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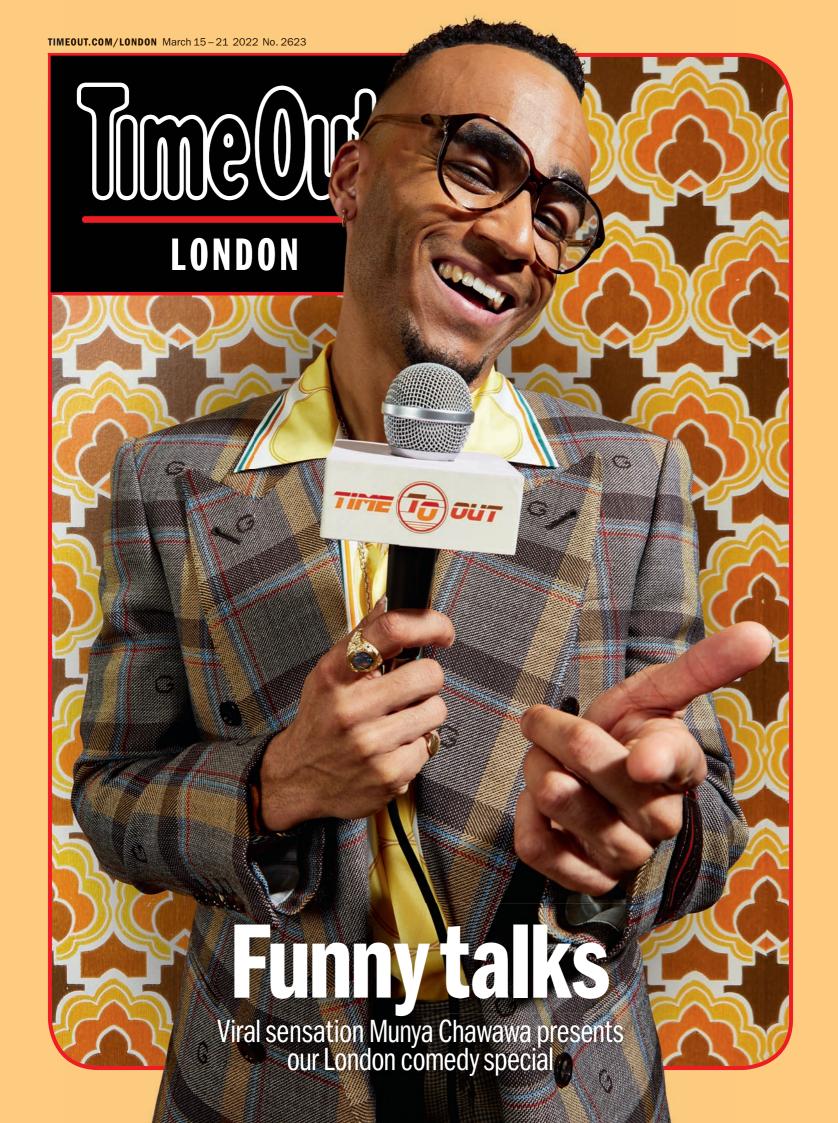






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This issue of Time Out in no time at all

Theatre royal

The real 'Game of Thrones' comes to the Donmar, where Kit Harington plays Henry V with brooding power

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The Barbican's five-star 'Postwar Modern' exhibition is a warning and a premonition

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Salt who?

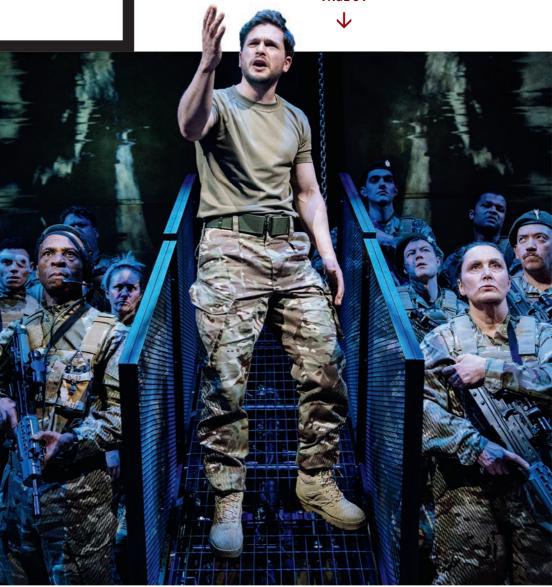
Head to Zahter, a vibrant new Turkish restaurant in Soho, for your next special-occasion dinner

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FENRY V. HELEN MURRAY, POSTWAR MODERN; WEST INDIAN WAITRESSES BY EVA FRANKFURTHER, C. 1955 BEN URICOLLECTION, PRESENTED BY THE INTITST SISTER, BEATE PLANSKOY, 2015, © THE ESTATE OF EW FRANKFURTHER, PHOTO GRAPH BY JUSTIN PIPERGER, COURTESY BARBICAN CENTRE



'Yes, I follow @connellschain'

'Normal People' star Daisy Edgar-Jones tells us about life after lockdown fame

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#CookFor Ukraine

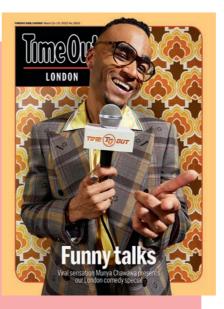
Raise money for those in need by stuffing our faces? Count us in

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A city is defined by the shared qualities of its people. New Yorkers all have a deep and slightly unsettling respect for 'the grind'. Parisians love to smoke and ruminate on how they resent their hometown (even though they'll never leave). Tokyoites share the ability to fall asleep anywhere, at any time.

In London, we value a sense of humour above all else. We'll forgive a person almost anything as long as they makes us laugh. The Time Out office is directly above a small comedy club and, since the day lockdown properly ended, it's had queues around the block nearly every single evening. After years of being indoors the thing we want to do most is go back indoors and listen to blokes in T-shirts making jokes about being on Tinder. Hashtag nature is healing.

I am, as usual, being unfair. When I was young, stand-up mainly involved unfunny, mean-spirited white men like me. Cheap, tasteless gags at the expense of marginalised groups were the norm. It's tremendously gratifying to see that that's no longer the case. Because comedy is at its funniest when it's truly inclusive. Or when someone gets pushed into a canal.

THE EDITOR'S ESSENTIALS Three things you have to do in London



Our recent online Fried Chicken Matrix bafflingly omitted the stupendous Wing Wing. Next-level crunch and flavour, in my opinion.



Stella's is a new, very slick, smallherd, whole-carcass butcher's on Newington Green. I love it - and the staff give my dog spare lamb bones.



It's not quite finished yet, but soon The Princess Royal in Notting Hill will be up and running. Food by Ben Tish so book it now, I reckon.











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Time Out founded 1968

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Approve their apps





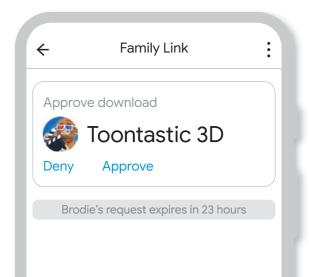
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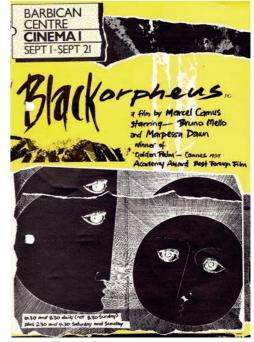


City life

Edited by Isabelle Aron @timeoutlondon











A brutal beauty

A new book celebrates 40 years of the Barbican, London's concrete heart

WITH ITS TOWERING walkways and waterside terraces, hidden rooftop oasis and jutting overhangs, the Barbican is London's own temple to concrete. Once an incredibly polarising structure, these days the Barbican is almost universally loved by all Londoners. After bringing so much debate, culture and, well, grey to our city, this strange but iconic complex is turning 40 this year. Now, a new book, 'Building Utopia', celebrates everything it stands for, through never-before-seen photographs, criticism and archival material. So get down there and show some love to this beautiful, brutalist beast. ■ Chiara Wilkinson

→ 'Building Utopia: The Barbican Centre', £40.





What goes into the London plates that everyone bangs on about

SNAP. CRACKLE. POP. That's the sort of thing that goes on in your mouth as you tuck into the nashpati bhel at Mayfair Indian restaurant Bibi. With its crunchy puffed rice, sharp chilli and numbing icy pear granita, this creative take on bhel, a classic Indian snack, is an explosion of

flavours and textures. 'Our food is very nostalgic,' says chef-patron Chet Sharma. 'It's about bringing flavours reminiscent of India, with a playful twist.' He explains how the popular dish comes together.

Chiara Wilkinson

→ 42 North Audley St. £12.



WORD ON THE STREET

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

'I don't want to sound like an old person, but do you want a cherry menthol sweet?'

'Fifty is just 40 with a hat on.'

'I can't do yoga now, I'm full of sausages.'

'What's the difference between a power shower and a shower-shower?'

'I don't think I've ever bought a doughnut in my life.'

'The city is so gentrified now. They've even priced the pigeons out.'

'Turns out that emus can take quite a lot of bullets before they die.'

'That salt is really... salty.'

'Noel Edmonds's face can fuck off.'

'True friendship is deboning their chicken at 3am.'

'I'm having trouble getting through bread at the moment.'

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See pros and newbies try out fresh stuff

hone their craft

Sara Barron and Friends

Every month or so this brilliant American comic gets some of her comedy pals together to try out new material. These nights are often just as fun as the polished shows, plus you'll hear things that don't make the finished version. Never a bad line-up, and all for under a tenner. → Follow @sarabarron1000000 on Instagram to find out about upcoming shows.

Suspiciously Cheap Comedy

This monthly work-in-progress night at the Pleasance Theatre does what it says on the tin. It's hard to believe you'll see some of the biggest comedians on the circuit (James Acaster, Lou Sanders and Bridget Christie have all guested) empty the contents of their head for just £5. → Pleasance Theatre. Mar 21. £5.

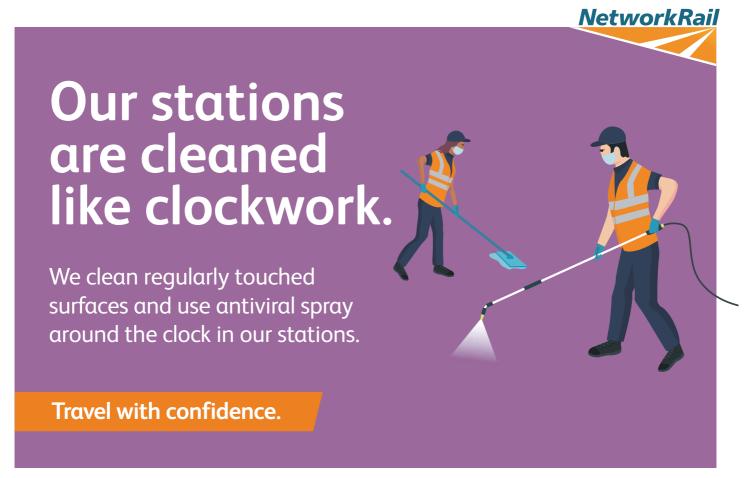
Angel Comedy Raw

North London institution Angel
Comedy owns The Bill Murray pub
and hosts nights above The Camden
Head. For slick routines, head to
the former, but from Monday to
Thursday, the free Raw nights at
the latter are where you'll see pure
comedy gold being polished by
up-and-comers and big names.
→ Upstairs at The Camden Head. Free.

The Monday Club

What better way to start the week than with a laugh? Brighten up your Monday at the Museum of Comedy's weekly new-material show. Settle in for a brilliant, friendly night of top-tier comedians practising new gags, and still be in bed by 11pm. Probably. ■

→ Museum of Comedy. £3.



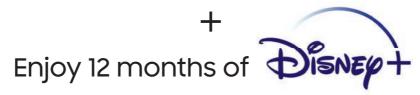
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Think it's on me to suggest a second date.

I've lost my mind wondering if you'll ask, but must now appear insultingly nonchalant for fear of being needy.

I'll mask the fact that I think this could become something serious with jokes and innuendo.

I will make it 100% clear that I will not be going home with you, but already know exactly what underwear I'll be wearing.

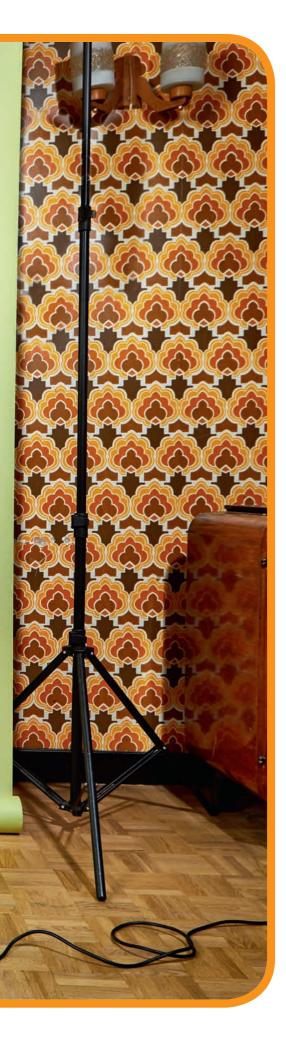
I'll keep mentioning my family so you begin to see me as marriage material.

I will avoid talking about family in case you think I'm trying to 'pin you down'.

The rules of dating are so weird. Let's break them.









'Humour feels like a superpower'

Munya Chawawa was the official king of lockdown comedy. Since then, he's signed a deal with Netflix and won a National Comedy Award. Where does the Londoner go from here?

Ralph Jones finds out. Portraits Jess Hand

'LONDONERS HAVE a great sense of humour,' says Munya Chawawa, over an orange juice in a West Hampstead bar. 'It's a coping mechanism, even if we don't readily admit to it being one.' He knows there are lots of things in this city that could be 'really quite depressing' if you think about them for too long: 'Oppressively high rent, long, rattling tube journeys every morning, saying to friends, "Yeah, we'll catch up", knowing that's basically a ten-year promise.' So these things have to become jokes. This is the Chawawa ethos: when the reality is properly grim, why not cheer people up?

With a small country's worth of people on social media now hanging on his every word (Chawawa has 1.1 million followers on TikTok and 965,000 on Instagram), the comedian has the ability to cheer up a *lot* of people. But he wasn't always so socialmedia savvy. When he was 17 years old, his younger sister begged him to let her create a Facebook account for him. The

reluctant teenager was 'petrified' of social media, he says, and only agreed if he could hide behind a pseudonym. The name he chose? 'Arnold Milky'. Chawawa has come a long way since then. But in a way, he's still Arnold Milky.

The world at his feet

Over the last two years, Chawawa and his character comedy have lifted our mood. His ability to create a topical video in the time it takes to refresh your Instagram feed is seriously impressive, and this year looks like a good one to be in his shoes.

For someone whose forte is making funny videos in his flat, the pandemic kept Chawawa busy: whenever the government made another tone-deaf blunder, in he swooped. In his most successful video, he adapted Shaggy's 'It Wasn't Me' after Health Secretary Matt Hancock was caught having an affair in June 2021. 'Matt Hancock – It Was Me' has had more than 3 million views on TikTok. ('The





Sun newspaper caught me red-handed/Creeping with the Tory next door').

Chawawa's intelligence and abundance of eyebrow have helped him transcend the limitations of the short-form social-media video. He now also hosts 'Race Around Britain', a sharp YouTube series about race relations, and 'Complaints Welcome', a Channel 4 sketch show. His posh drill rapper character Unknown P has his own record deal and this month he won the Comedy Breakthrough Award at the National Comedy Awards. Unlike many 'online comedians', Chawawa has a genuinely incisive mind and nuanced things to say on class, patriotism and race.

In person, Chawawa is a fascinating mixture: witty and focused with the calm articulacy of someone who always seems as though he is performing for the camera. He holds doors open and remembers names. He gesticulates as he talks, an 'attraction ring' on the index finger of his right hand. He is 'big into' the law of attraction and bought it as a reminder that positive thinking can bring good things. 'I got it a bit too small,' he says. 'So it actually constricts my finger for most of the day.'

Chawawa has a vision board behind his bedroom door: a piece of WHSmith card on to which he sticks images that represent the things he hopes to achieve over the next year. It's covered in photos of people like Trevor Noah, Dwayne Johnson and Daniel Kaluuya holding a Bafta. When he got the pictures printed, he pretended to be a teacher making a collage for a kids' workshop. These days he has to constantly update the vision board – he's achieving things too quickly.

The London life

Chawawa was born in Derby; moved to his father's home country of Zimbabwe; lived in a Norwich-adjacent village ('If you told me the Queen's second cousin was called "Framingham Pigot", I wouldn't even blink'); then studied psychology at the University of Sheffield before moving to Birmingham then London. His accent is difficult to pin down. When I ask if it is Brummie, he says 'No!', outraged. 'It's a mixture. It sounds like someone pretending to do a really bad English accent to get past immigration.'

'Ultimately there were very few places that I felt normal,' he says. 'In London there is no normal.'

He is alive to the city's absurdities. When he lived in east London, he would be woken up by police raids next door – 'a giant baton is a hell of an alarm clock'. One summer he saw a dog collapse in the street. Some people carried it offin a

From slapping ham to pouring out a pile of table salt, this parody of the salty chef nails it.

Salt Bae



'ItWas Me'

Combining silly graphics with digs at politicians, this spoof made Chawawa a household name.



Storm Eunice

Channelling a weather reporter, he pretends to get blown away with his brolly and gives CPR to a bin.



leather jacket. 'I'm no first-aid expert,' he says, 'But if you want to cool down a dying dog, don't wrap it in a leather jacket. That was a famous saying by Gandhi, wasn't it?'

Lugging a backpack 'full of nonsensical things like a lukewarm risotto' down from Birmingham, he knew London was the place you needed to be. 'I remember how hungry young Munya was,' he says. Commuting to a researcher job at 4Music, he used to wait until the ticket inspector had turned his back before licking off the fresh blue stamp from his return ticket, making it brand-new again.

'Inever even thought about comedy,' he says. 'I was just like, "I love public speaking and I will do whatever it takes to become a presenter."'

His ambitions as a presenter may explain why, unlike a lot of comedians, Chawawa lets you finish your question before speaking. He learned as a child at school in Zimbabwe that deference and politeness are important. When he moved to a school in England, he also learned that drawing attention to yourself isn't a good thing. In a year-eight drama lesson, the teacher asked the class to imagine how a fur wrap made them feel. Passing it around, each of the kids grunted in a monotone. But Chawawa launched into a dramatic flight of fancy involving his grandmother. His classmates glared at him. 'I should not do that again,' he remembers thinking. Now, he says he's more unapologetically himself-perhaps because he has an audience for those figments of his imagination. At one point -though the gesture seems unconscious he hugs himself when he says, 'I'm happy with who I am.'



Work hard, play less

What may not be apparent is how much graft goes into his videos. When he first went viral in 2018 – for a riff on Jamie Oliver's recipe for jerk rice – his instinct wasn't to sit back. He thought: 'I need the next one. I need to show people that I can do it again and again and again.'

This mentality means that he struggles to remember what he does when he's not setting the internet alight. 'It's very hard for me not to work,' he says. He talks about playing VR ping-pong and watching videos about Japanese people living in tiny houses. He likes facts. His favourite one is that a scorpion can stay under water for six hours. (Having looked this up, it seems to be 48 hours. Sorry, Munya.) Between 8am

'If you want to cool down a dying dog, don't wrap it in a leather jacket' and 9am, he goes to the gym. So if, say, Keir Starmer gets caught 'performing the Kama Sutra in a car park', he says, working out gives him time to formulate a response. For Chawawa, even the gym is an incubator for ideas.

Tapping into the mind of the nation is key to Chawawa's success. 'Ilike to make my videos,' he says, 'Because Ilike people to feel like someone's seen how they're feeling.' He delves into the comments, checking why a video has struck a chord. 'You can connect to anyone using humour. It feels like a superpower.'

Starmpits

Fame has been surreal for him. Last year, he went to Stormzy's birthday party at Thorpe Park. Instead of schmoozing, Chawawa went on the rides, not expecting to cross paths with the birthday boy. At one point, however, he did. 'He just ran up to me!' he says, still amazed. 'Next thing I know, I was face-deep in Stormzy's armpit. And I tell

you, it's a good-smelling armpit. Back in the day I would have paid good money to be at the back of a Stormzy concert, never mind front row in his armpit.'

People at Chawawa's career stage often spout clichés about 'enjoying the moment'. Not this guy: he's probably eyeing up a new vision board already. 'Longevity is important to me,' he says. 'I know that I'm relentless.'

That relentlessness has landed him on the cover of a magazine that he would pick up when he commuted to the capital from Birmingham. 'I used to walk around London with a Time Out sagging out of my back pocket,' he says. 'So to be on the front cover, to know that I will be sagging out of someone else's back pocket, that's the real dream. Full saggy circle.'

→ 'Race Around Britain' is on YouTube now.

Check out exclusive Munya video content on **Time Out socials**



MIND YOUR LANGUAGE.

Fine. The worst F-word. We say we're "Fine" 28 times a week but most of the time we don't mean it. It stops us from opening up about how we really feel. Which isn't good for our mental wellbeing.

So this Red Nose Day let's stop saying F*** and start talking.

Walkers has pledged a total of £2 Million for Comic Relief by the end of 2022, to support mental wellbeing programs.

TALKING HELPS.



Lou Sanders

The funniest woman I know is Maria from my local dry cleaners. She's always saying she "can't believe" things, but the things she can't believe are very mundane. She can't believe there's a dead fly in the window, she can't believe it's a Wednesday "today of all things", she can't believe the boss "don't want her to smoke inside". Once, she gave me two grapes and said I had to bury them in the garden. I did it, even though I don't have a garden. God knows what blessings she's given my neighbours.'

→ Lou Sanders's UK tour 'One Word: Wow' is at Leicester Square Theatre, Mar 22 and May 6.

Alex Horne

'I'd like to nominate a London pigeon that I saw in 2006. It got on a tube carriage at Kensal Green station, disembarked at Marylebone and everyone found it hilarious. I also sat next to a middle-aged businessman on the Bakerloo line in January 2009 who shouted across the train to his friend that for Christmas he got a Man Utd shirt, a Jamie Oliver book, a tattoo and a Toblerone. He said it was his "greatest haul yet" and I found him hilarious too.'

→ Watch Alex Horne in 'Taskmaster' on All4, and listen to the 'Taskmaster: The Podcast' at www.taskmaster.tv/podcast

Emma Sidi

'My funniest Londoner is the extremely dry and direct shop assistant who works at Yasar Halim, on Green Lanes, near where I live. I've picked this shop assistant because she says it like it is re: the cakes. She will actively discourage you to get a cake she doesn't rate. The other day, she stopped me in my tracks when choosing a birthday cake. "No, no, no, love, that one's made completely of cream. It's expensive and very bad, wouldn't recommend." I think being honest about the products you sell is a uniquely London quality.'

→ 'Starstruck' series 2 airs weekly on Mondays at 10pm on BBC Three.



















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ACE COMEDY SHOWS TO BOOK

David O'Doherty: 'Whoa Is Me'

Lord Doodles spent the pandemic on an island with his parents. His show is silly, musical, clever and so, so funny.

Hackney Empire. Nov 3. £26.



Jamali Maddix: 'King Crud'

One of the best comics on the circuit also hosted a Vice show on extremist groups. He's challenging and sharp.

→ Hackney Empire. May 28. £12-£18.



Aurie Styla: 'Green'

You might have seen Aurie Styla on TV, but if you haven't seen him live, do. The show is about his transition to being a new person. → Bush Hall. Mar 26. £17.92.



Chloe Petts: 'Transience'

This brilliant comedian's debut is all about her musings on her 'non-romantic love for men'. ■

Alexandra Haddow

→ Soho Theatre. May 3-7.£14-£17.50.

Paul Chowdhry

'Some of the funniest people I meet are the ones who deal with the general public on a daily basis, like Jose who

works on the door at the Top Secret Comedy Club in Covent Garden. When I go to the club totry out new material, he's standing at the front door like a gangster in a 1980s "Scarface"-type movie. I greet him as you would with any gangster, and I put on the voice of Tony Montana in "Scarface". Just for a moment, I feel like Al Pacino's character in the Brian De Palma masterpiece, but Jose probably thinks I'm an idiot. If he ever reads this, he'll probably never talk to me again.'

 \rightarrow Paul Chowdhry: 'Family-Friendly Comedian' is at Hackney Empire, Apr 30-May 1.



'Our estate agent, James (we're currently selling our flat). He's the most un-estate-agenty estate agent

ever, and when he came to look round our flat we all sat cross-legged on the floor to chat. We recently hit a snag in the selling process and he offered to make us all badges with his wife's badge-making machine to chill us out.'

→ Isy Suttie's book 'Jane Is Trying' is out now.



Kimberley Datnow

'There's this little old lady named Doris who's always on the same bus as me. Every time the bus door opens

and people stream in, Doris unleashes a torrent of insults at unsuspecting passengers. "Look at you with your Prada bag and swooshy hair. Doesn't change your ugly face, though, does it?" Or: "If that fella had one less tooth, that mouth would be an arse." Doris is a legend. She hates everybody.'

→ Kimberley Datnow's show 'What Women Want' will be at this year's

Brighton Fringe and Edinburgh Fringe.



Refreshing Pilces

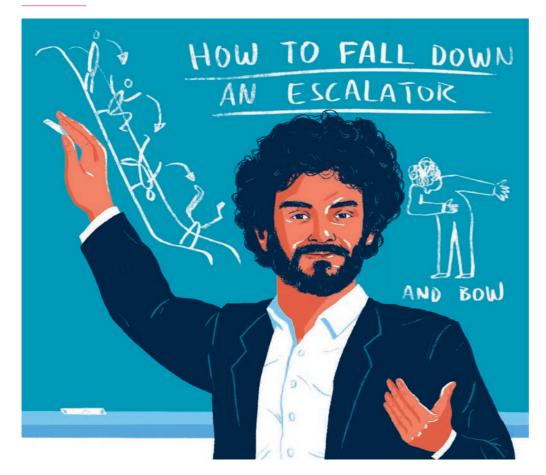


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Nish Kumar: how to see the funny side

The stand-up on the art of getting a laugh

How to tell a funny story

'The key thing is expectation management. Try not to introduce it by saying: "The thing that I'm about to tell you is the funniest thing you'll ever hear in your life." If anything, it's nice to catch people off guard. Say instead: "What I'm about to tell you is the most tragic story you'll ever hear," and then allow them to be surprised by the levity. Don't hype it up. If anything, hype it down. Pre-empt it like you're going to tell a story about mass-murder or something.'

How to win over a crowd

'Whatever the situation, the key thing is to flatter the audience. In a wedding speech, say something as nice as possible at the top. Butter up the crowd. Talk about how much you like the bride and groom and get people on side. There's no shame in lying

about the attractiveness of a married couple. A man once threw a bread roll at me at a charity event and if I'd told him he was attractive, he might not have done.'

How to make an awkward situation funny

'If you can't resolve it, don't say: "This is very awkward," because that is definitely going to make things worse. You don't want to call attention to it. If the situation has been caused by a poor reception to a joke you've told, don't tell another joke. What you need to do is pivot out of that.'

How to make your date laugh

'On a first date, try some stuff that's worked before. In dating situations, the whole thing is a sales pitch. So you've got to make sure that you've workshopped your material. Don't use the first date as an opportunity to workshop a new anecdote – go with triedand-tested formulas. Don't be afraid to ask your friends: "Is this a funny anecdote?" That's a very important thing that I think not enough people acknowledge.'

How to make falling down an escalator funny

'I think you can laugh off a trip, for sure. If you fall down a tube escalator, it depends on how many people you take out and how badly hurt they are. You don't want to draw blood. People bleeding is not funny. But a bloodless fall down a tube escalator is always funny. There's no point in trying to style that out – it's over, you've fallen down a tube escalator. I say: get up and take a bow at the end.'

→ Nish Kumar: 'Your Power, Your Control' is at Hackney Empire, Apr 22-23, £22.50.

PODCASTS FOR YOUR COMMUTE



What's Upset

Seann Walsh and Paul McCaffrey bring perfectly wrapped comic rage in bitesize chunks with excellent guests. This podcast is great because it's a) very funny, and b) just 15 minutes long.



Seek Treatment

Cat Cohen is one of the funniest performers on the planet right now, and her podcast with Pat Regan is no different. The two pals muse on boys, dating, modern life, sex and go off on tangents like you'd expect.



How Many Geese?

Comedian Roddy Shaw and nature expert Jack Baddams bring you a hilarious podcast that will enlighten you on the sexiest mammals, and ask how many of an animal they think they could take in a fight.



Nobody Panic

Stevie Martin and Tessa Coates tell you how to do stuff in this helpful and very silly show. Episodes include How to Make January Less Sh*t, How to Do YourTax Return and How to Get Up Early. ■

Alexandra Haddow



Londoners tell us a joke

We asked the people of this city to make us laugh.
No pressure... Portraits Jess Hand



Mwaba, 33'Knock, knock. Who's there?
Kanga. Kanga who? Kangaroo!'



Isabella, 31'What do you call a deer with no eyes? No eye deer.'







Farzana, 30'Why is six afraid of seven?
Because seven ate nine.'



Kristy, 28 'The walrus was laughing and then it died.'



Sam,31'I split up with my girlfriend last week. I told a joke, she didn't laugh. The guy in the cupboard did.'



Roger, 35'A man walks into a bar and says "Ouch".'

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Phil Wang

'At the end of a night's gigging a few years ago I was on the tube home, hanging my head, tired. I had my eyes

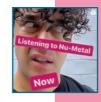
on the floor when the train doors opened at a stop. I heard someone whistle. I looked up, and sat on the platform was a menacing man with a shaved head and a serious expression. Without breaking eye contact, he slowly lifted a middle finger up at me. I stared at him for a few seconds, confused, before I burst out laughing. Then he burst out laughing, still holding up the middle finger. We laughed as the doors closed and I continued on home, feeling better. I think about that man a lot.' → Phil Wang's stand-up special 'Philly Philly Wang Wang' is available to stream on Netflix.

Katy Wix

'My friend Henry is the funniest Londoner I know. When I first met him, I was watching a play. He was

sat next to me wearing a large scarab beetle ring. Itold him I liked it and we've been best friends ever since. He makes me laugh more than anyone I know. We both got stuck in a park once in central London, after the gates were locked. We tried to sleep on the slides but it was too uncomfortable. Eventually we found a hole in a fence and escaped. It was the most I've ever laughed, I think. Whenever I introduce him to people, they usually text me later to say "omg he's so funny". I feel very lucky to have him as a friend.'

→ Katy's book 'Delicacy: A Memoir about Cake and Death' is out now.



losh Weller

'Failed musician' Josh made a lot of rockers angry after asking why Liam Neeson's daughter in 'Taken' would have followed U2 on tour in the first place.

→ @joshwellerjoshweller



Horatio Gould

Follow him for his 'Every BritishTV Show in the 2000s' sketches (think: spoofs on shows like 'Supersize vs Superskinny'). Plus lots of other stuff. A good egg. → @horatiogouldcomedy



Claire Haus

One of the funniest and smartest sketch comedians on Instagram, Irreverent takes on current affairs as well as Gen Z versus millennial sketches.

→ @claire haus



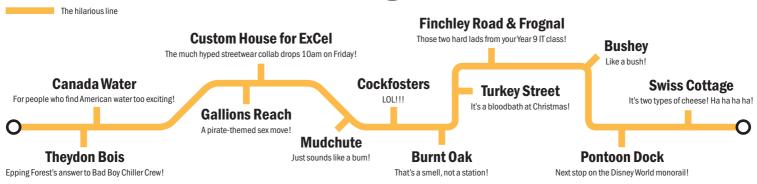
Harry Trevaldwyn From smug mums to

script-pitching, and a very bad therapist, Trevaldwyn's sketches are the best thing on the internet.

Alexandra Haddow

→ @harrytrevaldwyn

London's most amusing stations





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Property

Edited by Kate Lloyd timeout.com/property

Redecorate like a pro

Founders of The Modern House, *Matt Gibberd* and *Albert Hill*, reveal interior-design tips that'll help transform even the tiniest studio flat

Matt Gibberd

Replace your shonky door handles

We're obsessed with them. We went to a pub recently that had been renovated fantastically, but they'd kept these old plastic door handles that were really uncomfortable in your hand. They were actually the first thing the owners should have changed because they're one of the parts of the space you interact with the most. So our first tip is: get natural, ergonomic knobs for your flat and you won't regret it. Same with your toilet seat.

Do an audit of your routines

Once you've sorted your handles, think about the things you do every day. If your mornings start with you going to the bathroom and doing a beauty regime in the mirror, then make sure you've curated that area and it's as beautiful as possible. Or if you luxuriate in spending every evening prepping food at your kitchen worktop or love helping your child with their homework at the kitchen table, then put lots of care into making those areas feel special. Redesign your home based on your real habits rather than how you imagine using it.

Create the illusion of space

If you have a tiny studio flat, it might be tempting to keep it white and minimal so that it doesn't feel small and cluttered.

That's not the only way to create the illusion of space. There are studies that show that if you have a plain space it becomes a bit boring to your eyes and feels smaller. Instead, stimulate them by differentiating zones using changes of colour, texture and floor level.

Scared to mix colours? Don't feel like you have to

One of our favourite London flats belonged to the artist Howard Hodgkin, who died a few years ago. He was one of the great colourists, and his flat was basically painted three different shades of green. He used the same colour, but in different ways – matte here and gloss there. So there was quite a lot of variety in the space, but it was all within the same spectrum.

Put a houseplant by your window

Here's a tip you can use even if you've only got a boxroom in a shared rental flat to decorate: start thinking of the view from your windows as part of your space. Those views are as integral to the way your home looks as the colour you paint your walls. So even if you can't change your furniture or paint your walls, you can direct attention to that window. We always find putting a plant









nearby does that. It creates a connection between the inside and the outside. If you're working from home, consider putting your desk below a window too. It'll help you get as much natural light during the day as you can.

Pay a lot of attention to your bed

Another tip for anyone just renting a room right now is to invest in the best bed linen you can afford. Something with lots of layers of blankets and sheets. Why? Well, your bed probably takes up a big proportion of the space that's yours right now. It works out as an easy and relatively inexpensive way to transform a big chunk of it.

Ditch your ceiling light

Some of the most successful spaces we've seen have this low-level light, where the light's pulled down like a shroud. They often use candlelight and fireplaces to do it. You can use lamps. In the evenings, when it's dark, we should be thinking about winding down for sleep and the last thing that we want is the kind of brightness you get from ceiling spotlights. Other devices you can

use to help you sleep better is adding a single step up to your bedroom. It gives you that separation between day and night-time.

Get rid of 30 percent of your stuff

It's really important to think about the space between objects as well as the objects themselves. They need breathing room. The artist Jim Ede wrote about this idea, that when you're designing a room you should take everything out of it and start with it as a blank canvas, adding individual elements in and stopping before it feels overloaded. Try that. Or imagine that you're moving house. What wouldn't you take with you?

And, finally, create a 'sacred space'

Messy person? Pick an area – it could be a comfy chair in the corner of your living room – that you always keep tidy and clear, no matter how much clutter builds up around the rest of the house. It means there's always somewhere you can go for a little spot of calm. ■

→ 'A Modern Way to Live: 5 Design Principles from The Modern House' is available from bookshops now.

33

Exquisitely decorated. No drawing room.





What references do I need?

Before you start viewing properties, ask your estate agent what they are going to need from you if you want to take a place. That way, when you see somewhere you like, you know you can secure it. 'Get your ducks in a row so that you're in a position to proceed very quickly,' says David Mumby, head of prime central London lettings at Knight Frank.

What's the EPC rating?

Energy performance certificates (EPC) give you an overview of a property's energy efficiency, and landlords are legally required to provide them. 'The lower the EPC rating, potentially the higher the bills,' says Victoria Winterson, head of lettings at Hamptons in Haywards Heath.

Can I get a parking permit?

'A lot of new-builds come without parking in the hopes this will make fewer people want to drive and so reduce CO₂ emissions,' says Jason Brade, senior lettings negotiator at Storeys. If you agree to live in a car-free property, you will likely not be able to apply for on-street parking. In this case, it might be worth asking if the property comes with

bike storage.

Who will take care of repairs?

'Ask how long the landlord has been a landlord for, as this gives you an idea of how used they are to sorting out maintenance issues,' says Bella Roupell, lettings director of Winkworth in South Kensington. If the building is professionally

managed, they should have regular builders.

Where will my deposit be held?

Your landlord
must put your
deposit in a
governmentapproved tenancy
deposit scheme
within 30 days of getting
it, and when you leave, they

have to return it within ten days of you agreeing how much you will get back. If they're cagey about disclosing it, it's a big red flag.

Who are my neighbours?

'If the property you're renting has adjoining walls, it can be useful to know if you and your neighbours have compatible lifestyles,' suggests Matthew Huybrechts, director of lettings at Dexters Mayfair. It's also worth asking about break-ins and general neighbourhood safety.

What does 'furnished' actually mean?

Ask for clarification if a property is advertised as part-furnished – some items might be the current tenants'. Also ask for a copy of the most recent inventory to establish the condition of the items when you moved in to avoid unfair penalties at the end of your tenancy. ■ Nicole Garcia Merida





Best for outdoorsy types Chingford

Want the vibes of London but also want to be able to answer the call of nature at a moment's notice? Wisps of cool air hitting the back of your head? Mud splashing up the back of your walking boots? Introducing Chingford. It's nearthe 12-mile-long ancient woodland of Epping Forest and the massive Chingford Golf Course. From horse rides at one of three local riding schools to kayaking sessions at Lee Valley White Water Centre, it's an affordable haven for all things 'country living'.

Refuel at The Holly Trail Café, right by Chingford Golf Course, has a big variety of brunch (and caffeine) options.

Average house price £520,449 [Rightmove].

Average room rent £656pcm [home.co.uk].

Best for wannabe professional athletes Stratford

Remember the blissful British moment that was the 2012 Olympics? You loved it, didn't you? You even caught yourself saying 'come on, Great Britain!' a few times. So why not consider calling the actual place where the Olympics happened your home? The facilities haven't gone anywhere. You can spend weekends doing laps in the swimming pool and looping round the velodrome. You're also near Hackney Marshes for football Sundays, parkrun, cricket and much more.

Refuel at Mother Works, a

Retuel at Mother Works, a canalside café with plenty of vegan smoothies, salads and plant-based bowls.

Average house price £558,015. Average room rent £700pcm.

Best for gym heads Bermondsey

If just reading the words
'functional high intensity fitness'
gets the serotonin flowing
through your brain, you should
probably consider moving to
Bermondsey. You'll find plenty
of hard-nut fitness centres to
do hundreds of burpees in

here – CrossFit and F45 to name just a couple. Meanwhile, London Bridge is a half-hour walk away and The City is 40 minutes. Both are home to most of the sleek, chic and boutique





gymnasium chains in town (like Third Space, 1Rebel, John Reed). Go pump it up to your heart's content. **Refuel at** Omoide, where the sushi bowls are lean and clean. **Average house price** £608,053. **Average room rent**£997pcm.

Best for runners and cyclists Richmond

The area's verdant local park, the largest urban space in Europe, covers a vast 2,500 acres. More than enough room for a better-than-average runner to get plenty of steps

in without getting bored. Mo Farah even told Time Out that Richmond Park was his favourite green space to run in. Cyclists love it because there are so many good climbs nearby: Sawyer's Hill and Col du Ham are just a couple of the steepies in town. As a result, there's a good few running and cycling clubs in town. **Refuel at** Kiss the Hippo, right by the tube station, which roasts its own sustainable coffee.

Average house price £1,514,071 (flats are £591,358).

Average room rent£995pcm [Spareroom].

Best for adventurers Stoke Newington

Are you the kind of person who spends their holidays hanging off rock faces in Portugal or standing

up on a surfboard in Morocco? Then Stokie is well worth a look. On nearby Green Lanes you'll find the Castle Climbing Centre, a massive indoor/outdoor bouldering and $rope-climbing\, space\, with\, a\, turret$ you can abseil down like an action hero. Slightly further north, the West Reservoir Centre is one of London's best kept secrets: it's both a wild swimming spot that experienced cold-water dippers love and a water sports centre where you can learn to yacht and sail. And then there's also the A10, a nice straight road for cyclingon.

Refuel at Finj Juice Bar, for cute vibes and colourful liquids. **Average house price** £1,148,358 (flats are £522,529).

Average room rent £775pcm. ■ *Rhys Thomas*





The team at Velvet Underground Tattoo is making a big mark in a male-dominated industry

WALKING INTO a tattoo studio can sometimes feel like a daunting experience, a bit like being sent to the head teacher's office. 'Studios definitely are intimidating,' says Roxy Velvet, the artist behind Velvet Underground Tattoo, London's first tattoo parlour staffed solely by women (although anyone can get inked there).

Velvet Underground Tattoo was established in 2016 out of Velvet's dissatisfaction with sexism in the industry. The aim was to create a space free of arrogance and macho culture – a place where female artists could flourish and non-male customers might feel more comfortable. 'When I

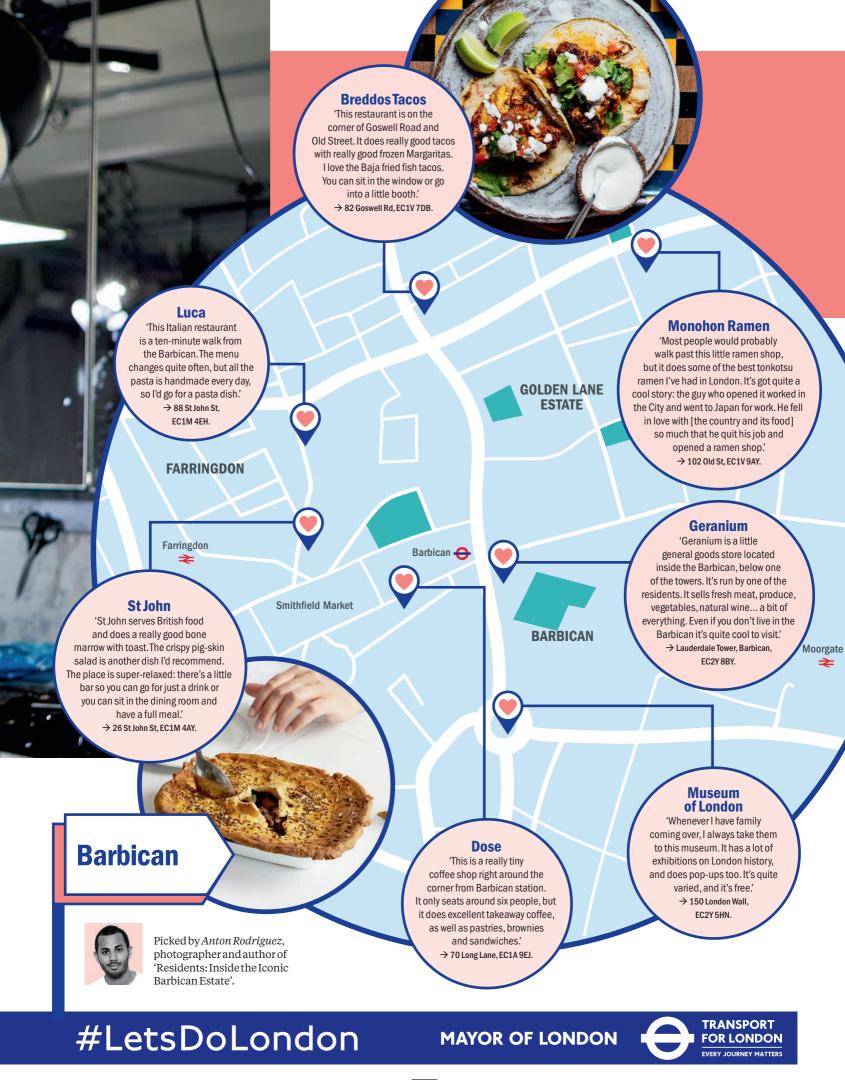
started, I was unsure whether it was going to be a disaster,' she says. 'But I was pleasantly surprised.'

The seven artists and three apprentices at Velvet Underground all have unique styles and create bespoke pieces for every customer. There's an artist for everything, whether it's a portrait of Kermit the Frog, a complex snake design or a colourful cover-up. But what is consistent is the shop's welcoming and nurturing environment. 'Tattoos are intimate, painful and emotional,' says Velvet, explaining that around 75 per cent of her customers say they specifically choose the studio because they feel it that provides a more

accepting space than some others in the city. 'It has amazing energy, which is my favourite thing about it. Without that, it's just a room full of chairs.'

While Velvet's customers are massively important to her - 'you become really good friends' - the project is as much about empowering the tattooists as empowering the tattooed. 'Women [artists] feel like they shouldn't be able to charge as much as men,' says Velvet. 'I wanted to take that away. I didn't want them to have a glass ceiling.' ■ Nicole Garcia Merida → 103 Whitecross St, EC1Y 8JD.

Welcome back. Tube it. Bus it. Train it.





Brixton Jamm

'A proper grassroots venue that has maintained a high standard of bookings and curation for well over a decade now. Everything from UKG to disco is pumped through an excellent sound system.'

→ 261 Brixton Rd, SW9 6LH.

Little Portugal

'On Stockwell Road,
you'll find several authentic
Portuguese establishments, like
O Cantinho de Portugal. And
there are more Portuguese
businesses close by.'

→ Stockwell Rd, SW9.

Stockwell +



Max Roach Park

'Named after the African-American jazz drummer Max Roach, this little green area is a great place to chill. You'll also find the ruins of Brixton Castle here.'

→ Villa Rd, SW9 7ND.



'Just a few minutes' walk from
Stockwell Hall of Fame is the house
where David Bowie was born, and
lived until he was six years old.
Perfect for Ziggy Stardust fans.'

340 Stansfield Rd, SW9 9RY.



'A subversive cultural space that has been kept intact by developers, while the surrounding area has been transformed.

The skate park is busy every day of the week.'

→ Stockwell Rd, SW9 OXZ.

02 Academy Brixton

'A key south London concert venue, Brixton Academy hosts everyone from Skunk Anansie to Paul Weller, M Huncho to Groove Armada.'

> → 211 Stockwell Rd, SW9 9SL.

Brixton

Stockwell

Clapham North



Picked by Wesley
Evans, manager of
The Great Weekender
tour guide service.
→ www.thegreatweekender.co.uk

LOVE OLOCAL

Time Out's Love Local campaign supports local food, drink and culture businesses in London. Find out how you can help the places that make our city great. timeout.com/lovelocallondon

XTON JAMM.: JAKE DAVIS; STOCKWELL SKATEPARK: REUTERS/HENRY NICHOLLS/ALAMY GRAFITI HALL OF FAME: PA IMAGES/ALAMY

Stockwell's graffiti dreamland

The neighbourhood's 'hall of fame' has survived redevelopment to become a thriving community space

DID YOU KNOW that London is full of legal graffiti spots? These designated spaces, which are referred to as 'halls of fame', are outdoor galleries that give writers the opportunity to produce more detailed pieces than they would typically be able to in more illicit locations. In Stockwell, just a short walk from Brixton's high street, is a hall of fame managed by Boyd Hill, a graffiti writer known as Solo One. Hill took on the caretaking role around ten years ago. 'I'd finish my piece [there], and then pick up the litter and stuff,' he explains.

But when housing association Network Homes took over the site, the hall of fame came under threat. Hill lobbied for the space, convincing developers of its cultural value. In the end, Network Homes invested £1 million in the makeover. The never come into a situation where a housing authority is actually quite open, Hill says. Usually you're either fighting against residents or people in positions of power who are overwhelming you. It's a rare case of gentrification embracing existing culture and working with residents to maintain local harmony.

At Stockwell you'll find a variety of graffiti styles, from complex letter-based pieces, to unified 'productions' (where several artists work together to use the same colour scheme and background). Graffiti

writers paint there all through the week. At weekends, you might find 15 or 20 in action at one time.

Hill's commitment to his hall of fame involves regular deep cleans, liaising with the housing authority $and\, organising\, events\, to\, show case$ the space, as well as maintaining the site's Facebook page. 'We've had a hip hop jam there; we've had Brixton Chamber Orchestra down,' he says. 'My vision is for it to be on the list of top ten places you'd visit in London. You go see Big Ben, you go to Leake Street[another hall of fame] and you come to a housing estate in south London to visit this amazing openair gallery.' ■ Marcus Barnes → 7 Avtoun Rd. SW9 0TT.

GET THERE WITH TfL

Download our TfL Go app to get real-time travel updates, plan step-free journeys and find the quieter times to travel.

Stockwell

Stockwell
Underground - Zone 2
Nine Elms
Underground - Zone 1
Clapham High
Street station
Overground - Zone 2

Barbican

Moorgate
Underground - Zone 1
Farringdon
Underground - Zone 1
St Paul's
Underground - Zone 1





LONDON FOR LESS

Food, drink, screenings and pop-ups. Behold our exclusive offers and discounts



London Chamber Orchestra

What is it? A concert featuring a selection of classical music with the theme 'dusk and dawn'.
Why go? No, not like the crap Tarantino vampire film. This performance will span everything from Beethoven to Stephen Sondheim, and there's even an afterparty in the church crypt.
Wait, how much? Usually tickets start at £25 but you can come along for just £10 a pop.

→ St John's Smith Square. www.timeout.com/Ico

Nail Candy

What is it? A shellac, shape and paint. Why go? Fancy waving around some perfectly manicured hands like Christine Quinn or one of those girls off 'Euphoria'? Here's your chance. You'll get new talons in a swish Paddington setting, perfect for your IG reels.

Wait, how much? Endless bragging opportunities for £20? That's a proper steal.

→ 103 Praed St, W2 1NT. www.timeout.com/nailcandy

The Gate

What is it? Three courses of elevated vegetarian grub.
Why go? There are dishes on

the menu that even the most ardent carnivore would happily countenance: we're talking truffle-and-mushroom arancini, misoglazed aubergine and a beetroot burger on rosemary focaccia.

Wait, how much? A starter, main and dessert with a glass of wine is just £25. Nice.

→ Various locations. www.timeout.com/gate40

Osteopathy Physiotherapy

What is it? The chance to release any pent-up tension from all that WFH.
Why go? Maybe you've been hunched over a screen, maybe you're just a big ball of stress. Whatever, you'll get a classic Swedish massage or hardcore sports massage to relieve the aches and pains of everyday life.
Wait, how much? Just £27 for a massage and consultation, which is more than 60 percent off.

→ 10-12 Exhibition Rd, SW7 2HF.
www.timeout.com/osteophysio



Top comedy

O Dane Baptiste: 'The Chocolate Chip'

After a not-so-brief interruption caused by the ol' pandemic, Lewisham laughter merchant Dane Baptiste returns for the final run of this acclaimed stand-up show. Expect a topical, provocative and tack-sharp set exploring everything from alt-right politics to mentalhealth issues and the trauma caused by racism, as the comic embraces the chip on his shoulder with properly hilarious results.

ightarrow Soho Theatre. Mar 15-19. From £13.

• Hannah Gadsby: 'Body of Work'

The Aussie comedian behind the zeitgeist-grabbing 2018 Netflix special 'Nanette' brings her latest show to London. Apparently she wrote 'Body of Work' while 'bunkering down in her homeland, sheltering from a global pandemic

and pondering what was next', so expect an especially well-honed dose of her stinging wit and pithy observations.

There might be the odd dash of uncharacteristic tenderness in there too – the Tasmanian comic got hitched last year.

→ London Palladium. Mar 15, 17-19. From £34.15.

Harry Hill WIP

Offbeat jokester Harry Hill might be best known for his long-standing Shaparak Khorsandi presenting gig on a certain home-videobased daytime telly show, but the ex-doctor has done his time on the London comedy club circuit too. He'll be workshopping a brandnew stand-up show for four nights at Hackney's Moth Club this week, no doubt sporting his trademark giant collar.

→ Moth Club. Mar 16-19. £16.50.

©Tim Key: 'Mulberry'

The Edinburgh Comedy Award winner and Alan Partridge antagoniser (he plays the Radio Norwich presenter's inept sidekick Simon Denton) returns to the stage with a characteristically oddball new show. Expect a mix of jokes, poetry and general

bleating that cleverly riffs on the coronavirus pandemic. And he'll be rocking a fetching velour tracksuit throughout, naturally.

→ Arts Theatre.
Until Mar 19. £20.

© Jack Whitehall with Hilary and Michael: 'How to Survive Family Holidays'

TV comedy panel posho Jack Whitehall is joined by his parents, Hilary and Michael, for this rescheduled show promoting the trio's *Sunday Times* bestselling book, which is billed as 'Lonely Planet meets family memoir'. Jack and former theatrical agent Michael have plenty of holidaying experience together, having previously teamed up for the popular Netflix road-trip show 'Travels With My Father', so they should have loads of memories to mine for punchlines.

→ Hammersmith Apollo. Mar 20. £41.50.

O Shaparak Khorsandi: 'It Was the 90s!'

British-Iranian comedian Shaparak Khorsandi relives her bingedrinking heyday in this nostalgiafilled show riffing on our cringiest collective memories of the 1990s. From indie discos and ladette culture to brick phones and dial-up internet, the Tehran-born comic reminisces about the era's most memorable trends, skewers its problematic ideals and reminisces about a messy youth mostly spent necking snakebite and black. Ew. → Soho Theatre. 21-24 Mar. From £12.







THREE OF THE BEST

#CookForUkraine events

Raising money to help war victims while also stuffing our faces with great grub? Count us in!



Calçotada Supper Club

Spanish food champion Brindisa is hosting a series of Catalan suppers at its Richmond tapas joint dedicated to the calcot, a variety of spring onion unique to the region. The latest of these feasts will operate as a fundraiser for Ukraine.

→ Tapas Brindisa Richmond. Mar 16. £60.



Uyen Luu's Supper Club

Vietnamese cook and food writer Uyen Luu has garnered a cult following among east London foodies thanks to her mouthwatering supper clubs. All the proceeds from this tencourse affair will go to Unicef's Ukraine appeal.

→ Regent Studios. Mar 19. £100 minimum donation.



Honesty Box Day

Honest Burgers is hosting a one-evening, chain-wide Ukraine fundraiser. Feast on deliciously sloppy burgers and rosemary fries at any branch, and then donate what you can to Unicef's appeal by paying over the odds for your meal.

ightarrow All branches of Honest Burgers. Mar 15. Pay what you can.

Find more ways to fundraise at **timeout.com/helpukraine**

3 Jameson Open House Party

Irish whiskey purveyor Jameson is bringing top craic to east London this month with a series of house parties at its temporary gaff in Shoreditch. Grab a ticket to enjoy live music and stand-up sets, cocktail-making classes and games of foosball and ginger-ale pong as you work your way through the four Jamos included with your ticket. You'll definitely be seeing leprechauns after those.

→ Bike Shed Motorcycle Club. Mar 16-19. £15.

9 St Patrick's Day at Truman's Social Club

With 6,500 square feet of Walthamstow beer hall to fill, the Truman's Social Club gang don't do anything by halves. They'll be hosting a massive knees-up for Paddy's Day featuring traditional Irish music, coddle straight from the kitchen and plenty of Tayto crisps. Needless to say, you'll be able to wash it all down with a fine selection of Irish beers, whiskeys and Baby Guinness shots. Sláinte! → Truman's Social Club, Mar 17. Free.



St Patrick's Day Ceili

You don't have to be Michael Flatley to join in with some traditional Irish dancing this St Patrick's Day. This beginner-friendly class hosted by the London Academy of Irish Dance will teach you the basics of ceili dancing. You'll be giving the Lord of the Dance a run for his money with your feet of flames in no time at all. Leather pants are optional here, though.

→ Decathlon Surrey Quays. Mar 17. £5.

The Dublin Legends (formerly of The Dubliners)

Celebrate Ireland's patron saint with live music from an all-star band featuring long-time

member of The Dubliners
Seán Cannon and three
of his fellow scene
stalwarts. They'll be
filling West Ken venue
Nell's with a steady
stream of absolute
classics like 'Whiskey
in the Jar', 'Dirty
Old Town' and 'Seven

Drunken Nights'.

→ Nell's Mar 17-18, £30.

Things to Do

9 It's Always Sunny on St Paddy's Night

For one night only, Brixton boozer The Windmill is transforming into Paddy's Pub, the lurid green Irish drinking den in long-running sitcom 'It's Always Sunny in Philadelphia'. The cherished local music venue will be laying on a talent show and promises 'drunken Irish dancing' to a live band playing covers of a host of Irish bangers. Dress up like Danny DeVito and you'll probably have drinks bought for you all night.

→ The Windmill. Mar 17. £6.

O Sodom and Begorrah

Billed as a Catholic mass-cumqueer club night, this glitzy green party hosted by Irish cabaret performer Xnthony has become a much-loved St Paddy's Day tradition. Expect gag-worthy cabaret from Lip Sync 1000 winner Rhys' Pieces, raucous renditions of Irish Eurovision classics, a community hall raffle (let's hope you have the luck of the Irish!) and a five-piece ceili band playing Gaelic pop hits from the likes of Roisin Murphy and B*Witched.

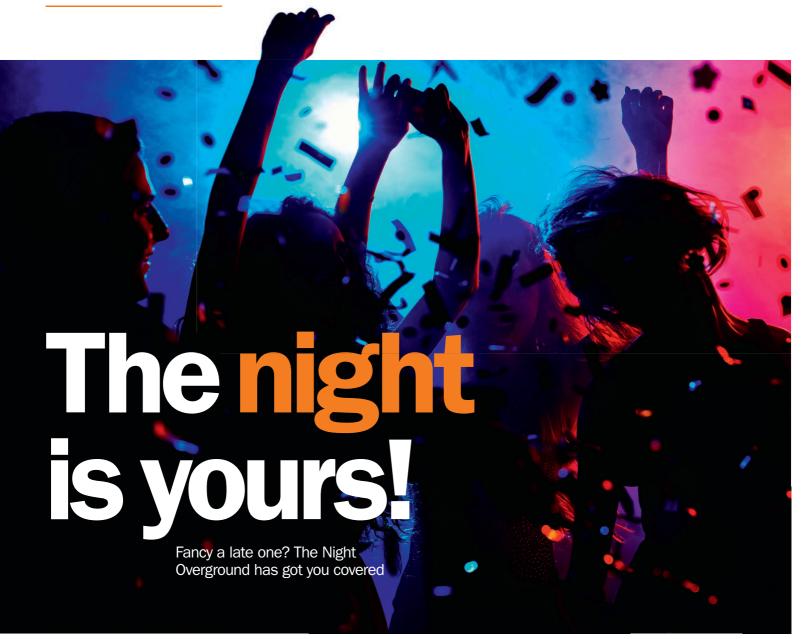
→ The Garage. Mar 17. £20.



Royal Albert Hall

CUNARD

royalalberthall.com/loveclassical



nd you know what that means? No less than unlimited nocturnal shenanigans. The trains run between Highbury & Islington and New Cross Gate, which means you can visit some of London's finest all-hours venues. From the glitzy glam of Shoreditch to the booming warehouse clubs of Canada Water, the Night Overground is ready to whizz you through the night of your lives. We've teamed up with Transport for London to bring you seven unbeatable things to experience this spring - all of which are, needless to say, best reached affordably, safely and sustainably via the Night Overground.

Tube it. Bus it. Train it. Do more of what you love. **#LetsDoLondon**



Advertisement feature

OVERGROUND

GET THERE WITH TFL



The Night Overground runs between Highbury & Islington and New Cross Gate

It's running on Friday and Saturday nights into the early hours of Saturday and Sunday mornings.

Travel into Zone 1 for £2.60

Fare shown is for an adult off-peak pay as you go journey from Zone 2 into Zone 1 on Tube, DLR and most London Overground services.

To plan your journey, visit **TfL's journey planner** or download the real-time travel app, **TfL Go**, to find the quieter times to travel. It's available on iOS or Android.

Wherever you're going, by choosing public transport you're making a good choice for you and a more sustainable choice for London.

For more than 800
Time Out-recommended museums,
galleries,markets and more, search
for the **Cultural TfL Map**.



Bice Lazzari's 'Architettura Azzurra' at the Estorick Collection

4 Bowl a strike of a night out

ightarrow Dalston Junction Overground. Some events are

thoroughly captivating.

free, others £5 and up.

Find your scene at VFD Dalston nightclub VFD isn't

just a nightclub. Oh no. It's also total heaven for queer arts and entertainment; a venue that's as likely to put on parties or drag as it is to play host to spoken-word nights and pieces of performance art. It's unifying, liberating, respectful and

Combine ten-pin bowling – already a pretty smashing (if you'll pardon the pun) thing to do – with karaoke and you've got a wild time indeed. All Star Lanes on Brick Lane (just a short gander from Shoreditch High Street) will let you bash down pins and wail out bangers long into the early hours, all in a swanky, classic American diner-style setting.

→ Shoreditch High St Overground. £8-£10.50.



5Come to "Daddy" at the Almeida

The highly-anticipated (and, because of Covid, long-delayed) UK premiere of "Daddy" comes to the Almeida this March and April. US playwright Jeremy O. Harris's work promises an explosive examination of love and family, and one of the finest thesp events of the year. And if all that emosh stuff gets too much, you can always pop over to Slim Jim's a few doors away on Upper Street for some faultless vibes and post-theatre boogleing. → Highbury & Islington Overground. From £10.

Goin the Italian masters at the Estorick

Cue the 'Estorick? Don't you mean historic?' jokes. But seriously, the Estorick Collection of Modern Italian Art in Canonbury is one of London's most underrated museums. Brimming with Futurist masterpieces and fascinating retrospectives on Modernist pioneers, all housed in a gorgeous, Grade II-listed Georgian townhouse, the Estorick also runs night-time workshops. And when you're done? The famed, cosy bustle of Canonbury's pubs are perfect for a post-exhibition debrief.

→ Highbury & Islington Overground. £7.50.



As 2022 is Lewisham's time to shine, the We Are Lewisham festival is the focal point of the area's Borough of Culture celebrations. Plenty of the thrilling, year-long programme of music, dance, debate, public art and more runs into the night-time hours. There'll be a music night curated by Deptford resident Dave Okumu, a RAP poetry party at The Albany and plenty more vibrant local events.

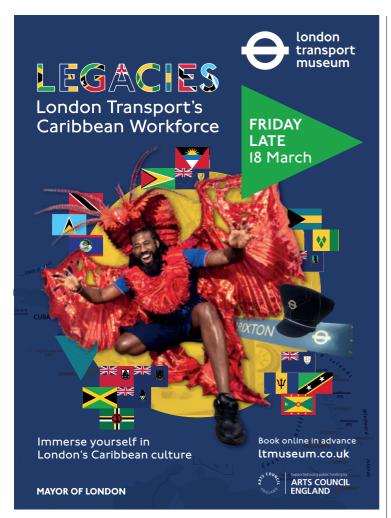
 \rightarrow New Cross Gate Overground. Some events free, others ticketed (from £5).



→ More inspo at www.timeout.com/rediscover-london









Things to Do



Fairs & fests

Kinoteka Polish Film Festival

You can catch no fewer than 26 Polish flicks ranging from cult classics to exhilarating new films at the twentieth edition of Kinoteka. Our pick this week is Jan Holoubek's multi-awardwinning debut feature '25 Years of Innocence', about a famous case of criminal injustice.

 \rightarrow Various venues and on BFI Player.

Until Apr 3. Prices vary.

The Other Art Fair

Fed up of your boring white walls? Head to Saatchi Art's east London fair and pick up some original work for

the same price as a Billy bookcase. Presented as an accessible alternative to the art world's many more costly fairs, it features 150-odd independent artists as well as performances, DJs and a fully stocked bar.

→ The Old Truman Brewery, Mar 17-20, £11.

7 The Old Hullian Diewery, Mai 1

SAva London

Belfast music festival Ava is once again taking over megaclub Printworks for its massive electronic music conference.
There'll be a jam-packed
programme of masterclasses,
talks and workshops before
a stacked line-up of DJs −
including Fauzia, Carlton Doom
and Maribou State − take to the
stage until the early hours.
→ Printworks. Mar 18. From £29.50.

W Eat and Drink Festival

Veteran telly cook Rosemary Shrager and Michelin-starred Indian chef Atul Kochhar are among the guests at

this mammoth food fest, where you'll also find a huge array of street-food stalls and all manner of artisan producers peddling their tasty wares.

Olympia London.

Until Mar 27. From £14.

• Human Rights Watch Film Festival

Human Rights Watch Film Festival

The London edition of this travelling festival features ten thought-provoking works themed around 'freedom and choice'. Subjects range from journalists in Myanmar to UK asylum seekers, and this year there'll be an award named after Time Out's founder, Tony Elliott.

→ Barbican and online. Mar 17-25. From £6.

Spring music festivals

Dialled In

This newbie festival dedicated to South Asian music only debuted in September, but it's already received multiple award nominations and featured in Vogue India. The second edition arrives at Dalston live music venue EartH next month, with the likes of Anoushka Shankar, Yung Singh, Worldwide FM host Rohan

Rakhit, Hungama founder Ryan Lanji and Pxssy Palace playing across three stages. There'll also be ample samosas, chai and plenty more South Asian treats for sustenance as you dance all day.

→ EartH. Apr 9. From £40.20.

😉 😎 Risen

Fed up of seeing yet another sausage party of a festival line-up announced every couple of days around this time of year? This new Hackney Wick one-dayer is actually trying to do something about the under-representation of non-male artists on the big stage. Its exclusively female, trans and non-binary line-up features a bunch of hyped DJs and electronic acts including inclusive Peckhambased radio station Foundation FM. all-female collective Girls Don't Sync and Intervention founder Ifeoluwa. Go on, girls!

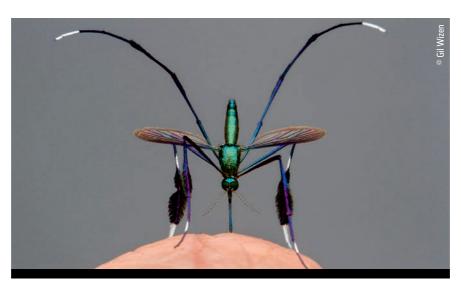
→ Queen's Yard. Apr 9. From £31.50.

O DIY Alive

The gang over at free monthly music mag DIY have teamed up with Cambridge Heath arts venue Oval Space to launch their very own music festival, featuring a bunch of their favourite artists and emerging acts.

Baxter Dury Shame and Lily Moore headline on respective days,





WILDLIFE PHOTOGRAPHER OF THE YEAR

with audiobooks, Jerkcurb,

Phoebe Green, Swim School

and Do Nothing also rocking

up for the occasion. The

weekend will feature

loads of fascinating

in-conversation events

with Self Esteem, Alfie

Templeman and Baxter

Dury. Plus 'gimp mask

construction' with queer

musical maverick Lynks.

Apr 23-24. From £27.50

Of course!

→ Various venues.

too, including chats

Now open

Book online nhm.ac.uk Free for Members and Patrons In association with

Orsted

SEEDLIP.

⊕ • Queen's Yard Summer

Party

Yet another ace-sounding festival taking place across the many warehouse venues around Hackney Wick. This bank holiday one-day affair has programmed loads of cracking local selectors alongside more established names, with Percolate, Dr Banana and Earful of Wax handling the after-parties.

→ Queen's Yard. May 1. From £50.50.

Culture hits

© Fragments

Any fan of modernist literature knows that April is the cruellest month. But this April is particularly special for TS Eliot fans, because the Eliot Estate is hosting a festival themed around 'The Waste Land' to celebrate the 100th anniversary of its publication. The six-day arts bash in this here Unreal City features talks, readings and music across the City of London's 22

> churches, many of which are named in the poem. Highlights include Jeanette Winterson's 'secular sermon' at Southwark Cathedral, a chat with 2022's winner of the TS Eliot Prize for poetry, Joelle Taylor, and readings by Tamsin Greig and Toby Jones.

→ Various venues. Apr 7-12. Prices vary.

Underbelly

London's 'original pop-up festival' is back this summer, offering a double dose of entertainment across its Earls Court and Cavendish Square locations. The line-ups promise top comedy, jawdropping circus acts and fab fringe theatre. They're due to drop in mid-March, so stay tuned for more details soon! → Various venues.

Apr 28-Jul 31, £thc.

The Podcast **Show**

If you're addicted to podcasts, have one of your own or are

convinced that you and your pals would have a hit if you ever did get round to it, this new international festival is one for you. It gathers some of the biggest players in the biz, like Audible, Acast, BBC Sounds and Spotify, alongside a roster of the best creators out there, including Fearne Cotton and My Dad Wrote a Porno. Seriously, though, how long is this guy's porno?

→ Business Design Centre. May 25-26. From £30.

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Film

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

TIME OUT MEETS

Daisy Edgar-Jones

The 'Normal People' star on her chewy new thriller, quarantine baking and Camden fashion disasters

A COUPLE OF years ago, Daisy Edgar-Jones was starring in small but grabby parts in telly shows like 'Cold Feet' and 'Silent Witness'. Then the pandemic happened, 'Normal People' landed and she went supernova as Marianne, the Irish student whose love affair with Paul Mescal's Connell (and his chain) kept us all sane during the dark days of lockdown and became a phenomenon on both sides of the Atlantic. Colossal fame, inevitably, feels a bit abstract when you're stuck in your house 24/7. 'It was all happening online, so it felt like playing a video game,' remembers the 23-year-old north Londoner. Her first major movie role pairs her up with Sebastian Stan in 'Fresh', a gnarly, twist-filled social thriller about the horrors of online dating.

When you first read the script, did you feel the same rug-pull the audience feels?

'I did. I genuinely didn't expect all the twists and turns. I was on a drive and when I got out I had to walk to a hotel and I was genuinely scared walking on my own.'

Did you watch any films to get in the mood?

'I watched "Silence of the Lambs", "Get Out" and "Sightseers", which is a favourite of mine and helped with [locating] the film's tongue-inchesk tong.'

What else did you do to prepare for the role?

'Mostly it was the accent, because I'd never done an American dialect and I was nervous about getting it wrong, And I did a lot of zooms with



All the latest films reviewed at timeout.com/film

FILM OF THE WEEK



Sebastian Stan and (co-star) Jojo [TGibbs]. Luckily, we also had two weeks of quarantining [together] to get to know each other, work on our scenes and make carrot cakes.'

Is it true that you did accents with your mum when you were a kid? Did that help?

'It definitely did. I grew up with lots of strong accents in my house, and mum and I would do wee characters with each other. It's always been something I've had an ear for. I much prefer acting in an accent. I feel very shy and self-conscious when I'm acting in my own voice.'

'Fresh' tackles dating red flags. What are yours?

'My character, Noa, experiences all of them. I definitely think taking leftovers [home from a restaurant] is a bit rude, and being rude to a waiter would be a big red flag.'

'Normal People' racked up 62 million iPlayer views in 2020. How surreal was it to have this massive moment during lockdown?

'Surreal is the word. Since then I've gone from Covid to a year abroad on different film sets, so it's only been in the last few months that I've become aware of the shift. Now people actually come up and tell me they loved the show. It's been really lovely to know how many people genuinely love the series.'

Do people shout 'Marianne' at you in the street?

'I haven't had that yet, but it might come. A lot of people have said that it was a big part of their lockdown. It's mad to think that we were in people's houses when they were going through such a weird time.'

Are you in touch with Paul Mescal?

'Yeah, we talk on the phone a lot. It's amazing that our careers launched together with "Normal People". Do I follow@connellschain on Instagram? Ithink I do, yes.'

You studied drama at the National Youth Theatre in Holloway. What were your old student stamping grounds?

'Holloway Road and Finsbury Park. We went to Camden a lot: Camden Lock and the vintage stores. I bought some terrible clothes.'

What was your style back then?

'Gosh, it was terrible. I bought this green tweed jacket that I thought was really cool and halfway through the day I felt something biting my back and I realised that there was something living in it that was eating me. I bought a pair of overalls and found a smushed-up chocolate bar in the pocket. That was not good.'

I read that you're learning to DJ. What would be your dream London club to play in?

'That's a great question. Maybe Printworks? My favourite club is Bussey Building in Peckham, where they have the Soul Train nights. That would be a cool venue, although I'm not sure I'm good enough to DJ in front of people.'

What's your guaranteed floor-filler?

'Any Peggy Gou for a mooch on to the dancefloor, then maybe Bicep to be more thinky, and remixes of Chic's "I Want Your Love" for a boogie."■

→ 'Fresh' is streaming on Disney+ from Mar 18.



By Phil de Semlyen Who also follows Connell's chain on Instagram.

Fresh

WHAT IS IT...

of dating.

WHY GO..

Mar 18.

A social thriller about

the (very) dark side

Daisy Edgar-Jones is

great as a tough-as-

nails scream queen.

Director Mimi Cave

(18). 114 mins. On Disney+



LIKE ITS ANTAGONIST Steve (Sebastian Stan), this social thriller draws you in before bearing its teeth. Daisy Edgar-Jones is Noa, a young West Coast-er who has no luck with men - mostly because they're invariably douches who tell her that she'd look prettier in a dress or send her dick pics. Then she meets the charming, witty Steve at the shops and, against her better judgment, is soon falling into bed with him. Not all men, right?

Except, in Mimi Cave's stylish film it is all men. Soon, Noa finds herself imprisoned in a modernist penthouse and only her best friend (Jojo T Gibbs) know she's missing. Steve has something especially grim in mind for her.

The obvious reference here is 'Get Out', and Cave and screenwriter Lauryn Kahn are conscious of the parallels. At one point, Noa even stares, whacked-out, into the camera as if stuck in her own private Sunken Place. And just as 'Get

> Out' rips into white liberal hypocrisy, 'Fresh' wittily tears apart toxic attitudes to women and sticks the boot into anyone who has referred

It works as a straight-up thriller,

to a nightclub as a 'meat market'.

too. The early scenes brim with an almost imperceptible menace, before Cave cranks up the viscera and chucks in some unsettling sound design. Gnawing, slurping and chewing have not been this horrifying since 'The Cook, the Thief, His Wife & Her Lover', The ending is a slight let-down after what comes before, but Edgar-Jones is impressive in her first big-screen lead role, toggling seamlessly between vulnerability and toughness in the spirit of all good scream queens. Stan, for his part, is horribly persuasive as a man who wields his charm and looks like

weapons. ■ Phil de Semlyen



Filmmakers braving the storm

The anonymous Myanmar Film Collective tell Time Out how they hit back against a brutal coup with an award-winning documentary

OUR FILM 'MYANMAR DIARIES'

got underway in the first week of the country's coup. It was February 2021 and ten of us – friends and friends of friends – decided to document life in this extreme situation. We initially considered

publishing poetry or photographs, but a film was quicker and more far-reaching. We were inspired by (Oscar-nominated documentary) 'Burma VJ', which had recorded its country's 2007 protests, but we didn't want to do a strictly citizen journalism-style documentary. All of us

different styles. So we thought: Let's do an omnibus of ten diverse, interwoven films instead.

The first scene is a viral video of an aerobics instructor dancing as the military moves in behind her. For us, it summed up the absurdity

of the coup: it's just a

meaningless exercise in ego from the military.
Unfortunately,
we are seeing

we are seeing that again with Putin, although that's a different story. In 2021, the military's power structure wasn't even being challenged – they'd

become millionaires and their children are now very successful business people, so there was no need for a coup. We weren't expecting it, yet there it was, happening right in front of our eyes.

We had hundreds of hours of footage, mostly shot with DSLRs, cellphones and even some traditional old-fashioned cameras, but nothing too professional. Each member of the collective had complete freedom over what they filmed. The only restriction we imposed was to remain anonymous – including the actors. We were looking for clever ways to depict the psychological horror being suffered by the people.

If we'd been caught we would have been arrested, with a risk of being tortured or even killed, so we took a lot of precautions. We'd have two or three lookout people behind the camera when we were filming in the streets, using Bluetooth to keep in constant contact. At one point, the crowd noticed a police informer filming one of us. Fortunately, we were all wearing masks.

There were definitely attempts to track down people who were documenting the coup.

Our ultimate goal was to emphasise the importance of telling stories wherever injustice is taking place. They don't need to be revolutionary stories or ones that even highlight the suffering going on, just simple, ordinary human stories: people feeding their cats, lovers holding hands in the park. They're what keeps humanity alive in this mad, mad situation.'

Interview by Phil de Semlyen

→ 'Myanmar Diaries' is the inaugural winner of the Tony Elliott Impact Award, supported by Time Out. It screens virtually at the Human Rights Watch Film Festival. Mar 17-25. £6. ff.hrw.org/london

Blazing squad

Five films to see at BFI Flare

BRITAIN'S PRIMO LGBTQ+ film fest, BFI Flare was also the first to be hit by the pandemic in 2020, as the country went into lockdown just days before it was due to begin. So its return this week is cause for a serious party. And, guess what? A serious party is what the Flare folk have planned – along with screening the most exciting new queer documentaries, shorts and feature films on the big screen and BFI Player. Our advice is to get down to the BFI Southbank and take in these, and many others.

Queer Dominican filmmaker Victoria Linares is astonished when she learns via an offhand comment from her aunt that she is related to Oscar Torres, a once world-famous but tragically forgotten pioneer of Caribbean cinema. She traces the reasons for his erasure from their shared family history in this powerful and deeply personal documentary.



'Wet Sand'
The suicide of an elderly man reveals hidden secrets and uncomfortable truths in Georgian director Elene Naveriani's sinister, slow-burning and beautifully shot drama exploring smalltown homophobia in a tiny coastal village.

This Is Not Me'
Iran is one of the only
countries in the Middle East
where trans people are recognised
in law. But navigating the laborious
legal processes required to formally
begin transitioning is easier said
than done, as evidenced by young

trans men Shervin and Samar, whose stories are told in Saeed Gholipour's moving documentary.

'Boulevard:
A Hollywood Story'
Emmy-winning director
Jeffrey Schwarz is known for
uncovering Hollywood's hidden
queer history, having previously
had a Flare hit with 'Tab Hunter
Confidential'. His latest film
recounts the fascinating story of
Gloria Swanson's efforts to turn
'Sunset Boulevard' into a musical.

'Charli XCX:
Alone Together'
The hyper-popicon connects with her legions of largely queer fans over the internet, as she attempts to craft an album in just 40 days during the 2020 lockdown. An endearingly rough-around-the-edges doc about creativity and the power of community. Rosie Hewitson

ightarrow BFI Flare runs Mar 16-27 at BFI Southbank and on BFI Player. www.bfi.org.uk/flare

ALSO OPENING



RIVER

Jennifer Peedom and Joseph Nizeti's sparkling tour of the world's great waterways wants to dazzle us and shake us from our complacency – and it manages both in style. It's celebratory in its first reel, scary in its second and, with the help of some Radiohead, just soothing enough at the last to pull you out of a doom spiral. Willem Dafoe's gravelly tones emphasise that our relationship with rivers has become an abusive one. But, happily, the conclusion here is that it isn't too late to course-correct. *Philde Semlyen*

→ Out Mar 18.



PARIS, 13TH DISTRICT

Jacques Audiard returns to his home town for a French take on 'Manhattan'. Shot in cool black and white, it follows three millennials teacher Camille (Makita Samba), his roommate Émilie (Lucie Zhang) and Sorbonne postgrad Nora (Noémie Merlant) - and their crazy swirl of relationships. There's a lot of sex: hot sex, meaningful sex, meaningless sex, even some cam sex (Savages' Jehnny Beth appears as a cam girl), but it's also a stylish, sweetly sincere and rather romantic investigation of modern dating. Phil de Semlyen \rightarrow Out Mar 18.



HIVE ***

This true-life Kosovan drama resonates with particular ferocity in the present moment. It depicts one woman's attempts to pick up the pieces years after the Serbian army has slaughtered dozens of people in her small community – including, potentially, her husband – by setting up a business making a Balkan pepper dip. 'Hive' is never quite a feelgood film, but there's a tangible sense of joy as she begins to lead her fellow widows to a place of healing and the promise of better times ahead. *Phil de Semlyen*

→ Out Mar 18.



MASTER

This smart, meaningful first film from Mariama Diallo is set at an Ivy League college where the staff and students are overwhelmingly white. Jasmine (Zoe Renee) arrives on campus for undergraduate study, while academic Gail (Regina Hall) is starting a new role as the first Black 'master' of the college. Diallo tells 'Master' as a stylish horror, leaning into supernatural frights. It doesn't all add up, and some of its tactics are a little obvious, but we're never far from an affecting skewering of hierarchies. Dave Calhoun → Out Mar 18.



Edited by Andrzej Łukowski timeout.com/theatre @timeouttheatre

The real game of thrones

'HenryV'



THE DONMAR'S TAKE on Shakespeare's usually zippy war play is BIG. Really big. This Kit Harington-starring 'Henry V gets the widescreen treatment, stretching a full half-hour longer

than most productions.

Director Max Webster's worldbuilding is immaculate and classy. Fly Davis's set is grand, with stunning projections from Andrzej Goulding. The French characters speak in actual (surtitled) French. Whatever the actual budget, it feels like no expense has been spared.

Yet none of this is empty bombast. Webster makes the story as lucid as possible, with a new intro crafted from bits of 'Henry IV'. The show kicks off with 'Game of Thrones' star Harington's gurning Henry vomming to a remix of 'Sweet Caroline', followed by a compressed version of his bawdy friendship with - and rejection of - his mentor $Falst aff, played \, by \, Steven \, Meo \, as \, an \,$ old skinhead. It's daring to insert one

Warehouse

Until Apr

9.£10

Shakespeare's war play, with Kit Harington as Henry. **Brilliant storytelling** and a great, startling turn from its lead.

of Shakespeare's god-tier characters into the play for a five-minute cameo. But it works, because of Henry's ultimate disregard for the workingclass people who made him.

At first, Harington's Henry seems pretty standard, with the young king aggressively staking his claim on the French throne. But three

events change him. The first is rejecting Falstaff. The second is his execution of the treacherous Lord Scroop: played gender-reversed by Joanna Songi, it is implied that she is Henry's ex-lover. And he impassively watches the hanging of his old friend Bardolph (Claire-Louise Cordwell). By the time Agincourt comes around, he's become detached.

His troops react with numb horror when he orders them to execute the French prisoners. When the casualty figures come in, Henry seems to belying about the English deaths. In the final scene, he doesn't 'woo' Anoushka Lucas's French princess Katherine so much as coerce her.

'Henry V' is usually treated as an entertaining, mid-tier play on the nature of war. But Webster and Harington's is the first version I've seen to approach it as a character study. They get away with it in this broodingly powerful production.■



By Andrzej Łukowski Who was wrong to doubt a three-hour 'Henry'.

Our Generation



**** After the End



WHAT IS IT...

Twelve real young lives put on stage, in their own words.

WHY GO...

It's a funny, wise and fascinating look at a generation.

National Theatre. Until Apr 9. £10-£60.



THE BOLD VERBATIM playwright Alecky Blythe spent five years interviewing teenagers all over the UK before editing and putting their words into the mouths of a brilliant ensemble of young actors. And the dialogue in this extraordinary state-of-the-nation play (which runs to almost four hours) is comic gold dust. One girl reckons James Corden would make a wonderful prime minister; another describes the range of socialmedia platforms she's on as 'all the classics' ('Snapchat, Instagram, Facebook').

But 'Our Generation' is much more than just funny. We weave in and out of 12 lives via a mosaic of scenes and interactions, choreographed with snappy dynamism. There's obsession with phones and social media; stress around school, friendships, body image, exams and parents; and ultimately the isolation and trauma of Covid, which completely redirects Blythe's storytelling.

Through a dynamic distilling of the encounters with these young people, Blythe and her team explore them as individuals. We see how life has shaped each of them, how it's foolish to make sweeping assumptions about 'a generation': these are distinct, unique people, with extremely different backgrounds, experiences and levels of opportunity. It's eye-opening, generous and brilliantly inventive. ■ Dave Calhoun

WHAT IS IT..

Dennis Kelly's tense drama about two workmates hiding in a fallout shelter.

WHY GO..

It's a claustrophic and gripping thriller, stylishly revived.

→ Theatre Royal Stratford East. Until Mar 26. £10-£32.



A DRAMA SET after a nuclear attack might seem on the nose in March 2022. But that's the least triggering bit of Dennis Kelly's 2005 play. All you need to know in that respect is that as 'After the End' begins, London has been nuked – we don't know who by - and awkward nerd Mark (Nick Blood) and his popular coworker Louise (Amaka Okafor) are stuck in an old nuclear fallout shelter.

Really, 'After the End' is about the deteriorating relationship between Mark and Louise. The play premiered long before #MeToo or the films 'Room' and '10 Cloverfield Lane'. But as you can guess, geeky Mark turns out not to be so nice. You can also guess that it gets pretty grim. In fact, you can guess a lot about 'After the End': once ahead of its time, it now feels a bit formulaic.

Nonetheless, this is a fine, tense production from Lindsay Turner, which avoids exploitative nastiness. Blood and Okafor are excellent. giving the sense of a complicated but genuine friendship collapsing into toxic ruin.

Again, the idea that a gentle nerd could turn out to be a violent misogynist is well worn in 2022. But the final scene remains startling, as the two confront each other some time later, in a haunting display of ambivalence, their numbness more horrifying than any overt pain or rage. Andrzej Łukowski



'SULTRY PERFECTION'

'DROP DEAD SEXY' DAILY TELEGRAPH

NEW/ADVENTURES



Royal Albert Hall





Jack Absolute Flies Again

This WW2-set reworking of 'The Rivals' from 'One Man, Two Guvnors' man Richard Bean and actor Oliver Chris should be the smash of the NT's summer season.

→ National Theatre. Jul 2-Aug 20. £20-£89.

DANCE THIS WEEK



THIS IS HOW YOU **WILL DISAPPEAR**

This stunning, largescale installation and dance piece from Gisèle Vienne is one of the main events of the hip Dance Reflections festival. It's set in a foggy, foreboding forest, racked by ferocious weather. → Sadler's Wells. Mar 18-19. £15-£37.

The ROH gets in on the Dance Reflections festival too with an ultra-rare chance to see Anne Teresa De Keersmaeker's 1982 piece 'Fase': three duets and a solo set to repetitive music by minimalist legend Steve Reich.

→ Royal Opera House. Mar 16-17. £4-£35.

DANCE FOR UKRAINE

A spectacular charity gala with ballet stars from across the world coming together in a fundraiser for people in need in Ukraine. It's directed by former Royal Ballet stars Ivan Putrov and Alina Cojocaru, who trained together in Kyiv.

→ London Coliseum Mar 19. £15-£100.





Cock

Taron Egerton ('Rocket Man') and Jonathan Bailey ('Bridgerton') star in the first major revival of Mike Bartlett's darkly comic sexualorientation comedy about a man torn between his boyfriend and a female lover. It was a massive critical success at the Royal Court backin 2009, but not many people actually got to see it: Marianne Elliott's production is the shot at the West End it deserves.

→ Ambassadors Theatre. Until Jun 4. £20-£150.

Clybourne Park

Bruce Norris's scabrous comedy was the big play of 2010, going on to blockbuster West End success after an acclaimed run at the Royal Court. It'll be fascinating to see if its near-tothe-knuckle, race-based humour still feels appropriate, though its commentary on gentrification is surely more pertinent than ever. → Park Theatre. Mar 16-Apr 23. £18.50-£32.50

Gulliver's Travels

Jonathan Swift's classic is given the stage treatment in this new

version by Lulu Raczka. With a cast of three, it mixes film and live performance to whisk the audience

through Swift's numerous satiric lands. For everyone aged seven-plus.

→ Unicorn Theatre. Until Apr 16. £14.

Tom Fool

This rare UK stage outing for popular German playwright Franz Xaver Kroetz comes with an excellent cast led by heavyweights Anna Francolini and Michael Shaeffer, as married couple Martha and Otto, in a drama about the corrosive effects of capitalism on one family.

→ Orange Tree Theatre. Until Apr 16. £15-£32.

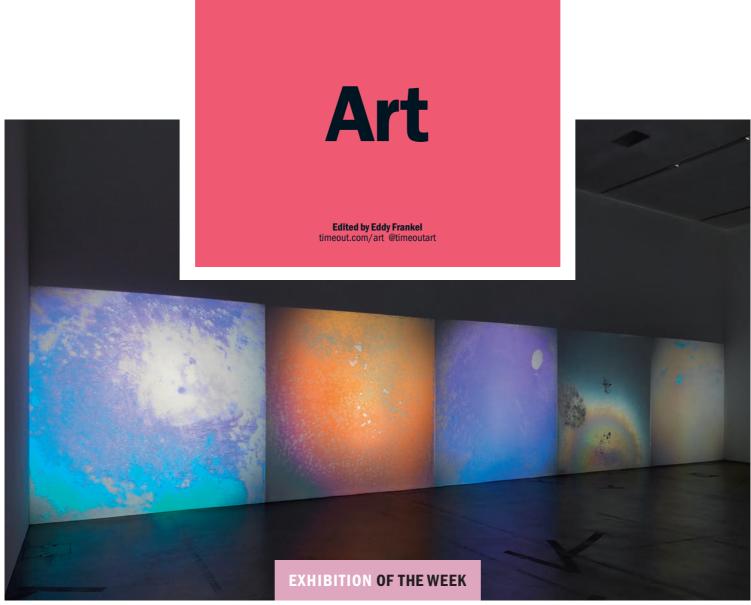
Emily Hughes's picturebook is brought to life, telling the story of Wild, who lives in the forest. It uses sound, movement and puppetry to celebrate the free spirit in us all. Ages two to six. → Unicorn Theatre. Until Apr 17. £18.

How to Hide a Lion

Iris has a brand new friend, but she knows her family and friends won't love him quite as much as she does. This story of a girl trying to hide a lion in all sorts of cunning ways is adapted from the children's book by Helen Stephens.

> → Polka Theatre. Until Apr 24. £16-£17.

> > 'How to Hide a Lion'



War, what is it good for?

THIS EXHIBITION IS a warning; a premonition. In all the heaving. post-apocalyptic paint and steel created by the artists in Britain in the wake of World War II, you see a roadmap for how our own lives could be after war today, and it's brutally harrowing.

It starts with a void: a huge black abyss on white canvas by John Latham, surrounded by bodies riddled with arrows by FN Souza and exploding heads by Eduardo Paolozzi. Everywhere you look is emptiness, violence, death.

Britain was a bombed-out husk in the 1950s. You can see it in photos of kids playing in wastelands by Bert Hardy and stark relief sculptures by William Turnbull. These opening three rooms are a dizzying, nauseating depiction of trying to live in the radioactive afterglow of war. It's heinous, but it's brilliant.

'Postwar Modern: New Art in Britain 1945-1965'



Starkly intense

British art from

VHY GO.

Until Jun 26. £18.

just after the war.

timely exhibition.

Barbican Art Gallery

It's an uncomfortably

Then you turn a corner and you're dumped into domesticity via the paintings of Jean Cooke

and John Bratby: a home riven with abuse, Cooke painting to reclaim her identity and escape the violence of her husband Bratby. The war's impact was societal, and personal too.

Upstairs, the rest of the exhibition is broader in focus.

Britain was a country full of immigrants, refugees, women and gay people, all trying to carve out

spaces for themselves. There are impossibly thick, unctuous paintings by Frank Auerbach and Leon Kossoff, photographs of blitzed street by Eva Frankfurther, and perfectly subtle, simple ceramics by Lucie Rie and Hans Coper. Best of all is the chance

to lose yourself in the amazing psychedelic maelstrom of Gustav Metzger's staggering 'Liquid Crystal Environment'.

Across these works, you find pop, minimalism, abstraction, expressionism and the seeds of countless other ideas, because these $artists\,were\,fighting\,to\,express\,their$ place in a broken world.

Today, as war cleaves Europe apart again, you might look to this art for answers. Don't. Art doesn't give you answers, it just helps you look at the world, helps you parse the violence and pain and trauma. It helps you understand. And right now, we all need as much help as we can get. ■



By Eddy Frankel Who doesn't like war, but does like the band Gwar.



AliceTheobald: 'IIYAura (ThereWill Be)'



ALICE THEOBALD IS here to give you vivid, traumatising flashbacks to that French GCSE you never passed and the Duoloingo lessons you never perservered with.

Her film installation at South London Gallery follows a woman – played by the artist, who is bilingual – having a French lesson with Thibault de Montalembert, who you might recognise from 'Call My Agent!'. She recites line after line beginning with 'Il y aura': 'there will be'. There will be a housemaid; there will be a bus running late; there will be a very beautiful, chic

WHAT IS IT... A film of the

world's tensest French lesson.

WHY GO

It will leave you squirming and très inconfortable.

→ South London Gallery. Until Jun 5. Free. boutique. The tutor nudges her along, gently corrects her grammar. But the phrases start getting weirder and more surreal, and she begins to stumble on the tenses, the pronunciation, the syntax. The tutor gets agitated and threatening, looming over her, stalking her around the room. She stumbles more and more, stuttering, her voice wobbling. She spills her drink, they dance, she falls on the sofa. It's the nastiest, strangest French lesson ever.

It's a brutal, anxiety-ridden film that leaves you tense, nervous and teethgrindingly uncomfortable; it's great.

But this show is not just about a French lesson. It's about language barriers that will never fully disappear, communication that will never be truly fluent, ideas that will never be perfectly expressed. The character here is trying to say things – all sorts of things – and only ever almost getting there.

Theobald has thrown grammar, language and fiction into a pot, and made a cassoulet that tastes of pure tension and discomfort. It's pretty delicious, mind you. Bon appétit! ■ Eddy Frankel

BEST OF THE BEST

The top exhibitions you have to see in London right now



'Van Gogh. Self-Portraits' Ear we go: the Courtauld Gallery is back after a big refurb, and it's kicking things off in style

with one of the most iconic selfiests ever.

→ The Courtauld Gallery. Until May 8. £16.



'Louise Bourgeois: The Woven Child' Harrowing, intense, emotional fabric works by the late, great French artist. It doesn't make for easy viewing, but it's very, very good.

→ Hayward Gallery. Until May 15. £15.



'Francis Bacon: Man and Beast'

Vicious, visceral images by everyone's favourite painter of torment. This show focuses on his animal-influenced work, and it's staggering.

→ Royal Academy of Arts. Until Apr 17. £22-£24.50.

Find even more art reviews at timeout.com/art



ZAHTER IS A PROPERLY gorgeous restaurant, full of artistic touches, like exposed brick, brass lamps and a blue-tiled, marble-topped chef's counter that surrounds a central, flickering charcoal oven. But my friend and I were ushered past the main dining area on the ground floor and taken upstairs to a basic-looking mezzanine level. I longed to be closer to the flames, the smoke and the action.

Putting aside the seating envy, we focused on the torrent of hot and cold mezze plates, adorned with wood-fired Turkish goodies, that quickly arrived at our table. The kofte kibbeh (stuffed meatball) served with toasted pine nuts, tahini and labneh, was a robust, comforting and texturally smart dish, but it was a bit small to justify its hefty £18 price tag. The tomatoand-cucumber salad with walnuts and urfa chilli was remarkably punchy and zingy. And an ovenware dish of charred tiger prawns came swimming in a sizzling crimson pool of aleppo pepper garlic butter.

Turkish delight

Zahter



Next, we were presented with a plate of greens, and initially thought we had been given the wrong main sharing platter. 'Where's the chicken?' my pal asked, as we waded through dill, parsley, red onions and fresh chillies. Eventually we struckgold

acidic, sweet and tangy pomegranate sauce was striking, and electrified the charred chicken, while the toum (Lebanese

and found soft,

silky meat hiding

underneath. The

garlic sauce) imparted a bold, creamy kick. It was a true joy.

As the night progressed, the restaurant went from buzzy to packed-out. Our waiter had too

many tables in his section, which meant a bunch of our dishes arrived at once and grew cold before we could eat them, and there was a long wait for dessert. But the staff never

lost their cool and always delivered with a sense of humour.

When the baklava finally arrived it was absolutely worth the wait. This wasn't your regular sickly-sweet, syrup-laden baklava, oh no. This light, flaky, buttery filo oozed syrup with every bite, without being too cloying, and was packed with chunks of blitzed pistachio and topped with a perfect quenelle of thick whipped cream that made everything sing. Bliss.

Chef-owner Esra Muslu (ex-Soho House and Ottolenghi) has managed to enhance seasonal ingredients with her expert knowledge of Istanbul cuisine and technical grasp of working with fire. Every explosive dish is made with loads of care, but be prepared to dig deep. Our bill came to £172 with drinks. A tad on the steep side, but Zahter is special and should be reserved for occasions like birthdays and anniversaries... or a YOLO treat-yourself meal. ■



By Angela Hui Who organises a big YOLO treatyourself meal every payday.

Bibo



SPANISH RESTAURANT BIBO is

big on style. It's sleek, without trying too hard. Think: terracotta-toned, faux-adobe walls, Scandi-style drinking glasses and a vast, rosegold mirrored bar.

That stylishness was on show in the food, too. The tapas dishes had many intricate, artistic touches. Bibo's patatas bravas – usually a bowl of crispy spuds, slathered in tomato sauce – was attentively designed. Each perfectly round potato was lined up like a carbheavy game of four-in-a-row, with a tiny, swirly hat of aioli balanced on top, sprinkled with the tiniest flecks of basil. They were delightful.

As a vegetarian, I left the cod fritters to my friend. He enjoyed them, but they were just posh, surprisingly yellow fish goujons. The vegetarian equivalent, porcini croquetas, were evidently much

WHAT IS IT...
Chic Spanish restaurant in the Mondrian hotel.

WHY GO...
For the tasty tapas that look like mini works of art.

3. 45 Curtain Rd, EC2A 3PT.

better: bursting with a creamy, umami mash and perfectly crispy. We ordered a second plate, and I considered getting a third.

The only element that felt distinctly less than cool was the music. The playlist was an odd mix of early 2000s club classics and, bizarrely, Barry White. I heard more Peter André with my dinner than I have since my last school disco.

But the drinks made the music sound actually kind of good after a while. My friend and I are slightly competitive about cocktails. I have a knack for ordering well, and the menu was pretty atypical, so I saw it as a challenge. I asked for the Cartaginesa, and my reign was over: it tasted too much like doing tequila shots as a student on a school night for my liking. However,

my friend's drink, the signature Bibo Old Fashioned, was smoky and complex – I immediately ordered one for myself.

Michelin-anointed Spanish chef Dani García launched Bibo in the Mondrian hotel last August. You might miss it, tucked away down a Shoreditch side street, but its worth seeking out for its chic interiors and punchy dishes.
Sophie Dickinson

Sponsored listing

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DUCK & WAFFLE SAYS:

'Duck & Waffle celebrates International Waffle Day with a week-long tribute to its eponymous creation, from Monday 21st to Friday 25th March. Its Waffle Week menu will showcase everything from the restaurant's top-selling namesake to a slate of new offerings, all inspired by traditional British desserts created by Executive Chef Elliott Grover.'

Heron Tower, 110 Bishopsgate, EC2N 4AY

COPPER CEYLON

'Nestled away in Bromley is a unique tropical island culinary retreat, complete with authentic flavours from Sri Lanka and a range of delicious, exotic cocktails. Copper Ceylon offers a beautiful dining experience that comes to life over the weekends with live music and a DJ, which really turns up the vibe.'

32 East St, BR1 10U

THE NIGHT OWL SAYS:

'With a bespoke retro interior, and cocktails "shaken with soul", you can expect Northern Soul, Motown, ska, funk, disco, garage, psychedelia, rock and roll, Britpop, indie, punk and more coming from live bands and specialist DJs every week at The Night Owl. Catch its Bottomless Brunch every Saturday with DJ Sophie playing "global beats".' 5 Station Place. N4 2DH

DAN'S SAYS:

'You'll get unlimited experiences and unlimited happiness with Dan's Buddy Up Membership – unlimited classes seven days a week cost only £147! Free personal coaching session + Dan's bottle, worth £120, upon joining, plus save over £70 per month on member benefits. No experience needed – try London's happiest workout today!' 5 Cavendish Place, W1G 0QA

THREE OF THE BEST

New cocktail bars



Seed Library

Master bartender Ryan Chetiyawardana, aka Mr Lyan, has taken over the basement of new hotel One Hundred Shoreditch. Expect creative drinks such as the Stonefence, with white rum, perry and a curry leaf, and a perilla-seed G&T.

→ 100 Shoreditch High St, E1 6JQ.



Amaro

This cosy, 38-seat spot in Kensington, led by former Savoy head mixologist Elon Soddu, goes for elegance in an intimate setting. The drinks riff on timeless classics − try the Pomegranate Negroni or the Melon Margarita.

→ 15 Kensington High St, W8 5NP.



Sweeties

This bar on the tenth floor of retro-glam hotel The Standard offers unusual cocktails, like the Frothy Boi – rhubarb, gin, raspberry and fermented amazake oats – and the Pick Me Up, which contains a blend of eight adaptogenic mushrooms.

→ 10 Argyle St, WC1H 8EG.

More delicious drinks at timeout.com/cocktailbars

Chuan Royal China



WHAT IS IT...

First Chinatown restaurant from the high-end Royal China Group.

WHY GO...

For the bouncy, chewy sesameand-peanut mochi.

→ 30 Gerrard St, W1D 6JS.



ROYAL CHINA GROUP'S new Chinatown site opened at the end of last year, when London was in the grip of Omicron. After that rocky start, things seemed to have picked up: the restaurant's vibrant red dining room, divided by lotus-and-crane screens and displaying antique Chinese porcelain, was bustling.

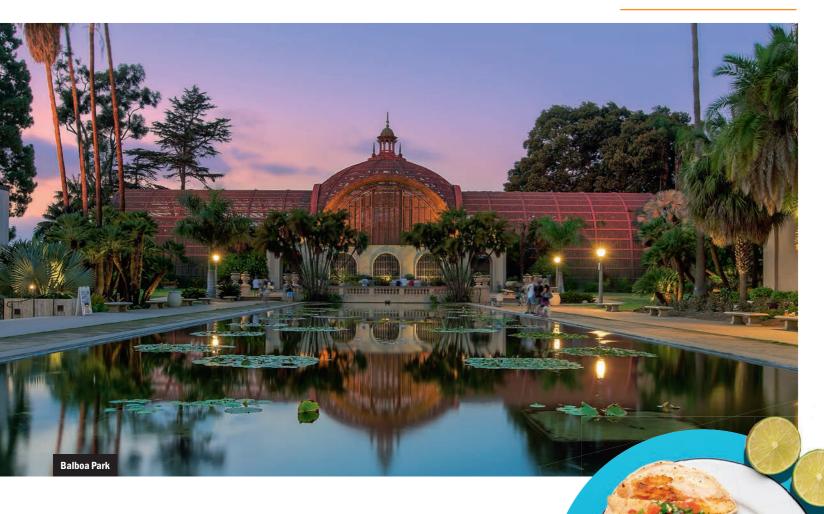
We kicked things off with a quarter portion of crispy aromatic roast duck. A glossy ruby-coloured fowl glistened under the light on our table and I could tell how amazingly juicy it was: the glorious dripping oozed out. To accompany, gai lan (Chinese broccoli) covered in crispy garlic bits, which provided a healthy, crunchy counterpoint to the fatty, succulent meat.

The mains were not so good. The fried king prawns and vegetables could have been fresher and the fried tapioca bird's nest was hard and inedible. I was equally disappointed with the gigantic portion of Fukien egg-fried rice. It was bland and gloopy – a far cry from the rich and colourful dish promised by the menu.

The dessert mochi was in a different league. I took a bite out of the still-warm sticky ball and enjoyed the 'Q' (bouncy, chewy texture in Taiwanese cuisine) and gooey black-sesame centre. It was spot-on. I wish I hadn't filled up on the lacklustre mains, so I could have had room for a whole heavenly portion.

Angela Hui





1 Explore San Diego's cultural heart

Balboa Park, located just minutes from Downtown San Diego, is home to 17 museums and galleries, plus performing arts venues, gardens and restaurants. It's possible to spend a day just wandering through some of its 1,200 acres of garden trails, past cactus, succulents and palms, stopping for a refreshing margarita by the San Diego Museum of Art's Sculpture Garden.

2Check out the bustling Downtown area

The historic Gaslamp Quarter sits at the centre of this easy-to-navigate city, with rooftop lounges atop Victorian-era buildings overlooking casual curbside dining. By day, the greater Downtown area is buzzing with farmers' markets; you'll want to stop for coffee on a cobblestoned street facing the Piazza della Famiglia. Little Italy turns it on after dark, too, with everything from atmospheric wine bars to top-rated restaurants to explore.

Take a bite of Cali-Baja cuisine

Trust us: it's about to become your new food obsession. Creative chefs have honed this culinary hybrid to perfection, merging fresh local ingredients (particularly incredible seafood) with Tijuana's Baja Med cuisine, which blends Mexican and Mediterranean flavours. The result? Zingy fresh tacos, for a start. Find them at restaurants like Puesto in Seaport Village or Coasterra on Harbor Island.

Make family memories

Of course, you've heard of the San Diego Zoo – it's one of the most famous ones in the world for a reason. There are wildlife presentations, play areas and even an aerial tram, which gives you a treetop view of the zoo from one side to the other. For aquatic sports such as surfing, kayaking and standup paddleboarding, Mission Bay is the perfect locale for both kids and parents thanks to its calm, protected waters.

Find the perfect place to stay

Looking to splurge on an upscale beach resort with luxury spas? The ritzy seaside town of La Jolla is calling (look out for the colonies of seals at the shore). For something more budgetfriendly, choose chilled-out Mission Bay. With its wide bike paths, bay-front views and plethora of water activities (ever tried stand-up paddleboarding?), it's perfect for families.

6 Take a two-nation vacation

Situated along an international border, San Diego makes it easy to take a day trip to Mexico for winetasting and tacos. Once you've had your fill of the main street's bars and souvenir shops, discover colourful Mexican history and traditions at the Tijuana Cultural Center.

Cali-Baja tacos

7Hit the road!

Maximise your trip to Southern California by planning a picturesque road trip with stops in San Diego's neighbouring cities of Los Angeles and Palm Springs. With a drive time of about two hours to each destination, that itinerary will offer time in a friendly beach city, a bit of Hollywood glamour and a taste of desert heat.

→ Find your happiness in San Diego. www.sandiego.org/uk







an Diego's coastal Southern California charm is defined by its variety. There are buzzing neighbourhoods packed with craft breweries, a hugely diverse food scene and mind-blowing street art. There's also 70 miles of pristine coastline, perfect for sunny mornings spent kayaking in the Pacific Ocean. And there's its proximity to Tijuana, Mexico, tempting you into a two-nation vacation. Whether you're planning a family trip, romantic getaway or an adventure with friends, San Diego's laidback, outdoorsy lifestyle is ripe for active recreation all year round.















