

WOM

M A G A Z I N E

SPRING EDITION

2018



Spring Forward & Explore South London.

SUPPORTING LOCAL BUSINESS THROUGH WORD OF MOUTH

Welcome to Word of Mouth Magazine: The Spring 2018 Edition

A NOTE FROM THE EDITOR...



What does spring mean to you?

The scent of freshly-picked flowers, sweet and juicy fruit, cleaning out your closet... or perhaps this season is about getting back on track with a new goal?

Speaking of productivity, if you're constantly on the go but struggle to cram everything into your busy day, this issue is made for you! From commute-friendly podcasts to inspire your working week on Page 6, to the ultimate workout playlist on Page 30 that'll keep your energy levels pumped - these simple lifestyle hacks will help you get more out of your schedule and enjoy life to the max.

With school holidays and mini break season in sight, check out '48 Hours in Amsterdam' for your cheap and cheerful getaway guide. Planning on staying local? Here at Word of Mouth, we love to recommend fun things to see and do. And of course the beauty about South London is that there's plenty of exciting ways to spend your downtime. Picture comforting library spaces, lush green parks or a day trip in the always idyllic Dulwich Village. Don't forget Father's Day on Sunday 17th June too - save the date and take dad exploring.

Allergy season is blooming, but luckily there's Mother Nature to thank when it comes to tried and tested home hayfever remedies. Turn to Page 48 for ideas on which natural herbs and teas you'll want to stock your medicine cupboard with this spring. Bye bye stuffy sinuses!

From the benefits of eating avocados and the truth behind 'no added sugar' labels, to fashion's fanciest footwear trends, you'll find all this and more inside our special springtime edition. So take 10 as we dive into all the goings-on in and around South London.

Enjoy the issue...

Dawn Wood
Editor-in-Chief
Word of Mouth Magazine

What do you think of our Spring 2018 issue?

We'd be delighted to hear what you think. Tweet us @WOMMagazineUK

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The Spring 2018 Edition

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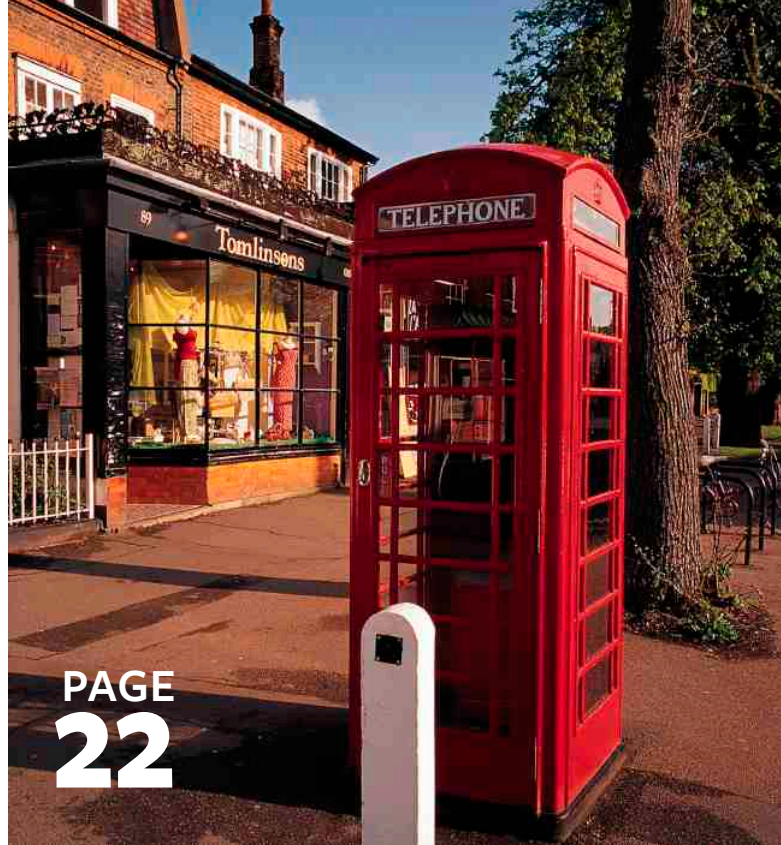
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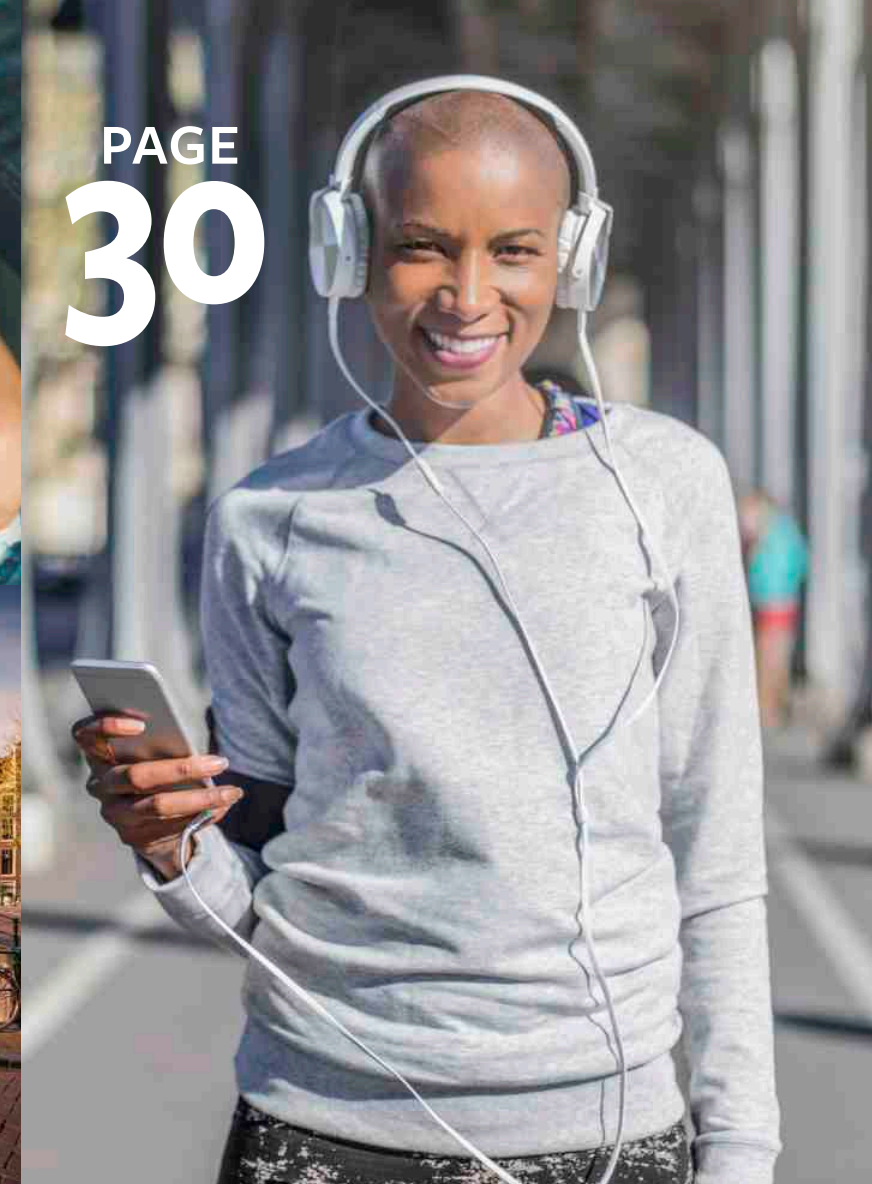
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Five

Podcasts for a More Productive Daily Commute

Written by Sara Macauley
PHOTOGRAPHS BY PAUL BRADBURY



With most people spending an average of 60 minutes travelling to and from work, this one hour window is actually valuable time that we could be using to do something productive.

Now we're not talking about sorting through your household bills or writing up that golden pitch, but rather using the time to learn something new, or to set yourself up mentally for the day ahead. At 8am on a Monday morning, reading a book on your crowded commute can be nigh on impossible; but listening to a podcast is most certainly doable, and if nothing else, it's a great way to add a bit of fun into your travel time.

We've rounded up five of the best podcasts to help you chill, stay updated with the world around you, and just have a good old laugh to ensure you start the day off right.

THE HIGH LOW

BY DOLLY ALDERTON AND
PANDORA SYKES

The High Low is a pop culture podcast created by journalists Pandora Sykes and Dolly Alderton. This podcast focuses on highbrow culture, with discussions of news and current affairs, as well as celebrity gossip, weird trends and everything you like to discuss with your girlfriends over a brew. Major topics to date have included the Harvey Weinstein scandal, the recent Sex and the City feud, unconscious bias views from women towards other women, and the rise of 'woman spreading.' The High low is a real mixed bag that encourages you to think, discuss and most importantly, giggle.

LOVE STORIES

BY DOLLY ALDERTON

This podcast is hosted by one half of The High Low, Dolly Alderton, who is a journalist and author of the newly published book, Everything I Know about Love. In the past, Love Stories has featured a myriad of delightfully engaging celebrities like Ruby Tandoh, The Crown's Vanessa Kirby, Comedian Sara Pascoe, and writer, broadcaster and human rights development worker Afua Hirsch. Dolly asks each interviewee four questions based on the topic of love. What follows is insightful, personal and often funny stories about love, rejection, heartbreak and everything in between.

TABLE MANNERS

BY JESSIE WARE

Hosted by soulful singer Jessie Ware and her lovely mum, Lennie, Table Manners is a podcast centred around food and cooking. Each week, Jessie and

Lennie invite round a different celebrity guest for dinner, and we get to eavesdrop on their conversations (and salivate over descriptions of Lennie's home cooking!) Guests have included Ed Sheeran, Sam Smith, Sandi Toksvig and many more. But to be honest, we'd be happy if it was just Jessie and her mum nattering in the kitchen. Warning: do not listen if you're feeling hangry!

HAPPY PLACE

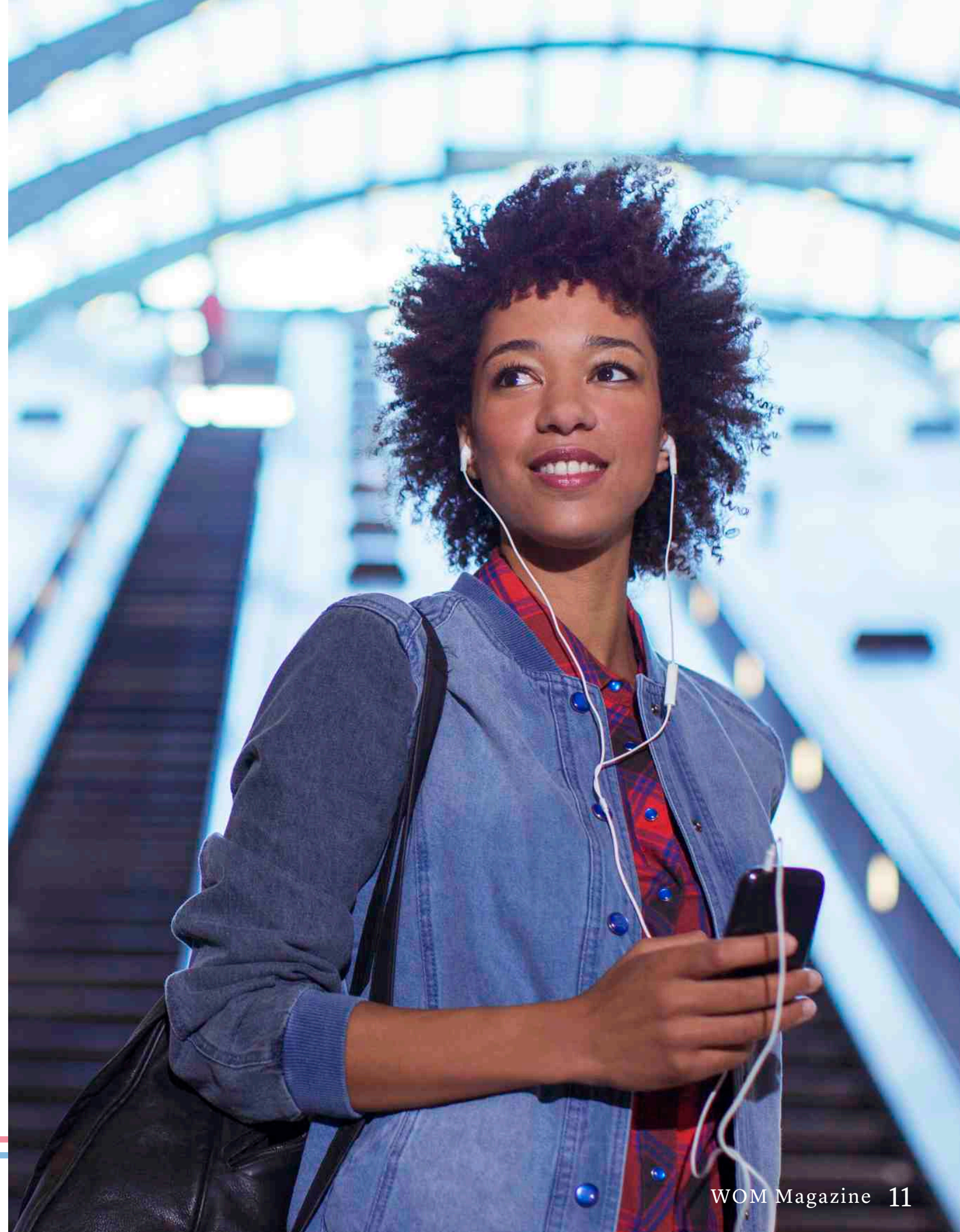
BY FEARNE COTTON

After a string of highly successful books on health and happiness, Radio 1 born Fearne Cotton is trying her hand at the world of podcasts with a new show called Happy Place. A fairly young podcast with just a few episodes to date, we're excited to see where Happy Place goes after a very successful start. Guests so far have included Dawn French and Tom Daley talking us through life, loss and happiness.

GEORGE EZRA AND FRIENDS

BY GEORGE EZRA

This singer-songwriter is perhaps better known for his velvety tones than his podcast, but George Ezra's newest venture is another kind of treat for the ears. George Ezra and Friends racked up a mammoth 32,000 listens after just one episode. Ezra says that for him, "podcasts have been a welcome and comforting distraction from reality" and we think this hits the nail on the head. A great chance to let the mind wander from the worries of work and life, Ezra's podcast has featured stars like Ed Sheeran (a podcast go-to, apparently), Hannah Reid of London Grammar and Craig David. We're hooked.





SPRING CITY BREAK 48 HOURS IN AMSTERDAM

Written by Louise Henry

PHOTOGRAPHS BY CAIAIMAGE/TOM MERTON



£35 can't get you much these days, but thanks to Eurostar's latest offering, you can hotfoot to Amsterdam for the same price as your weekly commute. Ticket costs vary of course, but avoiding the hassle of a city centre departure and skipping those airport queues makes for a quick and easy weekend away this spring.

To make life even easier, we've road tested a 48-hour itinerary to keep you busy, well rested and well fed, for a weekend in one of Europe's quirkiest and friendliest cities.

Hello Amsterdam!





WHERE TO STAY IN AMSTERDAM

Boutique hotels have been popping up across the city, setting up home in some of the trendiest neighbourhoods. First up is Sir Adam, located slap-bang in the centre of Amsterdam Noord. Nestled inside one of the city's tallest buildings, the hotel is a haven for music lovers, including boutique rooms with record players and electric guitars.

The Hoxton Hotel can provide a little slice of home, providing the usual perks of free breakfast bags, and a choice of cosy, concept and shoebox rooms.

On a budget, or travelling en masse? Then look no further than Generator Hostel. Part of a larger European chain, Generator offers clean, comfortable and reasonably priced dorms, as well as smart private suites. Housed in a former zoological university building in trendy Oosterpark, this place is ideal for young couples or best buddies.

HOW TO SPEND YOUR SATURDAY

MORNING:

After a good night's sleep, you'll be ready for a decent breakfast. Start your weekend early with a trip to the Café Restaurant De Ysbreeker, right on the Amstel River. If the sun's out, grab a seat by the water and fill up on their selection of bread and sausages. Spend

the morning exploring The Tropenmuseum, a fascinating insight into ethnographic art and culture, before fitting in a tour of the area. If you want to save your pennies but see the best of the city, make like a local and grab yourself a bike. There's plenty of tours to choose from, but if you're keen to save a few euros, go it alone and follow one of the four recreational bike routes. Prefer an easy ride? Give The Blue Boat Company a go, for a 75 minute guided boat tour. They allow a maximum of ten passengers, so you won't be shoulder to shoulder with dozens of other tourists.

AFTERNOON:

If you're cycling, head across to De Pijp, the city's trendy Latin Quarter. Make Sarphatipark your first stop, either for a picnic or a mooch around the lake. From here, head across to Albert Cuyp Market, the biggest of its kind in The Netherlands for all of your food, clothes and souvenir buys. If you're hungry for lunch, try Paksamer for small plates, The Butcher for burgers, or Baskets of Steamy Goodness for dim sum.

You'll probably want to burn a few calories post-lunch, and spring is the perfect time for a trip to Vondelpark, one of Amsterdam's largest open spaces. Home to regular outdoor theatre performances, check out the listings in advance because free tickets disappear fast. Ready for a beer? Try Café De Pijp for a low-key drink, or Wynand Fockink for a spot of gin tasting.

“If you’re cycling, head across to De Pijp, the city’s trendy Latin Quarter. Make Sarphatipark your first stop, either for a picnic or a mooch around the lake.”



WHAT TO SEE AND DO ON SUNDAY

MORNING:

Jordaan is the perfect neighbourhood to explore, and has no shortage of great breakfast and brunch spots. We'd recommend their pancakes for starters! Once you've had your fill, head across to Anne Frank's house. Whether or not history is your thing, it's undeniable that this little girl shaped much of our education around the Holocaust, so it's not to be missed. Just make sure you buy your tickets online to beat the queues. For a little light relief, take a walk through Jordaan, and make the most of the shops and nearby boutiques - Six and Sons, and RESTORED are both good places to start.

AFTERNOON:

Food markets mean serious business in Amsterdam, so hotfoot to Foodhallen and fill your boots. Located in an old tram shed, the space is bursting with street food from all over the world, not to mention a list of great bars. There's a cinema here too, so if you've had enough of sightseeing, settle down here for the afternoon. Any last remaining energy should be spent strolling through Rijksmuseum, one of the finest art and history museums in all of Europe.

Amsterdam makes the perfect cheap and cheerful getaway. Just take the Eurostar after work, enjoy your weekend and be back on the sofa in time for your Sunday night takeaway.



THE ENGLISH CHARM OF

DULWICH VILLAGE

Written by Dalia Dawood

PHOTOGRAPHS BY GETTY IMAGES

You don't have to leave London to escape into a rural idyll – there's nowhere quite as pretty and quaint south of the river than Dulwich Village.





Here's everything you need to know about this picturesque SE21 spot...

The minute you step into Dulwich Village, you'll be won over by its 'true' village charm. From the old town look and feel of its independent shops and boutiques to the leafy neighbourhood and white picket fences lining the streets. It was first recorded in AD967 as 'Dilwihs' in a charter signed by Edgar the Peaceful, deriving from the Old English words 'dill meadows'.

Dulwich Village is Home to Fascinating History and Architecture

Dulwich Village is steeped in history, which is reflected in the beautiful period architecture, including Georgian and Victorian houses. One building in particular stands out for its architectural beauty: Dulwich College. Founded in 1619, it originally consisted of almshouses and a school for underprivileged boys. More famously, Sir John Soane built the school's

picture gallery and the founder's mausoleum in 1814. If you're a big architecture fan, have a wander around the neighbourhood to find some of the elegant rose cottages adding to the area's prestige.

While this may be a small village, there's still plenty to see and do on a day trip. The world's first purpose-built public art gallery is here – the impressive Dulwich Picture Gallery. Also designed by Soane, it's worth a visit for its collection of world-class art pieces and brilliant exhibitions. If that's not enough to quench your cultural appetite, the nearby Horniman Museum has a mix of natural curiosities to fascinate children and adults alike.

Enjoy a Spring Day Trip here in South London

Over the road, you'll find the delightful Dulwich Park, a 72-acre green meadow that boasts a boating lake, tennis courts and



bowling green. Plus, there's the historic Herne Hill Velodrome for the competitive cyclists. If you'd rather relax among the greenery, there's a cute café serving great lunch options.

Stomach still rumbling? There are plenty of excellent food options in town. For a hearty Italian meal, don't miss Rocca, a family-friendly place with an outdoor terrace, wood fire oven and (most importantly) delicious Italian cuisine that includes moreish pasta dishes, amazing pizza and everything in between. If it's fine and fancy dining you're after, stop in at Belair House for the lovely atmosphere and traditional British dishes.

After lunch, explore the wonders the village shops have to offer. Book lovers: you'll definitely want to pay a visit to Village Books, the area's oldest bookshop. Those looking for truly local goods should check out charming deli, Romeo Jones. It sells honey produced by Dulwich bees, plus locally-



made chocolates and preserves – and even the works of local artists, which are hanging on the walls.

Discover Sweet Treats in Dulwich!

Those with a sweet tooth shouldn't miss the baked treats in Gail's Bakery, serving up everything from cakes, pastries, brownies and more. For dedicated foodies, the best day to visit is on a Saturday when you can explore the variety of fresh produce on offer at the weekly Dulwich Farmers Market.

Don't Miss the Annual Dulwich Festival

Make sure you pencil 11th-20th May in your diary: the date of the annual Dulwich Festival, which celebrates talents of local people hosting art exhibitions, walks and music performances.

Once you've discovered the delights in the heart of Dulwich Village, it'll surely become your new favourite spot for a charming and chilled out day.

Take a Walk on the Green Side in South London's Prettiest Parks

Okay, spring in London may not be a sunny haven, but in those rare moments when you can put away your brolly, why not make the most of it by visiting some of South London's prettiest parks? If you're looking for some beautiful and (mostly) tourist-free spaces for a relaxing day, head off the beaten track to these hidden gems...

Written by Dalia Dawood

PHOTOGRAPHS BY CAIAIMAGE/SAM EDWARDS



NUNHEAD CEMETERY

To some, cemeteries are scary, but there's nothing but serenity and calm to be found in this little-known SE15 location. Nunhead Cemetery is one of the Magnificent Seven Cemeteries in London, which were established in the 19th century to alleviate overcrowded burial grounds in the city's small parish churchyards.

The 52-acre space is the second largest, and one of the most attractive Victorian cemeteries. It was consecrated in 1840 and has examples of some marvelous monuments that were erected in memory of the most eminent citizens of the day - including the grave of Peckham-born type founder Vincent Figgins, who died in 1844.

Enter via the North Gate and you'll be greeted by a picturesque Anglican chapel. As you stroll around the gardens you'll discover an elegant wilderness. Over the years the Victorian part of the cemetery has evolved into a woodland. Locals like to call it a nature reserve, so it's now a Site of Metropolitan Importance for wildlife. You might spot some songbirds, woodpeckers and even tawny owls on your travels. Several areas of the cemetery have been restored, including The Stearne Mausoleum.

PECKHAM RYE PARK

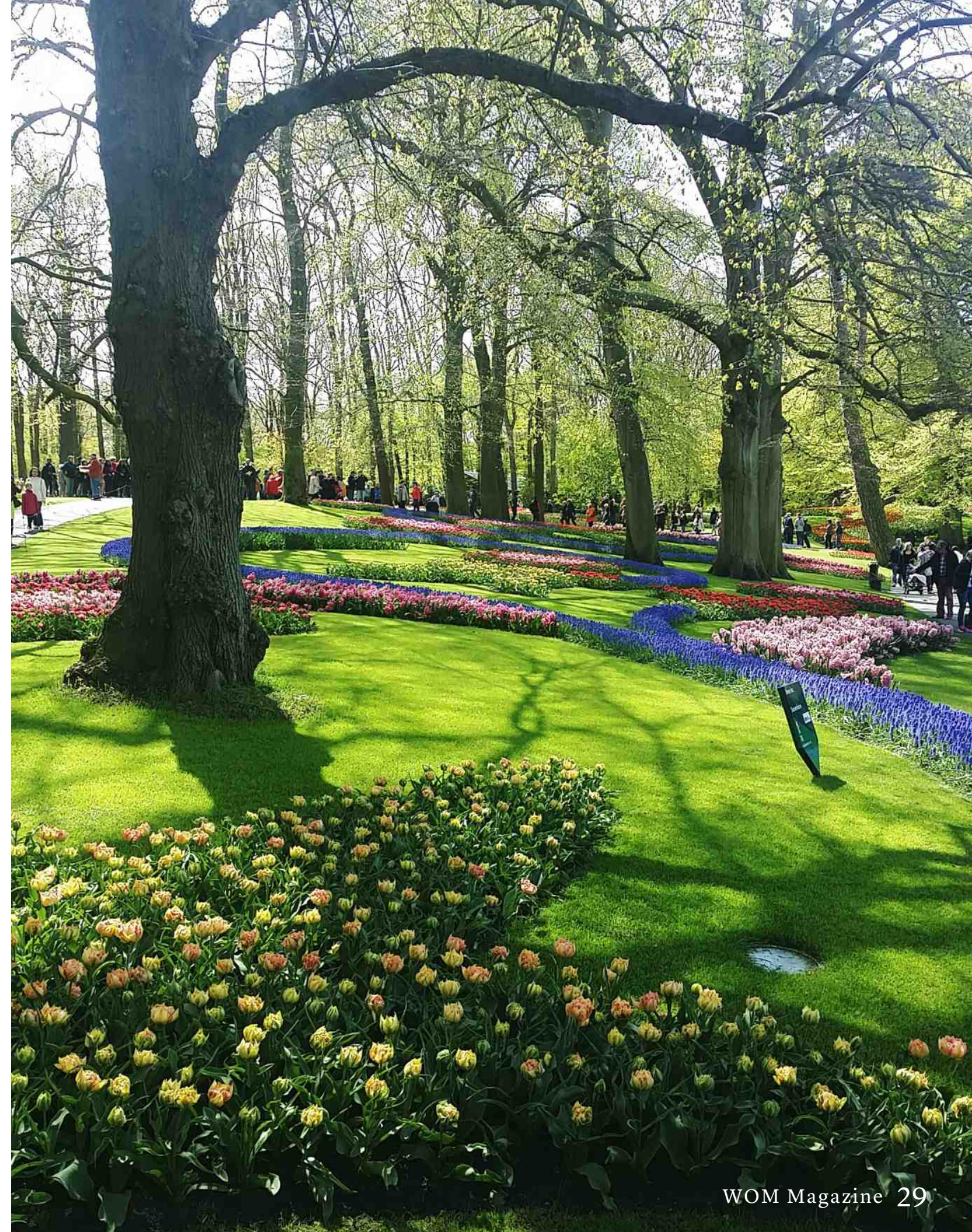
A short walk from Nunhead Cemetery is the pretty Peckham Rye Park. It sits next to Peckham Rye Common - though the two are treated as one, they're actually separate

green spaces in this part of the South. Just a stone's throw away from the bustle of popular shopping area Rye Lane, you'll find a secluded and stunning woodland here, making up 113 acres of open grassland, water gardens and a lake. An area of historic wildlife and conservation, there's plenty to see, including a wide range of fascinating flora and fauna and plenty of wildlife. So make sure you head out early to cover the park trail.

www.peckhamryepark.org/park-trail

Many a visitor has marvelled at the lush surroundings of both Peckham Rye Common and the neighbouring park, including famous Romantic Poet William Blake. In 1767, Blake is said to have had a vision of a cloud of angels perched in an oak tree on the Common! In fact, the park's history dates back as far as the 14th century and was even mentioned in the Domesday Book (1087). The site incorporates the former Homestall Farm and even had a lido at the northern end of the Common once, which closed in 1987 for safety reasons.

On your visit, be sure to check out the River Peck and the beautiful water parks. Those with children will be pleased to know it's a haven for little adventurers as well: there's a play site and an older children's playground, which has recently undergone renovations. Not only is this spot family and pet-friendly, the park has a real community feel, hosting wildlife projects and fun-packed family events. Head down and get involved - all the info can be found on the park's website (listed above.)



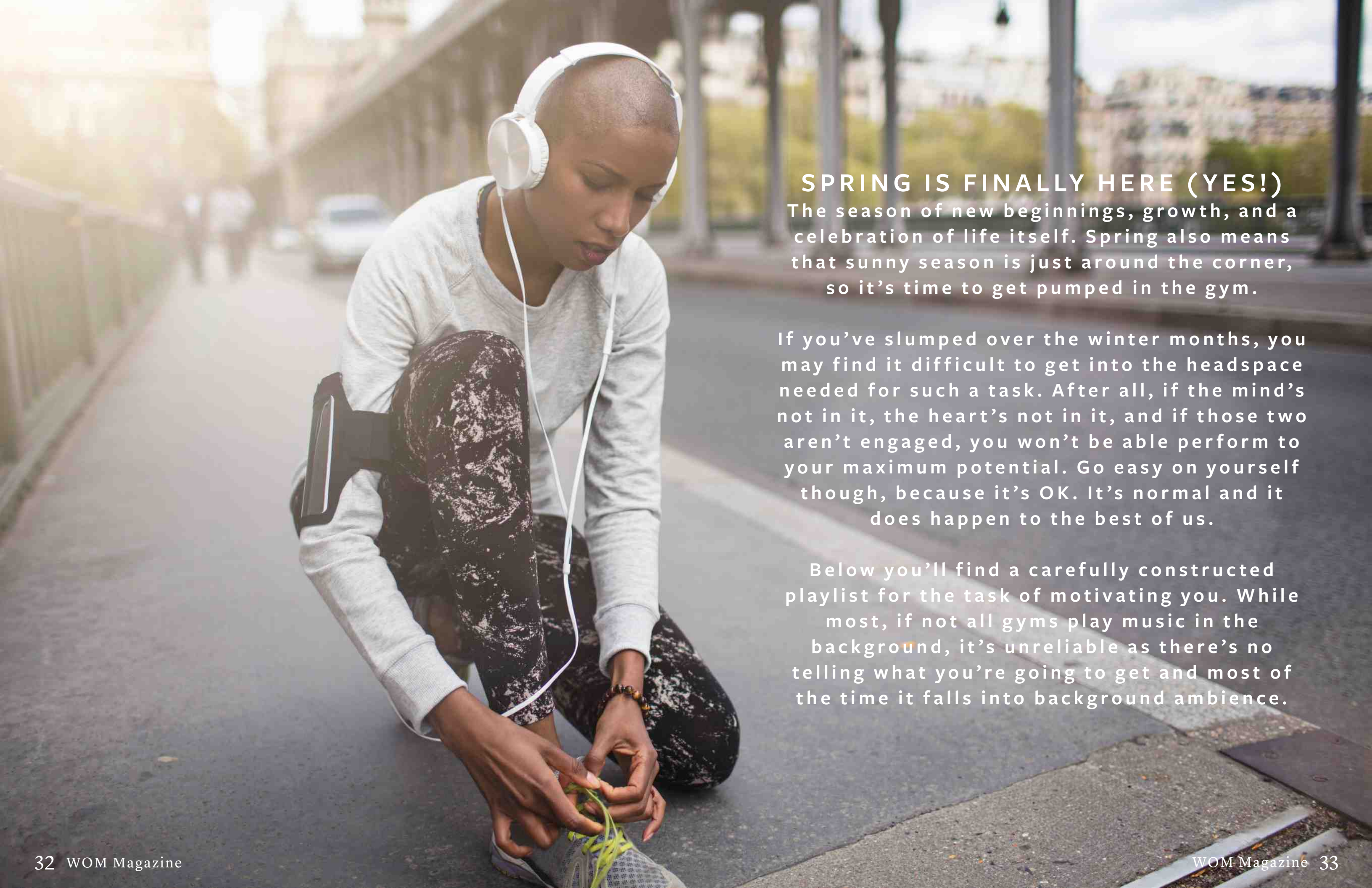


PLUG AND PLAY

YOUR SPRING
WORKOUT
SOUNDTRACK

Written by Sam Graham

PHOTOGRAPHS BY XAVIER ARNAU



SPRING IS FINALLY HERE (YES!)

The season of new beginnings, growth, and a celebration of life itself. Spring also means that sunny season is just around the corner, so it's time to get pumped in the gym.

If you've slumped over the winter months, you may find it difficult to get into the headspace needed for such a task. After all, if the mind's not in it, the heart's not in it, and if those two aren't engaged, you won't be able to perform to your maximum potential. Go easy on yourself though, because it's OK. It's normal and it does happen to the best of us.

Below you'll find a carefully constructed playlist for the task of motivating you. While most, if not all gyms play music in the background, it's unreliable as there's no telling what you're going to get and most of the time it falls into background ambience.



This list will keep your mind psyched for the workout ahead, so you can focus entirely on the task at hand - getting your body jacked ready for summer...

10 Fight To Survive – Stan Bush

Hailing from the martial arts classic, Bloodsport, which stars 80's karate legend and fitness enthusiast, Jean Claude Van Damme, this high-energy track is short and sweet. A fitting warm-up for the killer session ahead. If it's good enough for the Muscles From Brussels, it's good enough for anyone.

9 Holding Out For A Hero – Bonnie Tyler

From its iconic piano intro by rock maestro, Jim Steinman, to the wailing pipes of Bonnie in the chorus, this song became an instant classic and a staple of Miss Tyler's career. If you want to be a hero, you've got to work at it. Remember: Winners never quit, and quitters never win.

8 Push It To The Limit - Paul Engemann

Straight out of the soundtrack to Al Pacino's Scarface; a movie about excess, exuberance, and a desire to want it all, you're going to need this one while you work your way through those first few sets.

7 Maniac – Michael Sembello

Everyone loves Flashdance. People that say they don't either haven't seen it, or they're lying. A maniac is what you'll become once this tune hits, dragging you to your feet, ready for the next set. Just one more rep. One more mile. You can do it.

6 True Survivor – David Hasselhoff

This one's a little obscure, but a modern classic in its own right. Released in 2015, this retro-sounding gem reminds us why you shouldn't hassle The Hoff. Like the man says, "you need some action, if you're gonna make it like a true survivor."

5 **Mighty Wings** – *Cheap Trick*

“I feel the need... the need for speed.” Feeling dangerous? You should be. By now you’ll be pretty fired up, a little tired, but all in all, invincible. You can find this one blasting out on the soundtrack to the Tom Cruise classic, *Top Gun*.

4 **Thunder in your Heart** – *John Farnham*

This little-known song comes from a film called *Rad*, which isn’t remembered for its quality viewing. However, this track is purpose-built to get the adrenaline flowing. The song is about fighting for victory, breaking through the boundaries, defying the odds, and tasting that sweet taste of glory at the end.

3 **You’re The Best Around** – *Joe Esposito*

This one comes in at number three, because by now you’ll be wanting to call it a day. Don’t. Like the song says, “nothing’s gonna ever keep you down.” That includes you. Don’t let YOU keep you down. Keep that focus no matter what.

2 **Maximum Potential** – *Power Glove*

From an underground genre known as Synthwave, Australian duo Power Glove have experienced some well-earned success. This is one of their earlier tracks and features voice samples from none other than Dolph Lundgren. Taken straight from the action hero’s 80’s workout video, *Maximum Potential*, let Dolph motivate you to reach that final stretch.

1 **The Entire Rocky IV Soundtrack**

OK, we know this one is technically an entire album, but listen to it and you’ll understand why. This film has four, yes FOUR separate montages, and for each, a motivational tune to boot. From *Eye of the Tiger*, *No Easy Way Out*, the Training Montage instrumental, to the iconic *Hearts On Fire*, you too will garner the strength to fight on. Run up that mountain and proclaim your victory to the world. Work that set like it’s the last set of your life. Know what you’re fighting for, and hold on to that vision in your eyes.

There are many more that didn’t make our playlist: *Far From Over* by Frank Stallone, *Angel Of The City* by Robert Tepper, anything from Guns N’ Roses’ *Appetite for Destruction*, but this list can only be so long!

We hope these kickass tunes inspire you to reach your maximum potential, not just in the gym, but in all aspects of life. A certain fictional boxer once said: “It ain’t about how hard you can hit. It’s about how hard you can get hit and keep moving forward.” And truer words have yet to be spoken.

“It ain’t about how hard you can hit.
It’s about how hard you can get hit
and keep moving forward.”



TODAY IS YOUR DAY, DAD!
5 FUN WAYS TO CELEBRATE

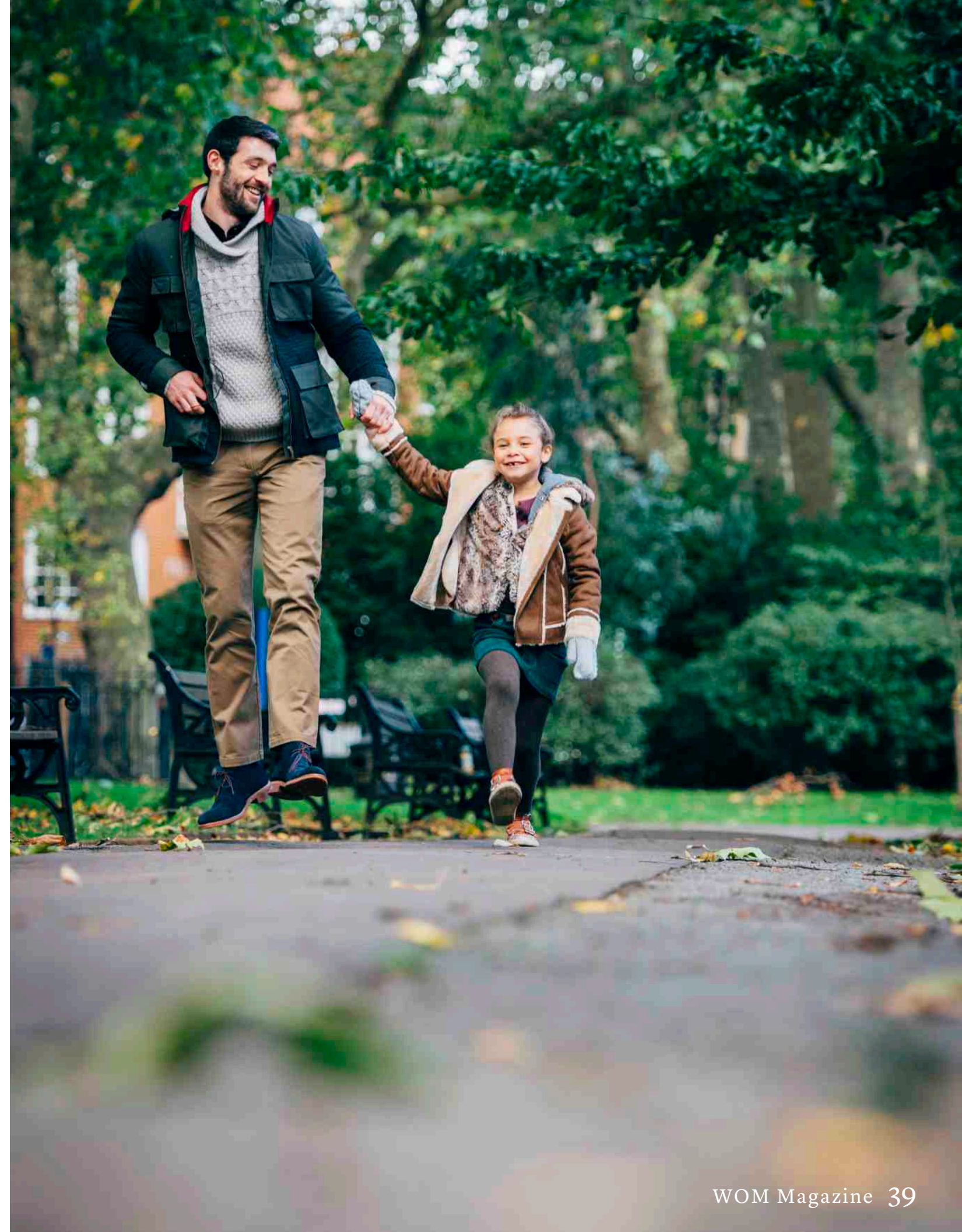
FATHER'S DAY

IN LONDON

The day for dads is almost upon us. Father's Day falls on Sunday 17th June this year, so let's delve into the history of this special day. Plus, we've lined up five great ways to celebrate in London with your old man...

Written by Dalia Dawood

PHOTOGRAPHS BY AZMANL





The idea of having a day that celebrates dads originated in the USA, where it has been an official event since 1966. How and where it started has been disputed, with different accounts of its origins appearing. One such account is that Washington-born Sonora Dodd – whose dad raised her and her siblings as a single parent after their mother died in childbirth – came up with the idea of honouring fatherhood after hearing a Mother’s Day sermon in 1910. Another account is that Grace Gordon Clayton, from Fairmont, West Virginia, is responsible for the concept of Father’s Day following a mining explosion in a nearby town that killed 362 men.

Whatever the source, this day exists to remind us that dads are special, and there should be a day dedicated to honouring them. It is now a recognised celebration day across the globe.

Dads are often heroes and role models, but their roles have changed dramatically from being the sole breadwinner of the family. A Netmums survey found that fathers are less career-driven and they place greater importance on spending time with their children – even more reason to spoil your dad this Father’s Day with a special celebration!

Here are five fun ways to spend quality dad time in the glorious capital City of London:

1.EXPLORE SOME LUSH GARDENS

Your back yard might look nice, but a day trip to some of London’s green areas sounds more like a plan! Book your place on Open Garden Squares Weekend and wander through 138 green spaces in the city which are normally closed off to the public. These include the likes of 10 Downing Street, the South London Gallery and Glengall Wharf Garden, which sits on an old wharf of the Surrey Canal.

www.opensquares.org/2018/home/index.php



2. ENJOY A TASTY BARBECUE WITH A VIEW

Why faff trying to fire up your dodgy barbecue when you could treat dad to delicious smoked dishes at Jimmy Garcia's Rooftop BBQ Club where it's all done for you? Taking place at the Southbank, it runs from May to September this year. Once you've devoured six (count 'em) courses of barbecue, you and your pa have those amazing views over The Thames to enjoy. Just remember to wear a loose-fit waistband...

www.jimmypopup.com/the-bbq-club

3. TAKE DAD CLIMBING UP A DOME

If your dad's an adrenaline junkie, take him for a climb all the way up to the top of The O2 in North Greenwich! 'Up at The O2' is an exhilarating 90-minute climb over the rooftop of one of London's most popular entertainment venues. You can even book a 'Celebration Climb' for an extra special experience where you can raise a glass with your old man at the top. Cheers!

<https://tickets.aegeurope.com/upattheo2/climbs.html>

4. TREAT HIM TO A LUXURY SHAVE

Old-school barbers Murdock London do barbering the traditional way – and they're darn good at it, too. You can book dad in for a classic wet shave, or go one better and sign him up for a 'how to shave' tutorial. Lasting 90 minutes, dad will enjoy a first-hand wet shave before learning all about the art of grooming from one of Murdock's expert barbers. What's more, he'll get a personal consultation on the best products and methods for the perfect shave at home. You'll have plenty to do, so have your camera ready to take some before, during and after snaps of dad in the hot seat!

www.murdocklondon.com/uk

5. BOOK A GENTLEMAN'S AFTERNOON TEA

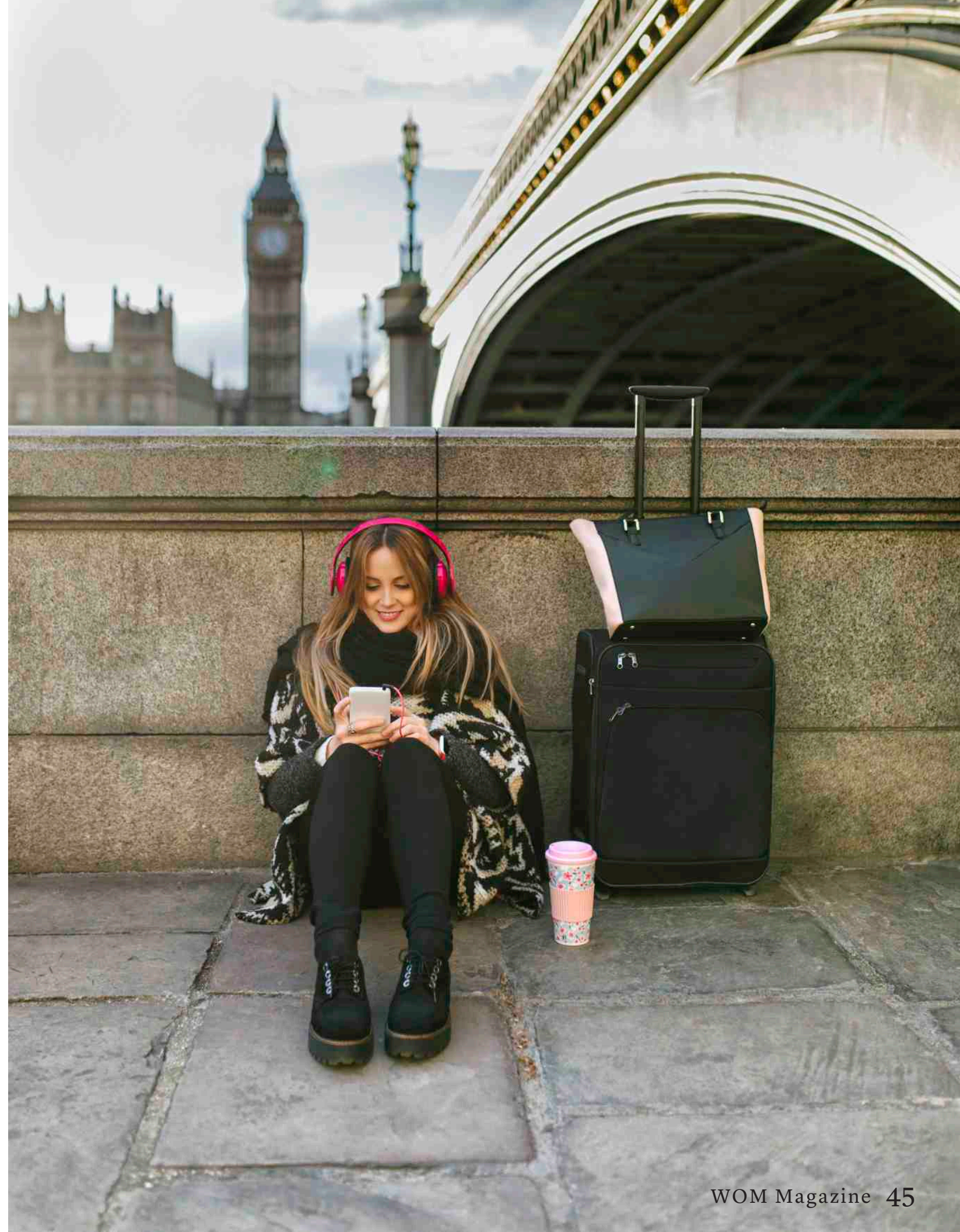
Who says men can't enjoy tea and scones? Especially when the menu caters to a more savoury palate. Think sausage rolls, Cumbrian beef sandwiches and lots of whiskey – as well as a long list of teas, of course. Have a unique dining experience that dad won't forget at The Athenaeum in Mayfair. He'll leave with a smile on his face and a full belly!

www.athenaeumhotel.com/restaurant-bar/afternoon-tea/

EVERYTHING I KNOW ABOUT MOVING TO LONDON (3 MONTHS IN!)

Written by Louise Henry

PHOTOGRAPHS BY WESTEND61L



PACKING YOUR BAGS AND HEADING FOR THE BIG CITY?

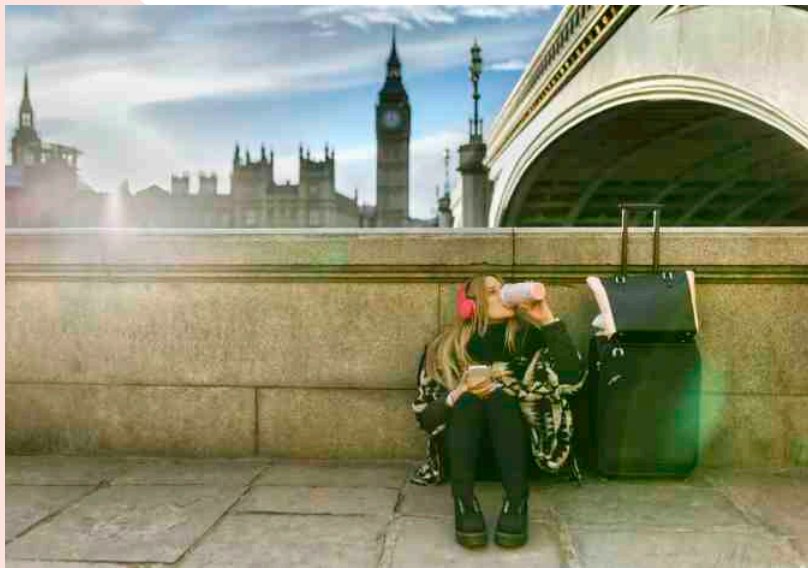
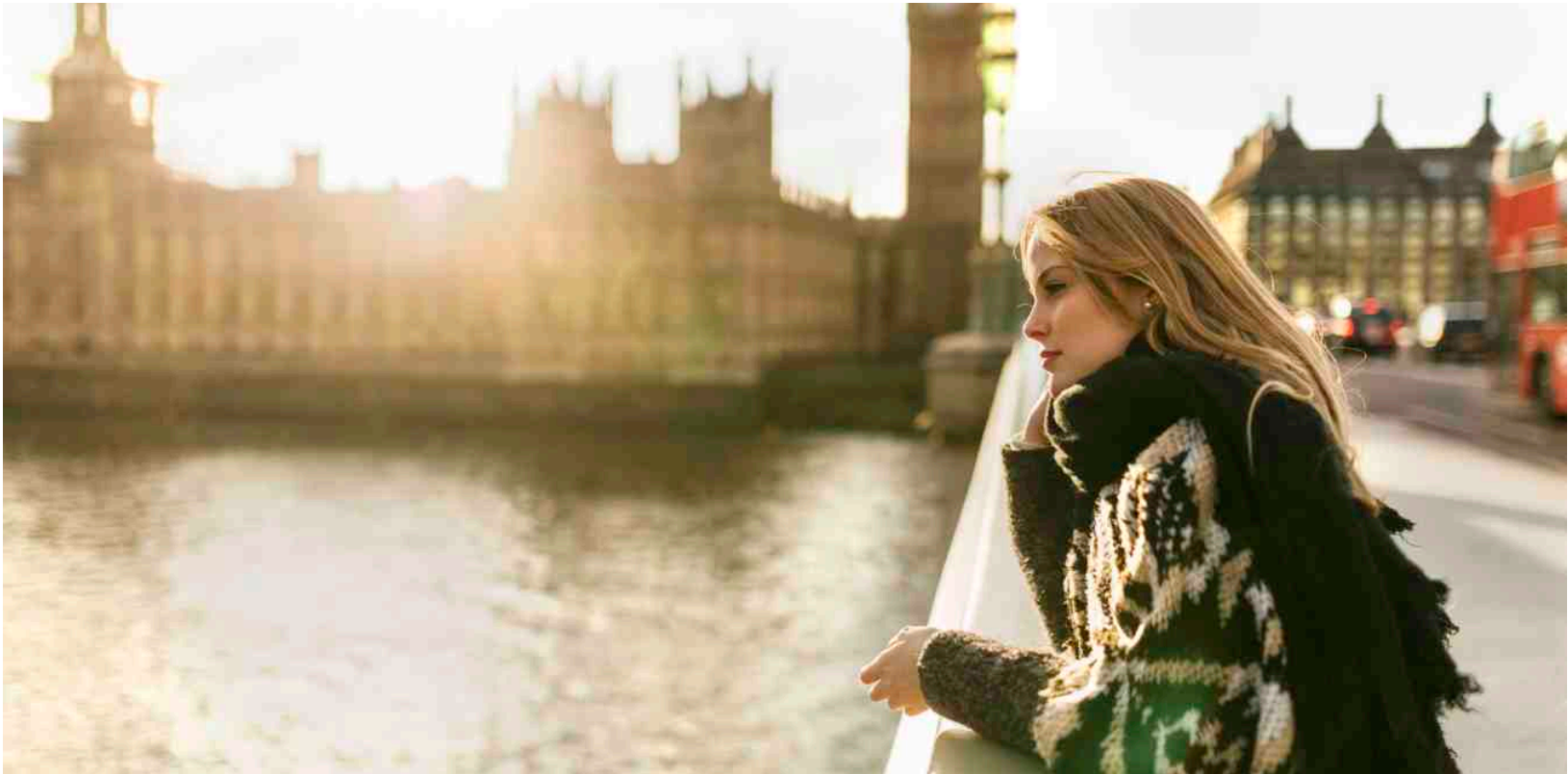
Here our lifestyle writer, Louise Henry shares how to do just that...

Last summer, I packed up my flat, quit my job and got on a plane to Brazil, all in one weekend. For two months, my boyfriend and I travelled across South America, with big bags and little Spanish, returning to Newcastle in September with no job and nowhere to live. Fast-forward eight months, and after lengthy stints of unemployment, long distance relationships and a dalliance with Spare Room, we have our very own flat, and secure jobs right here in London.

Let's face facts, uprooting yourself and moving somewhere new is hard. Finding work, making friends and forging a community in one of the world's busiest cities takes effort. I've only lived in London for three months, but I have a few lessons to share on finding your feet here.

Get to Know Your New Local Area in London

If you've not yet moved, I'd recommend scouting out areas through Airbnb. I'm writing this from the kitchen of a lady I first met through the app back in October. I stayed in her house whilst in London for a conference, and we hit it off. She's more than double my age, but our love for music, dogs, and a similar line of work meant that we kept in touch. I now live round the corner, and



take care of her cat while she's on holiday. I'm not suggesting that every homestay will result in regular pet sitting, but it allows you to build a sense of community. For me, home feels like knowing what's behind closed doors. Putting faces to names in the street, and getting to know your neighbours will instantly make you feel more at home. While we're on the subject of building a community; you have to commit. Make an effort to talk to your local barista, or newsagent. In a sea of nameless faces, a wave from the street cleaner or postman can make a real difference.

Network and Make New Friends

Now, chances are you've moved to London for work reasons, but the thought of adding extra work to the mix is out of the question. However, things are expensive here, so if you have a spare few hours a week, picking up work in a local bar, shop or café is by far the best way to meet people. Chatting to customers can be a wonderful way to get to know people in your area, and with a bit of luck, your colleagues will be great fun too. If money's no object, then volunteer. No time for that? It might be time to maximise your hobbies. Whatever you're into, chances are that London already has a club for it. Make the most of introductory offers at exercise classes, one-off events, free clubs and studio openings. Take a look on Eventbrite too, for talks, lectures, events and gigs that would otherwise pass you by.

Getting out and about can be a little isolating when you're on your own, so be ready to play the newbie card. The stereotypes synonymous with Londoners are always unfair, and as far as I'm concerned, untrue. The majority of folks in this city left behind previous lives, towns and friends to be here, so they know what it's like to be the new kid on the block. Having said that, there are worse ways to spend your days than ambling around London on your own.

Hop on a bus and see where the journey takes you, wander around The Barbican Arts Centre on a Tuesday morning, or have a swim in your local lido. There will always be plenty of things to keep you busy, so head outside and enjoy finding your own London.

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A woman with long blonde hair, wearing a white short-sleeved dress, is shown from the side, looking down at a bouquet of flowers she is holding. The bouquet includes purple flowers, yellow flowers, and white baby's breath. She is standing in a grassy field with trees in the background. The overall mood is peaceful and natural.

Fight Spring Hay Fever with Natural Home Remedies

Written by Anjali Chudasama

PHOTOGRAPHS BY UNSPLASH

You know it's spring when the flowers are in bloom and temperatures are climbing. But spare a thought for people who struggle with hay fever. The season usually kicks off in late March and gets worse from April to August, when the pollen count is high and brings a world of discomfort for allergy sufferers.

While there's plenty of over-the-counter medication available, a more natural solution may be more effective in relieving your symptoms. In fact, you're likely to have many of the following remedies in your kitchen cupboard already.

Give these natural ingredients a try and see if they help fight your allergies this spring:

Vitamin C

Vitamin C has great medicinal benefits. Not only is Vit C a natural antihistamine, it also acts as a natural decongestant. By ensuring you get your daily dose, this could be the perfect cure for a blocked or runny nose. Fruits and vegetables are the best sources of Vitamin C: Tomatoes, ginger, citrus fruits, peppers, kiwifruit and green leafy vegetables like Brussels sprouts are all loaded with Vitamin C goodness, so plate up.

Honey

Honey contains pollen grains that are actually really good for you. Once honey works its way into your system, over time it can help your body fight off those pesky allergic reactions. Organic honey has a positive healing effect as it's made from foliage which can be found all around you.

Garlic

Garlic contains a compound called Allicin, which provides potent medicinal properties. Introducing it to your daily diet will not only boost your immune system, but may also relieve symptoms of the common cold. The key reason why garlic is so helpful for hay fever is because it contains quercetin - an antihistamine that provides allergy relief and better longevity. For those who don't like the taste of garlic, quercetin can also be found in apples and onions.

THE BENEFITS OF HERBAL TEA FOR ALLERGIES

You may be surprised to find a nice herbal cuppa is just the thing for allergies. Not only do water-steeped herbs keep you hydrated, they also offer powerful health benefits and vital antioxidants. Below are some of the best all-rounder teas to clear up your sniffle this spring:

Peppermint tea

You'll find peppermint tea offers a refreshing taste from the first sip to the last drop, leaving your breath with a minty aftertaste. However, aside from giving the mouth a fresh feel, peppermint leaves also act as a strong relief for hay fever symptoms. Peppermint tea alleviates nasal, chest and sinus congestion as it contains menthol properties which work to release nasal blockage and pressure. The potent essence can also break up phlegm in your throat. Similar to Ginger tea, it helps with digestion and cures an upset stomach. But this tea in particular has more than just physical health benefits. Peppermint is thought to uplift your mood and relieve stress. This menthol herb is known to be a muscle relaxant, and can therefore help you feel more relaxed and (hopefully) less anxious.

Chamomile tea

Chamomile is a herb that comes from the Asteraceae plant family. It has strong antispasmodic and anti-inflammatory properties, known for their healing powers. While chamomile is a well-known hot beverage, cold tea bags can also be applied as a compress for swollen, red and itchy eyes - just 10 minutes can help reduce inflammation and discomfort. Praised for centuries for its many health benefits, chamomile can be used for skin care, sleep regulation, menstrual symptoms and as a boost for the immune system.

Nettle tea

Stinging nettle is found in Europe, Asia and North Africa. The leaves are a protein-dense equivalent to spinach and can be quite strong when infused in tea form. Nettle tea has a fast effect on the body, mainly due to the vitamins, minerals and flavonoids found in nettle leaves. Ironically, before the plant is soaked down to a neutral state, it causes extreme allergic reactions. However, the organic properties found in nettles also work as a antihistamine when consumed as a drink. Brew up a pot of nettle tea and you'll be able to combat respiratory tract inflammation and ease nasal congestion - symptoms that often come with allergic rhinitis. The chemicals found in this plant also help strengthen bones, improve kidney health and protect the heart.

IS NO ADDED



REALLY THE HEALTHIER CHOICE?

Written By Anjali Chudasama

PHOTOGRAPHS BY STEVE PREZAN



“Living a healthy lifestyle doesn’t mean you have to give up sugar (or sweeteners) entirely, just that it’s important to maintain a balanced diet, eat everything in moderation and of course, stay active”

Do Marketing Campaigns Mislead Health-Conscious Consumers?

Marketing messages often advertise products like diet drinks and no added sugar yogurts as the healthier low calorie options. Why? Because these types of products are sugar-free or contain no added sugars. But you have to wonder which ingredients have replaced the sugars to warrant those delicious consumable substitutes.

It’s important to recognise the different artificial sweeteners on your food and drink labels. Some of the most common artificial sweeteners on today’s market include: acesulfame, aspartame, neotame, stevia and sucralose. Sweetened alternatives can be found everywhere, from toothpaste and mouthwash to fruit juice and yes, even weight loss products.

Always Read the Nutrition Labels

According to the NHS, no added sugar content doesn’t mean the product is 100% sugar-free.

A no added sugar claim simply means no extra sugar was added; but that doesn’t necessarily mean the sugar content wasn’t high to begin with – contrary to what customers may expect. Take granola bars for example. Sure, these tasty bars are made from oatmeal, fruit and nuts, all things we can agree are healthy. What the adverts don’t share is the single ingredient that holds our favourite breakfast bar together... sugar.

So next time you reach for that ‘healthy snack’ remember to take a look at the nutrition facts for any hidden sugars and sweeteners, rather than what the shiny packaging tells you. After all, brands want to sell their products because it’s good for them, but what is good for you?

Living a healthy lifestyle doesn’t mean you have to give up sugar (or sweeteners) entirely, just that it’s important to maintain a balanced diet, eat everything in moderation and of course, stay active.

They say your body is your temple, so keep it clean and nourished with good food choices for a happier - and longer life!

AN **AVOCADO** A DAY KEEPS THE DOCTOR AWAY

Written by Sam Graham


PHOTOGRAPHS BY THE PICTURE PANTRY



A person's hands are holding a white ceramic bowl filled with a fresh salad. The salad consists of arugula, spinach, sliced avocado, and microgreens. The background is dark and out of focus.

Ten years ago you'd have been pushed to find an avocado in shops. And if they were in stock, they were largely ignored. The avocado was fruit for posh people, outside of the usual contingent of apples, oranges and bananas. Now of course, those cute green butter fruits come highly recommended as part of a balanced diet, and can be found pretty much everywhere.

There's good reason for it too. Looking at nutritional factor, this pear-shaped produce is in fact a lump of concentrated goodness. Every avocado contains an enormous amount of healthy unsaturated fats and vitamins, is low in sugar, a great source of omega fatty acids, good for your heart and eyes and, oh yeah - it tastes pretty good too.



“Every avocado contains an enormous amount of healthy unsaturated fats and vitamins, is low in sugar, a great source of omega fatty acids, good for your heart and eyes and, oh yeah - it tastes pretty good too.”

WHAT EXACTLY IS AN AVOCADO - FRUIT OR VEGETABLE?

It's a savoury fruit that comes from the avocado tree. Naturally growing in tropical and Mediterranean parts of the world, and native to Mexico, they look a bit like scaly pears - hence the nickname 'Alligator' pears. Just like peaches, avocados contain a large stone inside, so best off not biting into one straight away. Not only that, it's actually the insides that are edible, not the skin. The avocado tastes more like a vegetable than its sweeter counterparts, but the real power of this fruit is versatility. You can enjoy it sliced, scooped out from the inside, mashed up and spread on toast, blended into a smoothie, the choices are abundant. Why not get creative and see where your imagination takes you?

If you're still on the fence about the taste, next time you order a plate of nachos, try the green stuff that's usually on the side of the plate. That's guacamole, and guacamole is basically mashed avocado, with a little chilli and seasoning.

WHAT MAKES THE AVOCADO WORTHY OF ITS 'SUPERFOOD' STATUS?

Going back to the health benefits, avocados are so versatile and chock-full of nutrients that they're considered to be a superfood. While you could argue that the term is just a

new marketing ploy by supermarkets, look closely at the nutritional value of 'superfoods' and you'll find they're high in health benefits so you can maintain a clean diet.

As you'll know, when buying any type of raw fruit, it's important to test for freshness. The same applies when choosing your perfectly ripe avocado. Its outer casing is a soft shell, but a fresh one has a certain rigidity that degrades with age. You should be able to gently squeeze the fruit, but it should still be quite taught after that initial pressure.

AVOCADOS AND MILLENNIALS

Strangely enough, the avocado has become the unofficial moniker for the Millennial generation; attracting all kinds of media attention from politicians and the 1%. Some claim that the avocado is to blame for the younger generation's future financial problems. It is just a fruit at the end of the day though, a good one too. Whereas a lot of food that's marketed as health food can break the bank, the avocado is not overly expensive. You can usually find them in your local supermarket priced between £1-£2 per pack.

So there's the avocado. An affordable and integral part of a healthy diet. Simply mash as a side with some quinoa and a salmon steak - quorn or tofu if you're vegan - season to taste and you've got yourself one dynamite healthy meal!

The Shoe edit

PUT A SPRING IN YOUR STEP

Written by Sara Macauley

PHOTOGRAPHS BY GETTY IMAGES

Shoe lovers, rejoice! Hot off the catwalks of New York, London and Milan is a selection of eclectic, varied and hot-to-trot shoe styles to spice up your spring wardrobe. Whether you love a sensible shoe or you're a fan of wildly impractical footwear, this season's styles offer something for everyone.

We've done the legwork for you and compiled the runway's best trends into one definitive list. So if you're wondering what to wear south of your ankles this season, we've got you suitably booted.





All White

A refreshing burst of white appeared on the runways for S/S18, and we're into it. Bright white heels click-clacked along the catwalk at Thom Browne, as did lace-up dress shoes in brilliant white. There's something about the cleanness of a plain white shoe that makes any outfit look more classy. Just be careful to avoid the puddles!



Cowboy Boots

A far cry from the Wild West era cowboy boots, this S/S18 staple has been given a makeover and is now the go-to item to carry you through chilly mornings, and into brighter summer days. Less dress-up box and more haute couture, the boots of this season have been reworked into plush cream leather, futuristic silver, and for those who dare to go bold - red snakeskin. Yeehaw!



Futuristic Trainers

Before this season, if someone had suggested trainers with a sole thicker than an orthopaedic shoe would be on our wishlist, we probably would've laughed out loud. But the spring/summer runways have done the unthinkable, and we're now coveting thicker than thick soles. Balenciaga's Triple S Trainers have sold like crazy, and high street retailers like Topshop are hot on their heels with budget-friendly versions - which are a whopping £557 cheaper than the originals!

We'll be hopping, skipping and jumping on our way to get some.



Embellishment

Instead of investing in a new wardrobe this spring, make a smart choice and opt for a pair of standout embellished shoes. Whether crystals, ribbons, feathered or adorned with pearls, buying into this decorative footwear trend means any outfit you wear gets the star treatment. We particularly love the Loeffler Randall colourful jewel-embellished mules, which cover two trends in one go.



Crayola Brights

At the other end of the shoe spectrum you'll see shoes in rainbow-bright colours. Crayola hues including yellow, pink, primary red and blue adorned the feet of models as they sashayed down the catwalks. Translate this trend into a wearable springtime look by donning a pair of neon trainers with an otherwise pared-back outfit. For a fresh evening look, shun the wallflower look and match a pretty floral suit with a fluorescent stiletto.



THE IMPORTANCE OF 'CULTURAL FLUFF'

Written by Sara Macauley

PHOTOGRAPHS BY THOMAS ROEPKE

When the going gets tough, what makes you feel better? As it turns out, we all need a bit of 'Cultural Fluff' now and again.

In an age where the idea of self-care is passed around to describe everything from expensive therapy sessions to luxury bath soaks, it's easy to overlook simple things that help you feel better when life goes a bit sour. Whether it's a break-up, some bad news or a promotion you narrowly missed out on, when things go awry in life, sometimes it's the minutiae of culture that helps our nation keep calm and carry on. You should never be made to feel silly for enjoying a bit of triviality.

'Cultural Fluff' is a phrase used to describe the frothy and often ridiculed activities that many people partake in, admittedly or not. Things that could be defined as cultural fluff are basically anything you'd consider a guilty pleasure: reading a celebrity gossip magazine, watching reruns of TOWIE or I'm A Celeb, and listening to Girls Aloud on the bus in the morning all count.

Cultural fluff gets a bad reputation in the media and in everyday dialogue, with those who engage in it often deemed as being intellectually inferior. You've probably found yourself rolling your eyes when someone in a bathroom queue talks about the latest celebrity split. Bringing up a guilty pleasure like

Keeping up with the Kardashians in the office will often induce a groan from the guy in the corner, too. The thing is, if watching a little reality TV gives your mind a chance to recharge, or buying a foamy cappuccino gives you some much needed get-up-and-go, it may be time to stop the eye-rolling and embrace the feelgood factor instead.

One tried and tested method to help mend a broken heart is a week of bed rest and a good dose of reality TV. Want to feel more confident at work when you've got an important meeting? Buying that MAC lipstick and matching nail polish might just help you pull yourself together and get through it. When a family member is sick, watching a film with a bar of chocolate can be just the distraction you need to survive that next hour.

While some of the more serious mental health issues call for expert treatment, if you're feeling a bit down in the dumps, indulging in an episode of your favourite TV series or picking out a bright nail colour can make a big difference between wallowing in self-pity, or doing something to actively improve your general well-being (even if only for the duration of a Netflix binge.)

It's high time that people stopped judging others for their guilty pleasures. If you want to eat spaghetti hoops on toast and watch 6 episodes of Come Dine with Me, that's absolutely fine.



The take-home message?
Celebrate the little things that don't cost
the earth and allow others to do the same
- the world will be a much happier place.



Top Study Spaces

The Best Libraries in South London

Written by Sara Macauley
PHOTOGRAPHS BY GETTY IMAGES



There's something rather romantic about libraries. In such a bustling metropolitan city, having space to relax, unwind and just read feels like a luxury these days. While libraries in London can often be just as busy and loud as the streets outside, we've done our homework to bring you South London's best libraries to wander, absorb the architecture and escape the city...

THE NATIONAL ART LIBRARY AT THE V&A MUSEUM

The iconic Victoria and Albert Museum is a well-known spot for heritage lovers, but have you peered through its glass doors into the National Art Library? Tucked inside the reading rooms and overlooking the John Madejski Garden, this library (which is older than the V&A itself) is a treasure trove of books on subjects central to the V&A collections. With over one million books housed under the same roof, you'll never tire of the material in this library. Expect to find literature on drawings, paintings, photography, fashion and design to name a few. The library is free to join - you just need to provide ID and proof of address. It's an art lover's paradise.

ADDRESS: Cromwell Road, Knightsbridge, London, SW7 2RL. **Closest tube stop:** South Kensington

THE LONDON LIBRARY

In 1840, esteemed Scottish author Thomas Carlyle stood up in a meeting in Covent Garden and proclaimed the need for a lending library in London. His idea came to fruition in May 1841 in the form of The London Library - one of the largest independent lending libraries in the world. With an incredible 17 miles of bookshelves spanning across 7 interlocking buildings, this library boasts everything a book lover could possibly wish for. Spend an hour wandering across the metal grille floors, peering down at the shelves below (though not if you're afraid of heights!) The library isn't free, but it does provide free hour-long tours on weekday evenings if you're just after a look around.

ADDRESS: 14 St James's Square, St James's, London, SW1Y. **Closest tube stop:** Piccadilly Circus or Green Park

THE NATIONAL POETRY LIBRARY AT THE SOUTHBANK CENTRE

Know your Keats from your T. S. Eliot? Then you'll want to check out The National Poetry Library, which aims to hold all contemporary UK poetry publications dating as far back as 1912. Opened by T.S. Eliot and Herbert Read in 1953, the library has moved from venue to venue and is now housed on level 5 of The Southbank Centre. Dubbed as one of the most peaceful libraries in London, this haven is the perfect place to indulge a few hours daydreaming and skimming through the work of some of the UK's best poets.

ADDRESS: Level 5, Royal Festival Hall, Southbank Centre, London SE1 8XX
Closest tube stop: Waterloo

CANADA WATER LIBRARY

Set in a unique inverted pyramid-shaped building is Canada Water Library, which has been described as a 'super library.' Far from the quaint, antique feel of some of London's older libraries, this new age design still has plenty going for it. The Canada Water Library has Scandinavian-style décor, and the bookshelves wind around in a zig-zag fashion. This library houses weekly writing groups and plenty of study space, so it's well worth a visit for the futuristic architecture alone.

ADDRESS: 21 Surrey Quays Road, London, SE16 7AR. **Closest overground stop:** Canada Water

HELP LONDON'S HOMELESS THIS SPRING

Written by Louise Henry

PHOTOGRAPHS BY RICHARD NEWSTEAD AND YUN HAN XU



The Beast from the East may have gone back into hiding until next year, but come rain or shine, the streets are still a dangerous place for London's homeless. Between 2016 and 2017, over 8,000 people were sleeping rough in our city, a figure that continues to rise each year. At the tail end of last year, Mayor Sadiq Khan launched a rough sleeping campaign: a coalition of 18 charities all working together to end homelessness on our streets. At the time of writing, £145,000 had been raised for the cause, spurred on in particular by the cold spell that took the lives of multiple homeless people across the UK.

When temperatures plummet below zero, it's natural for our thoughts to turn to those facing the elements. But this is a problem that transcends seasons. On the government website, Sadiq Khan states "Rough sleeping doesn't just happen in winter – people are out on our streets every night of the year, and everyone needs to do more."

So, in the spirit of doing more, here's how you can make a difference.



Smile

No, a friendly nod won't save lives, but there's a lot to be said for treating someone as an equal. Enough barriers are in place to separate rough sleepers from the rest of society, and kindness can go far further than spare change. Chances are, you pass the same people on your commute, or outside the supermarket. Next time you walk by, say hello and smile as you would to a neighbour.

Know your stuff

Shelters, food banks and donation points are frequently forced to change sites. Many charities and organisations share updates on social media, which is pretty useless to someone without access to a smartphone. Keep an eye on digital campaigns from local charities, and get to know where your local overnight shelter is. After all, signposting vulnerable people towards a hot meal or a place to stay can be a real lifeline.

Tell someone

Over 23,000 referrals have been made through Streetlink, an alert service that connects homeless people to nearby services. Available online, over the phone, and via mobile app, simply inform them of a rough sleeper's location, which will then be passed onto an outreach team.





Donate

An obvious one, yes, but you won't necessarily need to search the dregs of your wallet.

- Food banks are lifesavers, quite literally. Most London boroughs have at least one. Alternatively, take a look at The Trussell Trust. Here you can donate non-perishable food, money or perhaps even draw up a partnership. If you work in a shop, café, or restaurant, why not donate surplus food that would otherwise be destined for the bin.

- Toiletries and beauty products are a rare commodity on the streets, but thanks to beauty journalists Sali Hughes and Jo Jones, 'hygiene poverty' is no longer a hidden myth. Hotel samples, unwanted Christmas sets, or the odd box of tampons will all be welcomed with here open arms.

- Money talks, as they say, and your cash can do some serious work. There are a lot of charities out there doing good things, but our favourites include Centrepoin, Thames Reach, and Streetlink.

Volunteer

Again, volunteering isn't a new concept, but perhaps something to rethink. You're busy, we're all busy, but if you counted up the hours spent on Instagram, or queuing for coffee, and translated it into an hour of making beds at a homeless shelter, we bet you'd feel pretty great.

- Use your skills. Social media management, blogging and accounting are all valuable ways to support a charity from the comfort of your own home.

- Cook meals for soup kitchens or overnight shelters, even if you don't have the time to stay and serve, one portion of your Sunday afternoon batch cooking could go a long way.

- If you'd prefer to adopt a more hands-on approach, join an outreach team or take on a voluntary role as a support worker.

The worst of the weather might have gone, but rough sleepers still deserve our attention and care.



Business in Focus:

South London Wine School

Based in Greenwich, South London Wine School is an independent wine tasting company with a passion for the finest vino varieties. Boasting an excellent selection of samples - which are available to local wine enthusiasts - here at Word of Mouth, we're proud to feature this specialist wine school in our spring issue.

Originally founded by wine expert Julia Lambeth in 2014, Julia spent a number of years in wine retail before achieving a scholarship on her WSET Diploma qualification. Committed to developing a role in wine education where she could host regular events and discuss wine with like-minded people, South London Wine School was born.

Written by Julia Lambeth

PHOTOGRAPHS BY GETTY IMAGES
& SOUTH LONDON WINE SCHOOL

Where does your passion for wine come from?

I'm a massive wine geek and love to help people understand more about their favourite (and least favourite) wines. My classes and courses teach people how to navigate wine lists and introduce them to new flavours. I've also been lucky enough to travel to many wine regions and meet talented winemakers, which has all added to my sharable knowledge.

Now tastings are run by myself and other equally passionate wine professionals who I've met along the way. It's still a small company with 2 of us doing most of the work, but we hope to expand in the near future.

Can you describe the atmosphere at your tasting sessions?

The tasting sessions are all designed to be informative yet fun and friendly at the same time. We've got a few wine jokes up our sleeve to throw in every now and then - we like to see everyone laugh! We want people to experience wine tasting in a casual environment, to relax and enjoy themselves, and take away some useful information as a result. For too long wine tasting has been a mysterious art, and this is something we want to change.

Can beginners attend your classes and courses?

Most of the people who attend our classes are 'beginners'. Some have never been to a wine tasting session before, while others have been to a few but are keen to learn more. After a few glasses, normally everyone is happy to share their opinions on taste, aroma and preference.

We understand that it can be easy to stick with familiar wines, and with good reason. Nobody wants to risk buying a wine they don't like! So a tasting environment is the perfect way to try new flavours, with teachers who can offer guidance and expertise.

What can people take away from their time at South London Wine School?

Each person takes away something different: it could be a new favourite wine, a better understanding of a particular region, or a new discovery of their excellent palate for tasting! Some people will come for a single evening to learn more about a style they're most interested in, some will stay on for a 4 or 8 week course, or even sign up to one of the WSET certified courses to get a qualification in wine! You can learn as much or as little as you want with us.

What's next for South London Wine School?

We're planning exciting tasting sessions all the time. Whether the focus is on emerging regions like China or Croatia, great events like the upcoming Riesling tasting, or my recent tasting trip in sunny Australia, the world of wine never stops changing - and neither will we. We're also looking to expand to new venues around South London, so watch this space!



To attend one of Julia's upcoming wine events, check out the list of events below from South London Wine School:

Wed 9th May
Everything Happens For A Riesling!

Sat 12th May
WSET Level 1 Course

Sat 26th May
Spectacular Saturday With Champagne And Lunch


Wed 30th May
Spanish Wine And Tapas Matching

For full details and booking information visit www.southlondonwineschool.com.

For enquiries contact Julia on 0287875395 or info@southlondonwineschool.com. Bon appétit!


South London Wine School

“Committed to developing a role in wine education where Julia could host regular events and discuss wine with like-minded people, South London Wine School was born.”



PECKHAM LEVELS

South London Spotlight:
What's New at

Written by Louise Henry

PHOTOGRAPHS BY UNSPLASH

Back in December 2017, the long awaited Peckham Levels opened its doors to the public, after months of regeneration.

Occupying seven levels of a multi-storey car park, the development is a collaboration between Southwark council, and the local creative community, aimed at providing affordable studio space and offering exciting opportunities for local people. See what some of its makers, creators and business owners have to say in our exclusive interview...

CAHOONA'S HAIR HUB

WWW.CAHOONASLONDON.COM

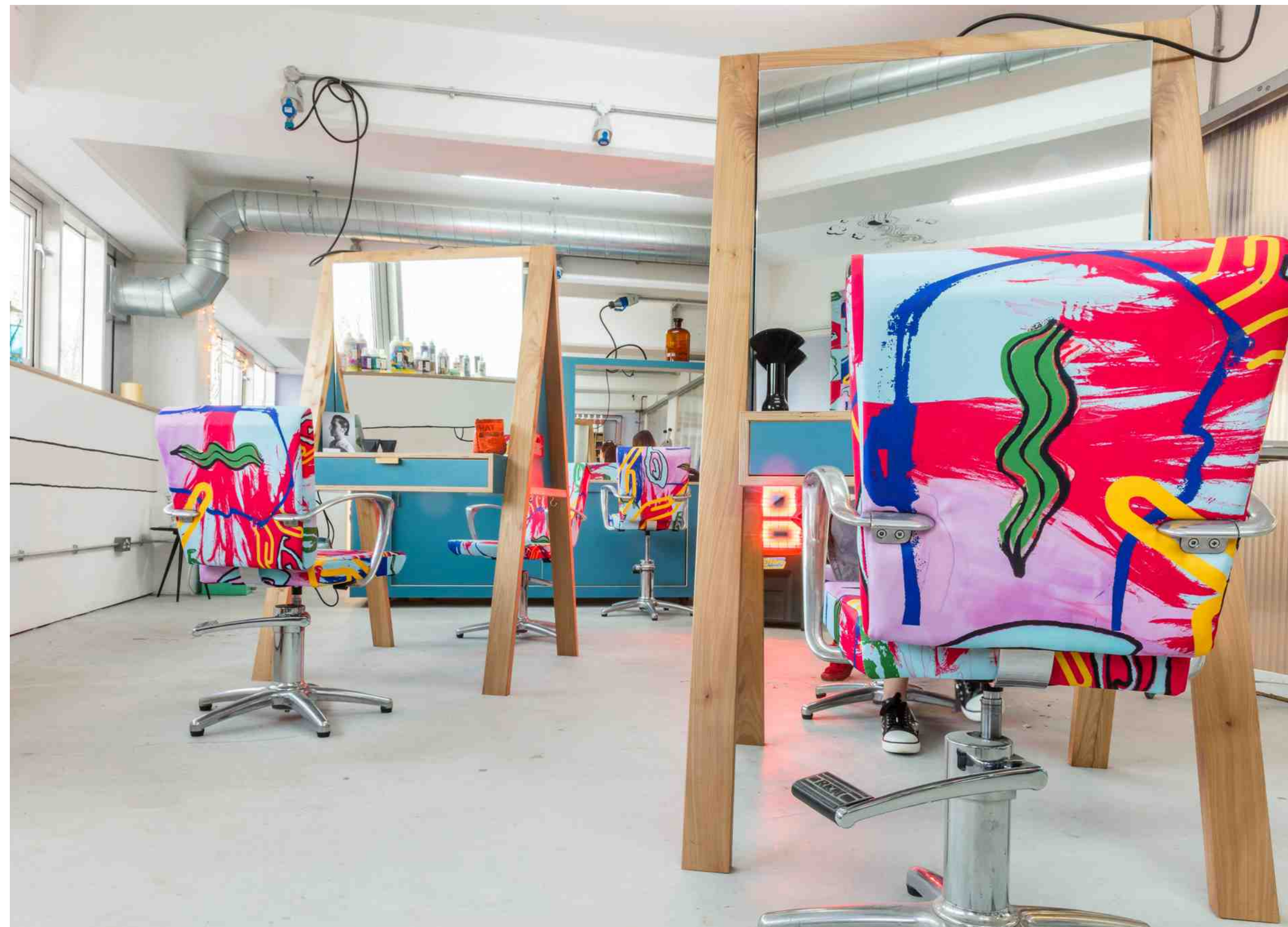
Tracey Cahoon knows a thing or two about hair. For over 20 years she's tended the locks of some of the most famous heads in music, film and fashion, including Kate Moss and Amy Winehouse. Her work has graced the cover of Vogue, and has been captured by the likes of Rankin and David Bailey. Back in December, Tracey launched Cahoon's Hair Hub; a beautifully curated salon on the sixth floor of Peckham Levels, and set to cultivate the next generation of hair stylists.

I've always loved the vibrancy of Peckham and it has been my home for 12 years now. I opened my first place four years ago out the back of Charlie Foxtrot Vintage - a fantastic little store owned by two friends of mine. But Peckham was the obvious location choice for the new salon. I began my career styling film and fashion shoots and still see some of the same clientele at Cahoonas.

I always had a strong idea about how the space would feel, and approached a lot of local South London artists to make it happen. My friend, Lou Corcoran helped with the initial ideas, and I knew I wanted to source a local company for the fitting, too. Bernard Elsmere from the Elsmere Project is someone I've admired for a while, so he took Lou's drawings and continued the collaboration to the building and detail stage. My cousin Laura Eldret is an artist, and she designed the fabric for the chairs. Her mother, like mine is a hairdresser, so she understood the vibe I was trying to achieve.

I would love to pass on our knowledge and educate enthusiastic young people from Peckham. Fundamental trade secrets shouldn't be limited to the West End. At Cahoon's, we're making great training accessible with the help of our eclectic tribe of stylists and colourists.

The events at Peckham Levels are getting better by the minute, and there's so much to choose from. Though if you want the best kept secrets, we'll happily bring you the best pick of food, cocktails and biodynamic wine while you get your hair done.



LEVELSIX
WWW.LEVELSIXSTUDIOS.CO.UK

Climbing to the sixth floor is a workout in itself, but nestled at the top of Peckham Levels is yoga studio and café space, LEVELSIX. Founded by four friends, each have various strings to their bows, but all share a common goal of offering people a safe and welcoming place to eat and move freely.

Between the four of us we have experience in yoga teaching, cooking, design, community outreach and business. Feeling good, eating well, and developing a great yoga practice are things we all seek out for ourselves, so we jumped at the chance to be a part of Peckham Levels.

We always wanted to find a space that would allow us to provide yoga and food in equal measures. Feeling good, healthy and alive requires more than just exercise alone. Yogic philosophy and mantra coupled with the endorphins from a sweaty class will leave you feeling great, but it's about what we put into our bodies, too. Our aim is for anyone who visits LEVELSIX to leave feeling energised and uplifted.

Everyone started out as a beginner at some point, whatever it is they do. Starting out can be a daunting prospect, but our schedule is carefully programmed to ensure it's accessible to anyone at the beginning of their yoga journey. The people of Peckham are diverse and we want our classes and client base to reflect this. As we grow, we can't wait to expand our community outreach programme.

As well as a great daily class schedule, we also have a monthly workshop programme and plenty of other one-off special classes too. We marry food and movement where we can; for instance one of our teachers recently led an asana class incorporating magical, ancient storytelling followed by a tasty spring inspired three course meal in our café. In April we are looking forward to a two-day Jivamukti fundamentals workshop, hip hop yoga with Sanchia Legister, a Women's Circle Ceremony with Mischa Varmuza and a class with Mona Godfrey to celebrate Earth Day.

Everyone at LEVELSIX is dedicated to enriching the community of Peckham. We're so happy to be a part of a vibrant and diverse place that offers a space for everyone to contribute, collaborate and create.



HAO HAO CHI
WWW.HAOHAOCHI.CO.UK

Our spot in Peckham Levels came to be after a year of selling street food at market stalls. We were constantly asked if we had a restaurant, and the great feedback encouraged us to find a permanent home. When the opportunity at Peckham Levels came along, we knew that it was the one. Full of like-minded small businesses, artists and entrepreneurs, we knew there'd be a strong community spirit here.

Exploring our Chinese roots has been invaluable, but living in South London has been pretty inspiring too. The ethnic markets of Tooting, Croydon and Peckham have provided easy access to different exotic fruits and vegetables, allowing us to put lesser-known items on the menu. We're lucky to have access to the fantastic Hoo Hing and Wing Yip – both great hoards to source the less common items from Asia.

Peckham Levels has been a fantastic addition to the local community. We have such a diverse range of customers – from families, to foodies, to partygoers, we enjoy seeing many different people come to admire the space. Architects and students have even asked us to be a part of their studies, which is amazing, and proves that Peckham Levels is capturing everyone's imagination.

It's great to see what other members are doing as well. People aren't just creating jobs and opportunities, they're also adding to the creative diversity of our community. There is so much accessible art too. The free exhibition Southwark QueerStory is gaining a lot of attention, along with the permanent mural on the ground floor by local artist, Remi Rough.

Visit Peckham Levels at Peckham Town Centre Car Park, 95A Rye Lane, South London, SE15 4ST.

Opening times: Sunday - Wednesday: 10am - 11pm, Thursday - Sunday: 10am - 12am.



What's On

in South London:

Catford Fringe Festival

4th – 10th June

Word of Mouth Magazine is excited to announce next month's Catford Fringe Festival, the first event of its kind at The Broadway Theatre. The festival is a celebration of theatre, music and dance and will run for the course of a week between 4th - 10th June 2018.

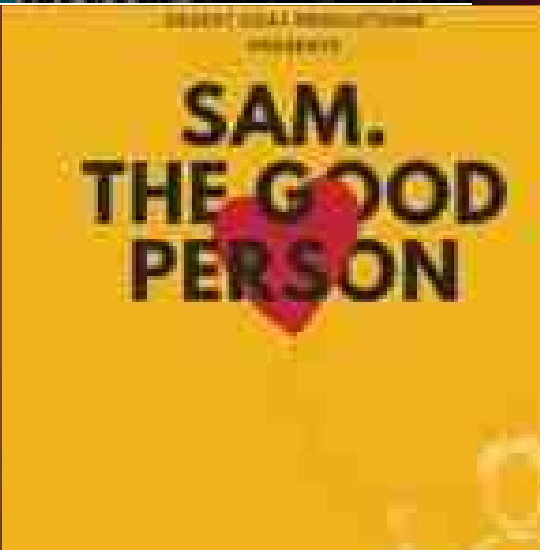
This entertaining week-long event features some of London's top talent, including local artists and companies from Catford and the nearby South London area.

Headline acts include Melanie Crew to kick off the opening night, I'm A Celebrity's Joel Dommett, and DJ Yoda, Joel Culpepper and The Tribe are all set to launch an exclusive club night on Friday 8th. Catford Fringe Festival is shaping up to be jam-packed with fresh sounds and contemporary performances from start to finish.

As this exciting event draws closer, the lineup is still being finalised. If you're looking to see what's new in South London or want an excuse to hit the theatre, be sure to attend this dynamic festival mash-up where all the fun will be had!

Special thanks to Carmel O'Connor - Artistic and Operations Manager, Helen Haylett - Marketing/Box Office Manager and Christopher Burkitt - House Manager at The Broadway Theatre for organising this special South London event.

To check out the latest lineup and buy tickets for Catford Fringe Festival visit:
www.catfordfringefestival.co.uk





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