

WoM

M A G A Z I N E

SUMMER EDITION

2018

Summer Time

& the Living is easy

SUPPORTING LOCAL BUSINESS THROUGH WORD OF MOUTH

Welcome to Word of Mouth Magazine: The Summer 2018 Edition

A NOTE FROM THE EDITOR...



Get the flags out, summer has finally arrived and as Ella Fitzgerald would say it's, "Summertime, and the livin' is easy". It's the season of sun, sea, siesta SPF and let's not forget.. shorts!! Vacation or Staycation , dust of the flip flops, it's time to have some much needed R&R.

Waking up to the sound of birds singing and sunshine dancing between the trees , you can't help but be just a little bit happier (Oh the simple things). Seasons may come and go, but never fear, the essence of South

London remains fondly constant.

To get you in the mood for summer we have been hard at work, getting the lowdown on what's been happening, right here in South London, so that you can make the most of your summer. So grab your coffee or your sangria and sit on that sun lounger, because we've got some cracking features for you to read, from the places to chill in South London, to easy destinations for a last minute timeout.

Get some inspiration and very useful tips , there's something for everyone, so relax and enjoy our sunshine summer edition.

Vanessa Alexander

Guest Editor

Word of Mouth Magazine

What do you think of our Summer 2018 issue?

We'd be delighted to hear what you think.

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The Summer 2018 Edition

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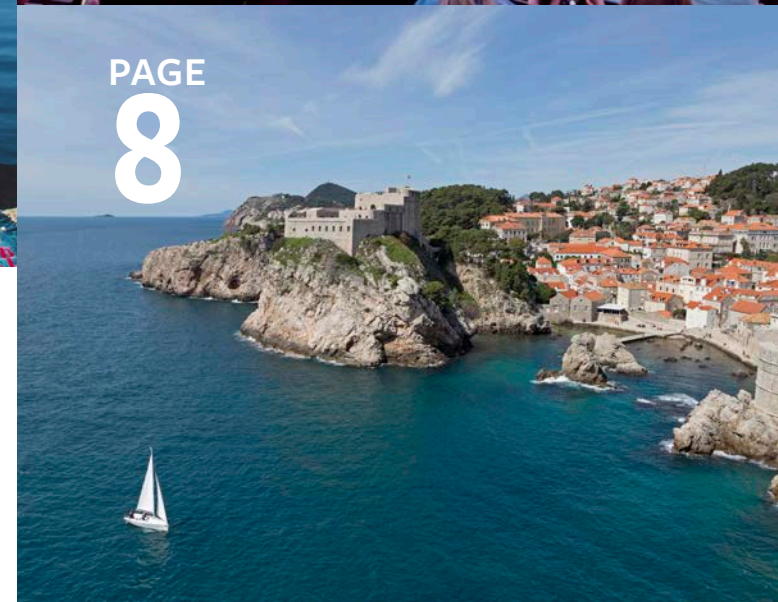
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Don't just follow the money

Written by Sara Macauley | Photographs by Caju Gomes

No matter how much money people have, making a large pay check doesn't compare to ultimate happiness. Many people hate their jobs because they aren't passionate about what they do. There's no worse feeling than despising a career and ultimately, life. This hatred can cause stress and problems in your relationships, so let's talk about how to change your mindset.

Follow Your Passion and Not The Money

Money is a powerful thing, it enables us to buy the things we want, which as a result, makes us temporarily happier. If you've ever received sufficient funds, you'll appreciate that a full bank account can give you more power and control in your life.

However, this mindset can be problematic as it leads many people to follow a path dedicated to the pursuit of money, rather than happiness. They acquire a taste for possessions and continue to want more and more, the more you obtain the more money you need to maintain. But in order to increase your earnings, you have to take on more pressure and completely set aside any other interests and passions.

People who chase careers because of money aren't always happy. If you spend most of your life working, you may end up living to work not working to live. It's easy to become blinded by money and inevitably end up following the paper

trail wherever it leads, the ensuing success can certainly give a feeling of happiness, even contentment, but with no balance, is it just temporary high?

You shouldn't let anything extinguish your passions. Remember all your aspirations when you were younger. Are you still being true to yourself? In order to be the happiest you can possibly be in your lifetime, you have to be pursuing things that add value to your life or at the very least learn to strike a balance.

When you follow your passion or find a balance, even pulling an 8-5, 5 days a week (let's not get started on the commute), you look forward to waking up every day. You truly care about how you spend your time, and your existence is meaningful. Money can be taken away from you at any time, and you'll be left with nothing. But if you're building a career and relishing in hobbies that warm your soul, that can never be taken away from you.



Croatia

With the World Cup fresh in our memory, one country has been on everyone's lips – Croatia. Football accomplishments aside, any traveller in the know will inform you it is a destination worth exploring.

Written by Roberta Striga | Photographs by Getty Images

Get away from it all

Vis is the place to be if the mere thought of crowds makes you shudder, the filming location and indeed real star of the recent Mamma Mia movie sequel . Croatia has over a thousand islands, and Vis is located the furthest from the coast. However, its remoteness is not what makes it special, because it served as a military base it was closed for foreign visitors from 1950s until 1989. It is unspoilt, undeveloped and sublime if you want to find a secluded beach where you won't be disturbed. Visit the Blue Grotto, check out the remains of Tito's Cave or go diving in the crystal blue waters. Foodies can enjoy an appetising meal in one of the rustic konobas (taverns).

Indulge your pop culture nerd

A UNESCO world heritage site, Dubrovnik is one the most popular tourist destinations in Croatia. With cobbled limestone streets, breathtaking views of the Adriatic and imposing city walls, it is easy to understand why. But over the last few years, it has become a popular filming location. You might recognise it as the King's Landing in the Game of Thrones or Canto Bight in Star Wars: The Last Jedi (guided tours are available if you want to take a picture at one of the filming spots). We would be remiss not to mention though, that if you value your sanity and abhor the crowds, visit during the off-peak season of May/June and September. The tourist numbers keep going up year after year, so off peak season may be the only way you can still enjoy the balmy weather sans the maddening crowds.





Dance until dawn

If the thought of 24-hour party appeals to you there is no better place for it in the summer than Zrće Beach on Pag. Located about 2km from Novalja and one kilometre long, Zrće Beach is a clubbing central for EDM fans. With open-air nightclubs and bars, and 20 meters from the sea, it was dubbed “the Croatian Ibiza” for a reason. On the off-chance you need to rest (and you do not want to kip on the beach) Novalja offers plenty of accommodation options, you will need to book well in advance as during July and August lots of likeminded people have the same idea.

Enjoy a city break

Many associate Croatia with its coastline, but Zagreb is making a name for itself as a popular city break destination. The city centre is compact and ideal to explore on foot. Check out the Zagreb Cathedral, wander the cobbled streets of the Old Town or visit the Dolac Market piled high with local in-season produce. If you need to visit at least one museum (it is a city break after all) check out the Museum of Broken Relationships. In the evening sample the local beer or rakija (a version of grappa) in one of the many bars in Tkalčićevastreet. Zagreb's Christmas market won a number of awards over the recent years and is popular with tourists and locals alike. A month-long event features food stalls, ice rink, and plenty of activities to keep your mind off the cold.



Zen out in nature

Plitvice Lakes is the oldest national park in Croatia and a UNESCO World Heritage site. Nestled in the mountainous region of Lika-Senj, it is known for its 16 lakes arranged in a cascade and connected by waterfalls. The lakes vary in hue, from the palest blue to intense cerulean, all thanks to the site's unique mineral composition and a wonderful contrast to the lush greenery that abounds all along the boardwalks that snake through the park. You don't necessarily need to visit in the summer since the lakes are a sight to behold regardless of the season. In fact, the park is swamped with tourists during July and August. Plitvice Lakes are located at a half-point between Zagreb and Zadar on the Dalmatian coast, which makes it an ideal choice for a day trip. Frequent buses run daily from both Zagreb and various towns on the coast.

HOW TO MAKE YOUR MAKEUP SURVIVE LONDON IN SUMMER

Written by Sara Macauley | Photographs by CoffeeAndMilk





W

hen it comes to a heatwave, it's fair to say that this glorious, bustling city which we call home isn't particularly equipped to manage. With temperatures in England this year reaching as high as 33 degrees Celsius, commuters on packed tubes, buses and pavements are all but melted, and unfortunately for our selfie game, so is our makeup. "Is it even possible to make a full face of makeup last during the scorching summer days?" we hear you cry. Well, we've done some research and it turns out, it is. With a bit of forward planning and resisting the urge to swipe at your sweaty face with a tissue, you can make your makeup last a lot longer than you'd expect. Here's how:

Primer

The key to making any make-up stay put in adverse conditions is preparation, and that means using a product that's literally designed to make your carefully applied base stay in place. When it comes to primers, knowing your skin type is key. If you suffer from naturally dry skin and your make-up turns patchy in the warmest of breezes, then you'll need to arm yourself with a moisturising primer like Hangover RX Replenishing Face Primer from Too Faced. It's nourishing, hydrating qualities will make sure your base looks bright AND stays in place. If the heat makes your face oilier than ever, then you're looking for a primer with silicone, (a synthetic material known for it's resistance to heat). When it comes to silicone-based primers, Smashbox Pore Minimising Photo Finish Primer is just the ticket.

Cooling spray

There's nothing quite as nice as a cool mist on your face when your face is feeling hotter than the sun itself. Thanks to modern developments in make-up technology, we've come a long way from using that canister of Evian face spray your mum always used to pack on summer holidays. Cooling sprays have had an upgrade, and Mario Badescu Facial Spray with Aloe, Herbs & Rosewater is the perfect example of a simple, yet effective facial spray. This product is multi-functional so will take up less space in your beauty bag, as it can be used as a toner, sprayed in your day or night creams for a hydrating boost, or misted over the skin as a glow-inducing pick me up for tired make-up.



Technique

When you want your foundation to have real longevity, it's important to think about the way you're applying the product. Using a small amount of product, first blot your foundation onto the skin with your brush or beauty blender using a dabbing motion, then repeat with another thin layer. The same goes for powder – swiping it on top of the foundation can disrupt your perfectly applied base layer. Much like adding a scarf and hat to your outfit in the cool depths of winter, in the summer heat it's important to layer your foundation and powder for it to go the distance.

Oil Control

No matter how much effort and preparation you put into your makeup application, in the unusual heatwave the UK is currently experiencing, you're bound to get some shininess. The T-zone is usually the area most susceptible to oiliness because it has the highest amount of oil glands out of all areas on the face. When this happens, it's all about damage control. Instead of piling more powder on top, which can lead to a creasing and a cakey-look, it's best to touch up your existing makeup with an oil absorbing sheet. These are cheap, portable little sheets of paper that will blot up any excess oil on your face and have your makeup looking brand spanking new in no time.

Setting Spray

The pièce de résistance in your makeup arsenal this summer should be a hardworking setting spray. Misted all over your face once you've applied your makeup, setting sprays are designed to make your makeup budge-proof. The amount of product you use depends on the brand, but usually a few sprays are enough to make sure your carefully created makeup look lasts right through from the work day to the after-work drinks. Urban Decay's All Nighter is a crowd pleaser, completely vegan and a complete steal at only £24.

So there you have it, all the tips you need to make sure your makeup stays firmly in its place during this spontaneous British heatwave. Go forth smug in the knowledge that even if you feel like you're melting into a puddle, your makeup looks much fresher than you feel.

EASY WAYS TO ACHIEVE A SUMMER FIGURE

Summer is here and we're all driving ourselves crazy aiming for a toned and lean figure. It only feels like a couple of months ago we were still chomping into the mince pies. It's never too late to turn your life around and improve your confidence, so we've got some realistic tips for you.

Written by Amy Poole | Photographs by Matthew Kane

KEEP YOUR SUMMER FIGURE
ALL YEAR ROUND

Losing weight can seem like a daunting task, especially when you're focused on shifting plenty of pounds in a short amount of time. Our biggest tip is to carry on living your life and don't allow your new diet and lifestyle change to take over your thoughts.

Avoid a strict diet, but instead introduce new foods and workout regimes into your routine slowly, in order to keep it up. Instead of thinking about all the foods you should be avoiding (saturated fats, sugar and salt), focus on adding more of the right foods to your diet. By adding more fruits and vegetables, you'll naturally crave less processed foods. Do not tell yourself that certain foods are off limits, as this will evoke an instant craving. Tell yourself that you are going to snack on nuts and your metabolism will increase, which as a result, will help you to burn fat.

Move more, a lot of us are guilty of leading a sedentary life, we spend more time sitting than moving. Fitness trackers, such as the

“It’s important that you love your body during this change. Otherwise, you’ll still be unhappy when you’ve reached your goals. Confidence comes from within, so remember to remind yourself that you’re beautiful inside and out.”



FitBit, encourage you to walk around every hour to meet a daily step goal. These quick five minutes of activity add up to help you burn an additional 200 calories a day. Be conscious of how you spend your free time too, and avoid sitting on the couch watching the TV for hours. When the adverts come on, get up and start moving by doing star jumps, sit ups, and jogging on the spot. These bursts of energy will help add to your calorie burn each week.

Stop eating late, if you eat your dinner past 7pm, you might want to prepare meals in advance and eat earlier. It’s proven that those who stop eating four hours before hitting the sack are less likely to store fat as than those who munch until bedtime. This is purely because your body has more time to digest and burn off the food it would ordinarily store as fat. If you do find that you are peckish at night, try a hot drink, find a good herbal tea mix that you like and munch on a very small handful of nuts and learn to know the difference between a craving and hunger.

DO YOU HAVE ANY WEIGHT-
LOSS TIPS?

It’s important that you love your body during this change. Otherwise, you’ll still be unhappy when you’ve reached your goals. Confidence comes from within, so remember to remind yourself that you’re beautiful inside and out.



JUST GO COLD ON YOUR COFFEE

Unless you hail from a climate much closer to the equator than our little piece of land and are therefore able to deal with the weather without moaning, you're probably melting into a puddle as you read this. The British Summer has always been a tricky beast to deal with, but this year's heatwave has managed to shock us once again with its sheer ability to be completely bonkers.

Written by Sara Macauley | Photographs by Getty Images

The tube has become a sauna, people are flocking to the fridges in supermarkets for a moment of relief and coffee drinkers everywhere are feeling torn. How do you get your caffeine fix when even looking at a steaming hot cup of cappuccino is enough to make you break out in a sweat? There's really only one answer here: the humble iced coffee. Long-regarded as a drink reserved for tweens and fashion PR's on the go, the iced coffee is an absolute saviour for coffee drinkers across the UK as this oppressive heat continues to make everyday life that little bit more difficult. But what makes a good iced-coffee and how bad is it for us? We've done a bit of research into the icy beverage and come up with our definitive list of the best iced-coffee from our favourite chains, so you can order with confidence.

STARBUCKS: COFFEE FRAPPUCINO

It wouldn't be a list of iced coffees if the Starbucks Frappuccino didn't make an appearance. One of the golden oldies, this Frapp is a mix of ice, milk and coffee frappuccino syrup. Have yours with or without cream on top, it's really up to you. This classic coffee is a treat for the tastebuds; not too sickly like some of their caramel-based offerings and really quite refreshing. Starbucks also now offer coconut and oat milk as well as soy, for those of us who don't drink regular old cow's milk. A grande sized Coffee Frappuccino with whole milk contains 240 calories, which is actually quite reasonable a amount of a treat.

CAFFE NERO: COCONUT ICED LATTE

A newbie to the Caffe Nero fridge is the Coconut Iced Latte, made with semi-skimmed milk, coconut syrup and their signature espresso. If you're after a sweeter taste than the classic iced latte, this coconut dream is the one for you. A mere 169 calories, it lives in the fridge in stores, so pick one up and bring it to the till for the barista to whizz up with some ice for a perfect mid-afternoon refresher.

Long-regarded as a drink reserved for tweens and fashion PR's on the go, the iced coffee is an absolute saviour for coffee drinkers across the UK as this oppressive heat continues to make everyday life that little bit more difficult.


PRET: ICED LATTE

Everyone's favourite stop on the mad dash to work is undoubtedly Pret - and it just so happens that their iced coffee is one of the best. All of Pret's iced coffees are served in a recyclable cup with a paper straw too, so you can be safe in the knowledge that your 8am caffeine fix isn't going to contribute to plastic waste. While Pret offers everything from a black iced coffee to a rice-coconut iced latte, our favourite has to be their classic Iced Latte. Simple, creamy and delicious, Pret's offering is also a mere 120 calories - so you can afford to have one as a morning treat every once in a while.

COSTA: COLD BREW COFFEE

If you're the kind of coffee addict that likes things plain and simple, then Costa's Cold Brew Coffee is the iced drink of your dreams. Nothing but 8 calories of black coffee and ice, the Cold Brew is a no-frills drink that gives you your caffeine hit and true coffee taste without any other ingredients masking the flavour. If you like your coffee strong, we'd recommend sticking to the standard double shot, but if you're after a mellower taste then go for a single. Just pure, honest coffee (only cooler).

We hope this guide makes you feel less flustered next time you nip out on the office coffee run during the heatwave. Just don't blame us when you develop a serious iced coffee addiction!

A woman with blonde hair in a bun, wearing sunglasses, an orange shirt, and striped pants, sits on dark stone steps. She is holding a tablet and looking at it. A large, light brown paper bag sits on the steps next to her. In the background, there is a large, dark green plant with long, thin leaves. The overall scene is set against a dark, textured wall.

FOUR ETHICAL BEAUTY AND FASHION BRANDS YOU NEED ON YOUR RADAR

Written by Sara Macauley | Photographs by Lumina Images



It shouldn't come as to much of a shock to most of us that our world, environmentally speaking, is a bit of a hot mess right now. Earlier this year, diver Richard Horner was startled to discover a huge slick of plastic coating the ocean's surface in a usually picturesque diving spot off Nusa Penida, Bali. The video he subsequently uploaded on social media showed plastic bags and household plastics bobbing calmly through the water's currents, where manta ray's would usually appear to clean themselves. Sadly, this kind of news story is becoming all too common, and environmentalists' jargon like 'greenhouse gas' and 'decomposition rate' can make us want to cover our ears and mosey on in blissful ignorance. Fifty years ago, people who cared about the impact of human life on the environment were labelled as 'eco warriors' and imagined to live in the forest, wearing nothing but scratchy potato sacks. In 2018, with smarter research and new innovative technology, brands are cottoning on the fact that their consumers want to be more environmentally friendly, and there-in comes the re-brand of Eco-Warrior to the Cool Eco-Conscious Consumer.

Here, we've compiled a list of the coolest ethical beauty and fashion brands to bookmark and buy from before all your friends do. You'll be a trendsetter, for reasons you can feel proud of – promise.



OHNE

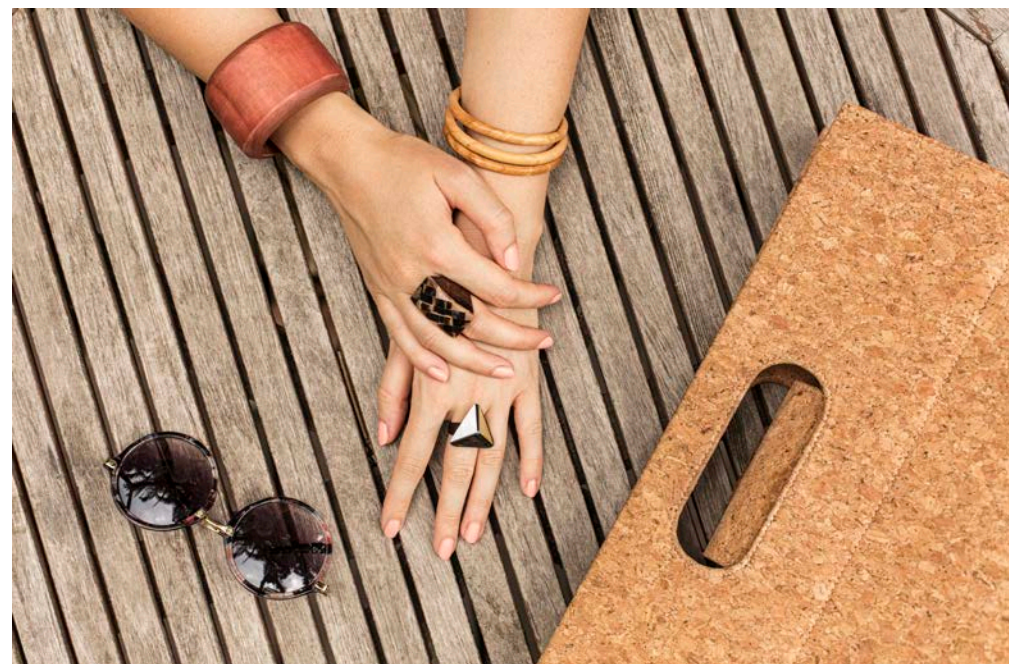
Ohne.co

OHNE is a cool, young, ethically-minded organic tampon brand which delivers their personalised boxes straight to your door. The concept was created by founders Leah and Nikki, who were fed up of UK women being sold label-less, pesticide-sprayed tampons, and women in certain countries, for example Zambia having no access to menstrual care products whatsoever. Their amazing organic tampons are held in 100% biodegradable applicators, so no more guilt about your plastic piling up in the ocean. For every subscription OHNE gets, they also give 5% to the Girls Programme run by the School Club Zambia – helping make sure that girls in Zambia are taught about personal hygiene and equipped with the things they need for their period. Goodness all round.

S'WELL

swellbottle.com

In 2010, founder and CEO, Sarah Kauss, created S'well as an answer to her mission of ridding the world of plastic water bottles. Since it's conception, the company has since become the fastest growing woman-owned company in the country and it's popularity has gone off the charts. Combining fashion with function, S'well water bottles come in beautiful marble and abstract prints, and the brand's aim this year is to provide support to water programs across Madagascar, a country where nearly 50% of the population lacks access to clean drinking water. A water bottle that's Instagrammable and good for the environment? Count us in.



TRAID

traid.org.uk

Love vintage shopping? Us too. What we love less, however, is rummaging through a rack that looks about as organised as our bedroom floor. Enter, TR Aid. TR Aid is a charity with franchises all around London which reuse clothes in a bid to end abuse in the fashion industry, and their shops are significantly cooler than your average charity shop. TR Aid organises donations by style, brand and condition, and money raised from re-selling donations is used in a multitude of amazing ways, including giving non genetically-modified seeds to cotton farmers, to ensure the cotton they produce is organic, more sustainable and importantly, Fairtrade.

KEEPCUP

uk.keepcup.com

When you're working long hours in the big smoke, it's inevitable that most of us will need a few coffees to get us through the day. But how many of those coffees come in 'disposable' cups? KeepCup is a revolutionary brand which seeks to get rid of disposable coffee cups for good. According to KeepCup, "there is enough plastic in 20 disposable cups (and lids) to make one small KeepCup." So even though KeepCup is made from plastic, sustained use of your KeepCup will mean contributing way less to the harmful plastic problem. Plus, they're customisable, look cool, and are barista standard sizes – so no perplexed staff when you hand them over at your local coffee shop.

Changing your routine to help the environment needn't be a huge lifestyle over-haul. Going eco-friendly needn't be scary when you have innovative, fashionable brands like these to guide you. So what are you waiting for? Get your guilt-free shop on, You're saving the world, after all.

“In 2018, brands are cottoning on the fact that their consumers want to be more environmentally friendly, and there-in comes the re-brand of Eco-Warrior to the Cool Eco-Conscious Consumer.”



Photographs by Rona Smith



RONA SMITH

Visual Artist

South London - Penge

is an artist working in public art and sculpture. She draws on her interest in heritage architecture, period design and sacred geometry to create works which respond to the history and atmosphere of their sites.

Rona works with a range of materials including bronze, stone and vinyl transfers. Given the permanent nature of Rona's recent work, she aims to establish a sense of timelessness by employing classical principles of design alongside a freer, playful approach to imagery.

Rona is currently working on two new permanent works commissioned by JC Decaux and Z Hotels. She has completed two major London public commissions: An Age, An Instant in New Burlington Mews, Regent Street, and North Elevation at Lumen United Reformed Church, Russell Square. Outlined below are some examples of Rona's Work, to find out how to make contact with Rona, please visit her website, details below.

WWW.RONASMITH.CO.UK



Summer Nights

Written by Sara Macauley

There's something a little bit magical about long summer nights in London. As the sun sets, it's like the city breathes a sigh of relief. Hot, crowded streets are replaced by couples dining alfresco at tables on the pavement, revellers flock to rooftop bars for panoramic views of the city's twinkling lights and everything feels just that little bit more cosmopolitan and chic. As with every large city, it can be hard to determine exactly what events are on offer, but thankfully we've done the legwork for you and curated a list of the best experiences London has to offer when the sun goes down. No queueing at the bar in a sub-standard beer garden for us, thank you very much.

MOVIES ON THE RIVER

www.timeout.com/london/film/movies-on-the-river

Cinephiles, get excited. This summer, from mid-June until early September, Time Out London are taking punters out on a cruise of the River Thames at sundown, followed by an open-air screening on this open top cinema experience on a boat. Running five days a week, you can take your pick from classics like *Dirty Dancing*, *Some Like it Hot* and *Mean Girls*, or catch up on the latest Blockbusters like *The Shape of Water*, *Dunkirk* or *Get Out* under a blanket of stars. It's a pretty perfect way to spend your long summer evenings. Tickets from £29.

UNIQLO TATE LATES

www.tate.org.uk/whats-on/tate-modern/late/uniqlo-tate-lates

Every last Friday of the month, the Tate Modern is open to the public after-hours, with a mix of music,

film, art and workshops to immerse yourself in. July's instalment sees a pop-up independent book fair, live interactive abstract drawings, world class art exhibits and artist talks, to name a few stellar activities. Drinks and food are available for purchase on the terrace, which will be manned by NTS Radio, so tunes are also guaranteed. Oh, and did we mention entry is free?

KALEIDOSCOPE AT ALEXANDRA PALACE

kaleidoscope-festival.com

For the first time in 30 years, London's iconic Ally Pally is opening its doors for a one day and night experiential festival in the form of Kaleidoscope. Attendees can

expect music, comedy, poetry and theatre in this colourful festival, and be allowed the chance to explore the nooks and crannies of Alexandra Palace not usually open to the public. Comedians like Katherine Ryan and Mark Watson will be there to make you belly laugh and food stalls with everything from vegan arancini balls to an ice cream cab will be there to keep it happy. Event on from 12pm-10.30pm. Tickets £30.

LONDON SHUFFLE CLUB

www.londonshuffle.com

Try something old school in a too cool for school environment with London Shuffle Club in Shoreditch. Taking inspiration from the classic game played on cruise ships, London Shuffle have upped the ante and shufflers are enjoying the old-timey game on solid ground, surrounded by pizzas, beers and cocktails. If some good old-fashioned fun sounds like your kind of thing, grab your friends, colleagues or family and book tickets from £20 an hour per group. The place stays open until 11pm, and subject to availability you might be lucky enough to bag yourself an outside lane to enjoy the last of the summer sunshine.

SKYLIGHT

If being outdoors is compulsory on your criteria for what makes a good summer evening, then Skylight is the place for you. Set on an old carpark rooftop in Tobacco Dock is this adult's playground offering group games of croquet and pétanque, set atop 2 other floors of street food and bars. Grab a drink, grab a friend and play until your heart's content, or just book a table for unparalleled views of the city all the way around the carpark. There will also be screens popping up to watch the World Cup and Wimbledon, so you can persuade any begrudging, sports-loving friends to come along too. They won't miss a thing – except maybe a strike.

Tables from £10, pétanque from £15 and croquet from £25.

With this list of summer's hottest events in your repertoire, you should be well-organised for the coming nights when your friends inevitably ask; "shall we do something different tonight?". The only problem is choosing which activity to tick off the list first.

GET OUT OF THE HOUSE MORE OFTEN

Written by Amy Poole | Photographs by Westend61





If you're like the average person, you'll spend more than half of your lifetime indoors. Did you know that Britons spend 92 percent of their time indoors? When asked what activities they do outdoors, it involves plenty of physical exercise, compared to indoors when they're spending most of their time sat.

Let's talk about the reasons you should get out of the house more often.



REASONS TO SPEND MORE TIME OUTDOORS

Spending time outdoors can improve your short-term memory. A study was conducted on students at University of Michigan. One group took a walk indoors, and the other half took a walk down a street. The ones who had spent time amongst nature did 20 percent better at remembering than the first time.

Researchers claim that when your brain “isn’t working sometimes” it’s down to mental fatigue. Exposing your mind to restorative environments can help it get back into gear. A study found that people’s energy dramatically increased just by looking at pictures of nature.

Feelings of tension and stress aren’t good for your mental or physical health. By talking a stroll outdoors, you will decrease your heart rate and levels of cortisol (the hormone which controls your stress). Consequently, you feel less overwhelmed than spending time indoors. So, if you work in an office on stressful projects, take fresh air breaks, or make a point looking out of a window at nature, a moment of pause can sometimes work wonders.

Studies have found that outdoor activity can reduce poor vision in children and adolescents. An Australian study conducted an experiment on 2,000 school children, and

found that the half that spent time playing outdoors had a lower prevalence of myopia (eye condition), than the remaining half that spent the time indoors.

Engaging with nature and exposing yourself to the sun can boost your performance on creative problem-solving tests by 50 percent. Research has concluded that there is a positive relationship between creative thinking and spending time outdoors. This could be due to eliminating technology, or being in amongst nature, either way, it’s a positive correlation.

IS IT BAD TO BE INDOORS?

There are so many benefits to being outdoors which override being indoors. A few additional reasons are: increase energy, improved well-being, can alleviate symptoms of depression. Regularly being cooped up indoors is a much more hermetic lifestyle. When the doors and windows are closed, you’re breathing in stale air, spending too much time indoors can cut off your body’s supply of healthy gut bacteria. This can make you more prone to illnesses and no to mention, colds and flus as you’re not exposing yourself to antibodies.





SUMMER HEATWAVE OFFICE WEAR

Written by Sara Macauley | Photographs by Getty Images

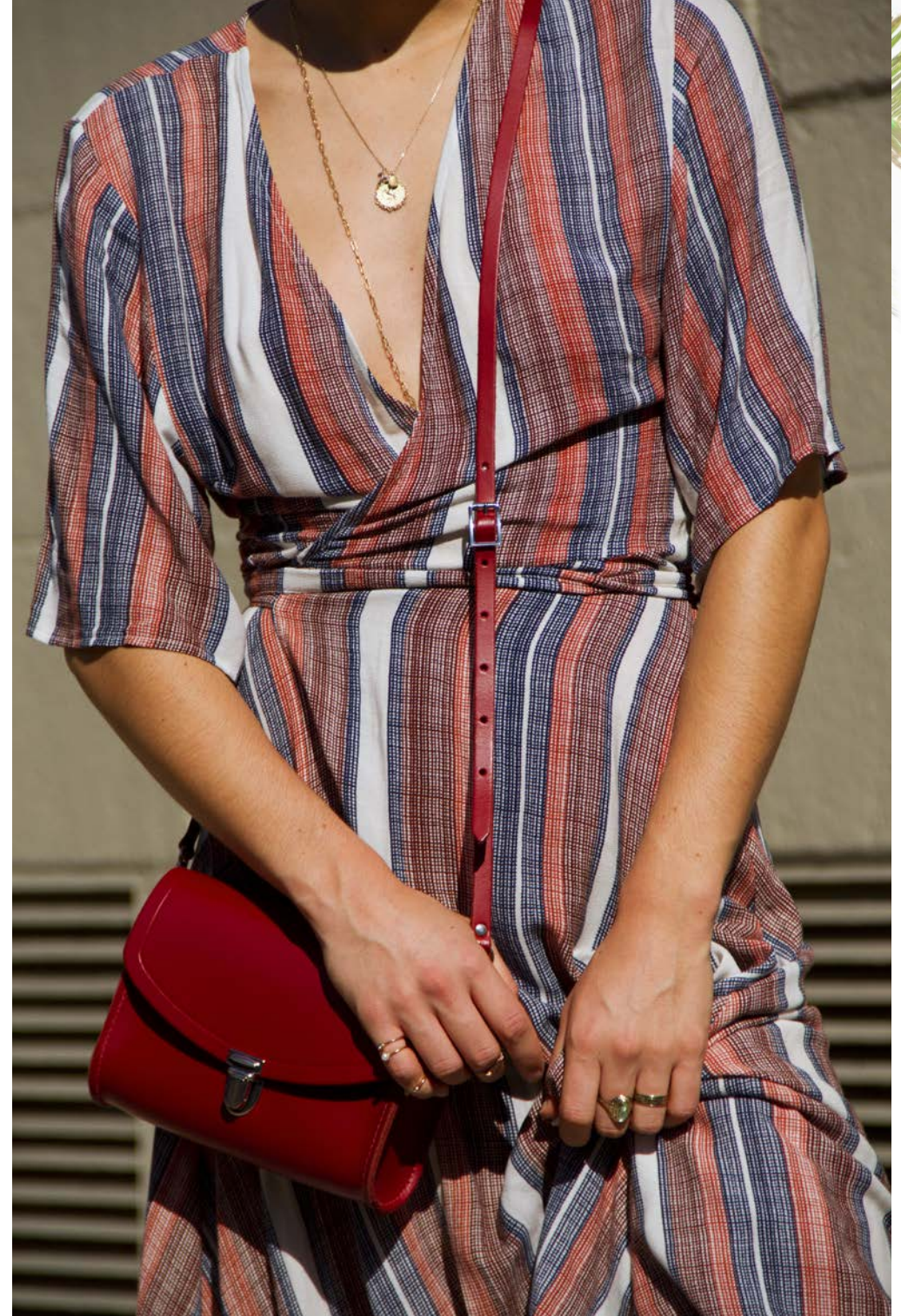
When it comes to navigating the tricky world of office-appropriate clothing, the general consensus is that if you could imagine wearing it on a night out, it's best left in the wardrobe between the hours of 9 and 5. But what about when the sun comes out to say hello? In the current heatwave with temperatures reaching well beyond 30 degrees some days, donning your most practical skirt suit just isn't an option.

While we'd all love to reach for our tiny tank tops and shortest shorts in the morning when faced with the daunting prospect of the sauna that is the central line, dress codes in the workplace still apply. So how do you dress in a way that is both work and crazy heatwave appropriate? We've come up with a definitive list of the items that should be in your sartorial arsenal this summer, so you don't have to sweat it.



Culottes

If you don't have a pair of culottes in regular rotation as part of your work wardrobe, you need to go shopping. Comfortable and fashionable, culottes are the best thing to be dressing your lower half in this summer. They feel like pyjamas, and unless you work in an extremely corporate environment, they're considered formal enough for most workplaces. Get yourself a pair in a light fabric light linen to ensure your legs can breathe. Topshop, Zara and H&M all carry some great variations of culottes at budget-friendly prices, or if you're feeling particularly suave, check out ASOS' White range for some serious fashion points. You'll be the envy of everyone in the break room.



A wrap dress

A good, basic item to help you walk the tightrope between breezy summer attire and office appropriate clothing is a patterned wrap dress. Instagram this summer is awash with fashion bloggers donning chintzy wrap print dresses with sandals and straw bucket bags, and thankfully this is a look that translates into a 9-5 job. If you're worried about showing a bit too much skin, grab yourself a plain vest in a complementary colour to pop underneath and for goodness sake, forgo the jacket. Pair your dress with some flat sandals or if your workplace allows, a pair of smart trainers, to take the look from girly to cool.



A printed midi skirt

If you're hearing alarm bells at the mention of anything 'midi' in this heat, hear us out. This summer you should definitely have a floaty, patterned midi skirt in your work wardrobe. Opt for a style as far from the oppressive, skin-clinging bodycon design as you can and we bet you'll be pleasantly surprised at just how cool you'll feel. Topshop are currently sporting a delightful leopard print midi skirt in their Summer 2018 offerings and this kind of fun, busy print will add a bit of pizzazz to your work wardrobe when paired with a simple ribbed vest or sleeveless top. Add a pair of stylish sandals with an ankle strap and you're good to go.



Tailored shorts

Whilst denim shorts have no place in the office under any circumstances, their closely related cousins of the tailored variety are the perfect summer go to. Shades of khaki, navy and cream work best and a high-waisted fit is an absolute must. Wear yours with a breezy blouse or button up shirt loosely tucked for maximum comfort and style.

Phew, even thinking about that got us all hot and bothered. Thankfully we've done the hard work for you, so go forth and shop (online of course, no one should have to face Oxford Street in this boiling heat), safe in the knowledge that you're about to be the smuggest, appropriately-dressed person in the office.



Sparkling wines for summer

Written by Julia Lambeth | Photographs by Tom Merton

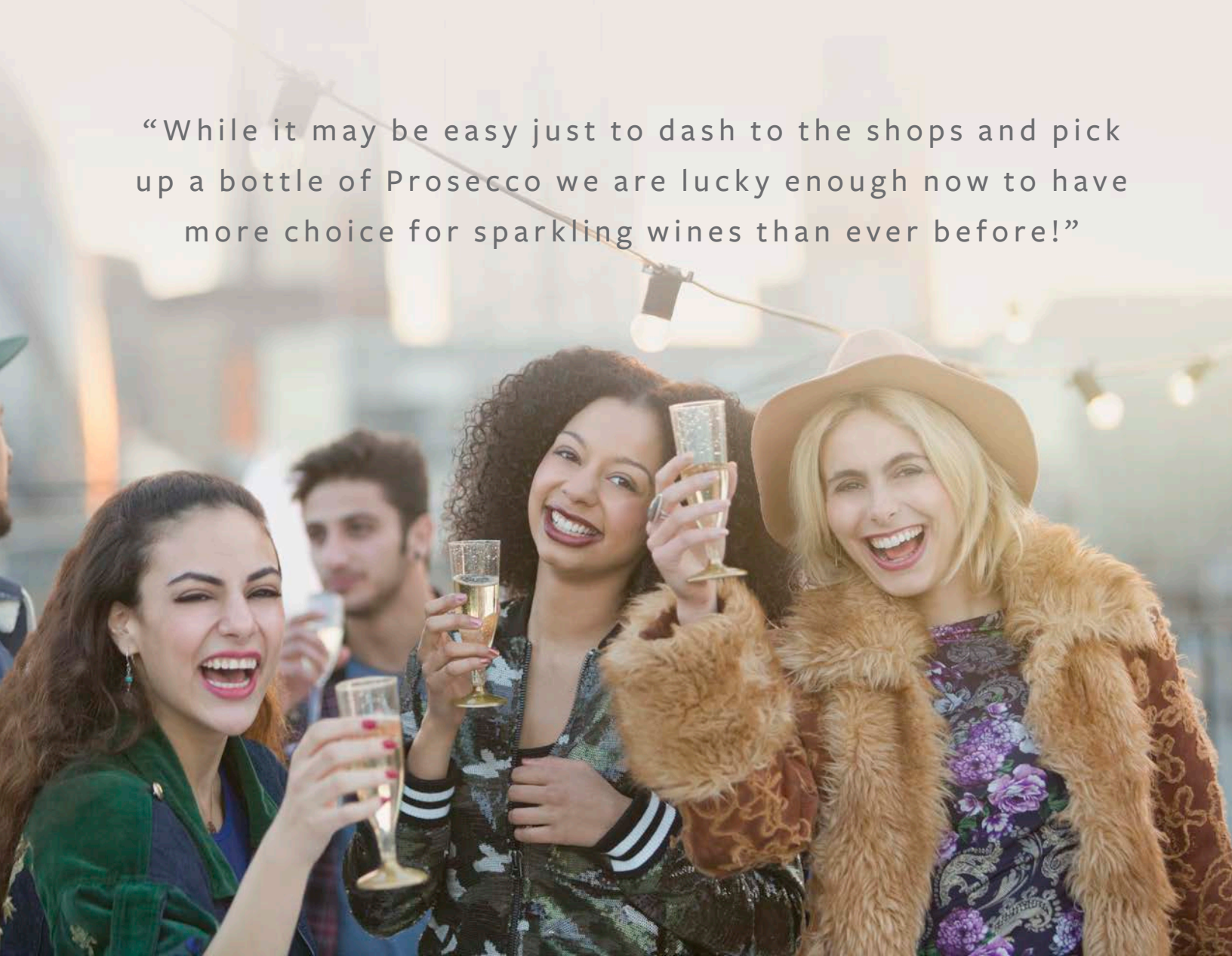
When it comes to wine for summer, sparkling wines have got to be a winner. Drunk cold they are refreshing, fun and bring that air of celebration to any occasion! And while it may be easy just to dash to the shops and pick up a bottle of Prosecco we are lucky enough now to have more choice for sparkling wines than ever before! So we've got a bit of information to differentiate the styles and a few tips and ideas in case you want to go for something a bit different.

First off, let's have a little look at exactly what makes a wine sparkling. For most bottles of bubbly this means a second fermentation inside a sealed container. Fermentation is the process where yeast eat sugar to create alcohol, with carbon dioxide being a by product. For still wines this is left to dissipate into the atmosphere. But for sparkling wines it is this precious CO₂ that's going to give us the bubbles in our wine. So what happens is we take a still wine, put it in a bottle or tank, add more yeast and sugar to kick start the second fermentation and the CO₂ which is now trapped dissolves into the wine to make it fizzy. Just like that!

The wines that use this method includes most of the bubbly wines your familiar with – Prosecco, Champagne, Cava, English Sparklings etc. What

differs in each of these wines are the grape varieties, use of tank or bottle in the second fermentation, add duration of aging. Prosecco is made from Glera in a tank and is generally unaged, which gives a delicate fresh and fruity style. Champagne, Cava and English Sparklings use different varieties, of which Chardonnay and Pinot Noir are very common, use a bottle for the second fermentation, and then age the wines before release. Aging for sparkling wine means leaving the yeast cells in the bottle after they have finished the second fermentation. When there is no sugar left the yeast cells die and start to break down in the wine creating flavours of biscuit and brioche. So generally these wines are richer, fuller bodied and have more complex tastes.

“While it may be easy just to dash to the shops and pick up a bottle of Prosecco we are lucky enough now to have more choice for sparkling wines than ever before!”



Prosecco is still very much what is dominating the sparkling wine at the moment, but we are seeing more premium options available which generally have more freshness and complexity. These wines are identifiable by the terms ‘Conegliano Valdobbiadene’ (the two best quality parts of the region) or more simply the initials DOCG. If you want an alternative to Prosecco, Pignoletto is another sparkling wine from Italy made in the same method but typically in a drier more aromatic style. Unlikely to replace Prosecco as the current king of sparkling wines but certainly worth a try!

As for bottle fermented wines, Champagne is of course always an option, but have you tried many English Sparkling wines? Often made from the same grape varieties as Champagne in a similar climate,

the wines have a similar style and are increasingly gaining a reputation for quality on the world stage. Chapel Down and Nyetimber would be a couple of the more famous, but it’s worth looking into to some of the less famous one too such as Wiston or Renegade, a winery in Bethnal Green!

And if you want something a little more unusual, sparkling reds have been tipped as one of the trends for 2018! You can get examples such as Sparking Shiraz from Australia or red Lambrusco from Italy. Both have vibrant fruit character, soft tannins, and just a touch of sweetness. Great with barbecues, trust me!

Which ever style you go for make sure it is well chilled (nothing worse than a warm bubbly) and enjoyed with friends!

Upcoming Event by the South London wine school

RHONE WINE TOURS £649

Thursday 11th - Sunday 14th October

Not all wine tours are the same! South London school of wine have put together an amazing Wine Tour for you with local expert Linda Field of the Auberge du Vin - a beautiful Auberge in the heart of the Ventoux vineyard. You will also be accompanied by your own local wine school tutor, selected for their passion & wine knowledge, who will be on hand to answer any of your wine questions!

The Group size is small & intimate enabling us to visit higher quality small artisanal producers that larger tour companies just can’t visit. You will taste some truly stunning Southern Rhone wines. The maximum number of guests is 12.

Linda has lived in the region for many years so has been able to select some of the best local restaurants for our delicious lunches and dinners. The price includes all local travel, accommodation, wine tastings and meals.

Your accommodation will be in the luxurious rooms of the Auberge (with swimming pool) with its own purpose-built wine teaching facility overlooking Mt Ventoux & the surrounding vineyards. Recently voted one of the world’s top 10 hotels for wine lovers!


**FOR MORE INFORMATION OR TO MAKE A BOOKING, PLEASE VISIT
SOUTHLONDONWINESCHOOL.COM**



WHY EVERYONE SHOULD SEE THE WORLD MORE

Written by Amy Poole | Photographs by Getty Images



A man and a woman are standing in a desert landscape with unique rock formations and several hot air balloons in the sky. The man, wearing a hat and a backpack, is taking a photo with a camera. The woman, wearing a long patterned dress and a hat, is looking out at the view. The sky is a mix of blue and orange, suggesting sunrise or sunset.

The biggest advantage of exploring a new city is being out of your comfort zone and feeling like you're stepping out of your life temporarily.

Millennials are travelling more than any other generation. Thanks to more hotel chains, airline deals and the ease of visiting other countries, it's more possible than ever to explore different cultures. But, is it all just a waste of money, or do you really come back from these places feeling rejuvenated?

If you're not convinced that seeing the world more can make you a happier and better person, keep reading.

THE BENEFITS OF TRAVELLING

Life can get daunting sometimes, and we have all felt like we need to escape the cage at least one point in our lives. The biggest advantage of exploring a new city is being out of your comfort zone and feeling like you're stepping out of your life temporarily. As a result, you can look at where you're heading from an outsider's point of view and decide where you want to make changes. Alternatively, it can make you realise how lucky and blessed you are and you've been taking advantage of your existence.

Whilst travelling, you develop personal confidence. Regardless of if you're alone or travelling with a party of people, being away from your natural surroundings forces you to take a stance for what you really want. If you want food, you have to physically go

out and get it, otherwise you starve. You may even have to learn the basics of a new language to help you get by, without anyone doing the work for you. Being in a new environment challenges you to come out of your shell to make the most of the opportunity.

When you've survived a nine-hour plane journey and a long bus trip across the coast, you appreciate the little things. Being in a new culture gives you an appreciation for being alive and healthy to explore amazing architectures and foods. It teaches you to not worry about the finicky things back home which aren't adding to your happiness. Instead, you adopt a realisation for the things that bring you joy.

Whether you decide to invest a year to travelling, or just holiday more, being in a new city can positively improve your job prospects. This isn't just for people who volunteer or work abroad. Travelling gives you increased confidence, self-awareness and the ability to function well under pressure. You will return home with great stories to tell, excellent ice-breakers for interviews and the confidence to remain cool under pressure. It also demonstrates that you're fun and will show your awesome personality more.

A BRIEF HISTORY OF THE WIMBLEDON CHAMPIONSHIP GAME

Written by Amy Poole | Photographs by George Mark



No Wimbledon tournaments were held during 1915-1918 and 1940-1945 due to the first and second World Wars, despite the game being invented and popular. Let's talk about where Wimbledon Championships started and how times have changed from the initial launch to today's games.

WHERE WIMBLEDON ALL BEGAN

In 1868, the All England Club established its first appearance outside of London. On 9 June 1877, the Club helped to establish the first ever Wimbledon Championships. The Club published an announcement looking for 'amateur players, although women weren't allowed to partake in this initial game, 22 men appeared and paid to enter. Around 200 people watched the first match at Wimbledon.

After a few years of being live, the All England Club agreed to open the Wimbledon Championships to both sexes. The youngest woman to enter was Lottie Dodd from Cheshire who remained unbeatable at the age of 15. Her incredible success proved that women deserved to play in the Wimbledon Championships. It wasn't until five years later that people started taking a real interest in the sport, thanks to William Renshaw who made several appearances at games.

CONTINUED TO BECOME POPULAR

1908 was the year of the first grand slam tennis event, Wimbledon hosted the Olympic tennis tournament and in 1922 it became the the official home of the championship. The Championships attracted a large interest in the royal family and in 1926, the Duke of York competed in the men's doubles. His match presented

him with medals, though, he and his partner unfortunately didn't make it any further. Wimbledon continued to become even more popular towards 1937, when it was covered on live sports within 40 miles of the BBC transmitters in London.

From 1940-1945, the Wimbledon Championships were put on hold during the second World War. In October 1940, the Court in London was hit by a bomb, though luckily, no-one lost their life. In 1946, Wimbledon opened again for tennis where it continued with its popularity.

In 1980, the Wimbledon Championships made history as there was a match played on Sunday for the first time ever. It was during this year that the longest tie-break at Wimbledon was recorded in a men's single final between John McEnroe and Bjorn Borg.

Unlike today's tournament, the first Wimbledon Championships had only one event - being men's singles. Today, they invoice four junior and four invitation competitions along with five main contests. Now, people of all genders are eligible to play and compete. Players used to use wooden rackets which were basic and handmade, but now we see a range of rockets used, which are of excellent quality.

THINGS TO DO IN SOUTH LONDON THIS SUMMER

Written by Amy Poole | Photographs by Seb Oliver

South London has plenty of pretty hidden gardens and gems for the summer season. No matter where you're based, there's always something to do close by. Exploring the parks is completely free, but we recommend bringing your purse to enjoy an ice-cream whilst you roam these new grounds.





LONDON WETLAND CENTRE

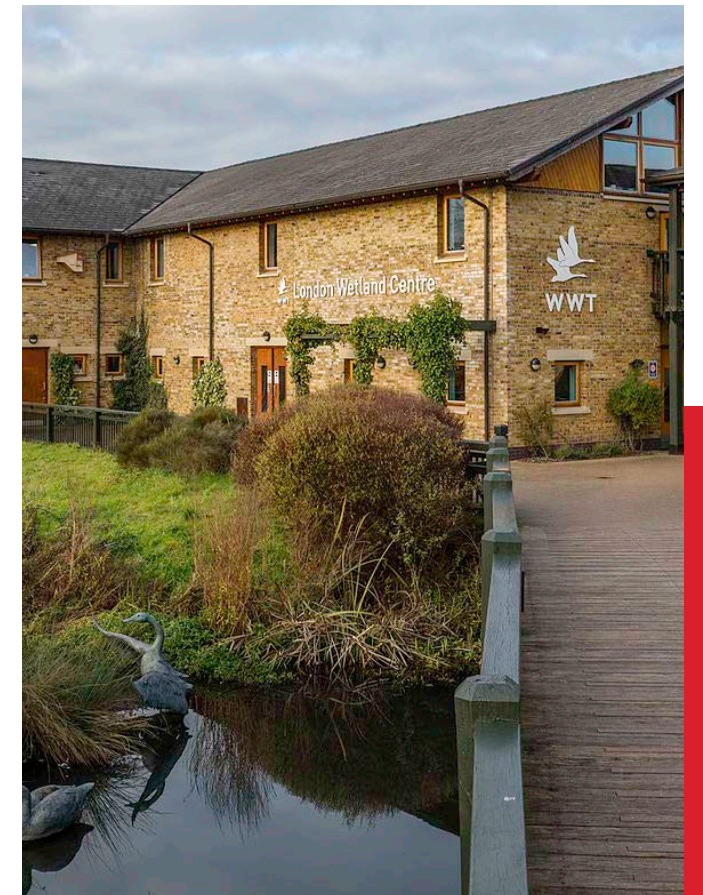
The Wetland Centre is an oasis of wildlife offering wonderful strolls among the lakes, ponds and gardens. The attached café is the perfect spot for relaxing and staying hydrated after a long day of walking. Bring the kids along too, as they will love the play areas.

There are often summer events to make the most of to educate yourself on wildlife. Or, simply enjoy the fantastic views and wildlife in a countryside environment in London. No matter the weather, there are plenty of activities to enjoy for the entire family, but for those beautiful summer days, get inspired by its wildflower meadow, garden and ponds.

CRYSTAL PALACE PARK

Crystal Palace Park is a Victorian pleasure ground used for sporting events and leisure. It's nestled in the London suburb of Crystal Palace which experienced modifications and was rebuilt after 1851. The park features full-scale models of dinosaurs lurking among the trees around the lake. The phase of dinosaurs offers a scenic walk in the summer, as well as plenty to see for the children.

This is a magical park with a mixture of woodland areas and open green spaces. The small farm nearby keeps the children entertained with wildlife such as goats, sheep, rabbits and insects. There's also an immense sandpit with swings and a slide to help you enjoy the sunny weather further.



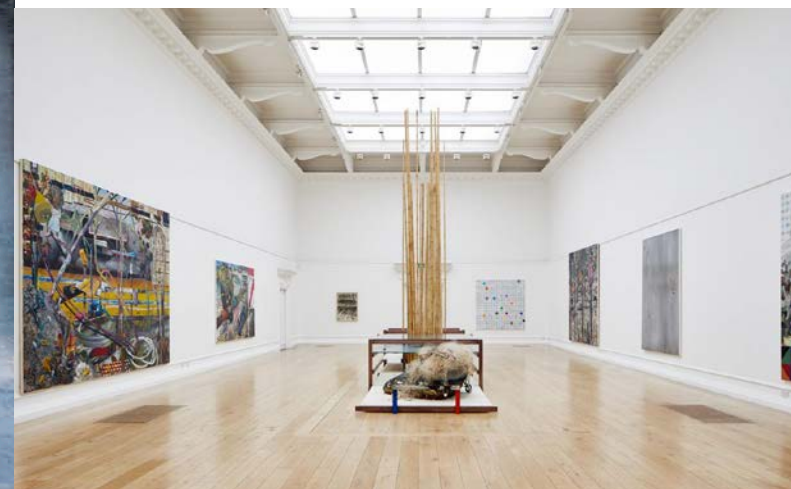
SOUTH LONDON GALLERY

The South London Gallery is one of London's best art spaces with its own art critic. It's open to the public and free to enter, including roaming around its beautiful gardens. These were created over two years by an artist who made a lasting impressive. They're simply stunning to look around and a great way to relax on a hot day.

The exhibitions are inside for when it gets too hot, or to learn about the history of art. The exhibition tours are daily, or you can enjoy a free film or talk about a wide spectrum of interests and issues.

WHAT ACTIVITIES DO YOU ENJOY IN SUMMER?

The three activities above are our favourites for summer in South London. It's hard to believe that they're hiding amongst the busy city, but it's a great way to escape the city life and chaos. What things do you love doing in South London? Share your favourite places in the comments to inspire others.





SOCIAL MEDIA

Written by Sara Macauley | Photographs by Pixelfit

Social media has taken over the world! With the latest research showing that approximately 66 percent of the adult population in the U.K are active users of social media, it's a no brainer that scrolling through our phones in our spare time is bound to have an effect on our mental health.

But is this effect ultimately positive or negative? It's a tricky subject – and one that divides most of us. We've all heard of people having a 'social media cleanse' and deleting apps like Twitter, Facebook and Instagram off their phones only to re-download them shortly after. Why do we do this? It's probably something to do with the sheer accessibility of other people's opinions and lives but sometimes, it can get a bit too much. Never before have we been so connected to people from completely different circles of life, but are we really connected or is it simply an illusion?

Millennials are constantly being warned of the negative effects of social media, with the likes of World-renowned sex therapist Dr Ruth Westheimer claiming that 'social media is making us lonely'. In an interview with The Independent in June of this year, Dr. Ruth suggested that as a result of social media, people are losing the art of conversation. "They're constantly on their iPhones. You see the couples sit sown in restaurants both with their phone on the table," she said. Go to any café, and you can see that Dr. Ruth's comments aren't far from the truth. Before we drink our Matchalatte's, it's become almost mandatory to take a quick snap to put on Instagram later. While some, like Dr. Ruth, argue that this obsession with social media is interfering in real life connection, others argue that the online world is bringing us closer together than ever before.

Apps like Bumble BFF have been created to help us lonely creatures connect with others in a world where everyone in real life seems just too busy to stop and chat. Facebook has long been connecting old school friends and past work colleagues and

acting as the gateway to re-kindling old friendships. Instagram has even become a career for some people, who use their following on the app to earn money and make a living posting content they love. So can we really say that social media is standing in the way of real human connection? I don't think so.

The recent #StatusOfMind report which saw 1479 young people between the ages of 17 and 24 offer their opinion on social media found that those with mental health problems regularly cite social media as a positive thing. If used correctly, social media can be a great tool for allowing us to express ourselves emotionally, engage with and learn from cultural conversations and build communities. It's not about social media platforms being intrinsically good or evil, but the way and amount which we consume the content at our fingertips is the thing that really matters.

As with everything, there's good and bad to be found when you take a microscope to social media. If you find that scrolling through Instagram is a nice distraction from problems in your own life, then great - keep scrolling, but if how other people are portraying their lives, if making you feel decidedly inept, then find another way to pass your time. Either way, knowing if and when you need to have a digital detox is important too, Like most things in life, when it comes to social media - it's all about balance.



“Social media has taken over the world! With the latest research showing that approximately 66 percent of the adult population in the U.K are active users of social media, it's a no brainer that scrolling through our phones in our spare time is bound to have an effect on our mental health.”



Five

WAYS TO GET
STARTED ON
A CLEAR OUT

Written by Roberta Striga | Photographs by Drazen



It is no secret we live in a consumer society, constantly accumulating stuff. Clothes, shoes, books, old records, skincare, electronic doodahs, and let's not forget the detritus of life - bills, take-out menus, pens, computer cables - sometimes it feels like this stuff breeds overnight (gremlins come to mind). You might not enjoy housework, but a good clear-out is good for the soul, it can feel so liberating to let stuff go.

LOOK

Take a long hard look around your home, one room at a time. The situation may not be as bad as you originally thought, all your home may need is a minor de clutter and a good clean. Or maybe the clutter has completely gotten out of hand, honesty is really important at this initial stage otherwise it simply won't work.

PRIORITIZE

Once you have identified the problem areas in your home, it is time to prioritize. There is no right or wrong way to go about it, you may want to start with the most problematic room/area and get that sorted. One good tip is to start small to get a sense of accomplishment early in the process, this will give you the impetus you need to keep going (hey, no judgement here, instant gratification has its merits).

PREPARE YOUR SUPPLIES

Think about what you might need once you get started with the de cluttering. Garbage bags are an absolute must, opt for multicoloured ones if you need to recycle. Cardboard boxes might come in handy if you have heavier items you would like to donate (books and household appliances come to mind). Labels will add the final touch of organisation you need.

GET YOUR FACTS STRAIGHT

Will you have any chemicals or hazardous waste that needs to be disposed of? Likewise, are there any bulky items that are not suitable for donation? Other recyclables like batteries, ink cartridges etc? You can arrange for a collection crew to come and collect your unwanted items. You will have to check with your local



council to see how to arrange a pick-up and which item can be collected. If you are thinking of donating certain items to charity, give your favourite charity, a call. The British Heart Foundation are a fantastic charity that collect items for re use.

TRY NOT TO GET OVERWHELMED

Easier said than done, for sure! There will come a moment, several even, where you will realize, while yes, you have done loads, you are still nowhere near where you thought you would be. We all deal with this realisation differently, hysterical laughter, tears more laughter! At the risk of sounding all new age-y, it can help to just take a deep breath in and let it out, acknowledge the emotion and let it pass. A great tip is to set a timer for 30-45 minutes and just power through, you will be amazed how much you can accomplish.

WOM

M A G A Z I N E

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We are passionate about supporting local business through Word of Mouth, we have a team of experts available to support you and your business on all platforms online that increase your use ability.

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Social Media Management

In our fast-paced digital world, time is money, and there's no reason to sugarcoat the fact. At Word of Mouth Magazine, our sole mission is to equip your business with the tools of the trade needed to keep your online presence in the spotlight, 24/7. Social media marketing is perhaps THE most successful way to interact on the web. But to be able to influence people and leave them hungry for more means you must be able to capture their attention from the outset and maintain their interest with vibrant and relevant ongoing content.

Facebook, Twitter and Instagram are 3 top networking platforms to establish a strong brand identity, showcase your business and gain more valuable customers. Additional platforms that may also prove very relevant to your business include google+ and youtube, a little underutilised, these roads less travelled are an absolute must for search engine optimisation. If you want to raise your social profile, build brand awareness and loyalty with your customers, we are here to take the process off your hands..

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Blog Management Services

Are you constantly thinking about exciting ways to establish trust with your on-line visitors? Blogging is a cost effective avenue to explore if you want your brand to stay ahead of the content curve, without getting lost in cyberspace. Google SEO rankings are worth their weight in gold when it comes to promoting products and services across the web, so it makes sense to use blogging to benefit your business wherever possible. Now more than ever there are a million and one reasons to go down the blogging route, including relationship building, building trust through resourcing, lead generation and SEO to name a few. High quality blogs are great if you want to add a personal touch to your business or brand. Blog posts can be written for many purposes - to inform, educate, promote or entertain your online audience as you encourage them to check out what else your website has to offer. Well crafted blogs provide the perfect platform to showcase your knowledge on a particular industry, niche or subject. Blog content serves to position your business online as an authoritative entity.

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