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## EDITORS WORDS

### Dear Readers

It's spring; a time for new ventures, growth and embracing the economic 'green shoots' that were promised last year, and which are at last beginning to show.

From the Garden Bridge project to market stalls in Brixton, this issue looks at entrepreneurs and innovation across Lambeth and Southwark. We've been particularly impressed by Brixton, now recognised as one of "the coolest places on Earth," and by the women that we met who are leading the way in diversity under the roof of Brixton Village.

Olwen Fouere, our front page story, puts on a powerful performance with riverrun at The National Theatre's The Shed, whilst Roni Page talks us through her role in Sam Mendes' brand new West End production.

Overall, this spring we are looking at the independent ideas that are driving change on the face of London, the Thames and its fringes.

Yours  
A Webb



Angela Webb,  
Editor

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# In The River SPRING 2014

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# A BOUNTIFUL Season



The Real Food Market is top for exotic international dishes

London's hidden markets will excite even the most experienced of palates  
**by Joshua McKenzie**

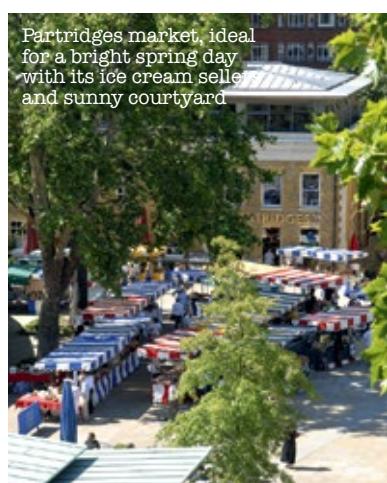
genetically modified fruit and vegetables, poor cuts of meat, and discounted 'basics' food, prompt us all to want a richer, more nutritious diet. This would be difficult were it not for the hidden gems scattered around central London supplying fascinating food: markets brimming with the choicest meats, spiciest of pickles and chutneys, and the freshest seasonal fruits and vegetables.

Borough Market is often the first to come to mind, but if you find that its popularity has made it too crowded for you, then look no further than Lewisham's Brockley Market. It was shortlisted for the 'Best Food Market' category of the 2012 BBC Radio 4 Food and Farming Awards and is in the running again this year, the results of which will be announced on Friday 9th May. Fully supporting nearby farmers and traders, the market is bristling with locally sourced produce, ranging from the tastiest fish and poultry to delicious ice cream and award-

winning coffee. With its relaxed, friendly atmosphere and open spaces, Brockley Market is the perfect weekend destination.

encapsulating the exceptional textures and flavours of Levantine cuisine

If you prefer somewhere closer to Waterloo however, then just around the corner from the London Eye and tucked behind the Royal Festival Hall is Southbank Centre Square's Real Food Market. When I first discovered this little market, it was not a map that led me there but the amazing aroma. All kinds of delicious street foods are on offer; the Arabica Food & Spice Company for example, whose stall is bursting with delicacies – tabbouleh,



Partridges market, ideal for a bright spring day with its ice cream sellers and sunny courtyard

baba ghanoush and baklava – that encapsulate the exceptional textures and flavours of Levantine cuisine. Further west along the river and just off the King's Road, is Partridges Food Market. Having opened in October 2005 with only fifteen sellers, it has now flourished into a market of over seventy diverse stalls, where you can find anything from cheeses made by The Somerset

Ploughman to speciality organic bread from the Wapping Sourdough Bakery.

North-east of Partridges lies Soho's Berwick Street, home to one of the Capital's oldest markets. Tracing its heritage back to the late 1770s, this street-side market has become a much loved destination for foodies. With a varied selection of seafood from Anthony Holmes, aka The Fishman, and the highest quality groceries from traditional stalls such as Mr L Walsh, Berwick Street has something for everyone – even the most adventurous of palates, with Alfred Johnson selling the world's hottest chilli, the infamous Naga.

London's colourful markets not only offer fresh British produce and exotic foreign flavours, but are also an escape from the monotony of the supermarket shop and a wholesome weekend destination, from which you can walk away with beautiful food and a wonderful experience!

### BOROUGH MARKET

Monday to Thursday 10am-5pm  
Friday 10am-6pm  
Saturday 8am-5pm  
8 Southwark St  
SE1 1TL  
t: 020 7407 1002  
w: [www.boroughmarket.org.uk](http://www.boroughmarket.org.uk)



### BROCKLEY MARKET

Saturday 10am-2pm  
Lewisham Way  
SE4 1UT  
w: [www.brockleymarket.com](http://www.brockleymarket.com)

### PARTRIDGES FOOD MARKET

Monday to Sunday 8am-10pm  
2-5, Duke of York Square  
King's Rd  
SW3 4LY  
t: 020 7730 0651  
w: [www.partridges.co.uk](http://www.partridges.co.uk)

### REAL FOOD MARKET

Friday and Saturday 11am- 8pm  
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# THE FINEST ingredients

Discover the essential Italian flavours behind the success of Tentazioni Restaurant  
by Chloe Hodge



Italian cheese sold at Fine Food and served at Tentazioni restaurant



Exquisite arragostine, cannolo, pasticcini and pansotti pastries

Any of the artisan ingredients that are assembled to make the fabulous food of Tentazioni (reviewed in our last edition) can be picked up from their fine food delicatessen at The Circle in Shad Thames.

After the success of his restaurant, Riccardo Giacomini opened the delicatessen, whose shelves glimmer with *frutta mista* (dried fruits in Sicilian honey); miniature dolci studded with gem-like splashes of red and golden jams; and his most valuable item, truffle.

One of the most celebrated ingredients used at the restaurant, truffles, Riccardo has ensured remains a centrepiece at the deli; there is truffle in extra virgin olive oil, white truffle honey and white truffle cream, black and white truffle pate, and wild mushroom truffle paste - some made to ancient recipes by Tentazioni themselves,

and some by families across Italy. Meanwhile, the Setaro family of Naples provide the deli with enormous loops of dried pasta (which Riccardo says is difficult to get hold of even in Italy), bags of which are nestled amongst other speciality pastas from all over the country - even the Italian Alps, with

“miniature dolci studded with gem-like splashes of red and golden jams

*Il Saraceno Pizzoccheri*, a rough brown variety made from buckwheat flour and durum wheat.

As well as dried and fresh varieties to take away and cook yourself, the deli provides a few dinner party ‘cheats’ in the form of inspired pre-prepared dishes such as pumpkin and amaretto ravioli, and even a

decadent just-made tiramisu for dessert – great portions of thick whipped mascarpone, layered with coffee-dipped ladyfingers, this is truly the ‘real thing’.

Of course no deli would be complete without the essential cured meats and cheeses that characterise rustic dining, and like its restaurant menu, Tentazioni’s selection is far from ordinary: pecorino is spiced up with chili, sheep’s cheese with olives, and there is even *buratta*, a divine, creamy un-matured mozzarella. The meats are even more varied, cured cuts including truffle *salame* and *mortadella* - a pink ham speckled with bright green pieces of pistachio.

This is the premise of a lively Italian feast; even providing a crucial selection of regional wines and liqueurs, which tell of Riccardo’s enthusiasm for the art of food and wine pairing.

Still, the deli is essentially open 8am until 8pm to ensure that locals can pick up a nourishing lunch or stop for a peaceful break in its



Riccardo with his team at Tentazioni Fine Food

café space. Mornings can be spent with a rich coffee and a wedge of honey-drizzled homemade apple cake; lunchtimes enjoyed with a ciabatinna filled with provolone, *Tirolese* mushrooms and gorgonzola, or a generous plate of truffle and mushroom *gnocci*.

It is the delicious scents of these just-cooked dishes which ignites the

senses upon entering, peppered with a sweet trace of traditional icing sugar-dusted pastries.

Tentazioni Fine Food shares the overwhelmingly authentic flavours of Shad Thames' most innovative Italian which, if you find your appetite not entirely satisfied, you may even find yourself tempted into by the evening.

Open Mon - Fri 8.00 – 20.00, Sat 9.00 – 20.00, Sun closed.

#### TENTAZIONI FINE FOOD DELI

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# layers of TRADITION

A Mediterranean escape within London's most idyllic marina

a

li Eren Balikel arrived in the UK with not a word of English, however he attended language school, became fluent, and enrolled on a university Business course;

Kilikyas, the only Turkish restaurant in St Katharine's dock, is the result.

Today, with warm sunlight glinting on the restaurant's glass fronting and bringing a glow to decorative gold pipes and dark bottles of Turkish wine; jovial Turkish folk song ringing out from behind the cold meze bar; and a parade of tall sailing boats in the marina, it's unbelievable that we're sitting in the centre of London.

The menu is certainly authentic: a spectacular range of hot and cold mezes, house specials of musakka, biber dolma (stuffed peppers), and manti (traditional Turkish dumplings) and Iskender or Shish Kebabs – whose aromatic taste is far from what you might expect from the term 'kebab'.

Still, it is the black Turkish tea and freshly made baklava that draws in the morning crowds, and Kilikya's particular recipe is renowned: thin filo soaked in syrup and filled with, not the usual one, but four or five layers of pistachios - grown in dry Turkish earth and brought over especially.

I'm hard pushed to stop myself giving in to a syrupy Kahvesi coffee "served with Turkish delight" too, but I refrain; the Kahvesi needs to be saved for a summer's evening, to follow meze platters, blackberry-spiced Egeo Syrah wine and perhaps even a touch of Raki to really whisk us away.



Ali Eren Balikel,  
Kilikya's owner

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# a blackfriars BRUNCH

Home-cooked comforts at Café Pronto

by Joe Campbell

**f**rom the outside, Café Pronto is as unassuming as they come, but inside it is a different story. The amount of different items on offer is staggering, but none look as though the quantity has come at the cost of quality, with all ingredients tasting fresh and delicious. Still, I've come for

a particular item - one that the owner Maddie tells me isn't available anywhere else in Borough, their salt beef sandwich. It is presented in a way that shouts homely and comforting: freshly-cut brisket beef,

delicious, fulfilling and affordable



piled high in between two slices of rye bread with a juicy gherkin for company. Simple and substantial. I take a bite and realise why this cafe's queue is out of the door: the food at Café Pronto is delicious, fulfilling and affordable too.

Toasted ciabattas, focaccias, baps and Panini aren't the only thing on offer; breakfasts of anything from seasonal fruit or crumpets, to the notorious 'Hangover Cure' are also served, and at lunchtime there is also a choice of light tapas and Mediterranean salads, whilst the hot food counter is ever-popular (I am told the Thursday Lasagne is a local favourite). Still, the sandwiches remain the main attraction: from the Fish Finger to the Hoi Sin Duck, and of course, the delicious Salt Beef, the whole range is fast, freshly made and satisfying – and surely must be the reason why this friendly local cafe remains so busy.

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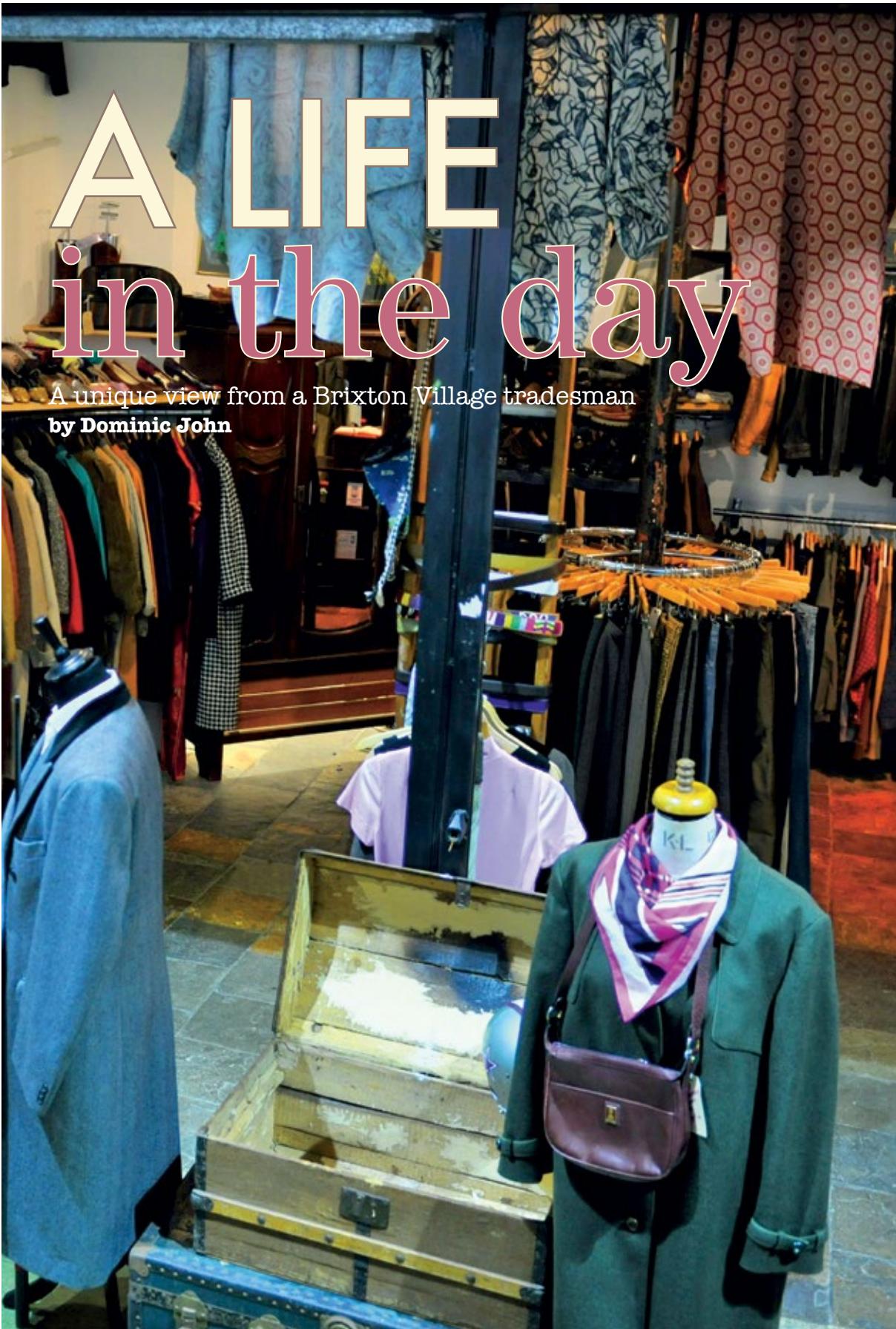
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# A LIFE in the day

A unique view from a Brixton Village tradesman  
by Dominic John



Rich and Dom behind their cabinet of men's and women's accessories



**W**e vintage dealers revel in what was and is unique - typical just does not sell anymore, we hope! We all have our idiosyncratic traits that form the basis of our customer service in the hope of developing a loyal following and ensuring survival in what is becoming an increasingly 'in Vogue' profession.

We "traders" sell from different theatres: some spend cold mornings standing behind make-shifts stalls; others choose archways hidden behind railways; and some, like us, populate the market halls that were once the traditional homes of retail, and are now London attractions in their own right. It is a passion for quality and design that brings us all together.

The day inevitably begins with the inaugural raising of the shutters, which exposes straightaway what it is you are punting. Those young professionals, locals and tourists that walk the arcade during the day wait for no man; indeed it is not uncommon to have a shop full of people whilst I am still struggling to wheel-out our mid-century filing cabinet, or endeavoring to arrange

a 1960s 'flower power' sofa that we know will cause a stir on the weekend.

From thereon in until close it is a sales game punctuated by conversations with sincere observers who tell you they can remember when they used to wear this "stuff" like it was yesterday. Occasionally the other vintage dealers will pop by and spice up the day by talking about something outside of vintage. All this takes place in front of the incumbent traders who have been selling their meat or fish since before I was born and who once took bets on how long we would last, but now consider us friends and part of the scenery.

At some point during the day my business partner and our buyer, Rich, will arrive with treasures just acquired from one of his contacts far from Brixton. It all started around five years go as his hobby, developed into business talk and matured into a pop-up shop just off Carnaby Street; he has for now settled on a shop in Brixton, with a view of repeated success in the future.

As the evening draws in we do not retire; instead our staff, and friends, change the guard and we stay open

“  
a sales game  
punctuated by  
conversations with  
sincere observers

till 11pm (Thurs - Sat) to catch the eye of the foodies that frequent the market for some 'independent' grub. At home, Rich and I search the internet for more knowledge about things forgotten: dreaming, as all dealers do, that tomorrow we will discover something that will allow us to retire gracefully.

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# A CINEMATIC revolution

The Ritzy Picturehouse's century-long career at the forefront of 'art cinema'.

by Jessica Cusack



**b**rixton is one of the most ethnically and culturally diverse areas of London, and has managed to retain this reputation despite the gentrification process which it, and many areas of London, has undergone over the past decade or so. However, one aspect of Brixton which has remained steadfast despite these ongoing changes is the Ritzy Picturehouse: one of London's best loved and most popular cinemas, which has

taken pride of place in the centre of Brixton for 103 years.

Built in 1911 as 'The Electric Pavillion', the Ritzy was one of England's first cinemas, able to seat 750 people and complete with an organ to provide accompanying music to its largely silent pictures. Following several refurbishments and re-brandings, 'The Little Bit Ritzy' was opened in 1978, offering its services as an 'art cinema' by showing interesting and unusual films as well as box office releases, alongside home-made cakes and groovy decor. The trend for 'art cinemas' is one which has swept the

UK, transforming the average trip to see the latest blockbuster into a unique cultural experience which encompasses art, music, theatre and film.

The Ritzy embodies this experience in its wide-ranging selection of movies – from the latest releases to lesser known 'indie flicks' and old black-and-white film classics – and events such as exclusive Q&A sessions with directors, producers and cast members, and live screenings of National Theatre productions, which change the very meaning of going to the cinema.



The Ritzy's cafe-bar, serving delicious brunches and coffees, the famous 'Ritzy Burger' and evening drinks

These cinema experiences are not only intended for film-enthusiasts, instead the Ritzy's various 'clubs' aim to bring in those who might not usually make it to the movies so easily. The 'Silver Screen', for example, is exclusively for the over-60s and features cheaper tickets and free tea and biscuits; while the 'Big Scream' is an innovative (and wittily named) way to include parents with young babies: family-friendly films are shown in a dimly-lit room with nappy changing facilities. This enables parents who would usually fear disturbing other viewers to still be a part of the invigorating delights of cinema. Autism-friendly screenings, in which lights are left

on and sound is lowered are another way in which the Ritzy is leading this quiet, inclusive, inventive cinema revolution.

**Built in 1911,  
the Ritzy was  
one of England's  
first cinemas**

All this, in addition to a live music venue named Upstairs, which functions as a platform for local musicians and those in the wider

London area, make the Ritzy a space for community in cosy, intimate surroundings – a stark contrast to faceless cinema corporations. Over the past century, the Ritzy has evolved into much more than just a cinema: it is a symbol of history and culture in one of London's most diverse areas, and which looks set to continue to stand the test of time.

#### THE RITZY PICTUREHOUSE

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Upstairs, the Ritzy's live music venue



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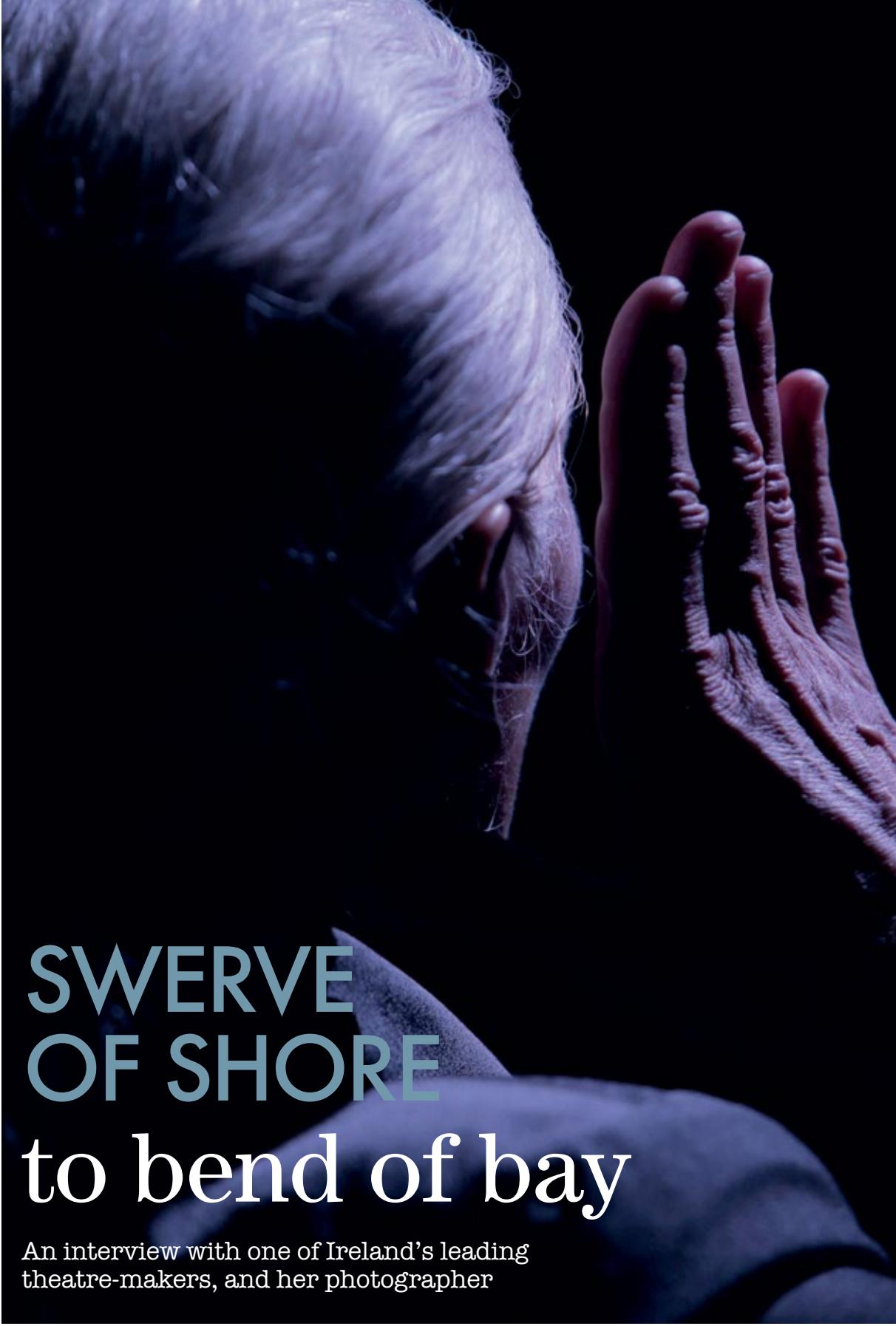
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# SWERVE OF SHORE to bend of bay

An interview with one of Ireland's leading theatre-makers, and her photographer

**t**his March at The Shed, performer, artistic director and writer Olwen Fouéré presents *riverrun*, her adaptation of the voice of the river in James Joyce's *Finnegans Wake*. She speaks with us about new piece:

*Why choose to work with *Finnegans Wake*?*

I had only dipped into the book at random, but I was always fascinated by its form and the language; it is truly a 'book of the night', like a river of dream language flowing through the veins of the dreamer.

I was compelled by the musicality of the language, and the multiple allusions including the Egyptian book of the dead, the dawn of time, the history of mankind and of Ireland, all delivered in such a wild multilingual form. Over eighty different languages can be identified, embedded in the *Wake*.

*How did you, the lighting designer and composer bring the piece to the stage?*

We worked slowly and collaboratively. My adaptation was always towards creating a performance, so I was developing

the aural and visual ideas in tandem with the piece. I knew there should be no 'set' and that we should only work with fluid elements such as sound and light. The composer Alma Kelliher had a strong intuitive understanding of the work and of what I was after, and the piece continued to weave itself as other artists entered the process. In many ways, we were led by the river itself.



Pre-publicity shots, taken in a chilly Irish bay, Colm Hogan 2013

*riverrun has been excellently received; what do you intend audience members to take from the performance?*

I had done a number of public readings of the piece, some with the sound design and some without. Every version had a strong response

and by the time we were heading into production I knew it was a work of great beauty. That said, it is based on a moment to moment communication of energy and lives only in its relationship with an audience. Every performance is therefore quite different, and works best when the audience surrenders any immediate need for narrative or 'meaning' and we can go on that exhilarating journey together.

*Which aspects of solo performance do you prefer to working with a cast?*

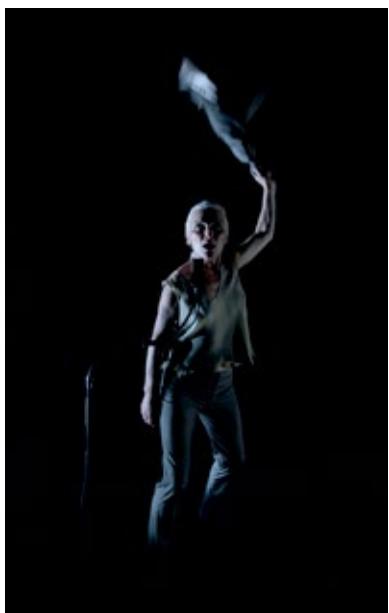
A solo performance allows a greater possibility of exploration and danger, especially if it has been self-created - such as performing one's own adaptation. Very often solo performances can create a more symbiotic relationship with an audience, although the responsibility and demands of a solo performance are often immense.

*What are your plans for the future?*

After our London run I've been asked to play a very demanding main role in a feature film (lots of action and jumping into rivers!) It's busy but good.

*How long have you been working with portraiture?*

For over twenty years; I have photographed stars such as Anne Hathaway, Dame Maggie Smith, Sir Ian McKellen and many others but none has been more giving of their time than Olwen. She is incredibly talented and *riverrun* is one of the most powerful performances I have seen in years.



Olwen Fouéré's dramatic performance, Colm Hogan 2013

**Colm Hogan, photographer**

Having worked as the photographer for *riverrun*'s co-producer, Galway Arts Festival, for over ten years, it is Colm's mesmerising shots that form the performance's publicity shots.

*Many of the shots are taken outdoors, why this particular location?*

I knew it well, and the water was shallow so we could take shots of Olwen submerged as well. For these, I wanted her to wear a wetsuit under her clothes but she insisted that she would be fine without it. It was an incredibly cold evening, she must have been frozen but she endured the iciness.

**riverrun runs at The Shed  
11 – 22 March**

**THE SHED**  
National Theatre  
Southbank  
SE1 9PX  
t: 0207 452 3000  
w: [www.nationaltheatre.org.uk/  
shows/riverrun](http://www.nationaltheatre.org.uk/shows/riverrun)

# AN INNOVATION in Theatre

Stage meets screen for Sam Mendes' groundbreaking production of Charlie and the Chocolate Factory

by Chloe Hodge



**S**am Mendes, film and theatre director extraordinaire, has brought Roald Dahl's classic book to the Theatre Royal with a production that is more jaw-dropping blockbuster than traditional musical.

Written by David Greig with music and lyrics by Marc Shaiman and Scott Wittman, the production features Douglas Hodge, Nigel

Planer and Roni Page amongst its mammoth cast, and took \$10 million, fifty drafts and five years to finally make it to the stage.

It's likely that most readers will be more familiar with the filmic adaptations of Charlie and the Chocolate Factory than the 1964 children's book which, illustrated by Quentin Blake, tells the story of Charlie Bucket, a young boy from a poverty stricken family who finds himself the lucky winner of one of chocolate factory owner, Willy Wonka's, Golden Tickets, enabling him to visit the weird and wonderful factory for just one day. What

ensues is utter madness, brilliantly captured in Mendes's production through incredible sets, high-tech mechanical props and projections.



We're in a world of our own when we're on stage

Roni Page, who plays Grandma Josephine, explains that it was these intricate technical additions (not least, getting the infamous



From left to right: Douglas Hodge, Sam Mendes, Scott Wittman and Mark Thompson in rehearsal; Roni Page relaxes in her dressing room; Roni Page rehearses with Nigel Planer.

glass elevator to fly) that meant that rehearsals lasted for four months – add this to the eighteen month run, and it makes for quite the commitment. Having trained at the Royal Ballet School and still harbouring a strong soprano voice, Page has “always played glamorous parts”, yet for Mendes’ production she plays an older woman – noting that “there was a deliberation as to whether I could do it, but through six auditions I persuaded them that I could” - and is confined to an animatronic bed for the most part.

“It’s marvellous playing old! It totally frees you to express your role when you don’t have to worry about your appearance, so I’m very much enjoying that aspect of it.”

Although Page has appeared in countless West End shows as well as on-screen, nothing has quite compared to Charlie which she notes is “the biggest musical to ever be put on in the West End.” As a brand new production, it provides a different experience for the entire company, Page explaining that “to create a musical from scratch is a really rewarding experience. It’s become a collaboration as Sam has allowed us to develop our own characters - I feel quite protective of Grandma Josephine now.”

Page and the adult cast are also protective of the various Charlies, Augustuses, Mikes, Violets and Verucas of the show, commenting

that “they’re only nine or ten years old and they’re carrying the show, so we do try to calm and nourish them – it’s important to instil confidence in them.” Although putting on eight shows per week between them, the child cast remain a whirlwind of young enthusiasm and infectious energy. Add this to a fleet of hilariously fashioned Oompa Loompas, a sharp and witty script - dryly executed by Hodge - and a long list of double-entendres, and the result is a musical fit to send both children and adults singing and dancing their way down Drury Lane.

“We’re in a world of our own when we’re on stage, always” Page muses, and with its unbelievably intricate set, high-tech cinematic projections, and an outstanding cast, Mendes’ larger-than-life production is immersive, ever-memorable and packed with pure, joyful imagination.

*Roni Page will be performing her ‘one woman show’ later on in 2014, visit [www.therivermagazine.co.uk](http://therivermagazine.co.uk) to stay posted.*



Tom Klenerman as Charlie.

## THEATRE ROYAL

Drury Lane

Catherine Street

WC2B 5JF

w: [www.charlieandthechocolatefactory.com](http://www.charlieandthechocolatefactory.com)

t: 0844 412 4660 / 0844 858 8877 BOOKING LINE

# Lent and Holy Week Installations



4 March - 19 April

## Another Day, 2014

Edmund de Waal

Twelve freestanding vitrines, each containing a single vessel nearly 7ft high, which will stand in the retrochoir at the east end of the Cathedral.

## 40 Days

Angela Wright

It is made from spun wool and will be suspended below the East window of the Cathedral, a drop of some 50ft, covering the altar screen.

Admission is free

## EVENTS CONCERTS EXHIBITIONS

**THE CATHEDRAL** is a popular venue for concerts, exhibitions and special events of all kinds - celebrations, school and college services and carol services. There are also regular organ recitals on Monday lunchtimes and recitals on Tuesday afternoons.



[www.southwarkcathedral.org.uk](http://www.southwarkcathedral.org.uk)



# CHILDREN'S book review

For this edition Meg Connor-Scahill, aged 11, gives us her thoughts on the traditional children's book Heidi, written in 1880 "for children and for those who love children" by Swiss author Johanna Spyri.

Heidi  
Published in hardback by Sterling Juvenile  
Available from Waterstones online at £5.29 (Free delivery)  
Nearest Waterstones stores are Ludgate Circus or Charing Cross

*Heidi* is a book about a young Swedish girl who moves to live with her Grandpa on top of a mountain. She comes from a very different world than the place her Grandpa lives, he lives surrounded by mountains, goats and great views.

The reasons I like this book are because you never know what will happen next, and it never fails to interest. For example, one of my favourite bits is when she first arrives, and has cheese and milk from the goats. Then as a "special treat" she gets bread with it!

There is a series of her books, but some of the last ones were written by a different author. The books in the series include *Heidi Grows Up* and *Heidi Has Children*.

# ENTERTAINMENTS

## Listings

**NATIONAL THEATRE**  
SOUTH BANK  
SE1 9PX  
020 7452 3000

**A Taste of Honey**  
Until 5 April  
One of the great defining and taboo-breaking plays of the 1950s

**THE SHED**  
**NATIONAL THEATRE**

riverrun  
11 – 22 March  
Olwen Fouéré performs her acclaimed adaptation of James Joyce's *Finnegans Wake*

**Chewing Gum Dreams**  
17 March – 5 April  
A one-woman play that recalls those last days of innocence before adulthood

**Home**  
26 March – 30 April  
Set an inner city hostel, Nadia Fall's play asks what it really means to call somewhere home

**SHAKESPEARE'S GLOBE**  
56 PARK STREET  
SE1 9AR  
020 7261 9565

**Hamlet: Globe to Globe**  
From 23 April  
A two-year worldwide tour of a pared-down, small-scale version of Shakespeare's play

**Titus Andronicus**  
From 24 April  
Grotesquely violent and daringly experimental, the smash hit of Shakespeare's early career

**Antony and Cleopatra**  
From 17 May  
The conflicting claims of sex and power are expressed with breathtaking beauty and magnificence

**THE OLD VIC**  
103 THE CUT  
SE1 8NB  
020 7928 2651

**Other Desert Cities**  
13 March – 24 May  
A fierce and funny drama deftly exploring family politics, love, loss and redemption

**THE YOUNG VIC**  
66 THE CUT  
WATERLOO  
SE1 8LZ  
020 7922 2922

**A View From The Bridge**  
4 April – 24 May  
Arthur Miller's tragic tour de force directed by the visionary Ivo van Hove

**Oh My Sweet Land**  
9 April – 3 May  
An urgent new play exploring the crisis in Syria through the true stories of refugees

**Safe House**  
28 April – 17 May  
Artists Jeremy Herbert and Gabrielle Sonabend create an extraordinary sensory installation

**MENIER CHOCOLATE FACTORY**  
53 SOUTHWARK STREET  
SE1 1RU  
020 7378 1713

**Two into One**  
8 March – 26 April  
All George Pidgen has to do is book a hotel room, but the bumbling aide makes a series of disastrous mistakes...



Henri Matisse: The Cut-Outs at Tate Modern



**UNICORN THEATRE**  
147 TOOLEY STREET  
SE1 2HZ  
020 7645 0560

**Unicorn Young Company 2014**  
21 – 22 March  
Young Londoners perform three new short plays examining child-parent relationships

**The Velveteen Rabbit**  
21 March – 19 April  
A magical contemporary adaptation of this classic American tale

**At The End of Everything Else**  
29 March – 19 April  
When her little yellow bird goes missing, Icka sets off on a mission to save him

**Sensacional**  
26 April – 11 May  
An interactive and immersive experience for toddlers

**WATERLOO EAST THEATRE**  
BRAD STREET  
SE1 8TG  
020 7928 0060

**Bunker Girls**  
11 – 30 March  
Berlin, 1945: two women bicker and plot in a desperate attempt to save their lives

**Shellshock**  
8 – 19 April  
A dramatic new British musical, exhilarating and uplifting, with fourteen original songs and a powerful storyline

**SOUTHBANK CENTRE**  
BELVEDERE ROAD  
SE1 8XX  
020 7960 4200

**London Philharmonic Orchestra 2013/14**  
Until 1 May  
Music from 20th-century composers including Messiaen, Lutosławski and John Adams

**THE HAYWARD GALLERY**  
**SOUTHBANK CENTRE**

**Martin Creed: What's the point of it?**  
Until 27 April  
The first major survey of work from the 2001 Turner Prize winner

**WHITE CUBE**  
144 – 152 BERMONDSEY STREET  
SE1 3TQ  
020 7930 5373

Franz Ackermann, He Xiangyu and Darren Almond  
Until 13 April  
Cartographic watercolour drawings, Chinese conceptual art and moon-lit photography

**DESIGN MUSEUM**  
28 SHAD THAMES  
SE1 2YD  
020 7403 6933

**Paul Smith (extended run)**  
Until 22 July  
Experience Paul Smith's world of creation, inspiration, collaboration, wit and beauty

**Designs of the Year**  
26 March – 22 June  
The best stuff of the year from around the world all in one place. Not to be missed.

**TATE MODERN**  
BANKSIDE  
SE1 9TG  
020 7887 8888

**Richard Hamilton**  
Until 26 May  
A founding figure of the Pop Art movement, this retrospective encompasses the full scope of Hamilton's work

**Henri Matisse: The Cut-Outs**  
17 April – 7 Sept  
Celebrating, through 120 works, the period in which Matisse began 'cutting into colour'

**SOUTHWARK CATHEDRAL**  
LONDON BRIDGE  
SE1 9DA  
020 7367 6700

**Lent and Holy Week Installations**  
5 March - 19 April  
Artwork from Angela Wright and Edmund de Waal

**Exhibition in The Refectory**  
**London Life: Characters and Places**  
8 Mar – 30 May  
Linocuts from artist couple Sally Cutler and Euan Cunningham

**Talk by Angela Wright**  
Sunday 16 March 12.45pm

**Talk by Edmund de Waal**  
Sunday 23 March 12.45pm

**Friends of Southwark Cathedral AGM**  
Saturday 12 April 2.30pm

**All Age Worship for All: is it possible?!**  
Friday 4 April 10.30am-4.00pm

**Chaucer: Modern Echoes**  
Thursday 10 April 7.00pm

**Annual Congregational Meeting**  
Sunday 27 April 1.00pm



# RACING for charity

Nephew of The Shipwright's Arms publican, Andy Bishop, undertakes a marathon challenge

by George Swinton

**C**hris Davis, the young nephew of The Shipwright's Arms publican, Andy Bishop, is running the London Marathon this summer to raise money for The Brain and Spine Foundation. He is running on behalf of his family because, he explains, "2014 will mark 10 years since we lost our amazing mum, Joanne, to a brain tumour."

Fundraising via Virgin Money Giving, Chris has already almost reached the halfway mark to his £2000 target, with help from his uncle's pub on Tooley street - which Chris will almost run right past on the big day. During the weekend of the 27th February, Andy put on a quiz night and raffle in The Shipwright's upstairs function room, with all proceeds going to the Brain and Spine Foundation. Raising money for charity is not new to Andy and his team; having already taken part in a two day 60km walk to raise money for Breakthrough Breast Cancer.

Chris has chosen to support The Brain and Spine Foundation specifically as it supports research into a broad range of conditions relating to the brain and spine; there are hundreds of these, many

are complex and can be poorly understood by those affected.

Launched in 1992 by neurosurgeon Peter Hamlyn, together with a group of leading neurologists and neurosurgeons, the Brain and Spine Foundation aims to reduce neurological disability through research and education, and also to improve the quality of life for people already living with neurological disorders across the UK. This is achieved through providing accessible information and support networks, including a free helpline staffed by neuroscience nurses, a comprehensive website, and a range of 25 booklets and fact sheets which discuss different conditions, procedures and symptoms written in lay terms.

The British Brain and Spine Foundation is funded almost entirely by voluntary donations, and so the charity is involved in all sorts of fundraising events such as the London to Paris cycle ride, sponsored skydives and parachute jumps, and Trek Kilimanjaro – as well as, of course, the London Marathon!

Chris' fundraising and training are well underway, to support his dedicated effort to "raise funds to continue the fantastic work that

"raising funds to continue the fantastic work of The Brain and Spine Foundation



The Brain and Spine Foundation undertake", please visit his Virgin Money Giving page:  
[www.uk.virginmoneygiving.com/ChrisDavis8](http://www.uk.virginmoneygiving.com/ChrisDavis8)

Also, stay tuned to The Shipwright's Arms website for upcoming events over the next few months.

**THE SHIPWRIGHT'S ARMS**  
88 Tooley St  
SE1 2TF  
t: 020 7378 1486  
w: [www.shipwrightsarms.co.uk](http://www.shipwrightsarms.co.uk)

# SEDUCED BY Seville

...Sweet orange blossom & Spanish guitar  
by Chloe Hodge



Plaza de Espana.



Performers at the Flamenco Museum



The vast vaulted ceilings of Catedral de Sevilla

Although Seville is both the capital of Andalusia and the second hottest city in Europe, the most likely reaction you'll receive

when mentioning the name of this mesmerising city is: "...as in the oranges?"

It is a city of many influences, and to walk the streets of Seville is a unique experience: your senses constantly barraged with the overwhelming perfume of orange blossom - interrupted only by the salty-sweet scent of tapas - and the undulating tones of Spanish guitar.

A city renowned for its architecture, particular must-sees include the intricately tiled Moorish fort of The Alcazar, and the Plaza de

Espana.

Climb up to the balconies of this open-air building to admire the surrounding Parque de María Luisa, here you can watch couples boat down the Venetian-style canals, children having their communion photographs taken, and a few of Seville's thousand horse-drawn carriages trot past.

To take a horse and cart around Seville is one way to see the sights in quick succession, however if you'd rather be your own tour guide then eschew the pricey in favour of the economical and take a bike tour. This is a quirky way to travel through the Parque, whose botanical gardens are home to white doves and albino peacocks, and many more faux art deco buildings.

It would be a crime to miss out the Giralda tower of the Cathedral. Trudge up 35 horse-ramps to the topmost minaret and look out at the

entire cityscape, up to the broad Guadalquivir river and across to the famed bullring, down to the golden grids of the Alcazar walls and over to the labyrinthine streets of the old town.

The old town of Santa Cruz is the place to go for tapas; rather than follow a guidebook, follow your nose. Seek out Hotel de Venerables to taste the best tortilla in the city; or turn your back on the centre of town and take a few steps up Mateos Gagos street. Here your view of Giralda may be a little hazy, but the bodegas are purse-friendly and exceptional – and anyway, after a few glasses of Tinto de Verano, even the clearest of views would begin to blur.

The residents of Seville wake late, siesta, eat late and party even later. So, after dining, it's time to drink and dance!

Seville is the home of flamenco,



The overwhelming perfume of orange blossom, interrupted only at lunchtime by the salty-sweet scent of tapas



The ancient walls and labyrinthine gardens of the Alcazar

and to get into the true spirit of things, the Caboneria - an old coalhouse transformed into the home of amateur flamenco - is uncontested.

They say that flamenco is a gift, and if the haunting tones of cante singing, the violent metal-on-wood clash of the baile dance, and the ripples of the toque guitar stir deep emotions within you, then you have

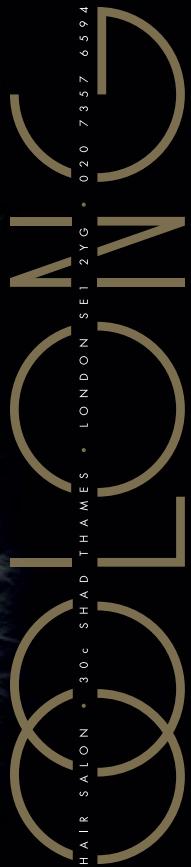
the gift. The power of this frenzied dance to move is astounding; something that the raw surroundings of the Caboneria serve to amplify.

Seville is not suited to a speedy city-break; its rich landscape should be uncovered at the relaxed pace of the locals. For those looking to indulge entirely, there is the Arabic bathhouse, Baños Arabes: worth the extravagance and certain to have

your eyes rolling even after you've arrived home.

For a city-break which is more sensual experience than sightseeing trek, visit Seville and enjoy waking up to orange blossom and the faint tinkle of Spanish guitars and going to bed to the same – only a little fuller, fuzzier and utterly unwound.

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# A POETIC gathering

Bob Bright is one of the current students on the Poetry School's 'Routes into Poetry' course. Routes into Poetry, run by South London based poet Tamar Yoseloff, is a year-long course which meets weekly and takes beginners through the forms and techniques they need to master to write effective poetry.

## CROCODILE

A crocodile in the rain.  
Burbling, undulating, concealing eddies  
of joyous sound.  
A small foot step in a warm puddle  
soon gone.  
Gratuitous shriek.  
Without beginning.  
Like attracts like.  
A river of joy flows out from my heart  
to meet the cooling sounds  
and then  
It's gone

*by Bob Bright*

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# OUR GREAT Thames

Joanna Lumley and Thomas Heatherwick lay plans for London's very own floating garden

by Chloe Hodge

The Garden Bridge, the brain-child of actress and campaigner Joanna Lumley and 2012 Olympic cauldron designer Thomas Heatherwick, will reach from the South Bank to Temple station and will connect the cultural with the historic, whilst also providing a green space right in the city centre.

Inspired by memories of the Malaysian mountain gardens she grew up amongst, Lumley first pitched the idea following the death of Princess Diana as a way of soothing the public, bringing peace into one of London's most hectic zones. However, it was not until the Olympics that Lumley's dream was able to become a reality, as her close friend Heatherwick gained international acclaim for opening the games with his inspired cauldron of 204 copper "petals", each one representing one of the competing nations.

With Heatherwick in Boris' good books, and Joanna Lumley remaining one of the nation's most loved personalities, it was no surprise that when TfL announced that it was inviting proposals for a new pedestrian bridge, the pairing soon won out.

The bridge will be narrow at the edges, reaching out into an hourglass shape to encompass two broad central spaces; and will include intimate pathways, open spaces and raised platforms



Thomas Heatherwick of Heatherwick Studios, designers of the bridge

- private balconies of sorts - that allow for clear views of St Paul's Cathedral, the Shard and the Gherkin.

Whilst many of London's bridges already offer impressive vistas, Heatherwick explains that many of these are fairly unfriendly to pedestrians - our experience

of London now appearing less important than the speed at which traffic can cross the Thames. The Garden Bridge, however, is intended as a breakout space, a meeting place which should "allow us all to get closer to the river" and provide an "extraordinary new experience in the heart of the city."



View of the Garden Bridge from the South Bank

In charge of the landscape will be leading horticulturalist, Dan Pearson, who envisages filling the gardens with one hundred Northern European plant species, progressing from ancient botany on the north side and into contemporary planting on the south.

“it will bring peace and beauty and magic to Londoners and visitors alike

Lumley pictures the garden as “sensational in every way; a place where the only sounds will be birdsong, bees buzzing, the wind in the trees and the steady rush of water. It will be a safe and swift way for the weary commuter to make his way over the Thames. There will be grasses, trees, wild flowers, and plants; I believe it will bring peace and beauty and magic to Londoners and visitors alike.”

Plans for the garden are far from superficial: it will change with the seasons, be home to insects and birds, and must withstand the weight of rainwater, leafy mulch

and maturing trees. This is no mean feat, so it's unsurprising that the project is estimated to cost around £150 million. Whilst over half of this has already been pledged by private backers, the government and TfL, The Garden Bridge Trust is in the process of obtaining charitable status to raise the rest of the funds.

Furthermore, so as not to conflict with plans for a less palatable project – London’s supersewer - the build must begin in 2015 and be complete by 2017.

The Garden Bridge is an ambitious and outlandish idea which has been hanging in the balance for fifteen years already, however what it could provide for London - and most importantly, Londoners - could be remarkable. Imagine walking to work on a crisp spring morning and admiring the first snowdrops; sitting in the shade of a tree during a summer lunch break, just ten minutes from your office; children kicking fallen leaves on the way to Temple tube station; or even leaving an Aldwych office on a snowy winter evening and admiring The City through snow-covered trees, on the way to an evening performance at The National Theatre.

Discover the progress of The Garden Bridge at [www.gardenbridgetrust.org](http://www.gardenbridgetrust.org)

# 5:2 Your Life

by Emma Cook

The 5:2 diet has become widely known, however Emma Cook's self-help manual encourages readers not only to eat more healthily two days per week, but also to think healthier thoughts.

The focus is not on crash-dieting, but eight ways to change your lifestyle for good:

## Fitness

The importance of incremental fitness - how to increase your incidental exercise throughout the day.

## Drinking

How to reduce your drinking throughout the year (not just for dry January). “Even one glass of wine can disrupt sleep ‘architecture’”, says Dr Paul Jackson. “When you sleep you progress through different stages. One and Two are light sleep. Three is deeper and Four is the deepest. Any alcohol in the system will stop you moving into stages Three and Four. You won’t get the deep sleep that’s so important for repair.”

## Money

What it is like to go money-free for the day - is it possible? Seven ways to cut your spending.

## Worry

Habits to reduce your worry:

“Worry list - if you find it difficult to switch off then list your anxieties. ‘Keep a notepad and pen by your bed and do this before you settle down to free up your mind’, suggests Dr Jackson.”

## Productivity

How the HIIT approach can also work for productivity at home and work. Clearing your inbox, undertaking a priority audit.

## Relationships

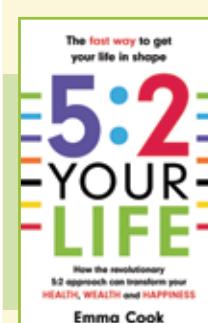
Recognise the importance of the small details in your relationship.

## Screen Time and Technology

The 5:2 Screen Life Diet - a shared project resulting in more engaged family time.

## Environment

A simple way to reduce your carbon footprint twice a week.



Emma Cook's book is intended as the “fast way to change your life” in 2014, and is available on Amazon for £10.99.



# FUEL YOUR BODY better

How Metabolic Dieting can help you to avoid 'starvation mode' and stay both slim and strong  
**by Christian Thomson**

## What is a metabolic diet?

A metabolic diet is about eating certain foods at certain times to speed up your Basal Metabolic Rate (the number of calories you burn at rest) to aid fat loss, whilst also creating a hormone balance within the body.

Metabolic dieting is a great way to control your weight, as it encourages fat loss whilst fuelling your body efficiently enough for you to continue functioning at an optimum level and avoid going into starvation mode.

Starvation mode occurs when you eat too little and exercise too much; creating this kind of calorie deficit can actually hinder weight loss as your body will naturally adapt to stop you from wasting away. Upon entering Starvation Mode, your body will start to produce less leptin, a hormone which regulates your hunger and Basal Metabolic Rate, meaning that your metabolism will slow and your cravings will increase.

This is why 'yo-yo dieting' or eating too little can actually lead to long term weight gain: your weight may drop in the initial stages of dieting,

but starvation mode will soon kick in to counteract any weight loss. Instead, what you should do if you start to exercise more is to make sure you fuel your body – therefore maintaining high energy levels and keeping your BMR running.

The Metabolic Diet outperforms other dieting strategies in many ways, but because your lifestyle and daily activity plays a big part it is impossible to create a one-size-fits-all plan.

Still, here is a guide as to the key high-energy foods usually included in a Metabolic Diet:

- **Protein e.g. Meat, fish & poultry**

Proteins encourage a healthy release of leptin, decreasing hunger and driving your BMR.

- **Green leafy vegetables, especially broccoli**

These foods not only provide essential nutrients and create a more efficient internal system, but can also take more calories to digest than they provide, again increasing your BMR.

- **The 'right' oils e.g. Olive oil, coconut oil, macadamia nut oil**

Healthy fats keep your blood sugar

levels steady helping to regulate the hormone balance within your body.

- The 'right' spices eg. Oregano, black pepper, cayenne pepper, turmeric, cumin, cinnamon and rosemary

Each of these herbs and spices has different effects, such as reducing water retention, inflammation and cortisol (the 'stress hormone'), which can be key problems during dieting and can stop you increasing your BMR.

Meanwhile, key foods to avoid include:

- Anything at all which claims to be low-fat or low-sugar
- Vegetable Oil
- Margarine (just use butter instead, which contains natural fats and vitamins)
- White flour
- Sugar (even brown sugar which is no better than white)

## HIIT STUDIOS

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Even while the builders are still in, Christian Thomson puts HiiT Studios' new uniform to the test

# SET apart

Graphic display company Colorset underlines the importance of adaptation

by Joe Campbell

2-3  
BLACK  
SWAN  
YARD



Colorset's studio is not just a graphic display warehouse, it is a laboratory where ideas and experimentation have led the company in a ground-breaking new direction. With the availability of new technologies, businesses must stay one step ahead to avoid becoming stale; but this is not a concern for Colorset who are

now leading the field with – Motion Advertising Technology, or 'MAT'.

Launched less than a year ago, MAT offers businesses and retailers the chance to use state-of-the-art technology to promote and display their products. One of the most eye-catching innovations is 'AIR', a unique system which is able to suspend a product in mid-air by harnessing the power of electromagnetism. Another is 'SCENE', which allows video content to be projected and viewed on either side of a translucent panel -

in the words of Tom Phelan, director at Colorset, enabling businesses to "make their windows dance."

There is also 'TABLEAUX', a system in which any flat surface is made into an interactive touch-screen computer. The possibilities of TABLEAUX range far and wide. How about a restaurant where diners can view an interactive menu built into their table? Or perhaps a wall that can imitate the latest smart phone and tablet games? These inventions have to be seen in action to



Colorset's studio display



AIR suspends products without wires

be believed, which is why potential clients are invited to Colorset to try them out and get creative - getting involved in development to ensure that they receive exactly what their business needs.

Since its creation in 2002, Colorset have gone from strength to strength, culminating in the launch of MAT last year. But, as Tom explains, it's not just about business for Colorset: there is a strong emphasis on the local community, having resided on Bermondsey Street for almost ten years. The company have enjoyed being based in an area which couples the hustle and

bustle of central London with the support and atmosphere of a local community. They regularly have visits from

**AIR** is able to suspend a product in mid-air by harnessing the power of electromagnetism

local schools and colleges and recently invited students from Highshore School with special

educational needs along to try out the new MAT products. Tom and his team get a great deal of pleasure seeing how students respond to these new technologies.

So what's the future for Colorset? Well, by the look of their products and ideas, while the rest are playing catch-up, Colorset are already there.

#### COLORSET / MAT

2 - 3 Black Swan Yard  
Bermondsey Street  
SE1 3XW  
t: 020 7234 0300  
e: info@colorset.co.uk  
w: [www.colorset.co.uk](http://www.colorset.co.uk) and [motionadvertisingtechnology.com](http://motionadvertisingtechnology.com)



Tom demonstrating SCENE



The new MAT PROMO, replacing the old fashioned leaflet

# SANDRINGHAM House



Organic interiors, river-side views and high-tech finishing touches from award-winning design firm, Darling Associates

by **Rebecca Lodge**

a

t the foot of Tower Bridge, directly opposite the Tower of London and looking out across the river, Sandringham

House is

possibly one of the capital's most historical addresses. It is the latest set of apartments to launch of One Tower Bridge: a vast river-side development, designed by Squire and Partners and built in four different architectural styles, whose different heights, sizes and shapes complement the irregularity of our haphazard London skyline.

The interior living spaces of Sandringham House are the creation of design practice Darling Associates; an award-winning group of architects, urban planners and

interior designers with studios in London, Poland and the United Arab Emirates. Having been established in 2003 by a party of just two, Chris Darling and Lood Welgemoed, the practice has grown dramatically over the past eleven years: winning a stream of awards including the AJ100 Practice of the Year, and bringing in talents from all over the world to achieve the ranking of "fastest growing architectural practice", whilst also remaining an ethical employer.

The practice are primarily concerned with "designing special places for people to live" and their ventures range from luxury builds such as One Hyde Park to regeneration projects and Housing Association developments. They put their success down to this people-first attitude, as well as a belief

“  
a belief in the inherent beauty of natural materials

in the elegance of design and the inherent beauty of natural materials. These values are clearly echoed in Sandringham's organic palette, with details such as Italian stone worktops and herringbone wood flooring reflecting the earthy tones of the Tower of London and Potters Fields Park, clearly visible through each apartment's floor-to-ceiling windows.

Bringing a little high-tech interest into an otherwise organic space is the home automation system, which allows the air-conditioning, mood lighting, audio-visual systems



Chris Darling,  
co-founder  
of Darling  
Associates

and blinds of each apartment to be controlled through a touchscreen, or even by iPad or smartphone from anywhere in the world. As well as these in-house features, residents of Sandringham House and One Tower Bridge will have access to a round-the-clock concierge managed

by Harrods Estates, a private health club, virtual golf facility, a business centre and a five star boutique hotel.

Still, for a touch of 'R&R' without leaving London, each apartment has access to its own balcony, terrace or roof garden, a private courtyard garden, and of course is just a few steps away is the vast green of Potters Fields Park. Designed in 2007 by landscape architects Gross Max, this public space has areas for events as well as quiet walkways, picnicking areas, and herbaceous gardens for private contemplation. The park again merges the traditional with the contemporary with its water clock fountain: allowing visitors to use interactive floor pads to control its leaping jets of water, and to change the clock to any time-zone.

With its surrounding greenery, sweeping Thames-side views and the neutral design style of Darling Associates, Sandringham House allows for comfort and calm even in the midst of The City.

*First completions at Sandringham House are scheduled for 2016, with starting prices from £950,000.*



### ONE TOWER BRIDGE SALES LOUNGE

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# SPOTLIGHT Properties

## CONTEMPORARY CONVERSIONS:



## Loft Living

The Jam Factory is a distinctive factory conversion comprised of three apartment blocks in varying sizes, with Sub and Duplex Penthouses which benefit from striking views across London's skyline. Once used as the Hartley's Jam Factory, this red brick building has been transformed into an energy efficient, private gated development with a 24 hour concierge and secure parking. It is situated on Green Walk, just

around the corner from Bermondsey Street's bustling restaurant scene and is just a stone's throw away from London Bridge station, the iconic Tower Bridge, and foodie destination, Borough Market.

Williams Lynch have just sold the second of the Jam Factory's Penthouses to reach over £1 million; a 1332 sq ft Duplex with two double bedrooms, a 46.5 ft open-plan reception, two bathrooms and a private roof terrace.

However, they are now offering an

even more spacious Sub Penthouse, which stands at 1592 sq ft and comprises two double bedrooms, two bathrooms, a stylish fitted kitchen with marble worktops, and a 35ft wooden floored and open-plan reception room. The vast reception area includes floor to ceiling windows which provide extensive city views, and glass doors which open out onto a broad private terrace.

Each of the development's apartments features a clean and contemporary design to suit its dynamic exterior, an aesthetic that - along with its incredible location - has seen the Jam Factory become one of the most fashionable places to live in SE1.

### JAM FACTORY

Green Walk

SE1 4TQ

**£1,300,000**

Williams Lynch

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## A PERIOD Apartment

The quiet, tree-lined Pearman Street, provides contemporary living within a period property. A three storey Victorian house, close to Waterloo, Lambeth North and Westminster, its upper floors have been converted into a unique split-level apartment.

This contemporary flat's 1016 sq ft floor space includes two double bedrooms – one with an en suite

shower room, a luxury bathroom with a separate shower cubicle, a reception room and an open plan kitchen/dining room. The dining room is bright with natural light and, set on the third floor, its large windows provide views across south London; meanwhile the kitchen area is fitted with integrated appliances, a marble-topped breakfast bar and pale wooden flooring.

Not only does the flat provide



views across London from inside, it also has a sunny south facing balcony – ideal for eating al fresco in summer - and a north facing decked terrace which looks out upon the London Eye, Houses of Parliament and the river Thames.

**PEARMAN STREET, SE1**  
**£1,125,000**

Field & Sons  
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w: [www.fieldandsons.co.uk](http://www.fieldandsons.co.uk)



## A REGENCY Residence

This split level flat is located in a Grade II listed building, just moments away from London Bridge, Borough Market and the river. Dating back to 1827, Trinity Church Square's

Regency facade hides a comfortable, modern interior, complete with one master bedroom with a spacious en suite, a second double bedroom or study area with wall-length wardrobes, a lower level bathroom and a slim, streamlined

kitchen with dark wood and stainless steel fittings. The large lounge includes an original wrought iron fireplace and beautiful French doors, which fill the room with light and open out onto the two-tiered private garden.

Trinity Church Square is one of South London's most attractive 'intact' period squares, where not only do residents have their own private gardens but also exclusive access to two enormous walled gardens – complete with historic



pavilions, statues and seasonal landscaping.

An ideal combination of earthy outdoor space, bright natural light and stunning contemporary interiors, all within a rare period property.

**TRINITY CHURCH SQUARE, SE1**  
**£875,000**

Field & Sons  
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# GOLDFINGER'S legacy

The enduring  
architecture of a post-  
war pioneer  
by Chloe Hodge

# S

tanding proudly in Elephant and Castle, the creation of Erno Goldfinger and once closed due to 'sick building syndrome', Metro Central Heights sounds

as if it's been drawn straight from a sci-fi film. In fact, its history is rather comedic: designed by a Hungarian Modernist who was so despised that Ian Fleming borrowed his surname for the most infamous of Bond villains; built in the 1960s to house the Ministry of Health,

“

Ian Fleming borrowed his surname for the most infamous of his Bond villains



Elephant and Castle shopping centre

it was shut down for having the mysterious 'sick building syndrome', before its inhabitants moved out to Hannibal House. The building then narrowly avoided demolition and was redeveloped in 1997, recovering from its illness and gaining 489 residential apartments, meeting rooms, a gym, jacuzzi and sauna in the process.

Goldfinger's Brutalist style is not the most attractive to contemporary audiences, yet the building's proximity to the City and the West End has now made it incredibly popular with young professionals - recently attaining the nickname Metrosexual Heights – and as Elephant and Castle becomes more established in the next decade, this appeal will only increase.

It was actually Goldfinger's unpopular design philosophy that saved this building from demolition; he focused upon 'the permanent structure; the much less permanent services and an even more fleeting component, the human requirements' in that order, denoting open plan, flexible space. This ethos quickly saw Goldfinger become a pioneer in British Modernist building, which was invaluable in the post-war period: with 4 million homes destroyed and demand rising fast due to the Baby Boom, sky-high reinforced concrete was a fast and effective answer. In fact, Goldfinger was unusually passionate about the aesthetics of bare concrete – even adorning his Hampstead home with concrete columns, much to the

discontent of his neighbours.

Despite contention, Goldfinger's 'soulless' architectural feats are here to stay as Metro Central Heights recently became Grade II listed, joining his Trellick Tower, North Kensington. These structures survive as solutions to post-war devastation, and whilst other examples of Brutalist architecture such the Barbican Estate are recognised as sites of special architectural interest, Metro Central Heights remains contested. The coarse grey of Trellick Tower is surrounded by greenery and Barbican stands as the only matte facade amongst the glimmering glass of the City, so perhaps all that is holding back Metro Central Heights from the status of a Modernist relic is its environment – Elephant and Castle's chaotic road system being a challenging backdrop for any building.

Still, in the very near future, this backdrop will be almost entirely painted over: the neighbouring Heygate Estate will be demolished and replaced by one of London's largest new parks; and the shopping centre which Metro Central's residents currently look upon will be transformed. Although Goldfinger may not have been well-liked for his unconventional design, it repaired a city flattened in parts and supported the next generation; it is a testament to him that these quick-fixes are still standing, and providing for Londoners today.



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## Surrey Square, SE17



Georgian, Grade II listed 5 bedroom townhouse which extends to over 2800 sq ft. Incorporating self-contained apartments, a rear garden, and period features such as open fireplaces and sash windows. Located in a quiet residential area close to the Elephant and Castle, London Bridge station, Borough Market and the river. **£1,495,000**

## Trinity Church Square, SE1



A delightful, 2 bedroom split level garden flat within a Grade II listed building, close to London Bridge, Borough Market and the river. Full of character and located in a conservation area where residents have access to charming communal gardens. **£875,000**

## Empire Square West, SE1



A stylishly designed second floor, one bedroom apartment, within a modern, secure development. Close to Borough tube station and a short walk from Borough Market, London Bridge and the river, this apartment is in excellent condition with a quality finish. Early viewing recommended. **£ 455,000**

# FIELD & SONS

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EST. 1804

## Pearman Street, SE1



A truly unique 2 bedroom split level conversion, arranged over the upper floors of this period house, superbly positioned within a short walk of Waterloo station, Lambeth North or Westminster. Designed to highest specifications and featuring a top floor kitchen/dining room with stunning views and a fabulous terrace. **£1,125,000**

## Fraser Court, SE1



A top floor 2 double bedroom apartment, in excellent condition and situated on a peaceful residential street and a conservation area. Close to Borough Tube station, Borough Market and London Bridge, the building is a secure and ideal central London home. **£649,950**

## John Ruskin Street, SE5



This smart 2 double bedroom first floor flat is located near Kennington Park, in between Walworth and Camberwell. In good condition throughout, it extends to over 700 sq ft & has no onward chain. Early viewing recommended. **£419,950**

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