NW10

## LAUNCHING SATURDAY 8TH FEBRUARY

1, 2 AND 3 BEDROOM APARTMENTS AND  
2 AND 4 BEDROOM MAISONNETTES

- HIGH SPECIFICATION WITH FULLY INTEGRATED KITCHEN
- COMMUNAL GARDENS AND UNDERGROUND PARKING AVAILABLE\*\*
  - 4 MINUTES WALK TO HARLESDEN TUBE STATION
  - 24 MINUTES FROM HARLESDEN TO OXFORD CIRCUS†

PRICES START FROM £136,000 FOR A 40% SHARE  
OF A 1 BEDROOM APARTMENT\*

CALL NOW TO REGISTER YOUR INTEREST  
0808 301 9798 | HYDENEWHOMES.CO.UK

A development by



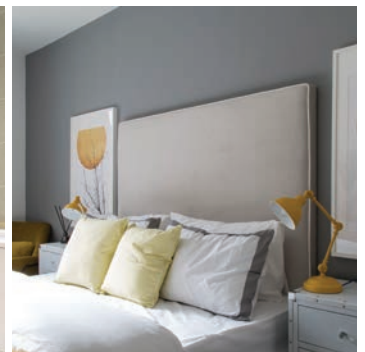
Sales Agent



\*Based on a 40% share price of a 1 bedroom apartment with a full market value of £340,000. \*\*Please speak to the sales team for further information. External CGIs of Helix are indicative only. Internal photography of show apartment. † Sourced from tfl.gov.uk



Computer generated image of Helix



## NEW HOMES THAT ARE A CUT ABOVE.

Unique styles may come and go,  
but we've been creating timeless homes for over 150 years.  
Let's make London your home.



[www.peabodysales.co.uk/timeless](http://www.peabodysales.co.uk/timeless)



## A LOCAL'S GUIDE TO LIVING IN

# Shepherd's Bush

### Tell me about the local tribe

It's vibrantly diverse. Alongside professionals and families, Polish, Antipodean, West Indian and Middle Eastern communities have flourished.

### What's new in the area?

You'll find excitement in White City, with modern Indian **Kricket** in the old BBC **Television Centre**. Down the road, a disused petrol station has become art gallery **Elephant West**, and a huge music venue, **Exhibition London**, is set to open in February.

### Are there any community spaces?

**The Masbro Centre** is a welcoming place for kids, teens and adults to hang out and take part in fitness, cultural and practical activities.

### Is the area family-friendly?

You don't have to walk far to find enclaves of quiet residential streets perfect for raising children. As for entertaining the little mites, there are excellent playgrounds at **Shepherd's Bush Green**, **Brook Green** and **Ravenscourt Park**.

### Where can I grab a morning latte?

Early birds should head to **Liz Café**, which opens at 6.30am on weekdays. For a more refined brew, try **Swallow Coffee Shop**, which uses Ozone beans.

### What are the supermarket options?

You name it, Shepherd's Bush has it: **Lidl**, **Waitrose**, a huge **Tesco** and several littler sisters. But **Damas Gate** is the place for fruit and veg, meat and Middle Eastern treats.



### What's the nearest green space?

Come summer, **Shepherd's Bush Green** is a sunbathing hotspot – even though it's basically a traffic island. For a lush environment, go to **Ravenscourt Park**.

### Is there a market at the weekend?

There's almost nothing you can't buy (including pets!) at **Shepherd's Bush Market**, open Monday to Saturday. On Saturdays, **Brook Green Market and Kitchen** sells fresh produce and street food.

### Any takeaway hotspots?

Westfield is home to plenty of decent chains on Deliveroo. Elsewhere, **Tian Fu** is great for fiery

### AVERAGE PROPERTY PRICES

Flats £460k  
Houses £740k

### AVERAGE RENT

£850 pcm per person

### NEAREST TRANSPORT

Shepherd's Bush and Shepherd's Bush Market

### BUS ROUTES

Loads! Westfield brings them all in

### LOCAL MP

Andy Slaughter (Labour)

Sichuan food while **Kerbisher & Malt** knocks out cracking fish and chips.

### How about keeping fit?

Gym hounds flock to **Fitness First**, but for more interesting exercise, there's athletics and baseball at the **Linford Christie Outdoor Sports Centre**. Water babies can do lengths at the **Janet Adegoke Swimming Pool** and junior kickers can attend courses by **Queens Park Rangers**.

### Where's the nearest cinema?

There are two **Vues** (the Shepherd's Bush Green one is cheaper than Westfield's), or you can snuggle down at the **Electric Cinema** inside Soho House's White City offshoot.

### Where do the locals drink?

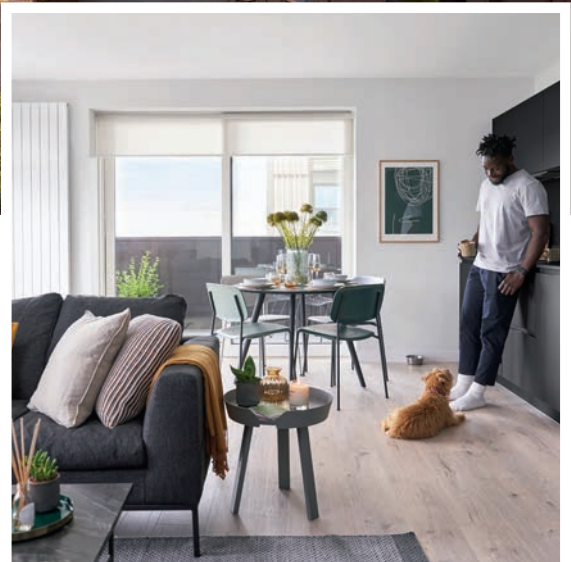
Multi-purpose pub **The Defector's Weld** is a good all-rounder, but if wine is your tippale, the long-established **Albertine** will pour you a glass or several. ■ Sarah Cohen

## Advertisement feature



# Movin' on up!

Ready to rent? Uncover a corner of town that you can call home: Blackhorse Mills



London never feels bigger than when you're property hunting. Searching for the perfect postcode to rent in can seem like looking for a clean sock in a teenage boy's bedroom. So let us lead you to an epiphany: pop E17 on your list. Actually, scratch that – make E17 your list, because contemporary east London development Blackhorse Mills dishes up style and scenery by the bucketload. Go on, wander to Walthamstow. Here's why you won't be disappointed.

## 1 The location is easy on the eye

At rental spot Blackhorse Mills, gazing across the enchanting Walthamstow Wetlands is a daily luxury. That's right, one of Europe's largest urban wetlands is right here in London, and you can dote on all of its wild inhabitants from

your window. But that's not to say there isn't an edge around here (this is a lively patch of east London after all, and that's reflected in the indie stores, kooky bars and bountiful market). And if you hear the city's siren call? Blackhorse Mills is just a minute or two's stroll from Blackhorse Road station, which gives you easy access to the Victoria line and the Overground – and more time to lie in.

## 2 You'll mingle with the friendly local community

In case you haven't heard, Waltham Forest was the London Borough of Culture in 2019. That means E17 has a lot of cool stuff going on. We're talking everything from the village vibes of Blackhorse Road to the creative studios evolving what were once drab workspaces. In

fact, Orford Road, which is only one tube stop away, is one of London's best-kept secrets, with the Wild Card Brewery, Eat17 and God's Own Junkyard within walking distance of one another. As for the community within Blackhorse Mills, there are shared spaces for working and relaxing, retail units on site and a regular event schedule too, so you'll get to natter with your neighbours.

## 3 Keep up with your lifestyle

Can't bear to leave your fluffy friend? Unlike the coldhearted landlords of yore, Blackhorse Mills are cool with pets, subject to some minor rules. Beyond afternoons spent with Spot and Garfield, you'll also have access to a heated lido, rooftop terraces, shuffleboard courts (overlooking Walthamstow Wetlands), private dining rooms,

a hi-tech gym, lounge areas and cycle storage. Phew. Plus, the rental apartments come with bespoke furniture, so you can avoid the local Scandi labyrinth (Tottenham Ikea). Sounds gööd to us, wbu?



Homes for rent by



→ Studio, one-, two- and three-bedroom apartments are available to rent now. For more information or to book a viewing, visit [www.blackhorsemills.com](http://www.blackhorsemills.com).

# HOUSING CRISIS

We put your London property problems to the experts



## This week: a flatmate on the edge

**Tara from Archway says:**

'After living with two of my mates for the last three years, I think it's time for me to move on. Initially, I loved sharing a house with my best friends, but things have turned sour. I'm tired of their mess, noise and drama. And I think we now want different things from a house share. How do I tell them without ruining our friendship?'

**Simone Bose from Relate London, North West and Hertfordshire says:**

'I would say talk to your friends as soon as possible. If you leave it too late, problems will fester and you may damage your friendship.'

'Plan what you're going to say in advance. You know your friends are going to feel hurt, they may even feel like they are to blame for your departure. To increase the chances of staying friends, take care of their feelings during the conversation.'

INTERVIEW BY BETH DOHERTY

Don't use criticising language. Instead, reassure them that you care about the friendship and you believe that moving out will help maintain your relationship. Make it clear that when you are friends it is the best, but when you're living together, you may have too many differences.

'Money can be a real thing for destroying relationships. If it becomes an issue, your friends may not only feel like they have been rejected by you but also like you've dropped them in it. To minimise this, take responsibility and be as helpful as you can. For example, offer to help find a replacement tenant. If you're helpful and considerate, the stress your friends are feeling hopefully won't be projected on to you as the person of blame.' ■

→ For more relationship advice visit [www.relate.org.uk](http://www.relate.org.uk).

Send your problems to [hello@timeout.com](mailto:hello@timeout.com)



## MOTION

LEA BRIDGE LONDON E10

DISCOVER THE SHARED OWNERSHIP COLLECTION

1, 2 & 3 BEDROOM APARTMENTS WITH CONCIERGE SERVICE

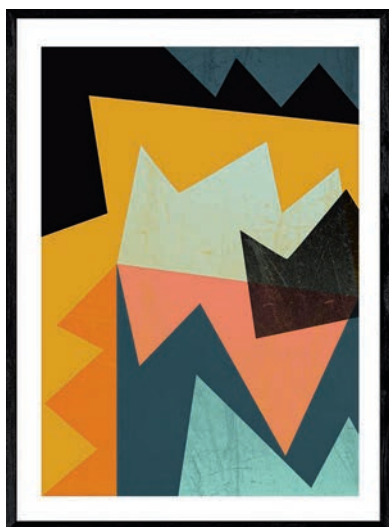
BOOK YOUR VIEWING  
[peabodysales.co.uk/motion](http://peabodysales.co.uk/motion)  
020 3369 0482

 Peabody

\*1 bed apartment prices starting from £105,000 (a 30% share of full market value, £350,000). Additional affordability and eligibility may apply. Prices correct at time of print. Motion is a collaboration between Peabody and Hill.

# Mad max

Join the anti-minimalist movement in your home with these larger-than-life designs (use them all at once for ultimate impact)



### ← Abstracting up

Add jagged geometric lines to your walls for some serious pattern clashing.  
→ Graphic #5 print. £19.95.  
[www.eastendprints.co.uk](http://www.eastendprints.co.uk)

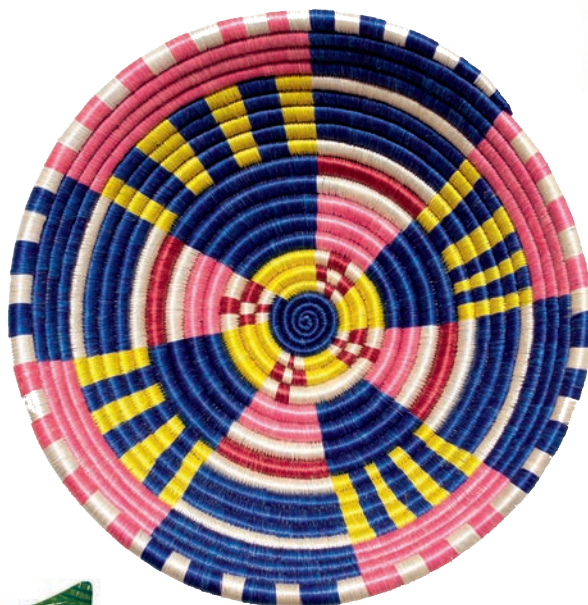
### → Rug life

Use trippy zigzags to bring mangy carpets back from the brink.  
→ Florence Alfresco Trieste Pink rug. £35. [www.woven.co.uk](http://www.woven.co.uk)



### ↓ TerrazzOTT

Up-and-coming UK designer Emily Marlin makes these dazzlingly jazzy coasters.  
→ Terrazzo coaster. £12.  
[www.indish.co.uk](http://www.indish.co.uk)



### ← Basket case

Woven by a charity in Rwanda, these bowls are great hung on the wall or on the side, holding clutter.  
→ Rwandan bowl basket. £45.  
[www.artisans-and-adventurers.com](http://www.artisans-and-adventurers.com)

### ↓ Got wood?

Tree-patterned ceramics bring an earthy dimension to your pad, whether they're ornamental or otherwise.  
→ Hay Wood mug. £11.20.  
[www.iyouall.com](http://www.iyouall.com)



### ← Jungle fever

Can't afford House of Hackney? This bold palm print is equally lush.  
→ Botanical Leaf cushion. £48.  
[www.wolfandbadger.com](http://www.wolfandbadger.com)



THREE OF THE BEST

# 'Extra' interior stores

Sure, we've all heard of Liberty. But these London-based stores are also going for bold when it comes to homeware



### A NewTribe

Hackney is home to this curation of curios from around the world, selected by founder Ella Jones. While buying from the vintage rug selection will set you back a pretty penny, you'll find ornaments, vessels and vases at the more affordable end.

→ 273 Hackney Rd, E2 8NA. Hoxton Overground.  
www.anewtribe.co.uk



### Quirk & Rescue

You know you can rely on a pair named Ms Pink and Mr Black to bring some ordered chaos into your casa. The east London duo run an online store of outré prints and patterned wares that they encourage you to throw together with abandon as part of their 'new maximalist' manifesto.

→ www.quirkandrescue.com



### Pentreath & Hall

On the scene since 2008, this Bloomsbury boutique blends classic British style – we're talking Wedgwood, guys – with young designers in its colourful collection of tableware and accessories. Berber rugs clash unapologetically with the shop's zigzag cushions in neon colours.

→ 17 Rugby St, WC1N 3QT. Ⓧ Russell Square.  
www.pentreath-hall.com

A NEW TRIBE: BARBARA BAZZO; PENTREATH & HALL: JASON INGRAM

# NOW AVAILABLE

One and two bedroom spacious apartments available through Shared Ownership

Secure parking available\*\*

High quality specification

Excellent connections into London

1 bed starting from £105,450 for a 30% share\*

2 bed starting from £124,500 for a 30% share\*



Register now 0203 369 3190

peabodysales.co.uk/colindale-gardens



Computer generated artist impression

COLINDALE GARDENS  
LONDON NW9

THE SHARED OWNERSHIP COLLECTION



\*One-bed prices starting from £105,450 (a 30% share of the full market value, £351,500) with a guidance income of £50,383 - £90,000 and deposit of £10,500.  
\*Two-bed prices starting from £124,500 (a 30% share of the full market value, £415,000) with a guidance income of £60,762 - £90,000 and deposit of £12,450.  
Additional affordability and eligibility criteria may apply. \*\* Available on selected apartments. Travel times are approximate.

# Things to Do

Edited by Katie McCabe  
timeout.com/thingstodo @timeoutlondon

## Parties for the pure of heart

Massive nights (and days) out that aren't followed by a soul-destroying hangover

### The one you won't believe exists

Socialising in winter is inhuman, but at a **Psychedelic Gong Bath**, the 'big night out' involves lying on the ground in a candlelit room and enveloping yourself in a blanket while someone 'drenches' you in soothing sound waves. They'll also give you a warm cup of tea that only tastes faintly like mud. It's a way of giving yourself permission to chill the hell out for a bit, and spend time with friends, without having to say a word. Just give them a wave when you meet them on the astral plane.

→ Swiss Church. ⊕ Covent Garden.  
Mon Jan 27. £14.

### The one that gives back

You know what's good for your wellbeing? Helping others. If the devastating bushfires in Australia have left you feeling at a loss of how to help, going to fundraisers is one small way you can take action. Start with the **Charity Drag Bingo** night at Clerkenwell's LGBTQ+ pub The Apple Tree, where the

ginger fever dream that is Carrot will be lipsyncing, number-calling and bucket-shaking for the Australian Red Cross. Panto-levels of innuendo are guaranteed.

→ The Apple Tree. ⊕ Farringdon. Wed Jan 22.  
£2 per bingo round.

### The one that takes veganism to the extreme

In what seems like a parody of plant-based life dreamed up by people who get angry at Greggs about its vegan steak bakes, something called a **Veganuary Celebration Wellbeing Rave** is coming to London. If you're open to crystal singing bowl and gong sessions, a silent disco and sound healing, then fill your faux leather boots.

→ By Chloe, The 02. ⊕ North Greenwich. Sat Jan 25. £10, includes a vegan main and a drink.

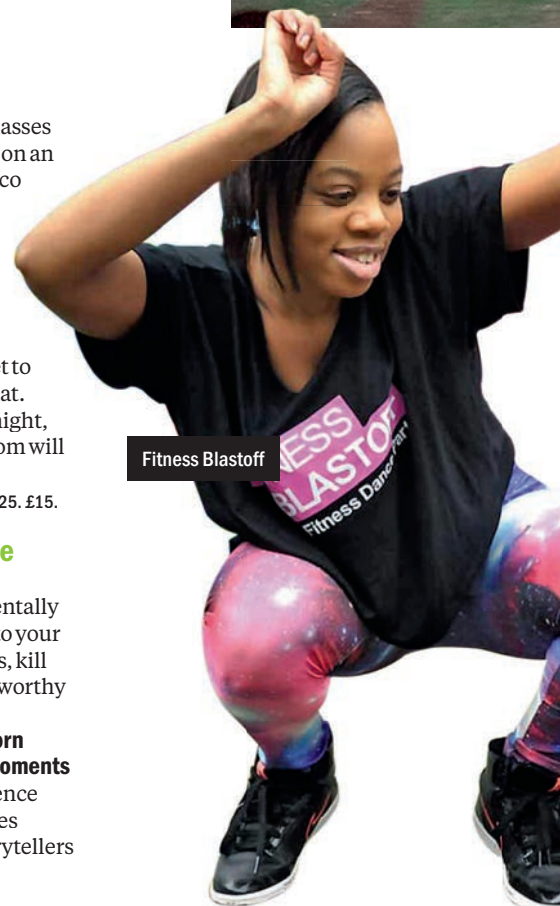
### The one that'll get you moving

Self-described 'fun' fitness classes usually mean getting a stitch on an exercise bike while cheap disco lights flash in your flushed face. But the **Afro Caribbean Dance Fitness Party** from Fitness Blastoff is different. With accessible routines, the instructors manage to create a high-energy atmosphere set to blaring dancehall and afrobeat. It genuinely feels like a club night, only here, everyone in the room will be dancing on beat.

→ Flow Dance London. ⊕ Oval. Sat Jan 25. £15.

### The one where you share your secrets

Don't let that time you accidentally sent a kissing unicorn emoji to your boss, or fell in a canal in Leeds, kill your vibe. Get all your cringeworthy moments off your chest and out of your head at **Natural Born Storytellers: Embarrassing Moments** where anyone from the audience is invited to share true stories alongside professional storytellers



Veganuary Rave





Charity Drag bingo



Natural Born Storytellers

perceptions of how to party'. In lieu of booze, there'll be a variety acts, mocktails and a thumping sound system manned by DJ Fat Tony, who'll hopefully be able to tempt people on to the dancefloor without a dose of Dutch courage.

→ Secret Soho location. ⊕ Leicester Square. Thu Jan 23. £30.

### The one for winter swimmers

Just one notch lower than skinny dipping in the swimming excitement stakes, gliding through open water at nighttime adds a bit of edge to the wholesome pursuit of wild swimming. Take a dip at London Royal Docks' weekly **Night Swimming** sessions. A winter lifeguard will cast a watchful eye over your moonlit splashabout and free wetsuits, cold water swimming tips and post-swim hot drinks will be on offer. You'll have to register for a National Open Water Coaching Association band before you can book, but it's worth it for the atmospheric teeth-chattering that awaits.

→ London Royal Docks. Royal Victoria Dock DLR. Every Wednesday until Mar 25. £8.

### The one with the harvest

Is there anything more soul-soothing than getting hands-on with nature? If you don't have a garden or a balcony with a smattering of pot plants where you can get your green-fingered kicks, you'll be welcome at Pop Brixton's **Pop Farm**, a tiny urban farm hidden among the hip shipping containers that lets Londoners loose on its foliage every Thursday morning. Plant seeds, take cuttings, harvest fresh herbs and veg, and make new friends while swapping tips on tomato-plant care. You're wholesome-o-meter will be spinning off the chart. ■

→ Pop Brixton. ⊕ Brixton. Every Thursday. Free. *Katie McCabe and Alexandra Sims*

and pre-booked acts. Even if you can't muster the courage to bare your shame, a few minutes listening to everyone else's humiliation will make you feel better.

→ Secret Covent Garden venue. ⊕ Covent Garden. Thu Jan 23. £5.

### The one that promises to change you

Neck back Nogronis without the threat of a hangover at the **Future Proof Party by Sober & Social**, a strictly alcohol-free club night in Soho. If the only thing you want running at zero percent is your drink, Sober & Social has promised an evening that will 'challenge your



Psychedelic Gong Bath

VEGANUARY FAVE: SARAH KOURY; FITNESS/BLASTOFF: NEVIN DONKER

Advertisement feature



# Grab 2020 by the horns

Red Bull's New Year, New Challenge is giving you the chance to do something big this year

**F**itness isn't just about getting as stacked as possible – it's about challenging yourself, mentally as well as physically. To that end, Red Bull has four unique, inspiring and unforgettable events for you to work towards as 2020 #goals. From a swim through a Glasgow canal to an all-day bike race, this is your chance to smash it this year.

## So, fancy a challenge?

The festive season is over, a new decade has dawned and most people want to get in better shape for this one. The issue is motivation: it's cold and dark out there and instantly jumping into a punishing new gym routine with no specific goal is famously not something that works for a lot of people. Rather than simply taking up a dull keep-fit

regime, Red Bull offer a series of fun events, scattered across the year and across the country. It's a once-in-a-lifetime experience to have as your goal and endpoint (although if you want to stay fit afterwards that's fine too).

## There's something for everyone

You want a short but ferocious race across a sandy beach? That's **Red Bull Quicksand**, which you can do in South Shields (August) or Margate (May). It's a one-mile seaside obstacle course with giant sandcastles, dunes and trenches. Or for something a little longer, how about the **Red Bull Timelaps** in October? It's a 25-hour four-person bike relay that runs through the night on the weekend the clocks go back. You can also take part in the UK leg of the global **Wings for Life World Run** (which could be anything from 3km to 42km, while 100 percent of your entry fee goes towards curing spinal cord

injuries) or the UK's toughest open-water swimming event, **Red Bull Neptune Steps**, a race through a chilly Glasgow canal in mid-March.

## There's help on hand to get your training right

Yes, the challenges are tough: they wouldn't be challenges otherwise. But they're fun, you'll never forget them and you've got plenty of time to prepare. In addition, you'll be provided with plenty of resources to inspire you to get into the right sort of shape to complete the challenges, from suggested training plans to video tutorials from world-class athletes. Whatever your ability – you got this.



→ For more information and to sign up, head to [www.redbull.co.uk/newyearchallenge](http://www.redbull.co.uk/newyearchallenge)

# SOMETHING FOR THE WEEKEND

## Friday



### Smashing It

There's a sad dearth of working-class people in the creative industries. Hear from people trying to change that, including performance artist Travis Alabanza at this evening celebrating silver- spoonless art.

→ Rich Mix, Shoreditch High St Overground.  
Fri Jan 24. £6.

### WATCH Rivoli Ballroom Pop-up Cinema

Settle down in this lovingly restored 1950s ballroom – the only intact one left in London – to watch 'The Breakfast Club' surrounded by retro splendour.

→ Rivoli Ballroom, Crofton Park rail. Thu Jan 23-Fri Jan 24. £10.

### SIP Hot Gin Roof

Sure, it's freezing outside but you can still indulge in some rooftop drinking at this cosy Sipsmith pop-up bar. Sample hot G&Ts, steaming Juleps and reinvented classic cocktails.

→ Ham Yard Hotel. ☉ Piccadilly Circus. Fri Jan 24-Feb 29. £20.

## Saturday

### FUNDRAISE Help a Mate

Top UK breweries have donated kegs for this Australian bushfire fundraiser. Proceeds from all sales will go towards the fund.

→ Pressure Drop Brewing.  
☉ Tottenham Hale.  
Sat Jan 25. Free entry.

### DRINK Peckham Levels Beer Festival

Sip on suds from eight of south-east London's best indie breweries, before dancing to vintage reggae.

→ Peckham Levels, Peckham Rye Overground.  
Sat Jan 25. Free entry.



### Heralding Spring

The unique microclimate at London's oldest botanical garden allows 120 species of snowdrops to bloom each year. See them all at this week of galanthic talks and walks.

→ Chelsea Physic Garden. ☉ Sloane Square.  
Sat Jan 25-Feb 2. £9.50 entry, activities extra.

## Sunday

### Chinese New Year Parade

Get the Year of the Rat off to the best start at this annual party. Dragon and lion dancers will kick things off on Charing Cross Road at 10am and then shimmy down to Chinatown.

→ Starts on Charing Cross Rd. ☉ Leicester Square.  
Sun Jan 26. Free.



### EXPLORE Winter Slow

Complete a marathon without the sweating on this guided walk round the borough of Greenwich, which is almost exactly 42km.

→ Greenwich, Cutty Sark DLR (Sat), Falconwood rail (Sun).  
Sat Jan 25-Sun Jan 26. £5.

### TEST The Ultimate 'Simpsons' Quiz

Still spouting 'Simpsons' quotes nobody gets any more? Meet your people at this quiz on hardcore Springfield trivia.

→ Sebright Arms, Cambridge Heath Overground. Sun Jan 26. £20 per team (six max).

Ring in the Year of the Rat [timeout.com/chinesenewyear](http://timeout.com/chinesenewyear)

SMASHING IT: SUKI DHANDA; HERALDING SPRING: LAUREN MACASKILL; CHINESE NEW YEAR PARADE: TADELUSZ BIRON/SHUTTERSTOCK.COM





# My non-dairy diary



Living your best plant-based life this Veganuary? We asked one of Time Out's resident vegans, Katherine Lovage, to give us the inside scoop on how to make the most of London

**W**e've teamed up with Ben & Jerry's – creators of a delicious range of dairy-free ice cream – to bring you some helpful tips on everything vegan in London. If you know where to look, you won't need to compromise on anything whether you're a vegan or not. And thanks to Ben & Jerry's Non-Dairy range, you also won't miss out on the creaminess or the much-loved chunks and swirls that have always been synonymous with B&J's original dairy flavours.

## Eating out...

'I'm always craving the vegan dumplings from **Dumpling Shack**. Part of Old Spitalfields Market, it's a stall that produces pillowy parcels that I would happily nest in. If I want something spicier then it'd be **Mao Chow** in London Fields – especially its dan dan noodles, mapo doufu and gong bao broccoli. It's incredible Sichuan food.'

## For a vegan cheeseboard...

'Not all vegan cheese is created equal. But I recently tried **I Am Nut Ok**'s range and it's great! Called MinerThreat, it's a soft product with a strong smoky flavour, and it's delicious on salty crackers. You can find it at Selfridges and also at vegan "cheesemonger" **La Fauxmagerie**. Plus, it's made with charcoal, so it's pretty. Yay!'

## Smelling good...

'When I recently visited New York, The Edition hotel had a really lovely scent made by **Le Labo**. When I got back, I noticed that they sell a perfume with a very similar profile – Thé Noir 29, which is woody and musky. Le Labo is cruelty-free, so you should sack off whatever you're into and use its products instead.'



## My favourite Ben & Jerry's Non-Dairy flavour:

**'Peanut Butter & Cookies. When I'm at home, I'll often snack on a spoonful of peanut butter and jam, so my Ben & Jerry's helps me get those nut-based kicks. It's an absolute banger!'**



## TRY THIS THE ULTIMATE VEGAN CHOCOLATE STRAWBERRY SHORTCAKE

**Prep time:** 10 mins **Total time:** 25 mins  
**Total yield:** eight shortcakes

### Ingredients

#### Shortcakes

1 tub of Ben & Jerry's Chocolate Fudge Brownie Non-Dairy, melted  
240g of self-raising flour, plus a little more for dusting  
2 tbspc coconut milk (or your preferred non-dairy milk)  
Shimmer sugar (also known as sparkling sugar)

#### Toppings

1 tub of Ben & Jerry's Chocolate Fudge Brownie Non-Dairy  
340g strawberries, cleaned and sliced  
50g sugar  
Non-dairy whipped topping (optional)

### Method

- 1 Preheat oven to 204C (400F). In a bowl, combine one tub of melted Ben & Jerry's Non-Dairy ice cream with the self-raising flour. Stir to form a stiff dough.
- 2 Flour your work surface and, using your hands, pat the dough into a rough rectangle. Fold over a couple of times in a kneading fashion. When done, the dough should be pliable but not sticky.
- 3 Shape the dough into a rectangle about 4" x 8" x 1" thick and cut into eight equal pieces.
- 4 Arrange the biscuits on a lined baking tray. Brush their tops with coconut milk (or other non-dairy milk) and sprinkle with shimmer sugar. Bake for around 14 to 18 minutes or until they spring back when lightly pressed.
- 5 Combine the sliced strawberries and the sugar in a bowl and allow to sit while the biscuits are baking and cooling. Stir occasionally.
- 6 Once the biscuits are cooked and cool, it is time to serve! Slice each biscuit open, then top with strawberries, ice cream and non-dairy whipped topping.

**Ben & Jerry's Non-Dairy family is loaded with chunks and swirls, and made with almond milk. The range is 100 percent vegan and Fairtrade-certified.**



#### Images clockwise from bottom left to right

Vegan dumplings: Dumpling Shack; MinerThreat cheese: I Am Nut Ok; food from Mao Chow; Thé Noir 29: Le Labo; Kabeauti brush: Daniel Sandler

### Looking good...

'I trust east London's **Glasshouse Salon** with my hair because the staff are absolutely lovely (big up my hairdresser, Talia) and their main focus is hair health. The products they use are sustainably sourced and not tested on animals, plus the space is contemporary – I adore my new fringe.'

### My top London vegan life hacks...

'**Tap Coffee** in Soho has some of the best beans in London – and it doesn't make the coffee "split" when using alternative milks.

'The big, vegan kabeauti brushes from **Daniel Sandler** are great. I like supporting a small company that's born and bred in London, plus the duo fibres help make my bronzer look natural, *darling*.'





# Want to travel more responsibly this year?

You don't have to go on a staycation to holiday in a more sustainable way. Head to the beautiful islands of Malta and you'll discover ethical travel is already lined up...

**S**outh of Italy, surrounded by the glittering waters of the Mediterranean sea, lies Malta – a small island with a big personality. But beyond its delicious food, historical sights and fascinating culture is a genuinely admirable focus on sustainability. So if you want to travel a little more consciously, here's how.

## Choose eco-certification

This national scheme takes a closer look at the environmental, socioeconomic and cultural sustainability of hotels and farmhouses on the Maltese Islands.

And since visitors can check out and choose places that have certifications when booking online, it's a great way to ensure you're supporting eco-friendly stays.

## Guilt-free partying (almost)

Malta has a vibrant party season, and there are two festivals that put in a little extra effort to become more sustainable: Earth Garden and Summer Daze. At Earth Garden you can expect a buzzing, eclectic range of music and Summer Daze has pop and dance sounds galore – but that's not all. Earth Garden also has a big

focus on wellness, with the likes of yoga and meditation, as well as green ethics. As for Summer Daze... Cutting down on single-use plastic? Check. Biodegradable packaging? Check. Better recycling systems? Check!

## History and heritage is protected

Heritage Malta works to maintain archaeological and cultural venues and keep them open to visitors. First off, you can get down with the fishes by scuba-diving, where you'll discover incredible, protected shipwrecks (including the 2,700-year-old Phoenician, the oldest ship debris in the central Mediterranean). There are also three Unesco World Heritage Sites to explore on the Islands: the Megalithic Temples, the Hal Saflieni Hypogeum and the City of Valletta. Jaw, dropped.

## Go for it on Gozo

One of the three inhabited Maltese islands, Gozo is working towards becoming an eco island. How? By promoting cultural community initiatives, eco-education in schools, NGO programmes, organic dining and the restoration and protection of heritage sights. In fact, Gozo was listed as one of the 100 top sustainable destinations by tourism trade fair ITB Berlin.

## One final thing...

And if you're going by plane? Malta is just a three-hour flight from London and there are initiatives and airlines to assist in reducing your carbon footprint – so you can really do the whole sustainable thing properly.



## THREE OF THE BEST

# Burns Nights



### Burns Night Hosted by Chef James Cochran and Candice Carty-Williams

'Queenie' author Candice Carty-Williams will put her own spin on the haggis address at this heavy-duty, five-course Scottish dinner. Chef Cochran will serve up the tunes as well as the food – expect Nas's 'Illmatic' over The Corries.

→ 12:51. ☉ Angel. Sat Jan 25. £100 incl two drinks.



### Burns Night Remixed

There's no room for quiet suppers and folk songs at this Robbie Burns rave, where a caller-MC will lead a messy crowd through a turbo-ceilidh set to heavy bass instead of bagpipes. Someone will be giving a tearful 'address tae a haggis' to their handbag before the night is out.

→ Earth. Dalston Kingsland Overground. Fri Jan 24. £15.

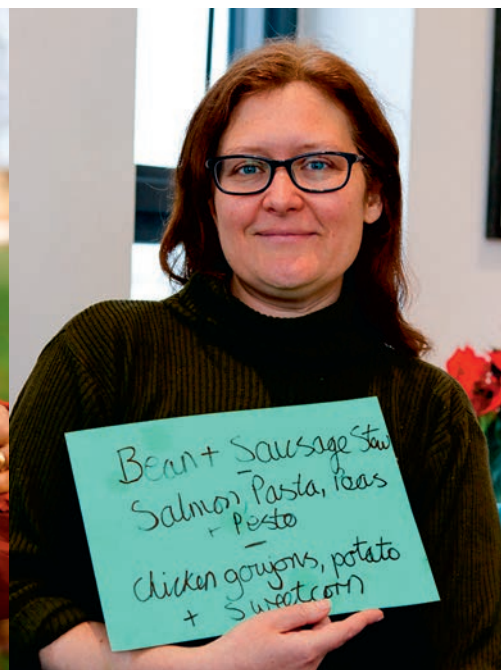


### Burns Night in the Wigwam

A celebration of Scottish heritage in a wigwam seems like a deranged cultural mash-up, but this rooftop tent delivers for Burns every year with fireside fiddle-playing and spoken poetry. It's free, so you can afford to take your chances.

→ Queen of Hoxton. Shoreditch High St Overground. Sat Jan 25. Free but register in advance.

FOOD: JESSICA JILL; WIGWAM: GRAHAM TURNER



## 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](https://wiseuptowaste.com/3mealschallenge) to find out more.



WiseUpToWaste



@WiseUpToWaste



@WiseUpToWaste



## Things to Do

### FUNDRAISE

#### **E** Australia Day on Ice

Help support bushfire relief efforts in Australia by sliding on Skylight's rooftop ice rink or buying a raffle ticket. One hundred percent of the proceeds will be donated to Wildlife Rescue Australia, New South Wales Rural Fire Service and Country Fire Authority.  
→ Skylight at Tobacco Dock, Shadwell Overground. Sun Jan 26. Free entry, skating £12.

#### **S** Aussie Day Celebration

Clapham's party palace is hoping to raise £10,000 for Australian emergency services at this event. Expect live music, DJs and performances, a tuckshop stocked with Tim Tams and Twisties and a FREE SAUSAGE on arrival.  
→ The Clapham Grand. Clapham Junction Overground. Sun Jan 26. £20.

### CHINESE NEW YEAR

#### **N** Chinese New Year Celebrations

Welcome the Year of the Rat at north London's pan-Asian food court where you'll find lion dances, Malaysian singing, Mongolian music and dance alongside the sizzling street food.  
→ Bang Bang Oriental. Colindale. Fri Jan 24. Free entry.

#### **C** Chinese New Year Film Screenings

Dip into the BFI's special programme of Chinese films. Lunar New Year blockbuster 'All's Well Ends Well' is showing, plus doc 'Four Springs'.  
→ BFI Southbank. Waterloo. Until Sun Jan 26. From £12.50.

# TO DO

## The best events in your area

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

LAST FEW WEEKS CLOSES 8 FEB 2020

**CRAFT & GRAFT**

MAKING SCIENCE HAPPEN

FREE EXHIBITION

1 MAR – 30 NOV 2019  
KINGS CROSS

CRICK.AC.UK/CRAFTANDGRAFT

#### **S** Chinese New Year at the National Maritime Museum

Head to Greenwich to fill your ears with songs from the Guizhou Song and Dance Ensemble, learn how to play mahjong and make origami rats. Or geek out on Chinese history during a special guided tour of the museum's collections.  
→ National Maritime Museum. Cutty Sark DLR. Sat Jan 25. Free.

### WATCH

#### **E** Zodiac Film Club: 'Last Days of Disco'

This feminist film club specialises in screening cult cinema. This month Whit Stillman's comedy-drama gets the Zodiac treatment and dancing is on the agenda.  
→ The Curtain. Shoreditch High St Overground. Sat Jan 25. £11.50

#### **C** A Wes Anderson Movie Marathon

Immerse yourself in Wes Anderson's fondant-fancy-hued world all night long. Bring your tweed sleeping bag and binge on five of his aesthetically pleasing classic films.  
→ Prince Charles Cinema. Leicester Square. Sat Jan 25. £20.

### LISTEN

#### **C** Poetry and... Music

Hear multi-award-winning former Poet Laureate Carol Anne Duffy read a selection of her poetry for free at this atmospheric evening in the Chapel at King's College. It's also a rare chance to hear her work sung, by King's College Choir.  
→ King's College Chapel. Temple. Thu Jan 23. Free, booking required.

### JOIN IN

#### **N** The Football Quiz

Football and pubs go hand in hand. But, a football pub quiz? A rarer beast. Expect rounds that'll leave the most avid 'Match of the Day' watcher scratching their head, along with the occasional breakout chant.  
→ Old Queen's Head. Angel. Thu Jan 23. £3pp.

#### **E** The Time I Almost...

Hear comedians, writers and audience members reveal their 'almost' moments at this evening that's part storytelling, part confessional. Schadenfreude is most definitely expected.  
→ The Book Club. Old St. Tue Jan 21. £6.

## EXCLUSIVE

Head to Chiswick House Gardens for **Lightopia** – an incredible display of designs and interactive pieces inspired by light. From £14.

TIMEOUT.COM/LIGHTOPIA

More eccentric screenings at [timeout.com/thingstodo](http://timeout.com/thingstodo)



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

# Film



FILM OF THE WEEK

**WHAT IS IT...**  
A vivid reimagining of Charles Dickens's coming-of-age story.

**WHY GO...**  
For Tilda Swinton facing off against a donkey.

→ Director Armando Iannucci (PG) 119 mins.

## The Personal History of David Copperfield



**IT'S ALWAYS GOOD** when a filmmaker 'discovers' the novels of Charles Dickens to be so much funnier, fresher and more modern than widely assumed. But is it churlish to wish that the discovery had been made by anyone but director Armando Iannucci? The tart tongue behind 'Veep', 'The Thick of It', 'In the Loop' and 'The Death of Stalin', Iannucci has practically reinvented the art of swearsy satire. Politically, he's necessary in our fury-driven moment. However, 'The Personal History of David Copperfield' has no swearing, not a single F-bomb nor any reference to a marzipan dildo. Instead, Iannucci steps it up

as a visual stylist; gentler territory but maybe not quite as much fun.

On brightly lit lawns captured by cockeyed camera angles, the film comes to fizzy, jaunty life – nearly all of Iannucci's trademark punch has been squeezed into storyboarding. You can't help but be charmed by Dev Patel's title character: a floppy-haired lad on his affably confused way to becoming a boyfriend, a proctor (despite initially not knowing what it involves) and a grown-up – though not in that order. Iannucci's colour-blind casting (which also gives major roles to Nikki Amuka-Bird, Benedict Wong and Rosalind Eleazar) never insists on being noticed. Rather, everyone

in this joyous ensemble launches into their bits with unshowy gusto and only the manic score seems to be elbowing for room. Occasionally it gets meta too, as when Patel narrates his character's own birth. (Michael Winterbottom did this gag better in his take on 'Tristram Shandy'.)

Yet for all the service paid to Dickens's plot curlicues – Iannucci and co-screenwriter Simon Blackwell do an elegant job with the 1850 original – you're still waiting for those flashes of savagery. They come via Tilda Swinton, riotously uptight as David's donkey-averse great aunt Betsey, and Gwendoline Christie, who outdoes her entire stretch on 'Game of Thrones' with

one bit of passive-aggressive well-wishing. Ben Whishaw provides a tortured Uriah Heep, a looming villain in the book but somewhat demoted in this version. Instead, the emphasis is on the difficulty, and absurd glories, of becoming a writer. Scribbling on paper is the final sound we hear. 'David Copperfield' feels, to a large degree, like a writer having fun with the form. With an adaptation this heartfelt, you can even forgive Iannucci for saying fuckity bye to the swearing. ■



**By Joshua Rothkopf**  
Who also has a long-standing beef with donkeys.

INTRODUCING

# Morfydd Clark

The rising star talks about teenage angst and swapping Dickens for Tolkien



**YOU KNOW HOW** busy you are? Pretty darn busy, right? Like, unfairly so. But a tenner says Morfydd Clark is even busier. The Welsh actor has recently been a fixture on our tellies in ‘Dracula’ and ‘His Dark Materials’; she has buzz horror film ‘Saint Maud’ coming out in March and schizophrenia drama ‘Eternal Beauty’ on the horizon too. This week she’s appearing in ‘The Personal History of David Copperfield’ in not one but two roles, and is currently in New Zealand working on Amazon’s new ‘The Lord of the Rings’ in a role rumoured to be a young Galadriel (she can’t comment). She deserves the lie-in I rudely deprive her of when I call at 7am to ask her about elves.

**You’ve got ‘David Copperfield’, ‘Dracula’, ‘His Dark Materials’ and ‘Saint Maud’ all happening. How does it feel to be having a moment?**

‘Very surreal but because I’m in [New Zealand], I feel a bit detached from it – in a nice way. My sister just messaged me and said, “Your poster is on the tube!” It’s very exciting.’

**What can you say about ‘The Lord of the Rings’?**

‘Well, it’s based in the Second Age and... that’s probably it.’ [Laughs]

**Tolkien’s Elvish was influenced by Welsh. Has your native tongue come in handy so far?**

‘Oh, definitely. People ask me how to say words and I feel really smug. I read “The Hobbit” when I was at school and I remember my mum telling me every day that Elvish was based on Welsh. I was like, “I know! You told me already.”’

**Are you a fan of Peter Jackson’s films?**

‘I think I’ve seen “The Two Towers” more than any film. I went through this really dark phase when I’d watch it every day after school. I’d be like: “I’m going to straighten my hair and watch ‘The Two Towers’ – no one talk to me!”’

**‘I went through this really dark phase when I’d watch “The Two Towers” every day’**

**Where did you grow up?**

‘In a town just outside Cardiff. We filmed “Eternal Beauty” there. If I forgot something, my mum would cycle over and bring it to me. I regressed.’

**What was your first ever acting role?**

‘I was in “Under Milk Wood” when I was 13. I played Mrs Dai Bread Two and I did it really sexually and made everyone uncomfortable. But that was when I realised I liked acting’

**Did you want to act from then on?**

‘I was a miserable teenager: I didn’t do well at school and I really didn’t feel I could ever be an actor. But my mum got me to audition for drama school and I got in and slowly my confidence grew. I’m living beyond my wildest dreams right now.’

**You play two roles in ‘Copperfield’. How did that come about?**

‘I auditioned for Dora [David Copperfield’s crush] and then I had

lunch with Armando Iannucci and really casually he said, “Oh, we’d like you to play [Copperfield’s mum] Clara as well.” I basically screamed for the rest of the lunch. It was one of the best summers.’

**You have scenes with Dora’s dog Jip. Did you bond?**

‘She was called Scampi and she was constantly upstaging me. I kept thinking I’d made everyone laugh and they’d be like: “Jip was hilarious!”’

**You’re based in London now. What do you love about the city?**

‘I live in south-east London and I love the streets around Camberwell. I love wandering with my dog, not doing anything in particular.’

**What are you into away from work?**

‘I like climbing and I draw. And I sing with my sister. She’s amazing at the piano and we just sing along to whatever song we’re into at the time. Our current one is a Magnetic Fields song – but no one’s ever going to hear it.’ ■ *Interview by Phil de Semlyen*  
→ ‘The Personal History of David Copperfield’ opens Fri Jan 24. ‘Saint Maud’ opens May 1.

# Six movies to balance your life



Watch these films to cultivate that tranquil inner glow

## 1 Baraka

Not to be confused with *Berocca* (although both have loosely similar effects), this cine-odyssey across the planet by director Ron Fricke is a bit like having your eyeballs massaged while they're being serenaded by a particularly soothing whale. Restorative stuff, in other words – perfect for shaking off some of the anxieties of the climate crisis and reminding you of the world as we want it to be.

→ See it on: Amazon.

## 2 Koyaanisqatsi

Hard to spell but incredibly easy to watch, '*Koyaanisqatsi*' is another Ron Fricke film that uses time-lapse photography to leave you with woozy insights into the world. It's not as meditative as '*Baraka*' – there's tough stuff here as well as eye candy – but with no voiceover, glorious cinematography and a heavenly Philip Glass score, it's a movie to bathe in.

→ See it on: Amazon.

## 3 Solaris

Still lamenting all that Christmas excess? You'll find a kindred spirit in the central



'My Life as a Courgette'

character of this Andrei Tarkovsky sci-fi. Admittedly, psychologist Kris Kelvin is mourning the dead wife who keeps appearing to him in visions rather than the mince pie that got away, but the film's message of self-sacrifice is still tailor-made to boost your January resolve.

→ See it on: Amazon.

## 4 Ordet

Some people swear by '*Kundun*', others by '*Silence*', others – fewer, sure – by '*Nuns on the Run*'. But for real spiritual redemption you need to turn to that Danish lifestyle coach, Carl Theodor Dreyer. '*Ordet*' is his religious masterpiece but anyone can find

solace in austere musings on life, faith and mental health. 'It found its way into my soul,' said the great film critic Roger Ebert about it. Amen.

→ See it on: BFI Player.

## 5 My Life as a Courgette

This beguiling French-Swiss stop-motion animation may bring a tear to your eye but it'll also elevate your soul. A tough-but-tender yarn about a young boy who's sent to live in an orphanage, it's written by genius filmmaker Céline Sciamma and even features a wallchart of emotions. Set yours to 'completely uplifted'.

→ See it on: Amazon.

## 6 El Topo

Bit of a curveball, this one, what with its lurid violence and general air of having taken at least one of all the available drugs, but no one emerges from Jodorowsky's bonkers western without feeling at least a little lighter in the saddle for the experience. It's back in cinemas this week and will give you all the benefits of a medically sanctioned microdosing with none of the admin. ■ *Phil de Semlyen*

→ See it at: ICA, Wed Jan 22–Thu Jan 23.

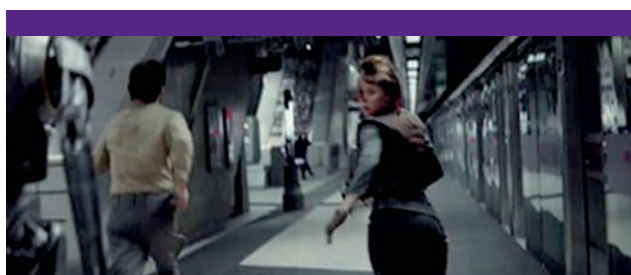
## LONDON ON SCREEN

### How '*Rogue One*' took over Canary Wharf

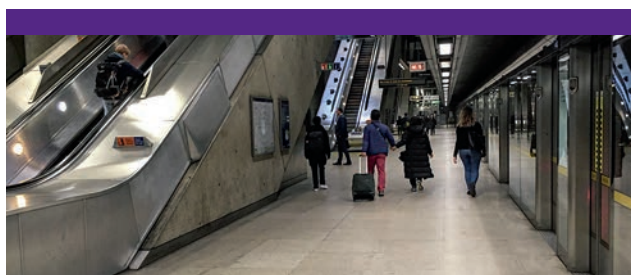
**The location** Canary Wharf Jubilee line station, E14

**The scene** Alliance rebels, led by Felicity Jones's Jyn Erso, discover that the Empire's blueprints for its secret Death Star have been hidden in a base on the planet Scarif. A group sneaks in on a suicide mission and are soon being chased by stormtroopers.

**Then** Yes, the plans to the Death Star were buried somewhere in Docklands. 'We needed a space transport hub and it looks so futuristic, we felt Canary Wharf station would be perfect,' says location scout David O'Reilly. With only one night to shoot, all the TfL signage and seats had to be covered with 'strange grey space equipment', though the escalators and those sleek sliding glass doors



Then



Now

on the station's platforms are still just about visible. In a bizarre coincidence, as the set was being dressed, hundreds of people passed through the station in '*Star Wars*' fancy dress for a Secret Cinema '*Empire Strikes Back*' event at Canada Water. 'They had no idea they were just a stone's throw away from the real thing,' says O'Reilly.

**Now** Traditionally Aldwych, an abandoned tube station, has attracted film crews ('*Atonement*' and '*Darkest Hour*' both filmed there), but Canary Wharf's futuristic design caught the eye of producers. 'I'm surprised it hasn't appeared in more sci-fi movies,' says O'Reilly. 'It looks like something out of the year 3000.' You may be sharing the platform with more droids in the years ahead. ■ *Thomas Hobbs*

# Why Greta is still great

(despite the Oscars snub)

Greta Gerwig was overlooked for Best Director and *Anna Smith* isn't standing for it



**IF YOU DIDN'T** already love Greta Gerwig as an actor, her debut as a solo director, 'Lady Bird', probably sealed the deal. A brilliant coming-of-age film, it scored her a nomination for the Best Director Oscar. Her follow-up, 'Little Women', is firm proof that she's one of the most exciting filmmakers out there. Entertaining and, yes, expertly directed, it mixes a feminist message with comic chops, warmth and at least three all-timer Meryl Streep moments. It captures the thrills and frustrations of being a young woman in the 1860s – and a fair few of those of being a woman in 2020, too.

So, when the Academy failed to nominate a single woman in the Best Director category, #GretaGerwig was soon trending on social media. Singer-songwriter Jenny Lewis even posted an in-depth poem on the subject (sample verse: 'Oscar noms/What the flip?/Where are Adam Sandler/And Greta Gerwig?'). In *Entertainment Weekly*, 'Little Women' star Florence Pugh noted the irony: 'Greta made a film about women working and their relationship with money and with working in a man's world.' The Oscars is still a man's world, in other words.

On my feminist film podcast 'Girls on Film', I've championed many women who could have been on the list: Lulu Wang, Marielle Heller, Céline Sciamma, Olivia Wilde – but Gerwig is leading the conversation. The directors' branch of the Academy selects the nominees, so why didn't she make the cut with her peers? As Gerwig has said, male violence often dominates popular narratives, and it may be especially hard for female stories to compete in the year of 'Joker', 'The Irishman' and '1917'.

Our typical mental image of a director is still an older white bloke. Hopefully, one day that unconscious bias will be a thing of the past. All 8,000 or so voting members of the Academy are eligible to select the Best Picture nominees – and 'Little Women' has won over enough to get a nomination. Wouldn't it be great if the Twitterstorm led voters to question their assumptions about what makes a great movie, and give Best Picture to a film written, directed and produced exclusively by women? Which – you guessed it – would be a first. Go Greta! ■  
→ The 92nd Academy Awards take place on Feb 10 at 1am.

## No Fathers in Kashmir



### WHAT IS IT...

A drama about the 'disappeared' of Kashmir.

### WHY GO...

For a teenager's-eye view of a brutal but under-reported war.

→ Director Ashvin Kumar (15) 108 mins.

**INDIA AND PAKISTAN** have been at war over Kashmir since 1947, with more than 100,000 dead and countless suspected militants rounded up by the army, never to be seen again. Thousands of 'half-widows, half-wives' exist in limbo, not knowing the fate of their husbands. The disparate stories from the 'world's most secret war' make tough but compelling terrain for a drama, and Indian director Ashvin Kumar has managed to forge them into something surprisingly clear-eyed and thought-provoking.

It's told from the perspective of Noor (Zara La Peta Webb), a British teen of Kashmiri descent, whose father was snatched years earlier. On a visit to her grandparents, she befriends another 'half-orphan', Majid (Shivam Raina), and together they set out to pierce the silence in their community. But their efforts are met with hostility, and Noor's penchant for snapping pictures with her smartphone – a harmless habit back in Blighty – puts the pair in mortal danger.

'No Fathers in Kashmir' tackles the conflict's human cost in a sensitive, non-partisan way, notably when the idealistic Brit accuses Majid's uncle of selling out her father only to be confronted with an altogether murkier reality. The actors are excellent, but I was particularly taken with one; when I checked the end credits, it turned out to be the writer-director himself, in the pivotal role of Majid's uncle. Clearly Kumar – already an Oscar nominee for Best Short Film – is a talent to watch. ■ *David Hughes*



## HEADS UP



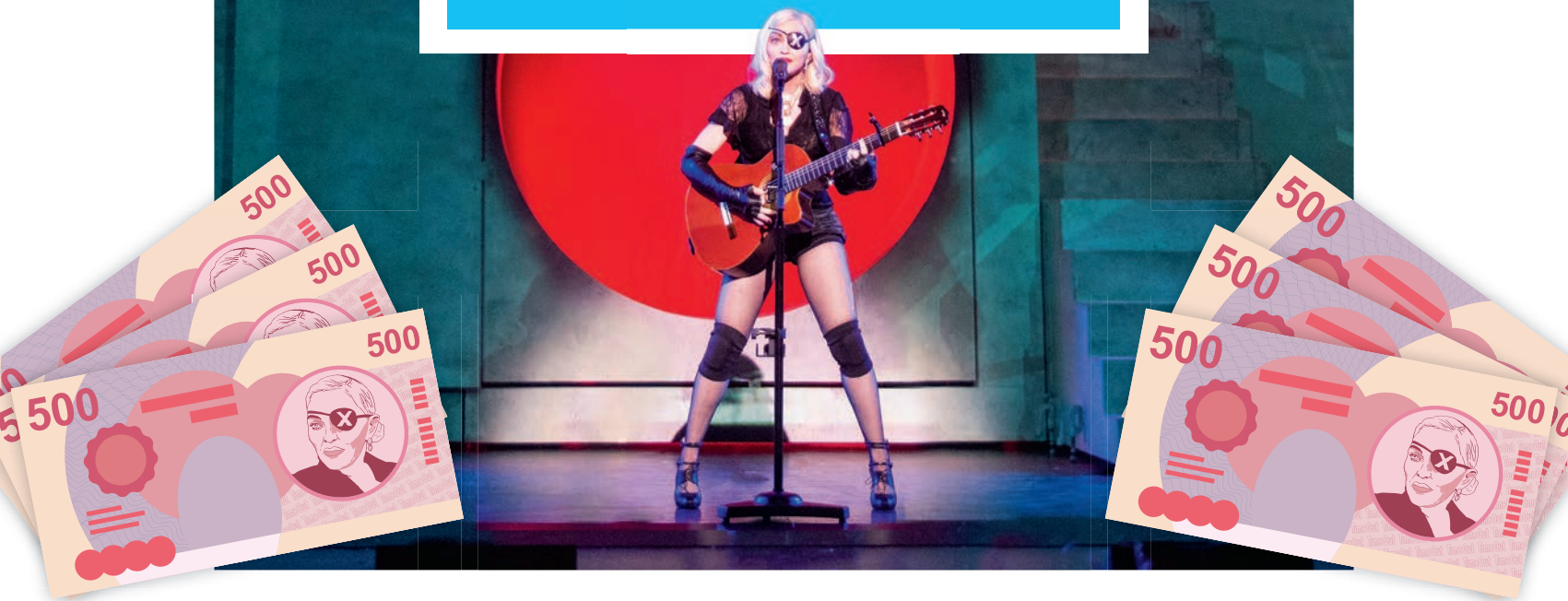
## The Castle Cinema turns three

Hackney's lovely Castle Cinema marks its third birthday on February 3. To celebrate, tickets will be £3 all day. Maintaining that magic number, popcorn and prosecco will be too! Head to E9 and join the jamboree.

→ The Castle Cinema, Homerton Overground.

# Music & Nightlife

Edited by Oliver Keens  
timeout.com/music @timeoutmusic



## Why pay £500 to see Madonna live?

Her 'Madame X' tour is mad x-pensive. But here's why a permanently skint Madonna fan thinks it'll be worth the cold, hard cash

**GIG TICKETS ARE EXPENSIVE**, but tickets to see Madonna? They're *extremely* expensive. Seats for her Madgesty's upcoming residency at the London Palladium range from £140 to £500, while VIP packages will set you back more than £1,000. There's no way that a pop show can be worth that price, right? I mean, we're not all oligarchs: there can't be many Londoners who can blithely spaff away half a grand on a night out. On top of that, when the tour launched in New York in September, there were complaints that Madonna left audiences waiting hours to start. She might be pop royalty, but that doesn't mean you're willing to miss the last tube.

The thing is, in this one instance, shelling out a large portion of your rent money for a ticket to a gig might actually be condonable. And before you accuse us of being 1 percenters with no grip on reality, let us justify that statement. Here's why it's definitely, DEFINITELY worth paying £500 to see Madonna...



### 1 It's Madonna as you've never seen her before

The thrill of seeing a megastar in a small, 2,000-capacity venue is quite unlike any other gig-going experience and Madonna knows it. While info about the ins and outs of the 'Madame X' tour are fairly unknown, thanks to a mobile phone ban, we've heard talk that the 'Like a Virgin' singer engages with audiences like never before: telling jokes, stealing fans' drinks, sitting on people's knees and selling Polaroid selfies for a €1,000 donation to charity. It's meant to be a brand new type of pop concert that blends theatre and variety with big-budget props and stage sets. It's also one that could lead to surprises and one-off performances of forgotten hits, while providing an intimacy that rarely occurs between superstar musicians and their fans. Unless you're Roman Abramovich's son or something.



**2 You get a lot of Madge for your £££**

While Madonna has been late for a number of the performances, it appears that the 'Madame X' show is nearly three hours long, which makes it quite unlike your usual 90-minute arena shebang. This is mucho Madge for your moolah. Plus, we have stricter licensing laws in UK for live music so she probably won't be able to get away with that funny business here (hopefully).

**3 It could be your last chance**

While it'll take more than ageing to stop Madonna, the 61-year-old Queen of Pop has previously said how tiring she finds extensive touring. That's why the 'Madame X' tour consists entirely of theatre shows (albeit 86 of them). Still, with a number of cancellations due to injury, it's not unfair to suggest that her touring schedule could slow down considerably after 2020. Don't say we didn't warn ya.

**4 Her recent album is great**

With an act as hit-laden as Madonna, you'd be disappointed if she only performed songs from her latest record. And while the setlist is brimming with Madgebangers, there's also plenty from recent album 'Madame X'. Luckily it's weird, innovative and brilliant. It'll be thrilling to see how she brings the sultry 'Medellin' and the West African-inflected 'Batuka' to life.

**5 She's performing some songs for the first time in years**

Given that this is a different kind of show, Madonna has dived into her archive this time. After more than a decade of being absent from her live repertoire, 'American Life' and the majestic 'Frozen' appear to be getting their time in the spotlight again. There's even an interlude to 1991's 'Rescue Me'. Don't fret, though, you can expect 'Like a Prayer', 'Vogue' and a deluge of other hits, too.



**6 Is it really that much money?**

People routinely spend £1,000 on new phones. Likewise, dinner out in London with a bottle of wine (or two) can cost upward of £200. And let's not pretend that the private members' club you're telling yourself is 'totally worth it as it has a gym' is anything other than a way to get over the fact that London's wild property market has priced you out of ever owning anywhere more central than Zone 4. Does shelling out a few hundred quid for Madonna tickets seem that absurd? Absolutely, yes it does, but as she said: 'People spend \$300 on crazy things all the time, things like handbags. So work all year, scrape the money together, and come to my show. I'm worth it.'

**7 ...and to be fair, you don't even need to spend £500**

While most of the 15 night run is sold out, you can still snag handfuls of face-value tickets. There's even some around the £250 mark, plus they're legit: you don't even need to buy them from some guy named Dave you've found on Gumtree, who may or may not steal all your money. If you do go, we only hope it ends up being a night to cherish. ■

→ Madonna plays the London Palladium on select dates from Mon Jan 27-Feb 16.



By Alim Kheraj  
Who is now figuring out how to pay his rent after buying Madonna tickets.

RICARDO GOMES

FESTIVAL NEWS

Kendrick Lamar is playing Hyde Park



JIM BENNETT/FILMMAGIC

**KENDRICK LAMAR IS** coming back to Hyde Park, and this time he's headlining. The Grammy-winning hip hop king will be topping the bill at BST Hyde Park on Sunday July 5, and it's shaping up to be quite an event: **James Blake** and Alabama Shakes frontwoman-turned-solo star **Brittany Howard** are the first two confirmed supports. Lamar previously played Hyde Park in 2016 as a support act for Florence And The Machine. It's fair to say things have escalated since then. His last album, 2017's 'Damn', became the first non-jazz or classical LP to win the super-prestigious Pulitzer Prize for Music. He's rumoured to have completed work on his follow-up, which is said to 'pull in more rock sounds', and there's also plenty of buzz that he could be headlining Glastonbury this year. But whatever happens next, this booking is another coup for BST Hyde Park, which has already announced Taylor Swift, Little Mix and Pearl Jam as 2020 headliners. ■ *Nick Levine*  
→ Kendrick Lamar plays American Express presents BST Hyde Park on Jul 5.

JUNCTION 2  
FESTIVAL

FULL LINE UP ANNOUNCED

ARTISTS A-Z

- |                      |                     |                  |                  |
|----------------------|---------------------|------------------|------------------|
| 999999999 LIVE       | CROMBY              | HESSLE AUDIO     | OMAR             |
| ADAM BEYER           | D TIFFANY           | HONEY DIJON      | PEACH            |
| ADIEL                | DAX J               | JOEL MULL        | ROBERT HOOD LIVE |
| AMELIE LENS          | DENSE & PIKA LIVE   | JON HOPKINS LIVE | ROI PEREZ        |
| ANASTASIA KRISTENSEN | DIXON               | JOY ORBISON      | ROZA TERENCE     |
| AURORA HALAL LIVE    | DJ BORING LIVE      | KIARA SCURO      | SAMA'            |
| AVALON EMERSON       | DJ KOZE             | KOBOSIL          | SAOIRSE          |
| BEN KLOCK            | DMX KREW LIVE       | LEON VYNEHALL    | SETH TROXLER     |
| BENJAMIN DAMAGE LIVE | DR RUBINSTEIN       | MACEO PLEX       | SKEE MASK        |
| BINH                 | ECLAIR FIFI         | MARCEL DETTMANN  | SUGAR FREE       |
| BLAWAN               | ERIS DREW           | MARGARET DYGAS   | TASHA            |
| BRAME & HAMO         | FATIMA YAMAHA LIVE  | MIDLAND          | TASKER           |
| CARLOTA              | FOUR TET            | MIND AGAINST     | TRAUMER          |
| CERI                 | FRANCESCO DEL GARDA | NINA KRAVIZ      | YU SU            |
| CHAOS IN THE CBD     | FUMIYA TANAKA       | OCTO OCTA        | ZENKER BROTHERS  |

FRIDAY 5TH & SATURDAY 6TH JUNE 2020

BOSTON MANOR PARK, LONDON

JUNCTION2.LONDON



# MORRISSEY

LIVE IN CONCERT



SATURDAY 14 MARCH 2020  
THE SSE ARENA, WEMBLEY

TICKETS AVAILABLE FROM  
AXS.COM/UK  
GIGSANDTOURS.COM - TICKETMASTER.CO.UK

NEW ALBUM "I AM NOT A DOG ON A CHAIN" COMING 20 MARCH 2020  
FEATURING THE NEW SINGLE "BOBBY DON'T YOU THINK THEY KNOW"

étienne

BMG

Y&U

AN SJM CONCERTS PRESENTATION BY ARRANGEMENT WITH ITB

★ TICKETS ON SALE FRIDAY 24 JANUARY AT 9AM ★

## FESTIVAL NEWS

# Field Day is going totally dancey for 2020

**ONLY THE STRONGEST** survive in the London festival game, and they don't come much stronger than Field Day, the former east London staple which returns for its thirteenth year on Saturday July 11.

A lot has changed in that time. In fact, almost everything has changed. It's no longer in a field, for a start: the current venue is The Drumsheds, a vast warehouse complex on Tottenham Marshes. It's not exactly a daytime event, either. With a uniquely late running time of 3am, the space should be perfect for this year's Field Day danceathon. It's a far cry from the floppy-haired indie - Foals, Mystery Jets, Battles - that dominated the first festival back in 2007.

A laser-toting live show from headliners **Bicep** had previously been announced, but the scoop is they'll be joined on the Ninja Tune stage by live performances from **Floating Points** (bringing selections from his gorgeous new album, 'Crush') and lo-fi house star **Ross From Friends**. Expect more lasers, lights and eye-popping visuals from the other live acts on the bill, including two who've been carrying the torch for the wild euphoria of '90s rave: top-tier junglist **Special Request** and sibling duo **Overmono**. Talking of **Jungle**, there's a DJ set from the XL-signed indie-dance act, plus appearances from seasoned party host **Artwork**, tech-house titans **Tale Of Us** and phenomenally popular house duo **Maribou State**.

We also recommend catching Tottenham-born DJ **Josey Rebelle** playing hometown hero for the day - she'll be representing London's rich musical history with her vast collection of soul, house, jungle and grime. There's also space in the cavernous Drumsheds for a true techno legend in the shape of Detroit's **Robert Hood**, who'll be DJing under his gospel-techno alias **Floorplan**, which he shares with his daughter Lyric.

Enough for one night? Of course it is, but that's only the first announcement. Look out for more dancing fuel over the coming weeks. ■ **Chal Ravens**

→ Field Day is at The Drumsheds on Jul 11. Meridian Water rail.

TEENAGE  
CANCER  
TRUST

AT THE ROYAL ALBERT HALL



WEDNESDAY 25 MARCH  
**STEREOPHONICS**

PLUS VERY SPECIAL GUEST

**PAUL WELLER**  
(ACOUSTIC)

THURSDAY 26 MARCH

**GROOVE  
ARMADA**

PLUS SPECIAL GUESTS

FRIDAY 27 MARCH

**NOEL  
GALLAGHER'S  
HIGH FLYING BIRDS**

PLUS SPECIAL GUESTS

Max 4 per person. Lead booker name on Ticket / ID checked on admission.

SATURDAY 28 MARCH

**SPECIAL GUESTS  
TO BE ANNOUNCED**

SUNDAY 29 MARCH

**NILE  
RODGERS  
& CHIC**

#TEENAGECANCERGIGS

GIGSANDTOURS.COM  
TICKETMASTER.CO.UK  
ROYALALBERTHALL.COM

EXCLUSIVE RESALE PARTNER  
TEENAGECANCERTRUST.TWICKETS.LIVE

Your ticket is not valid if resold unless it's through our official face value resale partner Twickets.

TEENAGECANCERTRUST.ORG

TICKETS ON SALE 9.30AM FRIDAY 24 JANUARY

American Airlines | TANGLE TEEZER | METRO | Absolute Radio | S.J.M. CONCERTS | Twickets | Royal Albert Hall

For box hospitality please email vipboxexperiences@royalalberthall.com • All proceeds will go towards providing specialist treatment and support for young people with cancer. Artists may be subject to change. Registered charity (1062559, SC039737). Produced by Roger Daltry CBE and Des Murphy for Teenage Cancer Trust.





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

A CELEBRATION OF LONDON, MUSIC AND CULTURE

# SOUTH WEST FOUR WEEKENDER 2020

WITH 95-106  
CAPITAL  
FM

BANK HOLIDAY SATURDAY 29<sup>TH</sup> & SUNDAY 30<sup>TH</sup> AUGUST  
CLAPHAM COMMON, LONDON

**OUTDOOR MAIN STAGE LIVE HEADLINERS JUST ANNOUNCED**

SATURDAY 29<sup>TH</sup> AUGUST

**MAJOR LAZER  
KANO**

SUNDAY 30<sup>TH</sup> AUGUST

**THE STREETS  
KREPTXKONAN**

PLUS MANY MORE ACROSS TEN STAGES

TICKETS ON SALE FRIDAY 24<sup>TH</sup> JANUARY

[SOUTHWESTFOUR.COM](https://www.southwestfour.com)

**£99  
WEEKEND  
TICKETS**



# Theatre & Dance

Edited by **Andrzej Łukowski**  
timeout.com/theatre @timeouththeatre

## Does 'Les Mis' still matter?

Returning revamped after a brief hiatus, 'Les Misérables' is back for a record-setting thirty-fifth year in the West End

'YOU ARE NOT asked to like "Les Misérables". You are asked to admire it.'

So declared former Time Out Theatre editor Susie MacKenzie in a terse third-of-a-column review of a musical that opened at the Barbican in October 1985 (no star rating, we were too highbrow back then).

It's now part of the myth of 'Les Misérables' – enthusiastically burnished by its lead producer Cameron Mackintosh – that the critics hated it but the public lapped it up, propelling it to world dominance on the back of pure people power. In fact, the reviews were mixed and MacKenzie's response is typical: the musical – a co-production between Mackintosh and the RSC – was so disorientingly bombastic that reviewers seemed a bit dazed and confused by the whole thing. This was long before 'Les Misérables' became 'Les Mis', and nobody had any inkling it would go on to become the longest-running London musical of all time.

That's exactly what Trevor Nunn's production of Alain Boublil and Claude-Michel Schönberg's all-singing Victor Hugo adaptation became, though. Following Jean Valjean – a humble French peasant who spends 19 years in jail then battles appalling odds to make something of his life – 'Les Mis' has become a true London icon. It hopped from its short stint at the Barbican to 19 years at the Palace Theatre, then on to a further 15 at the Queen's Theatre. It's been seen around the world – it's the sixth-longest-running Broadway show of all time – but London is its real home, where it's the longest-running musical ever. Maybe the stratospheric UK success of a show about the little-known Paris Uprising of 1832 is a sign that we're a truly international city. Maybe it just proves that musical theatre – which lest we forget, also gave us 'Starlight Express' – is just pretty random.

Whatever the case, with still-ubiquitous tunes such as 'One Day



Thirty-five years of Jean Valjean Colm Wilkinson in 1985 and Jon Robyns in 2020

More' and 'I Dreamed a Dream', 'Les Mis' has indeed experienced one day more, then another day more, then several thousand other days more. What's its secret? Lots of things. There are undoubtedly some stone-cold bangers in the song list. Serious, emotional musicals tend to have more success than silly, lightweight ones, and 'Les Mis' is very, very serious. Success begets success: in part it's popular because it's now so famous. And Mackintosh has kept it in good order: it continues to make use of world-class performers, and it's been discreetly tweaked over the years, with the somewhat '80s-tastic

original score updated a few years back. The recent blockbuster film didn't hurt either.

However. The last year has been the weirdest one in the show's history, as – and you might want to take notes – the original production closed in July, to be temporarily replaced by a concert version, which has in turn been replaced by the 'new' version that's been rolled out across the globe over the last few years, leaving London the last place in the world where you could catch Trevor Nunn's RSC production. Cameron Mackintosh would like us to accept the 'new' version of

LEFT: MICHAEL LEPOER/TRENCH; RIGHT AND REVIEW: JOHAN PERSSON

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



## Les Misérables



**YES, THIS IS** technically a new version of 'Les Misérables'. But 'Les Misérables' could be transposed to space, or underwater, or to the Hittite empire and it would basically be the same as long as nobody monkeyed with the singing.

This production from Laurence Connor and James Powell doesn't go remotely that far, and is practically a homage to the Trevor Nunn and RSC production it replaces. The songs are the same, the score is the same, the costumes are the same, the cast is the same, and the text is still Nunn and John Caird's adaptation of the original French staging. Fifty Nine Productions' brooding, oil-painting-style projections are the big innovation, but they're not going to change your opinion of the show.

So does it still stand up? Basically, yes. 'Les Mis' has a towering passion and operatic intensity – not to mention belting tunes in gorgeous multilayered arrangements – that whump you in the solar plexus, especially when sold by the sort of world-class singers producer Cameron Mackintosh rightly insists on keeping it stocked with.

There are problems with it. It's a taut moralistic thriller contrasting ex-con Jean Valjean's passionate belief that people can change with his policeman nemesis Javert's belief that they cannot. But it gets bogged down in the events of the Paris Uprising, a relatively obscure historical episode that it doesn't really bother to explain. There are too many characters, some hideously sentimental bits, and the female roles are flimsy.

It's telling that Connor and Powell's 'new' production doesn't try to rethink any of this: it's continuity 'Les Mis', and it remains as imperfect, absurd and glorious as ever. ■ *Andrzej Łukowski*

### WHAT IS IT...

'Les Mis' is back after a light refurb.

### WHY GO...

It's the same madly OTT masterpiece.

### BOOK...

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

→ Sondheim Theatre.  
⊖ Picadilly Circus. Until Oct 17. £17.50-£177.50.



'Les Mis' as pure continuity, and although you can understand why Nunn is fuming, the fact is that Mackintosh has a point. As it turns out, the changes are fairly superficial: broadly speaking, the iconic revolving stage is out, some fancy new projections are in, and that's about the size of it.

So why do it? A cynical soul would perhaps speculate that Mackintosh no longer wanted to share credit with the RSC, which had enjoyed a solid stream of revenue from the show over the last 34 years. But the superproducer is a notorious perfectionist, and we should

probably take him at his word when he says that he sincerely thinks this is a better version.

The truth, though, is that while Mackintosh made 'Les Misérables', it is now much bigger than him, and I suspect he'd only dare tweak it so far. It is not just a musical. Here in London it is *the* musical, and it will live on a long time after its producer is gone – and perhaps the rest of us, too. ■



**By Andrzej Łukowski**  
Who has seen it three times and still couldn't tell you what the Paris Uprising was.

**ROYAL**

★★★★★  
 "One of the most exciting things I've seen all year."  
 Evening Standard

30 Jan–22 Feb

**POET IN DA CORNER**

By **Debris Stevenson** feat. **Jammz**  
 A coming of age story inspired by Dizzee Rascal's seminal album

**royalcourttheatre.com**


Sloane Square, London SW1W 8AS • Sloane Square • Victoria

**COURT**



EXCLUSIVE

**INGMAR BERGMAN'S 'PERSONA'**



Bag 30 percent off tickets to see Paul Schoolman's theatrical adaptation of Ingmar Bergman's iconic film, complete with soundtrack from an earth harp, whose strings will be suspended over the heads of the audience. Gloriously surreal stuff, for just £28.

[TIMEOUT.COM/PERSONA](https://www.timeout.com/persona)

Ts&Cs apply.

**TimeOut**  
 THE BEST OF THE CITY

## Theatre & Dance

### Antigone



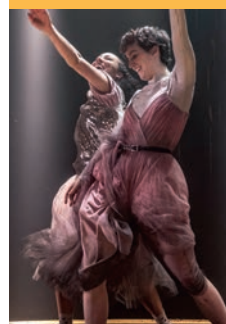
#### WHAT IS IT...

Intimate two-woman rewrite of the Greek tragedy.

#### WHY GO...

It's a vivid and compassionate take on the classic.

→ New Diorama Theatre.  
 ☉ Warren St. Until Feb 1. £16.



**IT'S 'ANTIGONE'**. But not as we know it. Lulu Raczka's very free take on Sophocles's tragedy pulls the focus right in, with just two characters: doomed, defiant Antigone (Annabel Baldwin) and her beloved sister Ismene (Rachel Hosker). She reduces the scale and considers what life might be like for the two teenage girls – younger siblings to brothers who have shattered their city-state of Thebes in a fratricidal civil war – if these events were somehow happening today.

Ali Pidsley's pacy production begins with a fun opening section in which the pair cackle about boys, sex and booze, and dance to Destiny's Child. Eventually, things go south: their brother Polynices's body is dumped outside the city, with burial forbidden on pain of death. Antigone does it anyway. Why throw her life away like this? Baldwin's ebullient Antigone – 'Tig' to her friends – doesn't seem to have a deathwish. There is an agonising purity to her actions, a sense she's too new to life to really cling on to it.

Rather than ending with Antigone's death, Raczka's play continues with a lengthy monologue from Hosker's Ismene, in which she details the painful hours and years after her sister died. I'm not sure Raczka is as glib as to say Ismene was the braver one, to soldier on through life. But her coda is typical of this smart, sad, empathetic play that breathes new life into an ancient classic. ■ *Andrzej Lukowski*

### Cirque du Soleil: Luzia



#### WHAT IS IT...

Cirque du Soleil is back with a Mexican-themed extravaganza.

#### WHY GO...

It's the most atmospheric Cirque show to hit London in aeons.

#### BOOK...

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

→ Royal Albert Hall.  
 ☉ South Kensington.  
 Until Mar 1. £25-£247.



**'ALWAYS DIFFERENT, always the same'** is how the late John Peel famously described his favourite band The Fall, a characterisation that could quite tidily be applied to Cirque du Soleil's annual start-of-the-year stand at the Royal Albert Hall. The venue and the run-length are identical year on year, the prices resolutely astronomical, and while the directors and the show titles change, you kind of know what you're getting: spectacular acrobatics, new-agey costumes, visuals and music, and 'light relief' clowning bits that make you pray for death's tender kiss.

The Daniele Finzi Pasca-directed 'Luzia' conforms to most of these things, but is definitely on the stronger side. At its best, 'Luzia' marshals an awesome spectacle of a euphoric, hallucinatory world stuffed with weird creatures and given a widescreen dream-folk soundtrack with a mariachi tinge.

The acrobatics are on the old-school side: juggling, a contortionist, some people dressed as hummingbirds jumping through hoops... none of it feels toweringly original. But when the skill levels are this high, originality isn't so important.

Even the clowning verges on the bearable: Fool Koller's gangly Clown is inoffensive save for a purgatorial audience interaction bit in which he prats around with a whistle and an inflatable ball for what seems like several lifetimes. But you sign up for this stuff when you go and see the Cirque, and for the most part 'Luzia' is an agreeably soulful spectacle that fruitfully tinkers with a well-worn formula. ■ *Andrzej Lukowski*

ANTIGONE: ALI WRIGHT; CIRQUE DU SOLEIL: MART BEARD

## NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

### WEST END

#### Anima

This new show from dance-circus company Joli Vyann tells the story of two people from cradle to grave, joined by the sound of their breathing.  
 → Southbank Centre.  
 ⊕ Waterloo. Wed Jan 22-Thu Jan 23. £18.

#### Child (Kind)

Mime Festival regulars Peeping Tom are back to complete their trilogy of family-based shows with 'Child'.  
 → Barbican Centre.  
 ⊕ Barbican. Wed Jan 22-Sat Jan 25. £16-£28.

#### Chimpanzee

Nick Lehane's extremely sad-looking Mime Festival puppetry show about a chimpanzee in a biomedical facility is inspired by true tales of American families who fostered, then gave up, apes.  
 → Barbican Centre.  
 ⊕ Barbican. Tue Jan 21-Sat Jan 25. £18.

#### Scenes with Girls

Playwright Miriam Battye's new work follows two teenage girls who don't want to be like everyone else. Lucy Morrison directs.  
 → Royal Court Theatre.  
 ⊕ Sloane Square. Until Feb 22. £15-£25.



'Chimpanzee'

#### Sex/ Crime

Two men meet to recreate the misdeeds of a famous gay serial killer in Alexis Gregory's blackly comic queer thriller, with Jonny Woo.  
 → Soho Theatre. ⊕ Oxford Circus. Tue Jan 21-Feb 1. £18-£23.

#### The Sunset Limited

A rare stage outing for great American novelist Cormac McCarthy, about two men having an existential conversation on a subway platform. Stars Gary Beadle and Jasper Britton.  
 → Boulevard Theatre.  
 ⊕ Piccadilly Circus. Until Feb 29. £12-£36.

#### Uncle Vanya

The great Irish playwright Conor McPherson returns to adapt Chekhov's classic, with Toby Jones in the title role.  
 → Harold Pinter Theatre. ⊕ Piccadilly Circus. Until May 2. £15-£100.

'Uncle Vanya'

#### The Welkin

Lucy Kirkwood's new play is set in rural Suffolk in 1759. It stars Ria Zmitrowicz as a woman accused of murder, and Maxine Peake, who dares to defend her.  
 → National Theatre.  
 ⊕ Waterloo. Until May 23. £20-£89.

#### Zebra

American juggling star Wes Peden calls in at the London International Mime Festival.  
 → Southbank Centre.  
 ⊕ Waterloo. Fri Jan 24-Sun Jan 26. £18.

### OFF-WEST END

#### Coulrophobia

Two clowns are trapped in a cardboard world in this eerie comedy show from Opposable Thumb which deliberately plays on the trope of the terrifying clown. Part of the London International Mime Festival.  
 → Jacksons Lane. ⊕ Highgate. Fri Jan 24-Sun Jan 26. £18, £16 concs.

#### Macbeth

Berkshire's well-regarded Watermill Ensemble perform their rock-soundtracked take on Shakespeare's bloody tragedy.  
 → Wilton's Music Hall.  
 ⊕ Aldgate East. Wed Jan 22-Feb 8. £12.50-£29.

#### The Morning After

Gay comedy from Peter Quilter, about the awkward aftermath of a one-night stand.  
 → Above The Stag Theatre.  
 ⊕ Vauxhall. Wed Jan 22-Mar 1. £25.

#### Raven

An aerial show by Still Hungry – a trio of German circus artists and mothers – exploring what it's like to be a working parent and performer.  
 → Jacksons Lane. ⊕ Highgate. Tue Jan 21-Thu Jan 23. £18, £16 concs.

#### The Sugar Syndrome

A very rare revival of 'Enron' playwright Lucy Prebble's debut play about life online. This is the first time it's been seen since its 2003 debut.  
 → Orange Tree Theatre.  
 ⊕ Richmond. Fri Jan 24-Feb 22. £15-£32.

## TOP-SELLING TICKETS

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

#### 1 The Comedy About a Bank Robbery

The slapstick crime caper continues its West End spree.  
 → Criterion Theatre. Until Nov 1.

#### 2 & Juliet

Gloriously dumb Max Martin musical fun.  
 → Shaftesbury Theatre. Until Oct 3.

#### 3 Leopoldstadt

Tom Stoppard's epic latest.  
 → Wyndham's Theatre. Jan 25-Jun 13.

#### 4 Everybody's Talking About Jamie

The biggest Brit musical hit in years.  
 → Apollo Shaftesbury. Until Aug 29.

#### 5 Hamilton

The hip hop masterpiece.  
 → Victoria Palace Theatre. Until Jun 20.

FOR TICKETS TO THE BEST SHOWS AT GREAT PRICES  
[TIMEOUT.COM/TICKETS](http://TIMEOUT.COM/TICKETS)

## EXCLUSIVE

It's your last chance to bag tickets to 'Faustus: That Damned Woman' at the Lyric Hammersmith Theatre. From £15.

[TIMEOUT.COM/FAUSTUS2020](http://TIMEOUT.COM/FAUSTUS2020)

Loads more London theatre listings at [timeout.com/theatre](http://timeout.com/theatre)

# Art

Edited by Eddy Frankel  
timeout.com/art @timeoutart

## 'The Four Ages of Woman'



**SOMETIMES A SIMPLE** idea executed well is all that's required for a stellar exhibition. The idea behind Bethlem Museum of the Mind's latest show is this: artworks by women relating to the lived experience of women. Boom, done, that's it. Bung that concept in a bigger space and it could end up a sprawling confusion, but the MotM's small-ish one-room gallery keeps it contained and, thanks to the amazing variety, far-reaching.

This being the MotM, there's also the overarching 'theme' of mental health. Most of the artworks (mainly paintings, plus a few examples of collages and lino cuts) come from the institution's own collection, including works by artists who have received treatment at the hospital.

There's art about anorexia, post-natal depression, mania, anxiety, isolation, OCD and failed treatments. But the brilliance of this show – and the MotM in general – is how these things are there-but-not-there, acknowledged but not limiting. It's art about mental health

and art about womanhood, sure, and it often pinpoints truths left unsaid elsewhere, but it's also just art. Beautiful, expressive, pretty, messy, sorrowful art. The good drug.

Elise Pacquette's two parallel works invert the human body like a wet washing up glove flipped inside out to dry. In the first, sweet mauves and sugary pinks cushion the centre, while, in the second, an inferno of blood red and candle-flame yellow rages. Lisa Biles's collage is similarly raw, literally ripping apart the magazine image of femininity.

But the most entrancing is the rippling painting by Charlotte Johnson Wahl (yes, the PM's mother), showing the artist up a tree with her children distressed below. Completed in the '70s browns of the decade she created it in, the shapes roll around like mercury beads, an unforgettable image of instability. ■



**By Rosemary Waugh**  
Who would also hide up a tree if her child was Boris Johnson.



MAUREEN SCOTT: MOTHER AND CHILD AT BREWING POINT (1970). © THE ARTIST; LYNDIA BANFORD: PSYCHEDELIC WOMAN © THE ARTIST; MARION PATRICK: A SOLITARY CHILD (1988); CHARLES SIMS: THE SWING © HENRY BOXER GALLERY; ALL IMAGES COURTESY OF BETHLEM MUSEUM OF THE MIND.



Clockwise from top left: 'Psychedelic Woman' by Lynda Bamford; 'A Solitary Child' by Marion Patrick; 'Face I' by Imma Maddox; 'Mother and Child at Breaking Point' by Maureen Scott

## STILL ON AND STILL GREAT

Don't miss your last chance to see these top shows



### ↑ Charlotte Salomon: 'Life? or Theatre?'

Salomon's autobiographical masterpiece is raw and tender feminine brilliance.

→ Jewish Museum. ⊖ Camden Town. Until Mar 1. £8.50.



### ↑ Nam June Paik

Career-sweeping show for the Korean-American artist who pioneered video art.

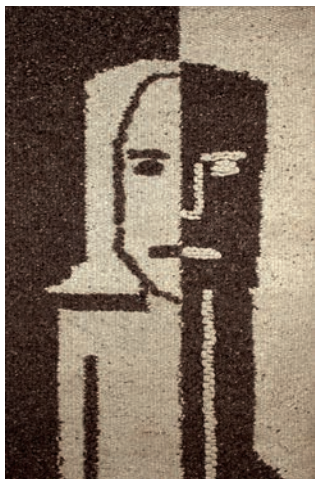
→ Tate Modern. ⊖ Southwark. Until Feb 9. £13.



### ↑ 'Forgotten Masters: Indian Painting for the East India Company'

Ridiculously beautiful paintings by artists finally getting the recognition they deserve.

→ Wallace Collection. ⊖ Bond St. Until Apr 19. £12.



### WHAT IS IT...

Art by women about women. And so much more.

### WHY GO...

It's topical, political, emotional – and well worth the length of the train journey to get there.

→ Bethlem Museum of the Mind. West Wickham rail. Until Apr 25. Free.

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

CHARLOTTE SALOMON: 'LEBENS OBER THEATER' (LIFE? OR THEATRE?) (1941–42) COLLECTION JEWISH HISTORICAL MUSEUM, AMSTERDAM © CHARLOTTE SALOMON FOUNDATION. CHARLOTTE SALOMON: 'MAMA JUNE PAIK STILL FROM 'BYE BYE KIPPLING' (1986) IMAGE COURTESY OF ELECTRONIC ARTS INTERMIX © WINNEAPOLIS INSTITUTE OF ART. NAM JUNE PAIK: 'SHIKHI ZAR' (AL) INDIAN ROLLER ON SANDALWOOD BRANCH'



**WHAT IS IT...**

Sprawling canvases from the Central American jungle.

**WHY GO...**

Machete your way through the foliage and there's a lot to like in Suter's art.

→ Camden Arts Centre.  
Finchley Rd & Frognal  
Overground. Until Apr 5.  
Free.

## Vivian Suter: 'Tintin's Sofa'



**VIVIAN SUTER'S CANVASES**

swarm across the lofty, swimming-pooly spaces of Camden Arts Centre. They hang from the ceiling in swathes, and overlap each other on the walls. In one corner, a dozen or more are suspended in a row, like plates drying in a rack: as a result, you can't see most of them, but you know they're there.

Suter is a refugee. Not from conflict or oppression, but from the Western art world. Born in Argentina, she grew up in Switzerland and was all set for a conventional First World career when she jacked it in and fled to Latin America. She's lived and

worked in the jungle of Guatemala for the last 37 years, producing hundreds of vivid paintings on raw, unprimed and unframed canvases. She leaves them outside in the rain and lets her dogs walk over them and lie on them (hence the title). Each show sees her works repositioned in response to the space. There's a total lack of preciousness about what an artwork should be: the whole thing is the work, like the jungle is the jungle. Up close, it's comprised of individual elements, but you can't hope to see or comprehend it all.

There are suns and animals.  
There are black grids of branches

and geometric shapes. Some of the canvases have a kind of prehistoric dynamism; others have more of a preschool dynamism. For every startlingly immediate abstract panel, there's a muddy finger-painted daub in several shades of shit. Again, you sense that Suter is making a point about how we approach and process art, especially painting. The polite, discrete artwork is something we've been taught; it's a format. Okay, Suter's works are still recognisably paintings, but she challenges what you understand by that idea constantly.

So, in a kind of 'it's not you, it's

me' scenario, I have to conclude that my failure to be overwhelmed by Suter's maximalist scree of messy canvases is my fault, not hers. I just can't stop myself individuating something I see as a painting, mainly because there are some really, really good paintings here – paintings I could live with and fall in love with, finding new things in them every day – and a lot of rubbish ones. Clearly I wouldn't cope with the jungle very well. ■ *Chris Waywell*

Many more listings at  
[timeout.com/art](http://timeout.com/art)



Edited by Tania Ballantine  
timeout.com/eatdrink @timeouteatdrink

# Food



Malibu Kitchen



## Après Food Co

The owners of this gorgeous-looking Clerkenwell joint want us all to 'make friends with food' – and we're certainly sold on the place, with its low-key backstreet vibe, pretty plants in pots and cleverly contrived gluten-free cooking. Everything is nutritionally balanced, from the frittata muffins and sweet potato hash to the luscious cakes made with coconut sugar.

→ 72 St John St, EC1M 4DT. ☺ Farringdon.

## Ardiciocca

Gluten-free, dairy-free and sugar-free... that's the shtick at this diet-conscious Italian joint from the team behind the Macellaio RC mini-chain. Produce comes exclusively from indie artisan outfits and the kitchen rolls out plenty of decent stuff – from arancini balls and Sardinian gnocchi to surprisingly good pizzas with very thin, flat bases (try the version topped with stracchino cheese and Genoese pesto).

→ 461-465 North End Rd, SW6 1NZ.  
☺ Fulham Broadway.

## Beany Green

Those outdoorsy Aussies have taught us a thing or two about healthy living over the years, and the bright and breezy Beany Green café

# Eat well

Time to be kind to your insides? Here are London's best places to nourish from within.

sells Londoners the whole package in a colourful modern setting, complete with a hip hop soundtrack and its own heated balcony. Expect to find vegetables loaded into and on to almost everything, from daisy-fresh salads and yoghurt flatbreads to quinoa-and-millet porridge.

→ 41 Broadgate Circle, EC2M 2QS.  
☺ Liverpool St.

## Farmacy

Owned by well-connected glamour puss Camilla Fayed (daughter of former Harrods boss Mohamed Al-Fayed), this Westbourne Grove hangout sells 'clean indulgence' to an eager audience of Notting Hillbillies and shiny hedge-fund wives. It's a virtuous, free-from kind of place – no

dairy, no sugars, no additives, no meat – with lots of plant-based goodies ranging from 'clean curries' to macro 'earth bowls'. But even the most virtuous dishes taste luxurious, especially when eaten in such chic surroundings.

→ 74-76 Westbourne Grove, W2 5SH.  
☺ Bayswater.

## Hemsley + Hemsley

This 'clean' department store café from the celebrated spiralling sisters is a chic, sleek vision in brushed gold, blond wood and herb-green upholstery. Buy

into the H+H brand via organic gluten-free dishes without refined sugars or hydrogenated fats – think mugs of their famous Pep-Up broth, a 'spag bol' involving spirals

celeric noodles, cultured ketchups, kale caesar salad and 'Go to Green' smoothies.

→ Selfridges, 400 Oxford St, W1A 1AB.  
☺ Bond St.

## High Mood Food

A pure-food haunt for vegans, flexitarians and everyone in between, High Mood Food infuses all its dishes with beneficial bacteria in the shape of gut-friendly fermented ingredients. The menu is stuffed with healthy possibilities, but the kitchen isn't afraid of meat or dairy (there's even a bone broth!) Trust us: HMF's laidback vibe, bright interiors and bubbly staff will put you on a bit of a wholesome high.

→ 25 Duke St, W1U 1LD. ☺ Bond St.

## Leggero

With its officially recognised gluten-free credentials and full-on commitment to artisan ingredients, this easygoing Italian is a good shout for the healthy-eating brigade. Apart from the occasional lamb meatball and salmon ravioli, everything is either veggie or vegan, so get your kicks from the likes of ricotta and spinach gnudi, chestnut pappardelle or butternut squash flan topped with parmesan fondue. ■

→ 64 Old Compton St, W1D 4UQ.  
☺ Leicester Square.



Farmacy

# Haya



**WHAT MAKES YOU** stop and gawp outside a shop window? Designer trainers? Slick shades? For me, it's salads. Not just any old jumble of leaves, but the kind that make you reconsider how you feel about salads altogether. You know: sexy, 'eat me' salads. Lifestyle salads. This is what lunch at Haya is like: little plates of Israeli-inspired sunshine.

They sit there, shimmering on the long window counter, quietly calling to you: 'Come inside, choose us, we're so pretty.' So, you do. And you quickly realise that Haya is no casual caff. It's not even a mid-level Ottolenghi. Instead, it's a swish, uber-stylish spot, a place for lunch after a very expensive haircut (I imagine). There's flattering lighting, Ella Fitzgerald crooning through the speakers. Plus marble tables, modern art and a substantial amount of unironic air kissing.

And the food? Mostly very good. The small-plates menu is two thirds



cold (only a few dishes are on the counter, the rest are made to order) plus a handful of 'hot'. Highlights include a thick, creamy tzatziki under a small bonfire of deep-fried courgette sticks. Later, a trio of terrifyingly moreish crab cakes with an excellent chraime (a gutsy spiced tomato sauce). Or roasted halves of aubergine from the display, showered with almond flakes, minced garlic, morsels of feta, a sticky balsamic glaze and the jewel of all jewels, pomegranate seeds.

There was the odd niggle: a too-dense knot of challah bread; an oversweet dressing on the greens. But it was the service – perfectly well meaning, but amateurish – that was the frustration. The menu bore no resemblance to what was actually available (why even bother having one?) and two dishes were mis-described. Still, for salad with stacks of style, Haya's just the ticket. ■ *Tania Ballantine*  
**Lunch for two with tea and service: around £50.**

**WHAT IS IT...**  
 A swish Middle Eastern small-plates spot in W11.

**WHY GO...**  
 For awesome aubergines and killer crab cakes.

→ 184a Kensington Park Rd, W11 2ES.  
 ↻ Ladbroke Grove.

**EXCLUSIVE**  
 Get 40 percent off three courses, plus a glass of prosecco, at **The Gate**. Just £24  
[TIMEOUT.COM/THEGATE20](http://TIMEOUT.COM/THEGATE20)

Sponsored Listing

## Going out? Try here.



KENSINGTON

### THE PARK LOUNGE AT THE MILESTONE SAYS:

'This Valentine's, dine in The Milestone's beautiful oratory opposite Kensington Palace. One of London's most romantic and intimate venues, it is the original mansion's chapel. Enjoy a six-course tasting menu by candlelight with a bottle of vintage champagne sabetered tableside for added theatre.'  
*The Milestone Hotel, 1 Kensington Court, W8 5DL.*



BLOOMSBURY

### LE CORDON BLEU SAYS:

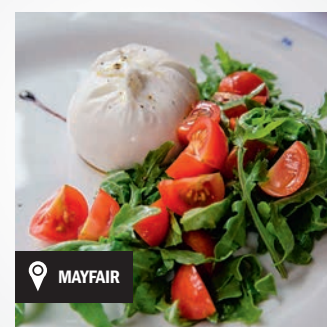
'If you're craving buttery pastry this Veganuary, visit Café Le Cordon Bleu. Nestled behind the legendary culinary institute, the café has launched an astonishing plant-based croissant. Le Cordon Bleu London has fully embraced the plant-based revolution this year, also launching its new Diploma in Plant-Based Culinary Arts.'  
*15 Bloomsbury Square, WC1A 2LS.*



SOHO

### SOHO BURGER AND LOBSTER SAYS:

'It's hot, it's spicy, and best of all, it's back on the menu! Burger & Lobster are welcoming back an old favourite, with open arms (and mouths): The legendary Holy F\*ck Burger, starring a juicy Nebraskan beef patty, hot sauce, lettuce, avocado, peppers and pickles. Obviously, you're adding bacon and cheese too...'  
*36 Dean St, W1D 4PS.*



MAYFAIR

### CHUCS MAYFAIR SAYS:

'Snuggle up and enjoy an alfresco lunch on our heated terrace. The original and much-acclaimed Chucs Restaurant is located just a stone's throw from the exclusive Berkeley Square. With its roots in classic Italian fare, Chucs is an intimate, all-day restaurant with traditional décor and the highest service standards.'  
*30b Dover St, W1S 4NB.*

STATFORD BRASSERIE: SAM A HARRIS; BUBA G: HAYDON PERRIOR

# Baba G's Bhangra Burger



## WHAT IS IT...

An Indian-style burger joint in Camden Market.

## WHY GO...

For the 'pachos': a superlative Indian take on nachos.

→ Camden Lock Market, West Yard, Chalk Farm Rd, NW1 8AF. ☺ Chalk Farm.



**INDIAN-STYLE PATTY PURVEYOR** Baba G's has been kicking around in stall and pop-up form for years, but the street food favourite gained a bit of well-deserved press buzz after winning the BBC's 'Million Dollar Menu' early in 2019. The result of its seed investment prize is this, a permanent bare-bricks 'n' mortar hub in Camden Market.

The canny menu stretches out a few flavours across myriad dishes. Behold, the saag paneer 'pachos': a hefty platter of mini-poppadoms, covered in tamarind chutney, raita, earthy stewed greens and teeny cubes of fried tikka paneer cheese. Genius stuff, and more interesting to eat than the saag paneer burger, which saw all the same ingredients in a bun, with a whole bhaji plonked on top.

More satisfying was the signature lamb jalfrezi burger: all the same toppings, this time without cheese, but with a smattering of sweltering chilli heat.

Chicken tikka 'nuggets' turned out to be boned-out legs, well seasoned and perfectly fried. In a world of perfunctory patties, Baba G's is a fresh new take on the evergreen, seemingly unimprovable, staple. ■ *Tom Howells*

**Dinner for two with drinks and service: around £60.**

# The Stratford Brasserie



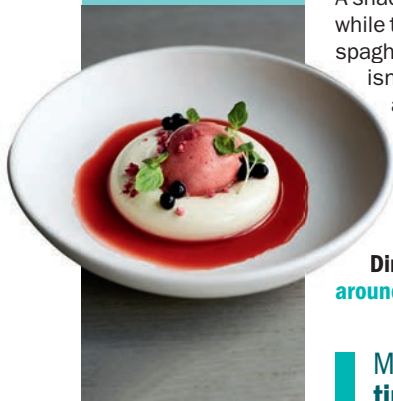
## WHAT IS IT...

A modern all-day brasserie at The Stratford Hotel.

## WHY GO...

For slick brasserie fare in a snazzy setting.

→ Queen Elizabeth Olympic Park, 20 International Way, E20 1FD. ☺ Stratford.



**IN THE GROUND-FLOOR** lobby of a stylish hotel complex sits this glitzy all-day brasserie. Much of the menu is modern European with a big nod to the French, and those were the strongest dishes. An expertly cooked starter of seared Isle of Mull scallops was bigged up with cubes of tender chicken and a citrusy sauce vierge. Next came a mouthwatering sirloin steak with a dark and rich peppercorn sauce, plus perfect fries: crisp on the outside and fluffy within. The desserts, too, were on point. A cute, burger-like choux bun was filled with a delicious chocolate malt ice cream, and came with a pot of cracking dulce de leche sauce. Also, the service was great.

But this place also has its low points. Dishes promising more interesting flavours were flops. A snack of chickpea strips was painfully bland, while the 'chilli butter sauce' on our red prawn spaghetti was impressively forgettable. There isn't much buzz, either: it's all very corporate

and the atmosphere is stale (we were among just a handful of guests on a mid-week evening). Still, if you're looking for polished service, and you stick to mainstream flavours, The Stratford Brasserie does the job. ■ *Ella Braidwood*

**Dinner for two with drinks and service: around £115**

More fresh faces at: [timeout.com/restaurants](http://timeout.com/restaurants)

創業令和元年  
**昭和軒**  
SHOWAKEN  
RAMEN BAR  
NOW OPEN!

Tokyo Shitamachi Ramen from £10

真心入りの熱々の一杯をどうぞ

SHOWAKEN  
Japan Centre  
35b Panton Street SW1Y 4EA  
Mon-Sat 12-3pm / 5-9.30pm  
Sun 12-3pm / 5-8pm  
Last orders are 30 minutes before closing

Shaftesbury Ave  
Panton St  
Piccadilly Circus  
1 min from Piccadilly Circus

Share your snaps! @japancentre

## DID YOU KNOW...

You can tip us off about new places opening near you. Just drop us a line at [food@timeout.com](mailto:food@timeout.com)

@timeouteatdrink

EXCLUSIVE

## BOTTOMLESS DRINKS, STARTERS AND PANCAKES



Something is popping in this Camden café and it isn't just the prosecco. At Music & Beans, picture-perfect food meets an awesome playlist. Head down for endless food and drinks plus tunes for just £20. That's 51 percent off.

[TIMEOUT.COM/MUSICANDBEANS](http://TIMEOUT.COM/MUSICANDBEANS)

Ts&Cs apply.

**TimeOut**  
THE BEST OF THE CITY

# Drink

Edited by Laura Richards  
timeout.com/bars @timeouteatdrink



## Booze-free BrewDog



**ABERDEEN'S NOW-GLOBAL** beer brand has led its fair share of 'disruptive' marketing campaigns – from flagging the launch of its first London bar with a fleet of tanks rolling down Camden High Street to clunkily addressing the gender pay gap with a pink-branded beer for women. Even if it's supposedly a world first, opening alcohol-free **BrewDogAF Bar** at the start of Dry January feels like a safe play by contrast, a bit like getting

a mortgage in the suburbs after years of wayward partying in the capital. Especially as millennials and gen Zers are drinking less than generations before them. And yet, sensible choices aside, drinking here feels revolutionary. The bar was totally packed when I visited during a month when the average Londoner has gone into hibernation, and the only seats left were an awkward pair of hammocks by the entrance. While the pure,

white decor feels a little contrived, there was a genuine buzz in the room – only slightly more muted than you'd find in your average bar. As for the drinks, those scarred by past experiences of drinking alcohol-free beers that tasted more like – as my grandad would have put it – gnat's piss, might be pleasantly surprised. There are 15 taps (although one of them wasn't functioning on my visit), and about half are dedicated to BrewDog – from old familiar

NannyState to a new stout and a hazy pale ale that nailed the hazy part, if not the juiciness that goes with a larger ABV. The Faux Fox Raspberry was a decently sour Berliner Weisse not dissimilar to BrewDog's hibiscus kombucha, also on tap. The rest of the taps showcase strong (not by percentage!) options from peers – including Brooklyn's Special Effects and Lucky Saint's lager – while the fridges are packed with sodas and dry wines.

More boozeless spots at [timeout.com/alcoholfree](http://timeout.com/alcoholfree)

THREE OF THE BEST

# Ways to drink like a Scot



### Irn Bru Spritz at Temper City

Edinburgh-born chef Neil Rankin nods to his roots at his City restaurant with an Irn Bru cocktail that's orange and includes tequila and prosecco. Feel the Burns.

→ 2 Angel Court, EC2R 7HJ.  
⊖ Bank. £10.

### Dundee Sour at Mac & Wild

Scotland's best export might just be the dundee cake. And Mac & Wild has managed to get the fruity treat's essence into one of its gin-based cocktail.

→ 65 Great Titchfield St, W1W 7PS. ⊖ Goodge St. £9.50.

### Smokey Cokey at Black Rock Tavern

One to get you going at a ceildh, the Smokey Cokey is made from peaty, aged Scotch plus cola. Enjoy it at this whisky pub then hit its basement bar for more wee drams.

→ 9 Christopher St, EC2A 2BS. ⊖ Liverpool St. £10.



**WHAT IS IT...**

The 'world's first' alcohol-free beer bar.

**WHY GO...**

Fifteen temperate taps – and free refills during Dry Jan.

→ 211 Old St, EC1V 9NR.  
⊖ Old St.

I was taken aback by the price of a half-pint of fruit beer (£3.90), but then I discovered that punters get free refills throughout January if they bring their receipt to the bar. It's a shame they're not doing this year-round. That would be one disruptive gimmick we could get behind. ■



**By Laura Richards**  
*Who is a very mindful drinker.*

BREWDOG: ANDY PARSONS; IRN BRU: LATEEF PHOTOGRAPHY

## The Dining Room at PLAYBOY CLUB LONDON

Enjoy authentic Arabic, Middle Eastern and Chinese Cuisine in the heart of our iconic Mayfair casino.

Non members are welcome when booking online\*

Visit [Playboyclublondon.com/dining](http://Playboyclublondon.com/dining)



\*Over 18s only. ID required.  
Subject to availability. Maximum table of 4.

# Escapes

Edited by Ellie Walker-Arnott  
timeout.com/daytrips



Margate sauna (seriously)

## Wellbeing weekends

**WE'RE ALL FOR** using free time to rest and recuperate. But sometimes, watching back-to-back episodes of 'Queer Eye' should be swapped for something a bit more life-changing. Feeling stuck, low or drained? Take full advantage of your weekend on one of these transformative trips. Next step: returning to the city feeling legit refreshed.

### 1. The lesson in stress

If feeling tense and frazzled has become the norm, this outdoorsy stress management course in Cornwall might be the antidote. Taking place in a secluded spot, only accessible by foot or boat, Thera-Sea's three-day escape gives you tools to manage stress in your daily life. Learn about the biology of stress, coping techniques and lifestyle as medicine via educational workshops, and cultivate a sense of calm with sea swimming, canoeing and feasts round a campfire.

→ St Just-in-Roseland, Cornwall. From £495.  
www.thera-sea.co.uk

### 2. The meditation 101

There's no way you've never tried meditation. More likely, you're yet to master it (or even manage five minutes without thinking about work, your dinner or the rapidly multiplying dust bunnies under your bed). If you feel like you'd benefit from regular practice, though, Sharpham Trust's mindfulness for beginners course should help you crack it, with guided sitting sessions, mindful walking and periods of silence. You'll be totally (or at least a bit more) zen in no time.

→ Sharpham House. Totnes, Devon. From £335.  
www.sharphamtrust.org

### 3. The comfort zone

A night in one of Daylesford's plush Cotswolds cottages is pure relaxation. They are surrounded by

lush countryside – ideal for healthy walks – while blankets, baths and organic food from Daylesford farm make hiding inside just as appealing. Venture out to the spa for free yoga, sound healing or pilates.

→ Daylesford. Kingham, Gloucestershire.

From £275 a night. www.daylesford.com

### 4. The rural retreat

Need a new perspective? Try gazing between your knees in downward dog. At Elmley Nature Reserve you might even spy a salty seascape or a rare coastal bird. Set in the Kent wilderness, it feels otherworldly, despite being just outside London. Retreats differ, but most feature multiple yoga classes so you can release any built-up tension, meditation, breath work, reiki and guided walks through the 3,300-acre nature reserve. Then

your nights will be spent snoozing in one of Elmley's sweet shepherd's huts. See you in Savasana.

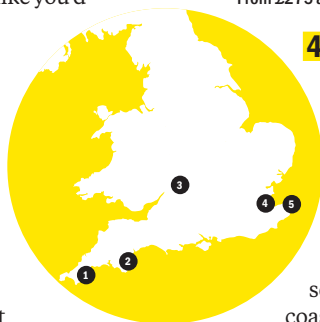
→ Elmley Nature Reserve. Isle of Sheppey, Kent.  
Prices vary. www.elmleynaturereserve.co.uk

### 5. The seaside sauna

There are relaxing spa breaks and then there's running full pelt into the North Sea in winter. We know which is more invigorating. Sustainable skincare champion Haeckels has made the experience suitably hip, installing a chic, wood-burning sauna on the beach in Margate. It's in a Victorian-style sea-bathing machine and aims to promote the health benefits of sea swimming all year round. Get steamy inside the sauna before skipping down the sand and into those icy cold waves. ■

Ellie Walker-Arnott

→ Haeckels Community Sauna. Margate, Kent.  
Free, donations encouraged. www.haeckels.co.uk



Find more tranquil trips at  
[timeout.com/daytrips](http://timeout.com/daytrips)



Every  
dough-licious  
thing, but  
the cow.



**BEN & JERRY'S**  
Non-Dairy

Ever wondered  
what it would be like if  
Ben & Jerry's was Vegan?



If not then this is  
kinda awkward.

**BEN & JERRY'S**  
Non-Dairy

