



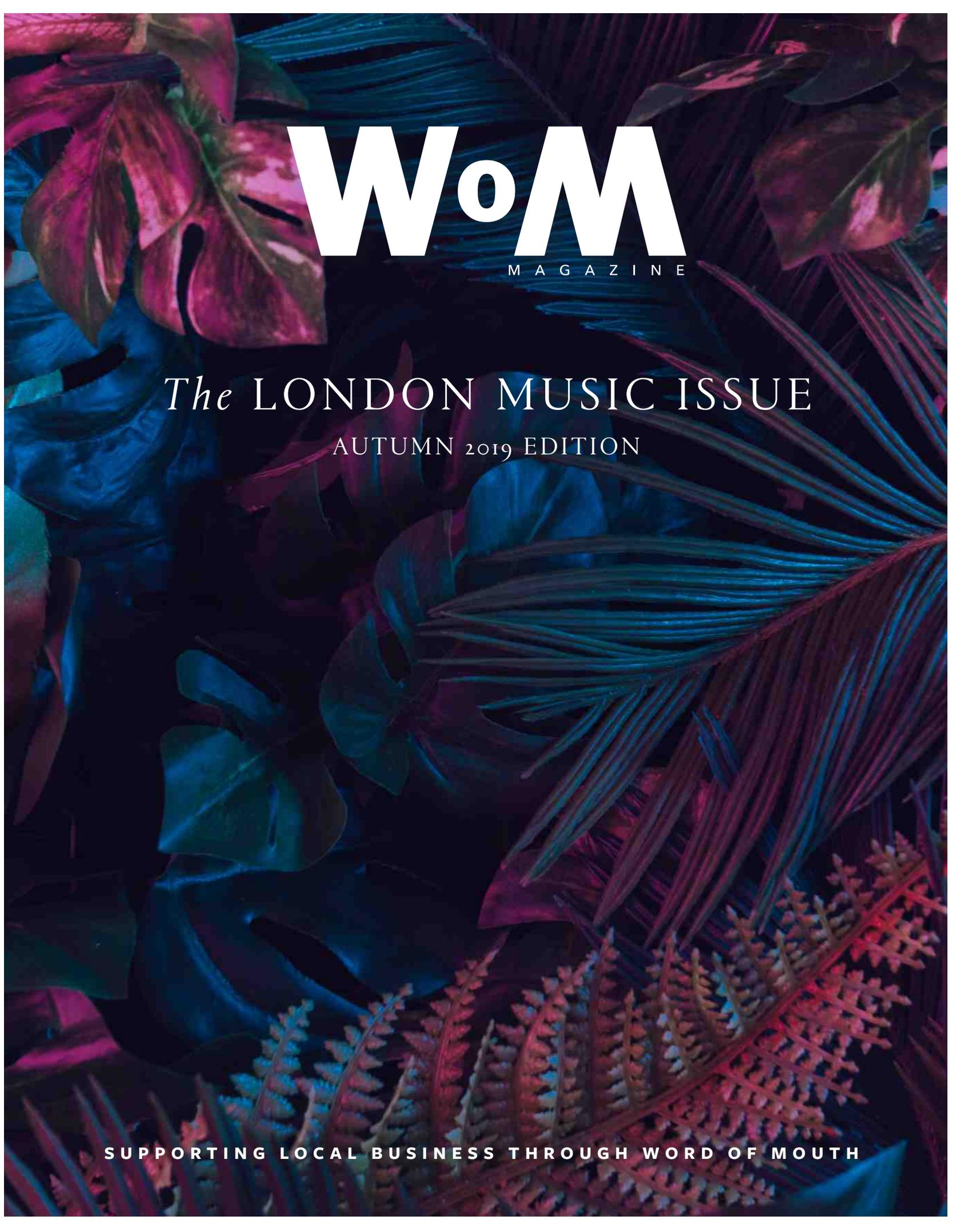
WOM

M A G A Z I N E

AUTUMN EDITION
2019

THE
LONDON
MUSIC
ISSUE

SUPPORTING LOCAL BUSINESS THROUGH WORD OF MOUTH

The background of the entire cover is a dense, close-up photograph of various tropical plants. The lighting is dramatic, with a mix of deep reds, oranges, and yellows, creating a warm and vibrant atmosphere. The leaves have different textures and shapes, including large, broad leaves and more delicate, feathery ones.

WOM

MAGAZINE

The LONDON MUSIC ISSUE

AUTUMN 2019 EDITION

SUPPORTING LOCAL BUSINESS THROUGH WORD OF MOUTH

A NOTE FROM THE EDITOR



Leaves turn brown and the weather unsettles itself, shifting from wet-grey to dark. We pack our brollies and don our boots simply to get through the ever-shortening days while cold showers seem to mark each passing hour.

Nature recognises that Autumn is fall, the end not demise, of plenty and toil and All Hallows' Eve (Halloween) marks the passing of the seasons and the summer's end, as we light up the encroaching darkness with carved jack o' lanterns, face paint and cadaver-themed sweets.

Autumn demands we take stock of the year, with gratitude, with joy and thanksgiving and this issue provides plenty of ideas to get us through the inclement weather by heading out and experiencing the amazing independent music scene and some cracking venues around London. Or perhaps staying in and staying healthy is your cup of tea with tips for naturally combating migraines.

If we care to look past our immediate needs, this issue offers ways to look out for our community and environment with the best of vegan fashion, reducing our food waste and the importance of caring for the mental health of those who care for our mental health.

We also explore the sublime outdoors in romantic Autumn walks through London, though what is better than snuggling up on the sofa beneath the duvet with that special someone, as we discuss five best tips for a healthy and loving relationship. Whatever Autumn brings us; it is certainly a season to let the weather do what it will, as we keep our lights burning through the dark

Emma Kirsopp
GUEST EDITOR



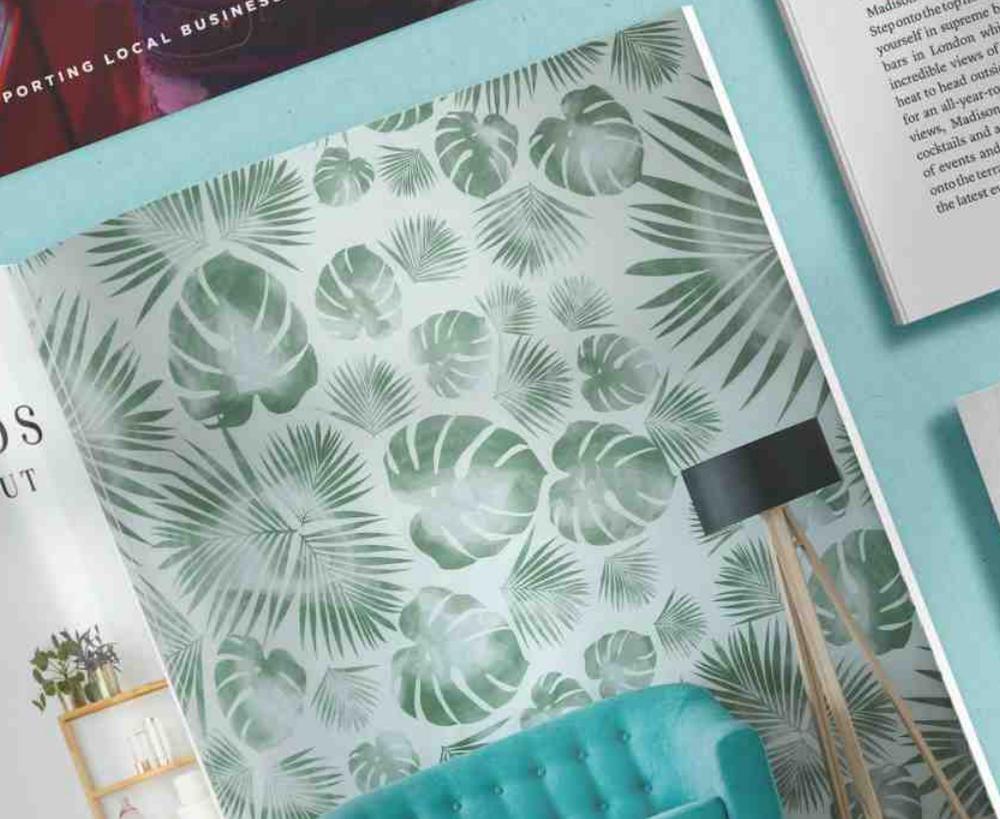
JIN BO LAW

You can find Jin Bo Law on the 14th floor of Dorsett City Hotel, and this bar provides a floor-to-ceiling view of London. Set out onto the rooftop terrace for a joyous experience of the Tower Bridge, the Cherkin, and much more. With outdoor seating, Jin Bo Law provides a beautiful setting on a clear, summer's day. The endless list of cocktails makes this bar even more spectacular. For example, the Eye of the Buddha contains Bacardi white, yuzu juice, simple syrup, Prosecco, and Yuzushu sake. Also, City Sky Line is a must-try with Campari, Martini Rubino, yuzushu Sake, and orange bitters.

MADISON

Madison is the epitome of what a London bar should represent. Step onto the top floor of New Change shopping centre to elevate yourself in supreme beauty. This is one of the biggest rooftop bars in London which offers numerous terraces to enjoy incredible views of London's skyline. You don't need to heat to head outside, as the terrace is equipped with umbrellas for an all-year-round experience. Aside from the spectacular views, Madison has an in-house DJ, live music sessions, cocktails and an incredible menu. This rooftop bar offers events and performances on - which are often on the terrace. Check out their website to keep up to date on the latest events.

THE 2019
INTERIOR TRENDS
YOU NEED TO KNOW ABOUT
Written by Sara Macauley | Photographs by Alamy



Wo

THE ROOFTOP ST JAMES

The Rooftop St James is a beautiful bar with incredible views of London. Unlike the above two rooftop bars, the Rooftop St James is a more relaxing atmosphere, and there are outdoor heaters and blanket selections to keep you warm whilst enjoying a cocktail. This bar pulls out all the stops when it comes to special occasions. Consequently, this bar is the perfect spot for a family gathering for events such as Mother's Day. Combine the skyline views with a delectable cocktail, such as the Pink Dragon. This consists of dragon-fruit-infused vodka, plum liqueur, lime and egg white. Alternatively, the Skyline cocktail includes pisco, pink grapefruit, lavender bitters, raspberry and egg white.

SKY POD

Sky Pod has dining rooftop space which offers beautiful views of the city. The Sky Garden offers free access to everyone, and is a great destination after a tough week. It features a vibrant, open space for with a unique viewpoint of London. The architecture of this bar is stunning and enough reason to visit the rooftop bar. The bar operates a smart dress code and doesn't allow sportswear, trainers, or flip flops. However, during the summer, guests are allowed to wear smart shorts, so bear this dress code in mind when attending.



represent.
to elevate
best rooftop
to explore
need blazings
with umbrellas
the spectacular
music sets, fruity
top bar has plenty
e often carried out
keep up-to-date with

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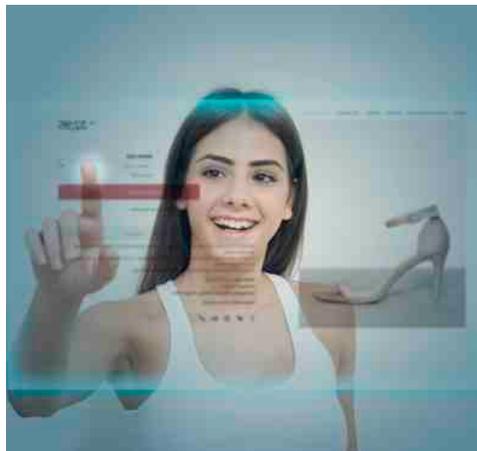
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THE 5 BEST TIPS FOR A HEALTHY AND

LOVING RELATIONSHIP

ACCORDING TO EXPERTS

Are you living your best relationship with your partner? Here's a list of the most popular tips given to couples by therapists during relationship counselling –
how many apply to you?

WRITTEN BY SARAH HAYNES | PHOTOGRAPHS GETTYIMAGES



Make the decision to love your partner

When we wake up every morning, we decide how we are feeling. Choose to wake up every day and be in love with your partner. We have control over our feelings, so make the decision to love and appreciate your partner, rather than focus on their annoying habits or flaws. Think of what you love about them and what makes them special to you. Tell them you love them, too. This will make their day!



Target the sources of any issues in your relationship

Okay, so you're having problems in your relationship – but where did these issues originate?

Maybe it's your conflicting work schedules, your lack of time for one another since having children, or maybe your partner is spending too much time online or going out with other people. Talk to each other about the problem and where you think this issue stems from. Don't use a blaming approach when discussing the issue, instead, find productive ways of solving it. For instance, if your partner is spending too much time socialising with other people rather than you, talk about arranging regular date nights so that you can make time for one-another.



Make time to discuss money

Money is one of the most volatile subjects for most couples to discuss. Ensure that you share common financial goals with one another and work together to achieve them. If one of you goes off track, speak to your partner about it. Try and save regularly by putting aside some cash when you have been paid, and have a separate fund that you can both contribute to to spend on yourselves and treat one another.



Be open and discuss your feelings

Communication is one of the most important aspects of a successful relationship. If you aren't communicating, how do you know if there are any problems or how the other person is feeling? If you find it difficult talking on an ad-hoc basis with your partner, put aside some time each week (over a romantic meal) to talk about your relationship and any problems you feel you are having. Communicating in this way will bring you much closer together as a couple, and you will be able to work on any issues you have together. Discuss the positives in your relationship too, as this will make the other person feel appreciated and loved.







Don't take one another for granted

While there are obvious times of the year to show your affection (Christmas, birthdays and Valentine's Day), go beyond this and romance your partner as a surprise. Demonstrate how much they mean to you with small tokens like flowers, gifts, a love note in their packed lunch for work, or breakfast in bed. If you both feel appreciated and adored, the stronger and deeper your connection will be.





“*Influencer*” is one of the biggest buzzwords around at the moment. Known as ‘Social Media Influencer Marketing’, this new phenomenon is fast becoming one of the most effective ways to attract new customers. By opening up this new channel, it creates an opportunity for brands to connect with consumers directly, amplify their message and increase the buzz and brand awareness.

WRITTEN BY SARAH HAYNES | PHOTOGRAPHS GETTYIMAGES

THE NEW MODEL OF

INFLUENCER



HOW IS THIS MAGIC DONE?

Simply through using those who are in the public eye for promotion. Celebrities, sports stars, business leaders – all of these will have thousands, and sometimes millions, can have a hugely influential effect upon which products fly off the shelves (both literal and metaphorical). Just look at the new wife of Prince Harry – barely has Meghan had a dress on then it's sold out and the copies follow swiftly afterwards. Purely because she's been seen wearing it. Examples like this are at the extreme end of what Influencer marketing can achieve, but it does demonstrate just how effective it is. And effective marketing is the pivot on which all businesses spin. Most brands have tried and tested methods of marketing their products and services and, understandably, they haven't been keen to deviate from a successful model. But Influencer marketing has an enormous hold over advertising and consumers have been responding to this.

However, Influencer marketing may be trending right now, but it's far from a new concept. Brands have been using celebrities, athletes and leaders for years to promote their products and services. It was only a few years ago that brands started to properly recognise and accept the rise of social media and the subsequent birth of a new generation of Influencers. These Influencers have the power to overshadow celebrities due to their increasing online fame and their credibility.

Meanwhile, technology is opening yet more doors for digital communication, plus creating a new way to connect with consumers. The rise of social media has meant all but abandonment of traditional methods. Radio, print and TV have had their time in the spotlight, but the digital world offers new opportunities. Brands are now able to reach an audience in real time and create campaigns that work not just across social media, but also e-commerce and through paid, online advertising.



WHAT'S IN IT FOR US?

There are plenty of benefits for the consumer. To start with, social media makes it easier to connect with other users/purchasers, allowing better buying decisions by learning through their experiences. Tripadvisor is an excellent example of this. Starting out as mainly just a way to check out destinations, it has now expanded to include shops, restaurants, car garages – you name it, you can probably complain about, or sing its praises, on Tripadvisor. The perceived authenticity of these social media Influencers is also an attractive concept. Third party reviews are often a more persuasive tool than traditional advertising. These are real people, who have bought the product, giving their real opinions – good and bad – and thus inspiring trust.

AND THE PROFESSIONALS?

Though sometimes they feel like they're still on shaky ground, businesses see the benefits of

Influencers because they have the ability to drive and maintain a steady stream of consumer traffic and boost its social media presence. It can also often be a much cheaper way of marketing – win win! That said, they do have to know their market, recognise their customer base and choose the right Influencer for them; someone who is going to give credence to the individual products.

WHICH IS THE MOST POWERFUL INFLUENCER PLATFORM?

So far blogs have been the most effective platform for Influencer marketing, followed by Facebook, Twitter, YouTube and Instagram. More and more brands are starting to realise that Influencer marketing is becoming one of the most important online marketing channels. If done right, Influencer marketing has the potential to be one of the most cost-effective and fastest-growing channels for generating leads, brand awareness and ultimately revenue.



DON'T MIND ME!

**THE MENTAL HEALTH OF THE PEOPLE
WORKING IN MENTAL HEALTH**

**DEFINITION: 'a person's condition with regard to their
psychological and emotional well-being.'**

WRITTEN BY **SARAH HAYNES** | PHOTOGRAPHS **GETTYIMAGES**

For a start, the Health and Social Care Act (2012) made it unlawful to discriminate between physical and mental health

Often being unfairly cast into second place by physical illness, maintaining an optimum psychological state is just as important as keeping your body fit and healthy. Poor mental health leads to a range of problems, from struggling to function due to depression and anxiety, to the more serious mental illnesses such as bipolar disorder, psychosis and paranoid behaviours like schizophrenia. There are lots of medications available for the treatment of mental illnesses, but there is not a one-stop solution for curing them. Treatments are sophisticated and varied, but the reality is that few people who suffer with this type of affliction will go on to make a complete recovery. Relapsing is sadly all too common.

Who are those who work on the frontline of mental health needs?

There are different roles for those who are involved in helping to keep patients stable. These include:

social workers

community mental health nurses

psychiatrists

psychologists

mental health pharmacists

counsellors

Plus, those who work with patients in the community, like home helps for supported living.

Just in recent years, the **NHS** has more than doubled its spending on the treatment of mental health issues, from funding more frontline nurses, to investing more funds in the **Child and Adolescent Mental Health Services** (CAMHS).

But, while there's a lot being done to help patients, an important question still stands – what about the mental health of the workers who are on the frontline in all this? Are their potential problems being recognised? Is enough support being made available to those who need it? The research-based evidence in this paper from the **Department of Clinical Psychology** in the **Nottinghamshire National Health Service** Trust would suggest not:

“It has been suggested that a unique feature of some mental health practitioners’ work is exposure through their role as therapists to clients’ descriptions of and reactions to trauma, and that these experiences may actually indirectly cause distress and traumatization to the therapist. This.....has been termed “vicarious traumatisation”..... Factors such as direct trauma exposure and the personal attributes of mental health workers, which have been suggested to be associated with VT, are also assessed.... Future research needs to be directed at distinguishing VT from other sources of distress arising within the workplace. Finally, the organisational relevance of VT and its possible implications for the management of mental health workers (needs to be) critically appraised.”

Backing this up are the statistics spilling out; literally thousands of nurses, therapists and psychiatrists are leaving NHS mental health services. Two thousand mental health staff a month are leaving their posts in the NHS in England, according to figures from the Department of Health and Social Care (DHSC). And a total of 23,686 mental health staff left the NHS between June 2017 and the end of May 2018, according to health minister Jackie Doyle-Price.



Poor mental health leads to a range of problems, from struggling to function due to depression and anxiety, to the more serious mental illnesses such as bipolar disorder, psychosis and paranoid behaviours like schizophrenia.



First things first, they need to be opened for providing mental health. Their state of mind is about, then this will feeling supported and

the channels of communication for those suffering as a result of health care. If NHS staff feel that this is something which can be spoken about, it will go a long way towards them feeling supported and more confident in their role.

So, what can be done to improve the situation?

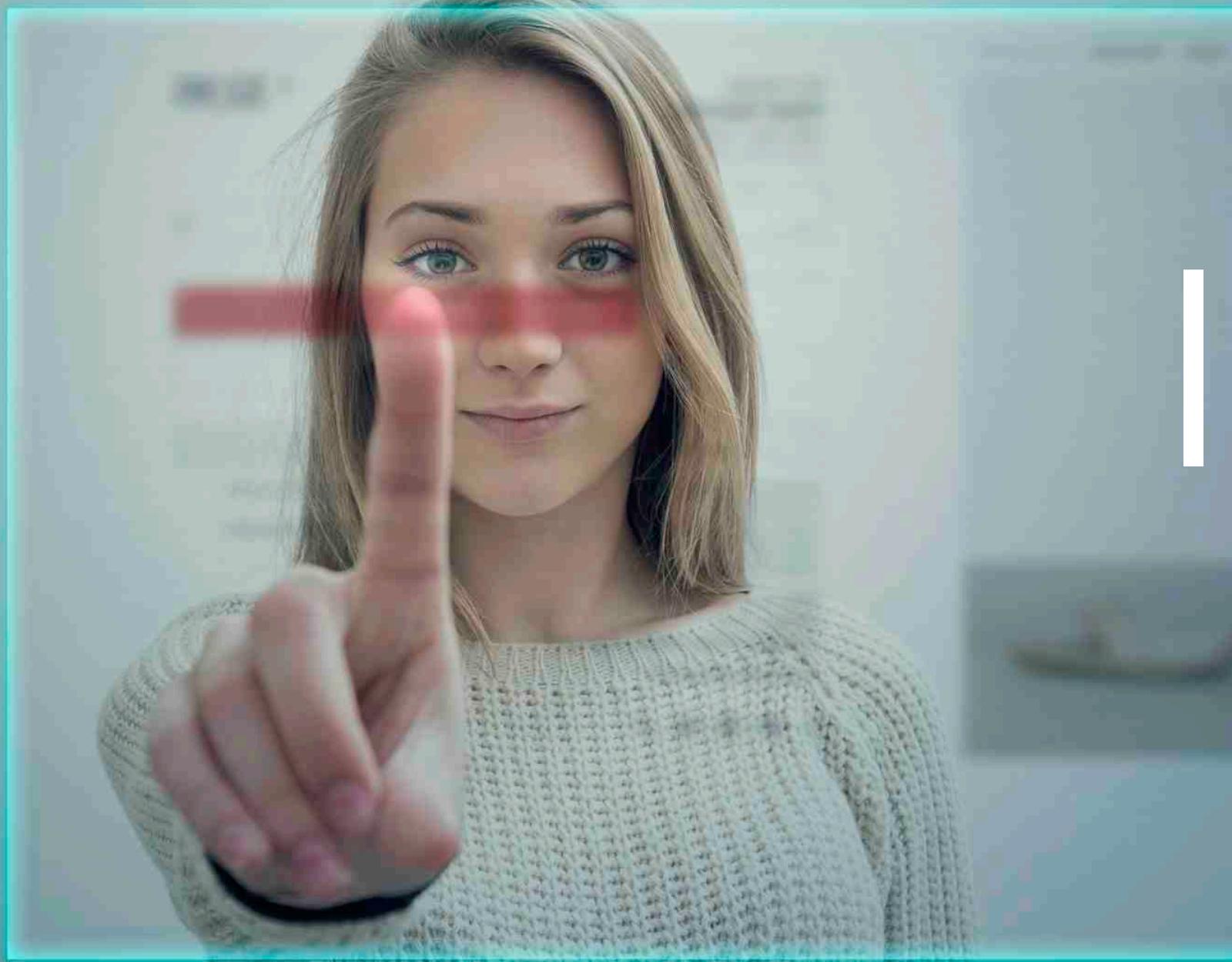
1. First things first, the channels of communication need to be opened for those suffering as a result of providing mental health care. If NHS staff feel that their state of mind is something which can be spoken about, then this will go a long way towards them feeling supported and more confident in their role.
2. The next stage is having that clear and open discussion about what the individual feels would improve their situation.
3. Then comes implementation – how can their needs best be dealt with on a day to day basis.
4. A careful look at workload is also highly beneficial. It might be that the person would benefit from reduced hours, a different split of hours or moving to a different role.

There isn't going to be a simple solution here, the issues are becoming far more entrenched and this needs to be halted. If baby steps are taken, the whole culture of mental health care workers suffering as a result of their job will be slowly, but inexorably, reduced.



Lastly, a message from ‘Mary’:

“I’ve been a community mental health nurse for the last ten years. I initially came into the role because I felt that I could give the strong support to those who needed it in their home environment. I loved the job, and I still do, but it’s getting harder and harder to stay happy while I do it. The staff shortages mean that we have to work twice as hard and with more than double our original number of patients, which is very stressful. I worry that I’m not helping them as much as I should be, and this has made me depressed. I didn’t want to have time off work, but in the end, I had no choice but to take sick leave, on the advice of my GP. I hope to return to work soon, and I hope that I’ll deal with the stress better. Sadly, there are lots of people who will feel that they simply can’t carry on, which perpetuates this vicious cycle. I just want to do what is best for my patients but sometimes I feel that the NHS is stopping me from doing this, and that there should be more support available for those mental health workers.”



THE RISE OF E-COMMERCE TRENDS

FASHION INDUSTRY

WRITTEN BY EMILY HADDINGTON | PHOTOGRAPHS GETTYIMAGES

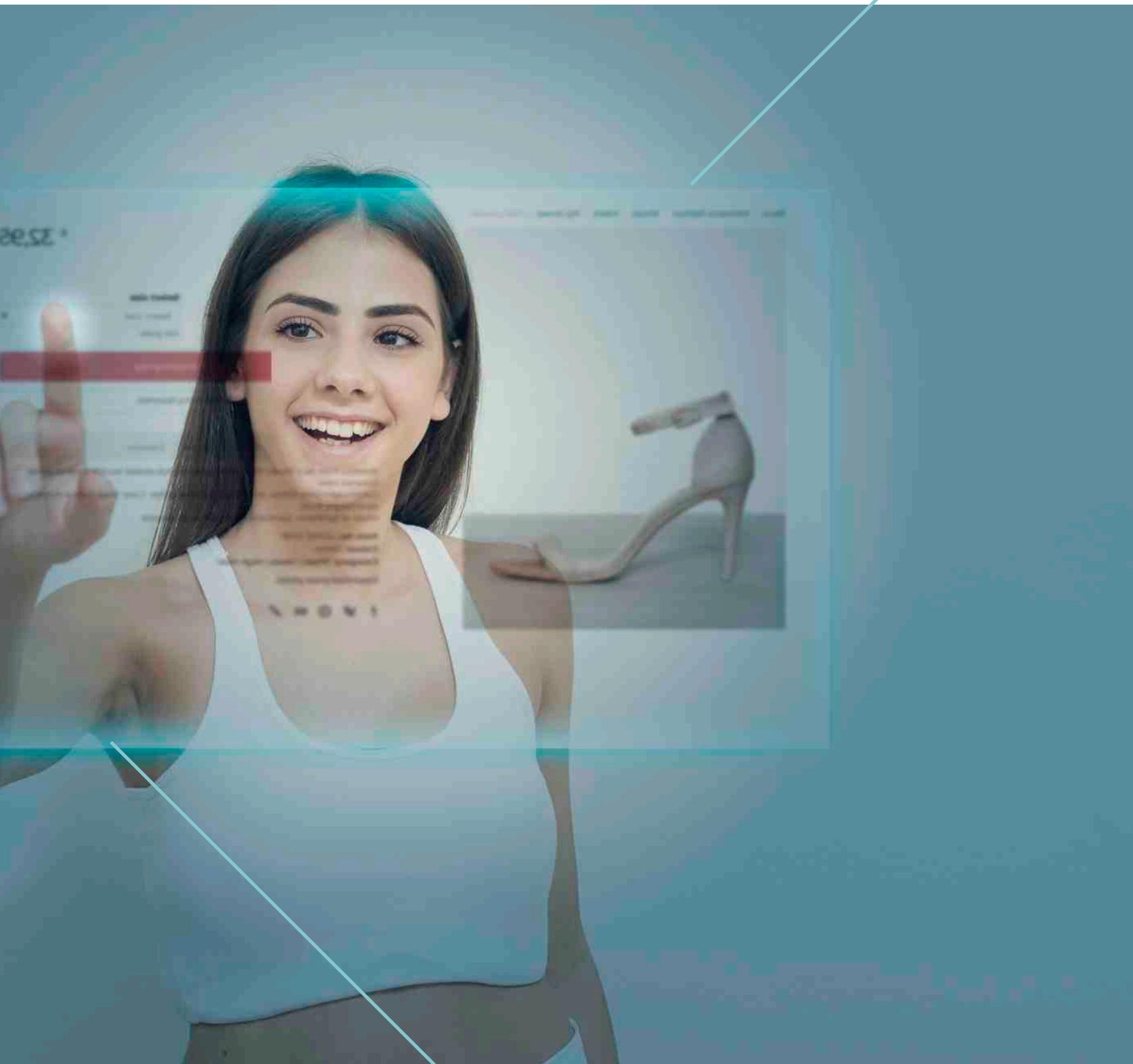
As Love Island star Molly-Mae Hague becomes the new face of online retailer Pretty Little Thing, we take a look at how e-commerce has helped the rise of fast fashion brands that are crippling high street stores.

Over the last year, e-commerce fashion brands such as Pretty Little Thing, ASOS, I Saw It First, Nasty Gal, Boohoo and Missguided have all hit High Street giants like House of Fraser, Debenhams, H&M, Dorothy Perkins, Miss Selfridge and TopShop with such force that they are forcing store closures. But how are they doing it? We are currently living in an online fashion boom, and not even New Look, Zara or H&M are safe.

UNDERSTANDING THEIR MARKET

E-commerce retailers understand the exact demographic they are retailing to. Rather than catering to every type of customer with clothing to suit all age ranges, they take an exact age market and stick to it. This means that potential customers within this age range are more likely to remain loyal to the brand. Many e-commerce brands aim themselves at Millennials and Gen Z, as younger customers are also more reactive to messages of body positivity in terms of models used. Brands such as ASOS embrace this through use of normal and plus-sized models, while using images that have not been retouched, all complete with stretch marks, scars or cellulite. This in turn makes the models wearing their clothes more relatable to the consumer, boosting chances of sales.

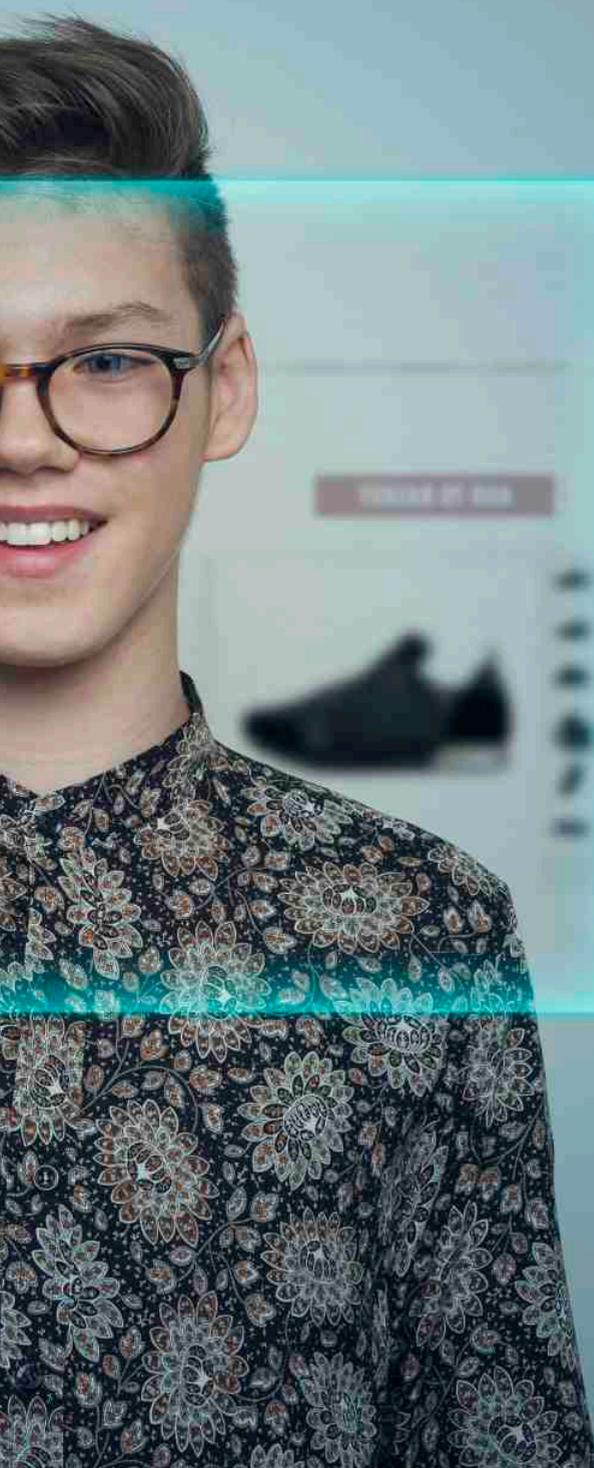




THE POWER OF SOCIAL MEDIA

It isn't just about having a likeable product and understanding your audience. E-commerce fashion retailers also understand how social media can be a strong platform for their brand. Many social media strategies within online fashion retailers are solely consumer-focused, and such retailers seek to have a loyal and interactive following on sites like Instagram and Facebook. Social media influencers are also these brands' best friends, and can boost sales overnight with a strong enough post that ends up trending or going viral. Online fashion retailers also exploit ways in which the social media channels of their brand can be connected to other aspects of popular culture that appeal to its market audience. I Saw It First for example sponsored ITV's Love Island and provided some of the contestants' wardrobe in Summer 2019. Such moves are subtle yet highly effective marketing strategies by retailers, purely implemented to grow a brand's loyal following.





A FASTER, MORE CONVENIENT RETAIL EXPERIENCE

E-commerce fashion retailers also make it as easy as possible for the online shopper to spend money on their clothes and keep them. A shopper can see exactly what they are getting through examination of clear photos and a review of an item's short, snappy description before purchasing it on any portable device such as a mobile or tablet. They can also take advantage of trying purchased clothes on at home before changing their mind, with lengthy return policies, free returns and useful sizing tools offered by brands so that exact sizing can be determined before purchase (making it less likely that the customer will return the clothes in the first place). Shoppers can also create simple 'wishlists', so that they can return to previous items of interest more quickly and easily. This all makes for a more convenient shopping experience, which, in today's fast-paced world, fits in with many customers' lifestyles.

ROMANTIC PLACES

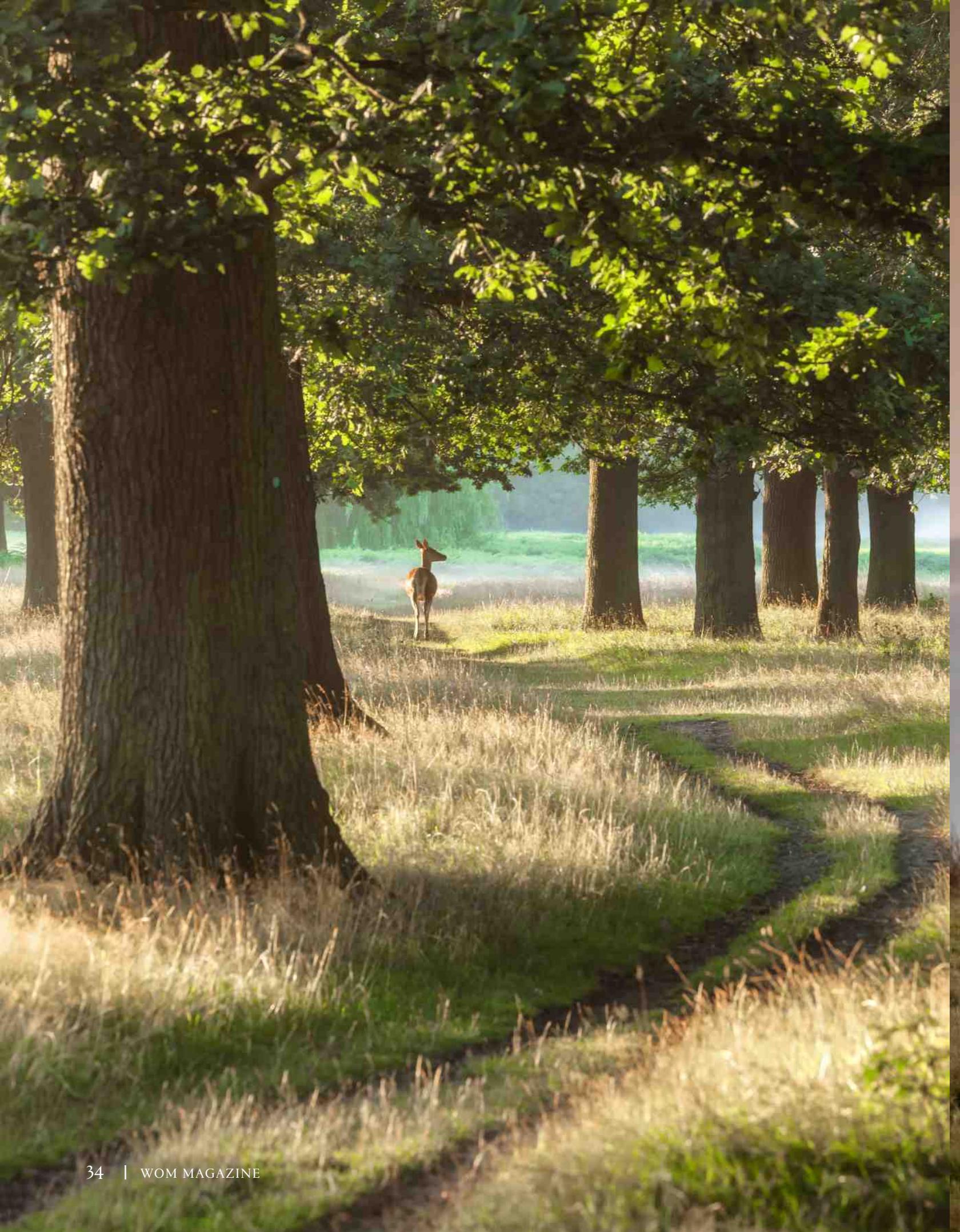
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WALK IN AUTUMN

When you think of London, you assume the hustle and bustle, but don't associate the city with tranquility and peace. However, did you know that London is bursting with romantic areas to spend an afternoon outdoors with a loved one? Stretch your legs and embrace the natural beauty within London.

WRITTEN BY AMY POOLE | PHOTOGRAPHS GETTY IMAGES





Richmond Park

To experience the true charisma of this area, we suggest venturing out to Richmond Park just before it gets dark so you have time to experience its natural beauty at night. Begin your walk from Richmond town centre and travel along the river before reaching Richmond Park. Once you enter this romantic space, you'll discover numerous different routes, all of which, are filled with greenery.

The walk can be a challenging one if you head for a route that's uphill, but you can embark on a leisurely stroll with a loved one should you wish. If you head in the same direction, the entire stretch is only 1.5 miles, which is great if you're short on time. Alternatively, make the most of a day together by stopping off for a refreshment at one of the cafes dotted towards the town centre.

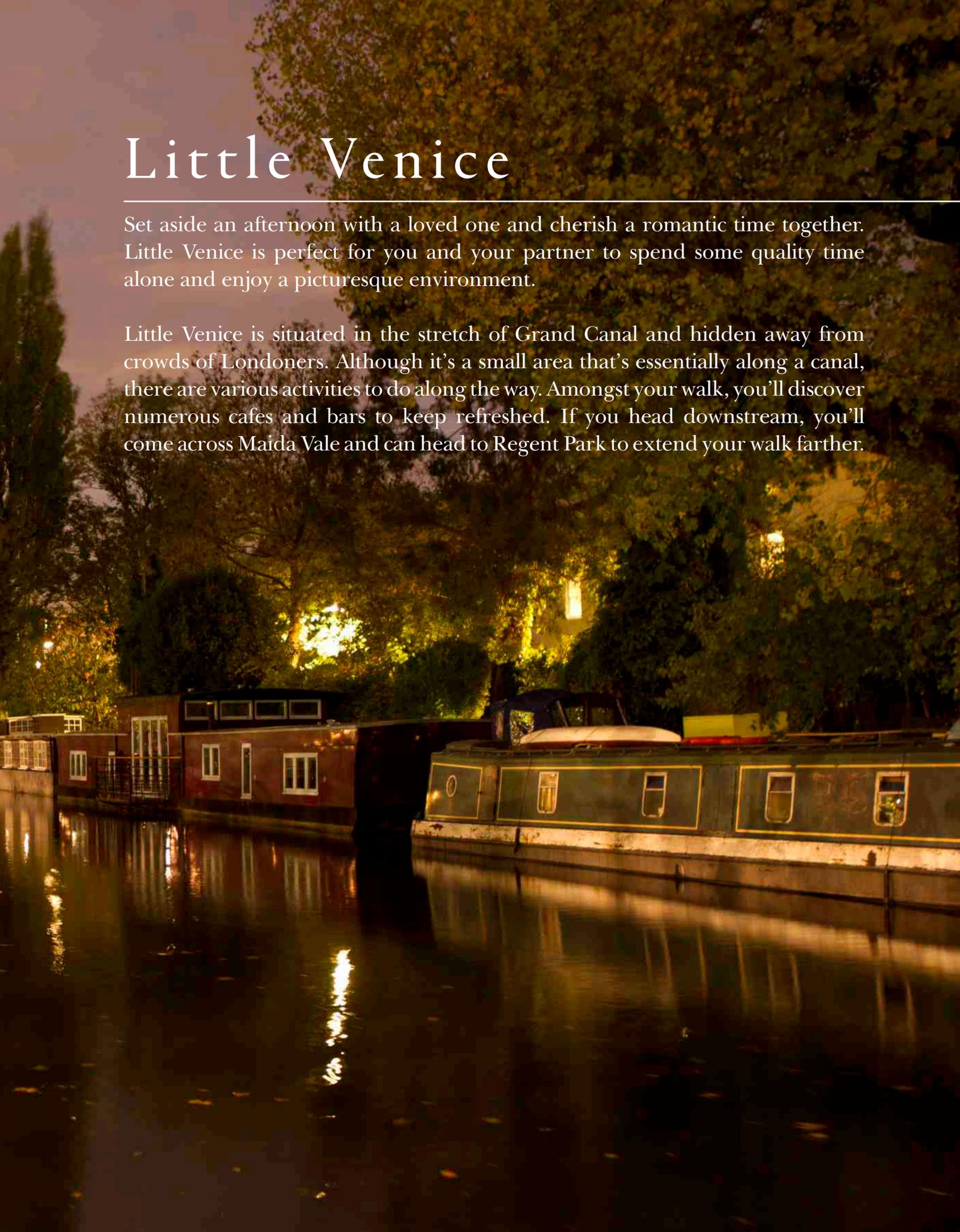


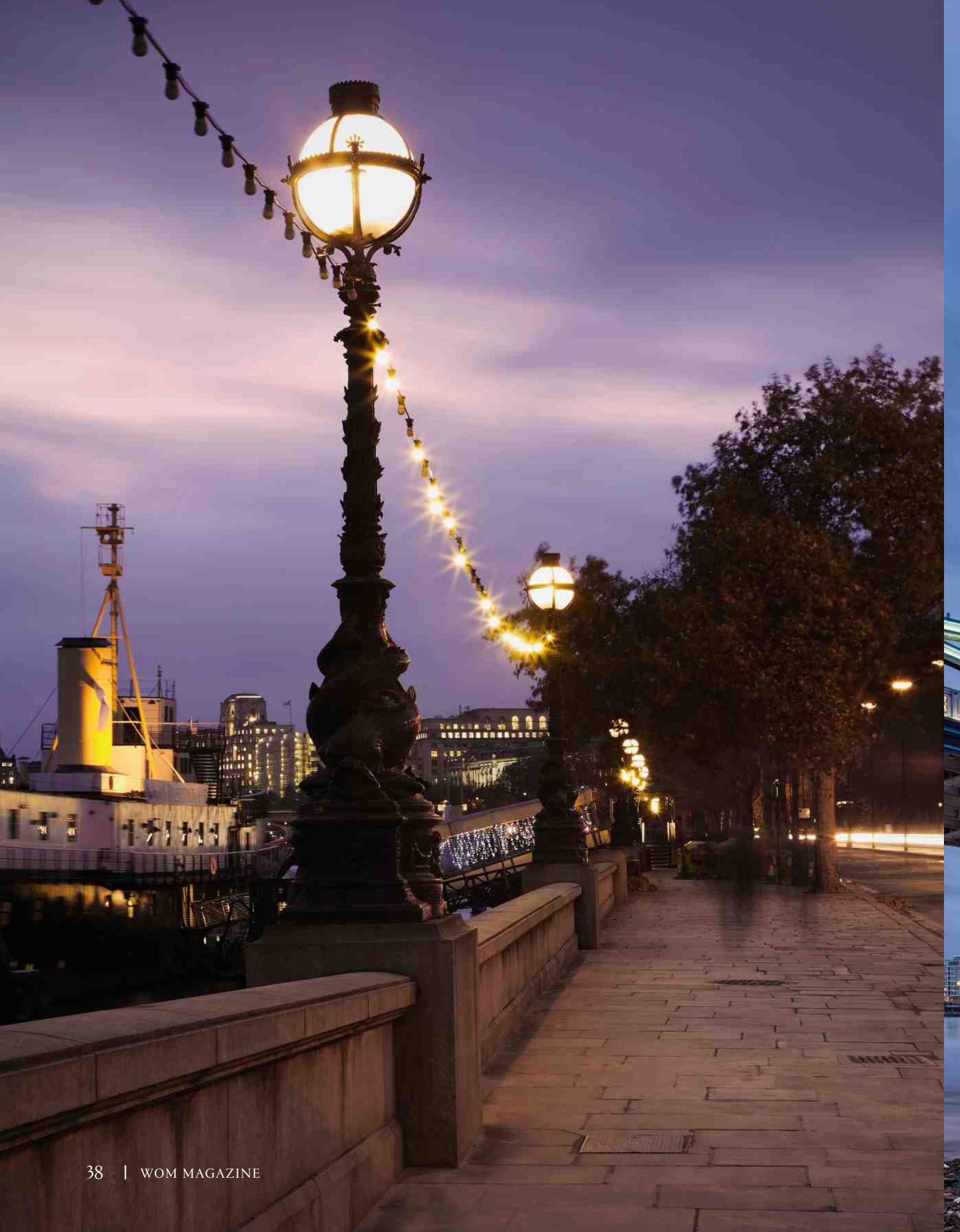


Little Venice

Set aside an afternoon with a loved one and cherish a romantic time together. Little Venice is perfect for you and your partner to spend some quality time alone and enjoy a picturesque environment.

Little Venice is situated in the stretch of Grand Canal and hidden away from crowds of Londoners. Although it's a small area that's essentially along a canal, there are various activities to do along the way. Amongst your walk, you'll discover numerous cafes and bars to keep refreshed. If you head downstream, you'll come across Maida Vale and can head to Regent Park to extend your walk farther.





Chelsea Embankment

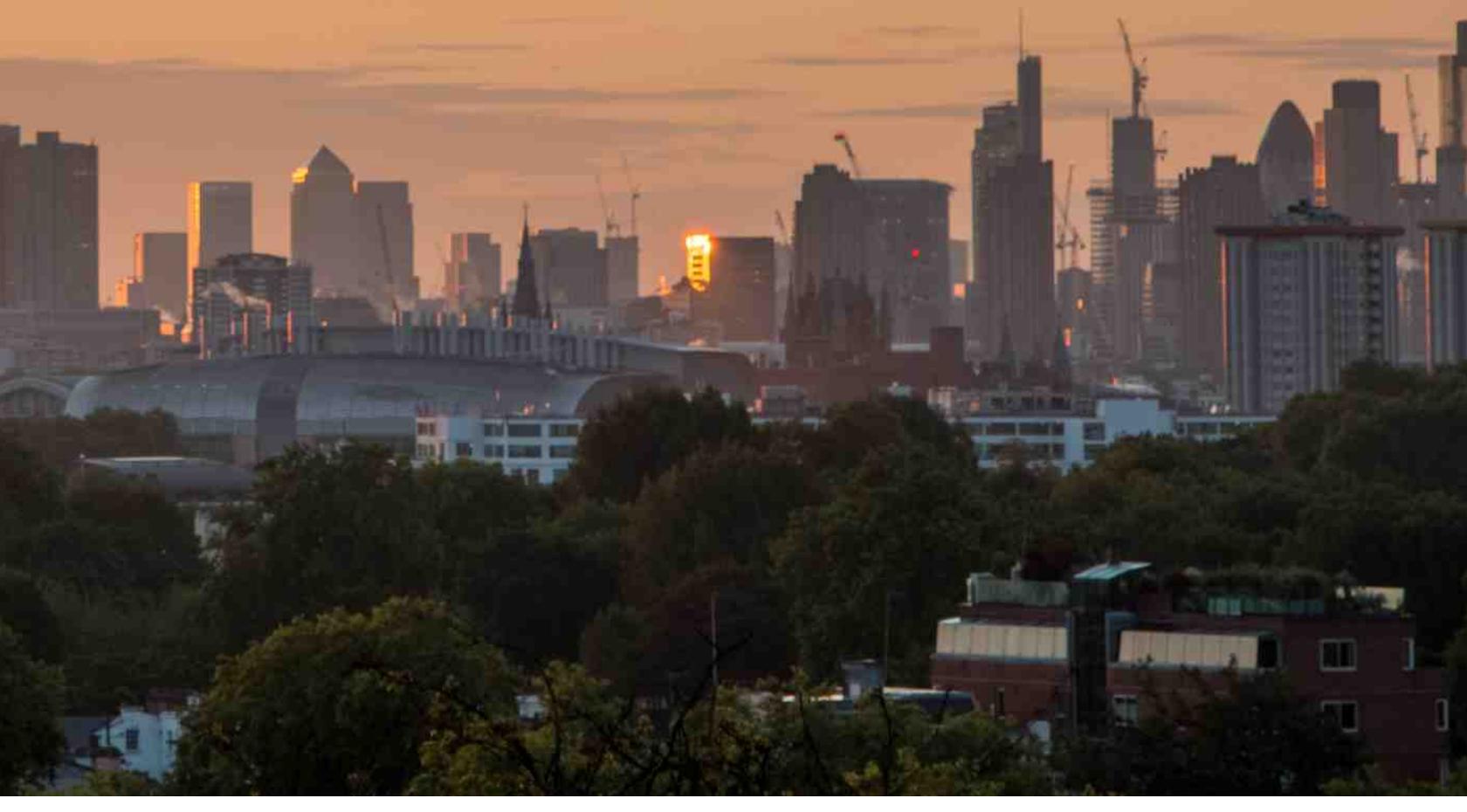
Witness a romantic sunset walking along the Chelsea Embankment. Begin your walk at the Vauxhall Bridge and walk hand-in-hand through Battersea Park. Along the route, there's plenty to explore aside including heaps of greenery Carlyle house, Physic Gardens, and more.

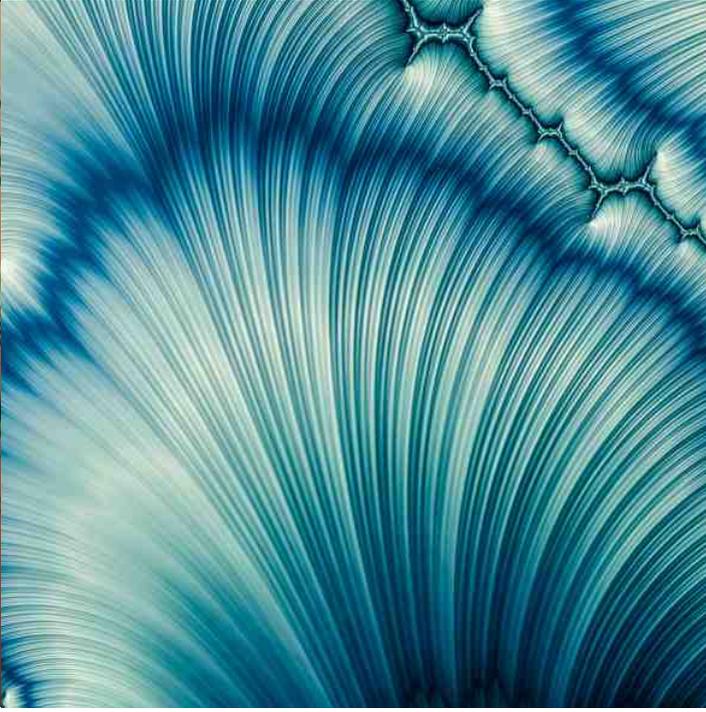
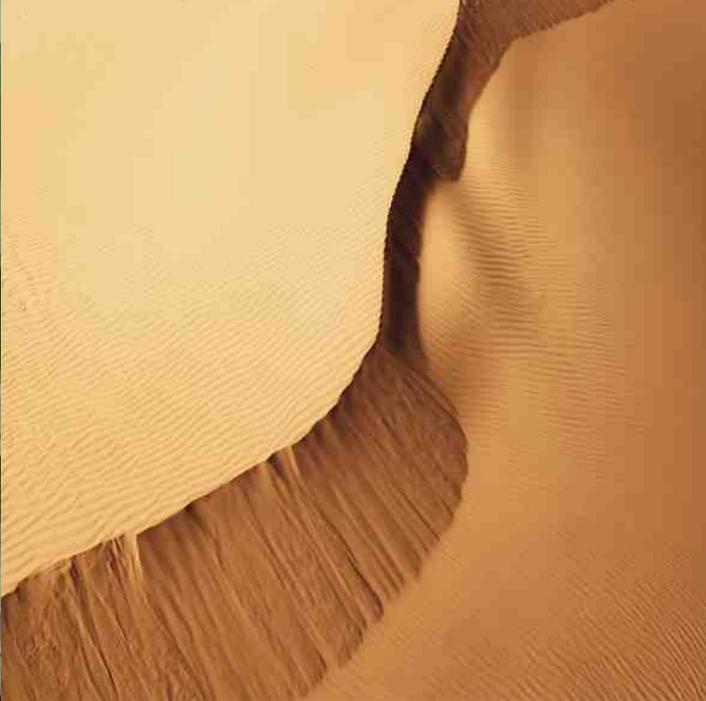




Primrose Hill

You don't need to allocate a time to head to Primrose Hill as it's perfect any time from morning through to evening. Take a step back from the beautiful city and inhale its spectacular views. When the sun's shining, you'll get a great glimpse of the London Eye and St Paul's Cathedral. Make sure you stop off for a picnic at the top of the 78-foot hill to watch the sun go down. This is the perfect spot for first dates and long-term lovers.







RISING TREND OF

VEGAN FASHION

LABELS IN LONDON

Veganism isn't just a dietary choice but a way of life, too. Last year, the vegan fashion industry soared and we're seeing more designers step forward and ethically produce clothes and accessories. In this article, we're exploring the most influential vegan fashion labels to come across in London.

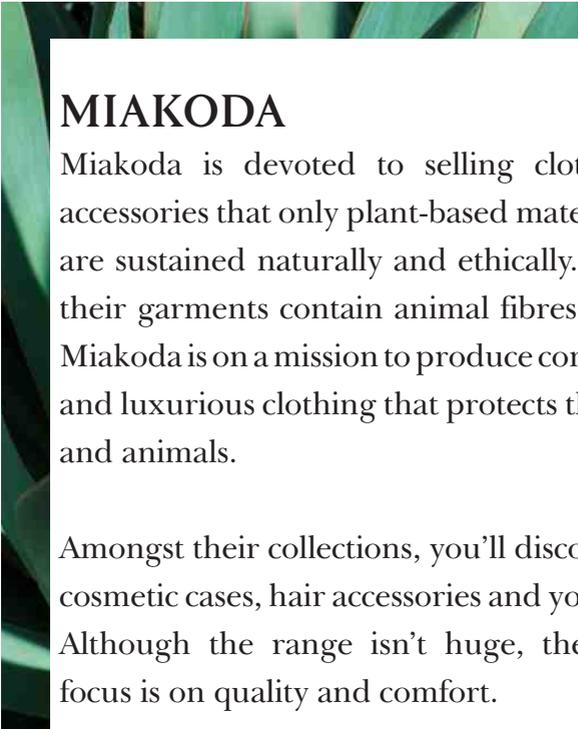
WRITTEN BY **AMY POOLE** | PHOTOGRAPHS **GETTYIMAGES+PR**



PEOPLE TREE

This vegan fashion label began in 1991 and their objective has stayed the same throughout this duration. Every product founded by People Tree is ethically made with high environmental standards. People Tree also put a huge emphasis on creating affordable and stylish clothes that remain respectful to people and the planet.

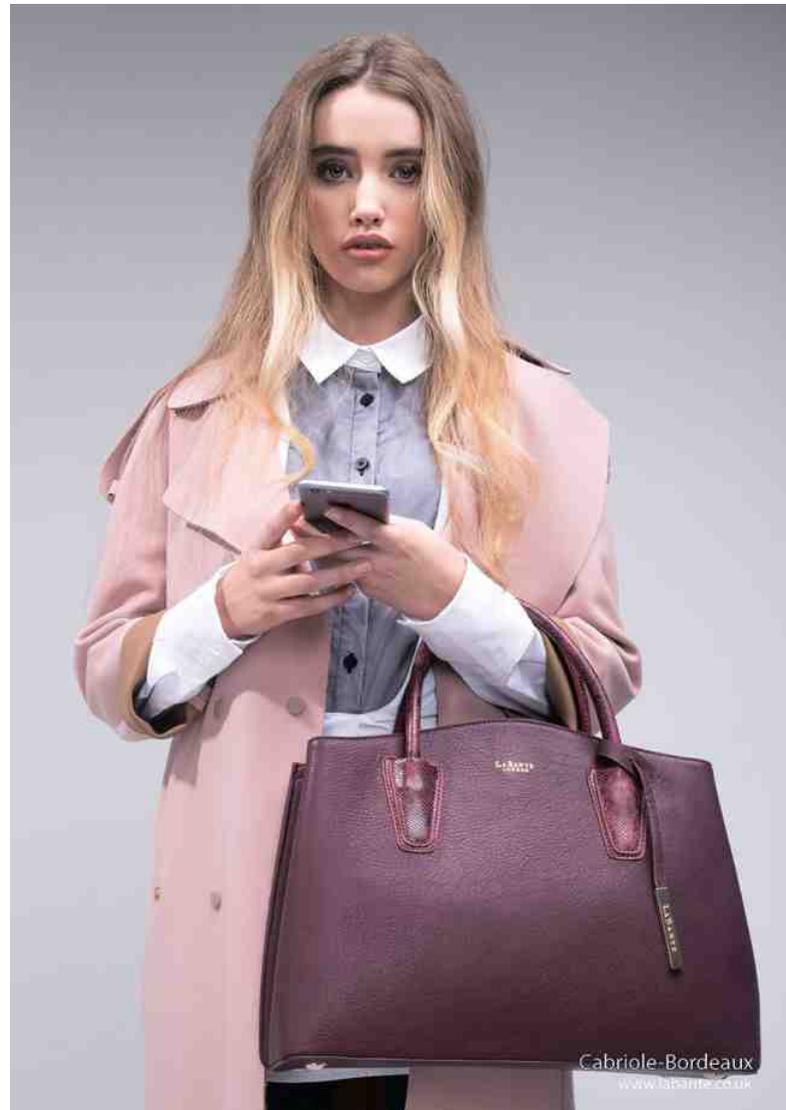
As such, you can expect organic cotton, hand-knit accessories, and much more. Their success hasn't gone unnoticed as they've been awarded the World Fair Trade Organisation title. From their ethically-sourced products to gender equality and respectful working conditions, People Tree have a clear standpoint.



MIAKODA

Miakoda is devoted to selling clothes and accessories that only plant-based materials that are sustained naturally and ethically. None of their garments contain animal fibres, because Miakoda is on a mission to produce comfortable and luxurious clothing that protects the planet and animals.

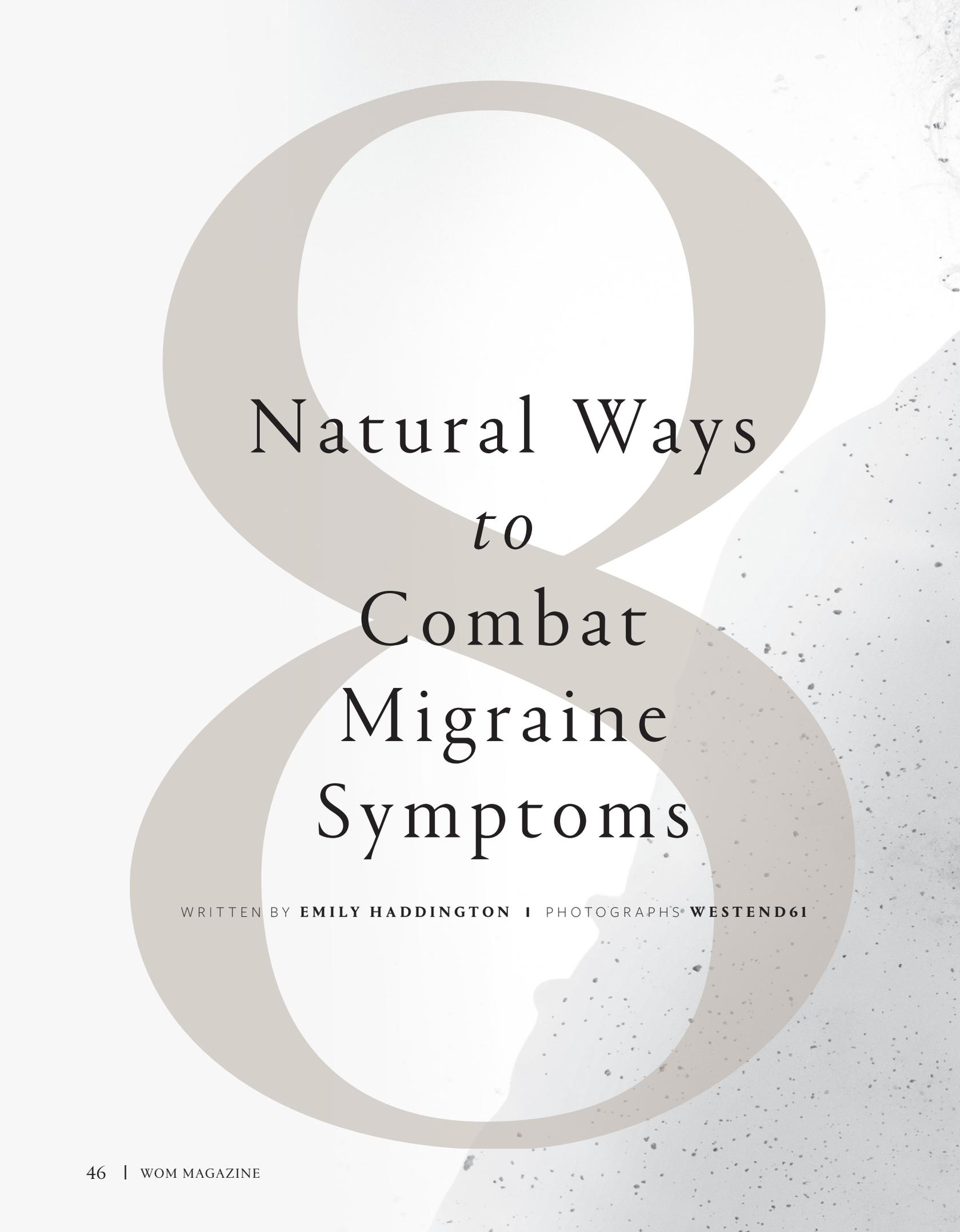
Amongst their collections, you'll discover bras, cosmetic cases, hair accessories and yoga crops. Although the range isn't huge, their main focus is on quality and comfort.



LABANTE

LaBante came onto the scene in 2009 with the philosophy of creating a fashion label that stands by a vegan lifestyle while offering stylish collections. Unlike the above vegan fashion labels, LaBante is dedicated only to selling bags. All of their products are produced using recycled plastic bottles, though you certainly can't tell by looking at them.

This is the store to visit if you're looking for a laptop bag, shoulder bag, tote bag, clutch bag, and many more. Their website boasts pages of unique designs that are perfect for special occasions for running daily errands.



Natural Ways
to
Combat
Migraine
Symptoms

WRITTEN BY **EMILY HADDINGTON** | PHOTOGRAPHS **WESTEND61**



With National Migraine Week, creating awareness of the debilitating symptoms affecting migraine sufferers, here's how to relieve those uncomfortable headaches using natural and holistic methods. A migraine isn't your typical headache. When you suffer from a migraine, you experience a throbbing, pounding pain in the head that co-indices with ultra sensitivity to environmental sounds and light. Migraine symptoms should always be treated by a doctor, but there are also natural remedies you can try at home that may help to ease the severity of your condition.

1 AVOID JUNK FOOD

Some foods with higher amounts of salt, saturated fat and sugar are known for triggering migraine symptoms. Avoid foods that are overly processed, as well as sweets, chocolate and fizzy drinks. Refrain from drinking alcohol and caffeinated beverages if caffeine gives you migraine symptoms. Foods containing artificial flavour enhancers and sweeteners should also be avoided.

2 USE PEPPERMINT AND LAVENDER ESSENTIAL OILS

Lavender oil is known for its calming and relaxing properties, and has been known to ease migraine symptoms if applied to the temples or wrists and inhaled. You can purchase aromatherapy balms containing lavender essential oil. Likewise, peppermint oil is known for clearing the mind and relieving headaches. Put a few drops in a hot bath, sink in and inhale deeply.

3 DRINK HOME-MADE GINGER TEA

Infuse a thumb-sized piece of peeled natural ginger in boiling water with a little honey and drink up. Ginger powders can also be used either in drinks or sprinkled into dishes to ease the duration and frequency of migraine symptoms.

4

TRY YOGA

Yoga techniques that use meditation, breathing and relaxing poses can promote a calm and collected mood, reliving the stress and anxiety that can lead to a migraine attack.

BOOST YOUR MAGNESIUM INTAKE

A deficiency in magnesium is commonly linked to headache and migraine symptoms. Speak to your doctor about whether this may apply to your situation, as you may need to take supplements. Foods that are high in magnesium include eggs, dark green vegetables like greens and cabbage, oats, milk, sesame seeds, sunflower seeds and peanuts.

COOL DOWN WITH A COLD PACK

Placing an ice pack or cold wash cloth (that has been in the freezer) on your forehead can help relieve migraine symptoms through restricting blood flow. This method doesn't work for everyone, but is always worth a try.



Migraine symptoms should always be treated by a doctor, but there are also natural remedies you can try at home that may help to ease the severity of your condition.

7

SLEEP AS MUCH AS POSSIBLE

Both napping and sleeping can help relieve migraine symptoms. Try to fall asleep and wake up around the same time each day, and get at least eight hours of sleep a night. This should give your body and mind enough rest to keep migraines at bay.

UP YOUR VITAMIN B2 INTAKE

Vitamin B2, also known as riboflavin, helps our bodies to break down fats and carbohydrates so that we can maintain energy. If your Vitamin B2 level is low, you may feel very tired and irritable and prone to migraine attacks. Vitamin B2 can be found in many proteins and meats including fish and chicken, and other dairy products such as milk and cheese. Try increasing these foods in your diet to see if they ease your migraine symptoms.



TOP 5 MOST UNUSUAL
MUSIC
VENUES IN LONDON

Love gigs, but sick of the same old venues? Then check out our top 5 most unusual music venues in London, where you can enjoy an incredible show with boundless ambience.

WRITTEN BY JASMINE LEE KENNEDY | PHOTOGRAPHS ALAMY

Tamesis Dock, *Vauxhall*

First on our list is London's floating pub, Tamesis Dock - a brightly coloured converted-1930s barge which sits idly on the Thames. On the weekends, they're known for showcasing up-and-coming talent below deck, playing anything from Latin jazz and neo-soul to ukulele karaoke. As gigs are usually free and work on a first-come-first-serve basis, we recommend you get down there early to avoid disappointment. When you're not throwing shapes in the hull, you can head upstairs to enjoy their tasty tipples and top-notch British grub, all washed down with the stunning view of some of London's most famous landmarks.

Albert Embankment, Lambeth, London, SE1 7TP

<https://www.tdock.co.uk/>





Cafe Cairo, Clapham North

As you walk through the doors of this North African-inspired hideout, you're immediately enchanted by the unique decor. Cobbled floors meet crimson walls, with mismatched, vintage chairs and curious Egyptian knick-knacks as far as the eye can see. If you head to the back, you'll find a magical, tented alcove that has been brought to life with fairy lights and huge, inviting cushions. But if it's a gig you're after, make your way downstairs and you'll see live performances and DJs playing reggae, Latin, drum & bass, jungle and just oh so much more. Great for a glass of rum punch, a bit of a boogie - and a free slice of toast.

88 Landor Rd, Clapham, London SW9 9PE

<https://www.cafecairo.co.uk/>

The Sky Garden, *Fenchurch Street*

At the top of one of London's most famed skyscrapers, the Walkie Talkie, you'll find the Sky Garden. Here, you can drink amongst the clouds surrounded by landscaped gardens and breathtaking views of the capital. On Wednesdays, Fridays and Saturdays, you can also catch live music and DJs there, playing a range of music from classic jazz to soul and house. They ask that you book ahead using their online service but, if you are unable to do so, you can come as a walk-in after 6pm on Wednesdays and 9pm on Saturdays.

20 Fenchurch St, London EC3M 8AF <https://skygarden.london/sky-pod-bar>





The Blues Kitchen, *Brixton*

With retro dining booths, dim, atmospheric lighting, and the ever-present saloon typeface on the walls, you feel transported to another era at this quirky South London bar. They have live music on nearly every night, playing Motown, funk and soul, with DJs hitting the decks in the earlier hours. On the weekend, events are usually free until 8pm, but can become ticketed after - although they're rarely over a tenner. If you're in the area for dinner, tuck into their American soul-food classics, which include mac and cheese and New Orleans gumbo.

Tip: Make sure to try the buffalo wings.

40 Acre Ln, Brixton, London SW2 5SP <https://theblueskitchen.com/brixton/>



from
and our
today

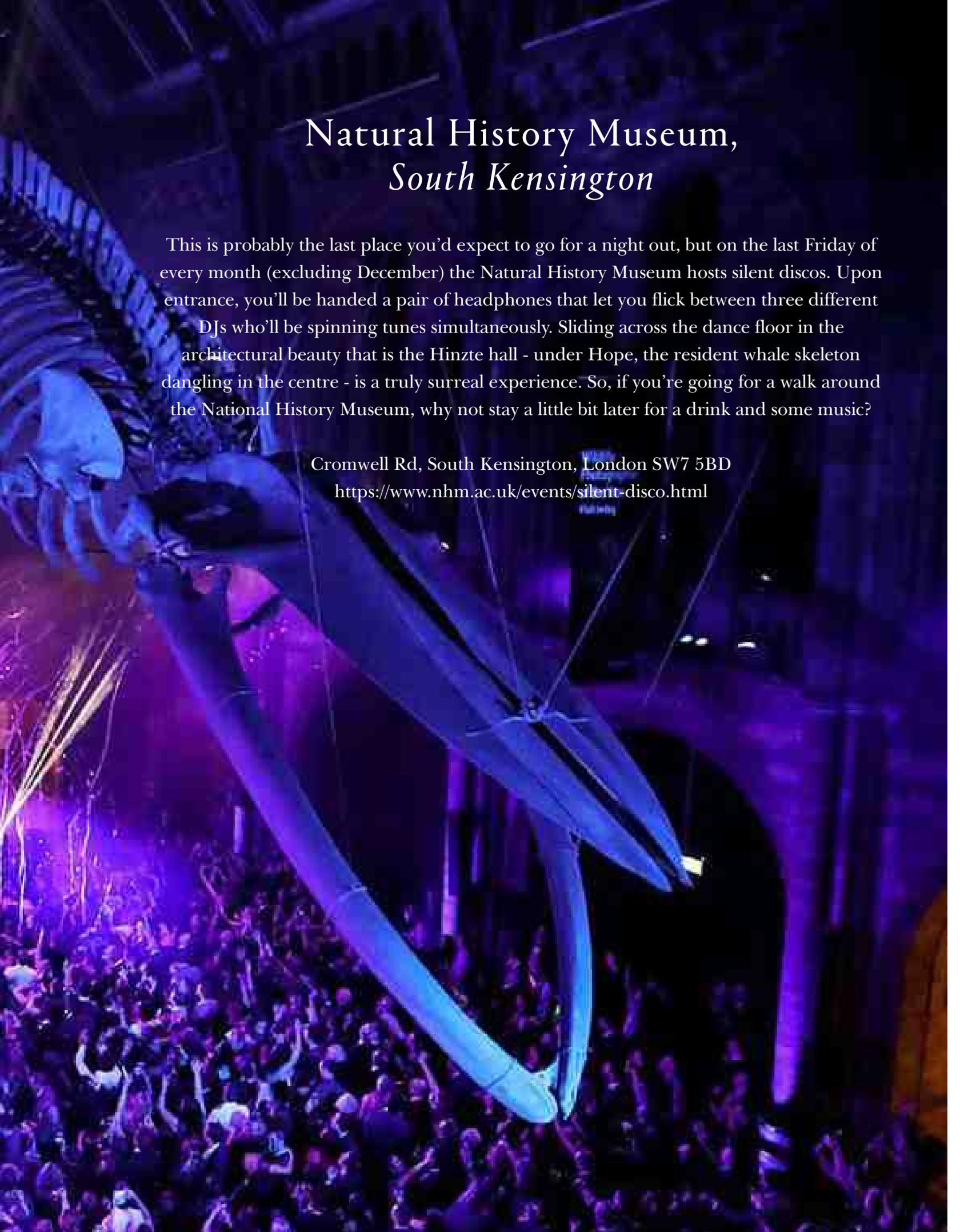
Natural History Museum, *South Kensington*

This is probably the last place you'd expect to go for a night out, but on the last Friday of every month (excluding December) the Natural History Museum hosts silent discos. Upon entrance, you'll be handed a pair of headphones that let you flick between three different

DJs who'll be spinning tunes simultaneously. Sliding across the dance floor in the architectural beauty that is the Hintze hall - under Hope, the resident whale skeleton dangling in the centre - is a truly surreal experience. So, if you're going for a walk around the Natural History Museum, why not stay a little bit later for a drink and some music?

Cromwell Rd, South Kensington, London SW7 5BD

<https://www.nhm.ac.uk/events/silent-disco.html>







HOW DID

JAZZ

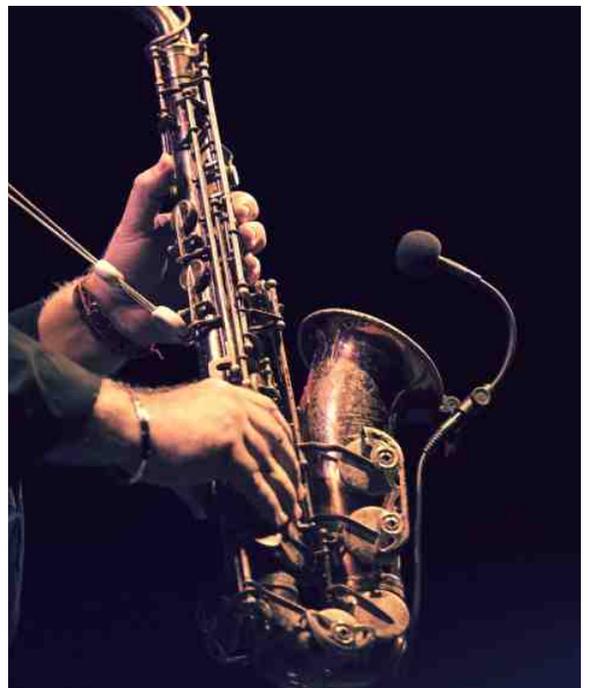
BECOME COOL AGAIN?

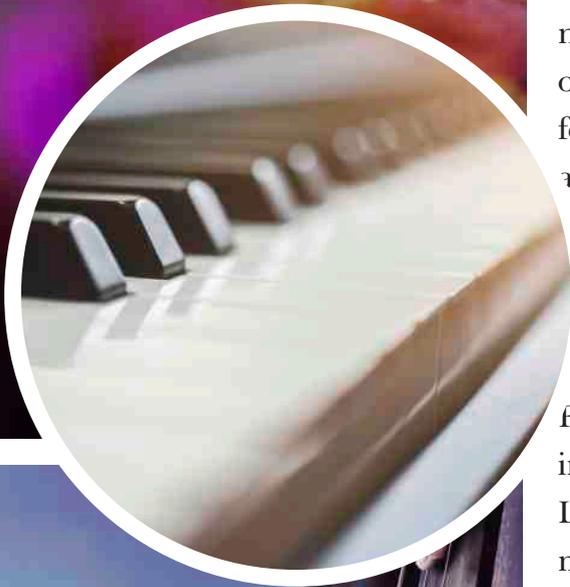
WRITTEN BY **JASMINE LEE KENNEDY** | PHOTOGRAPHS **GETTYIMAGES**

For a while, it was often seen as a pompous genre for high-brow, fedora-wearing arses - and sometimes the embarrassingly uncool parent - but now, jazz is making a comeback. Though previously ignored by the mainstream, it's growing in popularity across the UK, especially among the under 30s, with festivals and music venues showcasing more jazz acts than ever before. But the question is: why?

First of all, music has become more accessible with streaming services, Youtube videos and infinite radio stations opening the door for us to discover music far and wide. With endless music at your fingertips, it's easier to stumble upon music we would otherwise never have heard. You don't have to go out and buy a CD or record to hear jazz, it's right there - just waiting to be heard. It's also never been so easy to share music. If we like something, you can send it to your friends with the click of a button, and vice versa, spreading the discovery of new music amongst your peers, increasing its popularity.

Jazz is also now being made for and by young people. There are a number of music programmes available to aspiring artists, with one of the most famous being Tomorrow's Warriors. Founded in 1991, they've helped young musicians from BAME backgrounds to achieve their greatest potential - and eventually spearhead the jazz renaissance that is now taking over the UK. Some of the best neo-jazz artists out there today have come from within their walls, such as Sons Of Kemet, Ezra Collective, Kokoroko and Nubya Garcia, just to name a few.





It would also be rude not to mention the impact Giles Peterson has had on London's jazz resurgence. He is, undoubtedly, one of the most-loved and influential figures in the UK music scene. Every Saturday on his Radio 6 show, and on his own Worldwide Radio station, he showcases incredible new jazz artists as well as shines a light on the work of the late greats. We Out Here, his most recent festival which debuted last year, was described by attendees as a celebration of jazz, soul and everything in between. With his passion for the genre, he has influenced the younger generation to appreciate jazz just so much more.

Furthermore, popular artists are increasingly incorporating jazz into their music. For example, Loyle Carner, The Internet, Kendrick Lamar and many more have jazzed up many of their tunes, often in collaboration with rising artists. This has brought jazz into the mainstream and has made it far more accessible to a wider pool of people than when it was a previously uninvitingly niche to them.

We can only guess that this jazz's popularity is going to grow and grow, with an ever-increasing number of talented musicians coming out of the woodworks. You can also expect that artists of all genres will be broadening their musical horizons, including elements of jazz in their tracks – and we can't wait to hear it.





EASY BREEZY
AUTUMN
JACKETS
FOR CASUAL
COMFORT

WRITTEN BY SARAH HAYNES | PHOTOGRAPHS GETTYIMAGES + PR

ummer is behind us, and now that we are staring down the gun barrel of Autumn, it's time to think about keeping yourself cosy in the colder months ahead. Whilst it may be sad to leave the long, hot days behind, the change of season does bring its benefits because it's a great excuse to start compiling your winter wardrobe. Think jeans, cosy jumpers and warm, fluffy socks. However, one of the most important parts of your autumn outfits is having the right jacket for the season. It's not quite time for the thick winter coats, but you definitely need something to see you through the breezy days and the chilly evenings. As always, there's plenty of choice to be had, so we've made it easier by picking out the best of the bunch, from the high end to the lower end so there's bound to be one to suit your budget.

To start with, here's a jacket that matches durability with style.

The TPU hooded raincoat from Denmark-based company *Rains*, is ideal for damp, blustery days with its protective hood and generous pockets to keep your phone, event tickets or whatever else you need, dry. It's lightweight, breathable and comes in a tasteful olive green or white, which are guaranteed to match any outfit. At £110 it's certainly not the cheapest, but this is definitely what the fashionistas would call an 'investment item'.

www.net-a-porter.com/gb/en/product/1126876







Coming in at £89.95, this durable, high quality, hooded, *Coast jacket* from *Joules* is certainly worth considering. When you spend this much on a jacket, it's good to know that the high quality manufacture is practically guaranteed to see you through more than one autumn. It has front pockets, it's 100% waterproof, with taped seams, to protect you from the rain, wind and drizzle, plus a zip fastening with breathable fabric to keep you comfortable at all times. It also comes in a range of colours so you can pick out which one suits you best.

www.joules.com/Women/Jackets-Coats/Red/Coast/Waterproof-Jacket?id=200270 | RED



At a more modest price, the *Romina jacket* from *Regatta* still ticks all the boxes. Currently on sale with a price cut from £100 to £35.95, this jacket is a steal. Cut to a flattering mid-thigh length, its waterproof, insulated fabric comes with a DUP (durable water repellent) layer to keep out the rain. And with this one, there are adjusters on the hood so you can adapt it for a comfortable fit, snuggly pockets to keep your hands warm and dry, plus a two-way zip for the ultimate thermo-control. It's available in a wide range of colours, so if outfit co-ordination is high up on your list of priorities, this could be the one for you. www.regatta.com/romina-waterproof-insulated-jacket



Again, at a reduced price from £99 down to £35.99, this Muddle for women jacket from Trespass is another good option. To keep the rain at bay, it features a waterproof shell, sealed seams and a hood. The windproof finish keeps the blustery weather away, and on the inside, it has a jersey lining to keep you warm and cosy. It also has a shaped back hem for the ultimate fit and coverage, along with cord drawstrings so you can adjust it to suit your body. And of course, dry storage for your essential items is a must and this jacket has two, deep pockets for this very purpose.



If staying warm is a priority for you, then the lightweight Ayacucho Himalaya down jacket could be the perfect choice. This jacket is filled with 100% responsibly sourced goose down to keep you cosy, even on the coldest of autumn nights. Plus, the Nikwax Hydrophobic Down Treatment means that you'll stay well insulated even in wet conditions. The down is kept in place through the jacket's micro baffle construction. You can adjust this jacket for a perfect fit, by the cinch cord in the hem, and its two handwarmer pockets with zips, means that you can warm up your hands whenever you like. And as for carrying it with you, this jacket can be folded up very small so you can easily make sure that you have it when you need it. www.cotswoldoutdoor.com



THE SINGS FRENCH SONGS

M. D. H. LAWRENCE /

Jazz - THE FLOWERING OF THE MUSIC OF NEW ORLEANS - Volume Five

YOURSELF /

DUSTULAT 22

SEAN RACKS / WITH EDWIGE FEUILLERE AND MARIAN ZELDES

SNOOKS EAGLIN NEW ORLEANS STREET SINGER

AST - CHINESE AND BALINESE MUSIC - ASIAN MUSIC ENSEMBLE

SINGS FOR BROADSIDE

POETS

ORLEANS: Music of the Dance 1914 /

FLAMENCO MUSIC /

A BLUES

PREHENSION /

COX / Spanish American Poetry of the 20th Century /

W. C. HANDY BLUES

S OF HEINRICH HEINE /

1929-1940

EMPTY CITY / A TRADITIONAL PEKING OPERA /

BOTH SINGS & PLAYS DULCIMER

NIER

SE POETRY /

HTS OF VORTEX

RECORDS STEREO

GS FOLK SONGS

GUATEMALA

SING - SHANNA BETH McGEE

SINGS SONGS OF THE OPEN ROAD /

COUNTRY SONGS AND TUNES WITH ALTOHARD

F MEXICO

S FOR YOUNG PEOPLE SONG BY PETE SEEGER /

S FOLK SONGS /

K SINGS BALLADS, BLUES & A SPIRITUAL

SEAN RITCHIE

N FOLKSONGS AND BALLADS

TIES - VOLUME ONE /

TOGETHER WE SING

(FP 85-2) FA 2452

NEW ZEALAND

MPORARY AMERICAN POETRY /

NG WITH ELLA JENKINS AND A MUSIC WORKSHOP

N / PIANO

M AND THE REAL HONEY TONIC /

THE SONATAS FOR VIOLIN AND PIANO

TOP 5 INDEPENDENT

RECORD SHOPS

IN LONDON

WRITTEN BY JASMINE LEE KENNEDY | PHOTOGRAPHS GETTYIMAGES

W

ith vinyl sales predicted to outsell CDs for the first time since the 80s, it's a great time to have a look at our list of the top 5 independent record shops in London.

FLASHBACK RECORDS

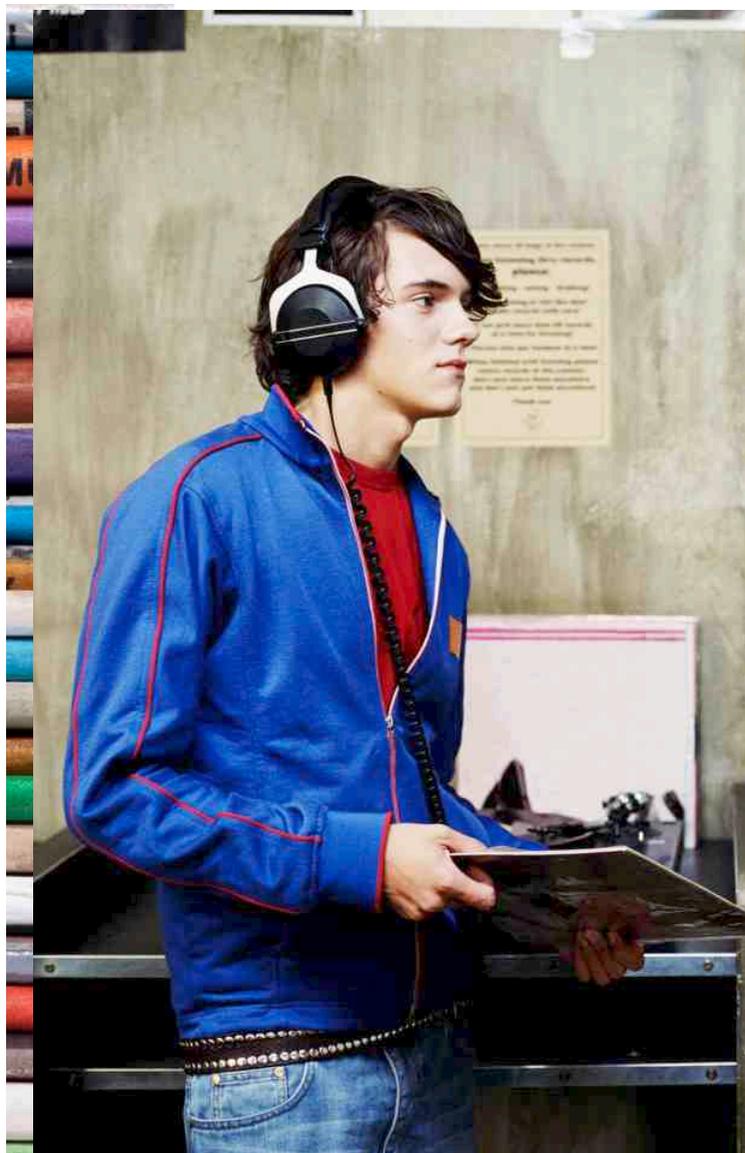
While they also sell CDs of both old and new, if you're a vinyl-head looking for something unique - Flashback Records should be your next port of call. Known to be the home of second-hand, musical relics, this place is truly a crate digger's heaven. Have a rummage through their stock and you will find an eclectic range showcasing the best of jazz, soul, hip-hop, dance and so much more, as well as samples for the producers among you. If you put in the time, you may even be lucky enough to find some of the rare records they're so famous for.

50 Essex Rd, Islington, London N1 8LR

SOUNDS OF THE UNIVERSE

With the knowledge that they're associated with the music label Soul jazz Records, you already have some idea of what to expect at Sounds of the Universe; an eclectic hub of musical ingenuity, with incredible sounds from across the world. Have a flick through what they have to offer, and you're bound to snap up a wicked selection of reggae, jungle, dubstep, jazz, soul, voodoo, punk and - well, you get the picture. They have so much to choose from, you feel a little like a kid in a candy shop.

7 Broadwick St, Soho, London W1F 0DA





SOUL BROTHER RECORDS

Specialising in funk, soul and jazz, this vibrant record shop is a London landmark for hungry vinyl-hunters. Alongside their exceptional selection of albums, 12 inches and 7s, they have a team of incredibly knowledgeable staff. If you're not sure what you're looking for or want to try something new, just chat to them and they'll be able to get you exactly what you didn't know you needed. You can really feel their passion for soul music as soon as you walk through the door, so this is a must-visit for anyone of a similar mind.

1 Keswick Rd, Putney, London SW15 2HL

PHONICA RECORDS

Situated in the heart of Soho, these vinyl specialists have a mouth-watering selection for you to feast your ears on. Their walls are festooned with the latest releases that you'll be eager to get your hands on. They've created quite a name for themselves in the world of dance music retailers, with walls festooned with the latest techno and house releases, but offer reggae, dub and funk records, too. And, they don't just sell records – they also have incredible in-store events for those who love a bit of live music.

51 Poland St, Soho, London W1F 7LZ



CONTAINER RECORDS

While younger and perhaps lesser known than the rest of this list, Container Records is already one hell of a vinyl haven. Opened in just 2015 by a group of DJ and promoter mates, this cosy shop has now become a go-to for those in the know. Head over, and you'll find a beautifully diverse selection of records which you can peruse at your pleasure. You'll find them in Pop Brixton (hence the name Container Records), where they also host events - make sure to check out their next Record Day extravaganza.

49 Brixton Station Rd, Brixton, London SW9 8PQ



Simple Ways *to Reduce* *Your Weekly* FOOD WASTE

WRITTEN BY **EMILY HADDINGTON** | PHOTOGRAPHS **ALAMY**



The food you throw out each week is more of a problem than you might think. Not only are you wasting money, you are sending that food into landfill sites, where it rots and produces methane – one of the major gasses contributing to climate change. Here's how to get your food waste levels down so that you can protect both your wallet and our planet.

Don't bulk-buy items

This is a trap many shoppers fall into. While that 'buy one get one free' offer may be tempting, think about how much food you will realistically get through in a week. Buying in bulk may be a more convenient shopping practice, but it can lead to food wastage if the additional items stay in the cupboard until they need to be thrown away. To prevent over-buying items, make a strict list of exactly what you need for the week. Examine what is in your cupboards and try to use items that are already in them before they go out of date. This will also make your money go further.

Know how to store food

If you are not storing food correctly (especially fruits and vegetables), you are more likely to throw out food waste due to these items over-ripening and turning rotten more quickly. Use storage containers or purchase clips that you can use on bags to keep them sealed so that the food inside stays fresher for longer. Store potatoes, onions, garlic and other root vegetables like carrots in a dark place at room temperature. Also avoid placing fruits that produce ethylene gas next to each other in a fruit bowl (such as peaches and bananas). Store them separately to slow down the ripening process and to prevent them from going bad.

Embrace your freezer

Freezing food is a great way to prevent wastage. You can freeze bread, milk, butter, vegetables, fish and meat for a later date. You can then defrost them ahead of time when you need them. Food that is frozen can also be used to make smoothies, juices or stocks. This will also be easier on your purse strings.

Opt for 'imperfect produce'

Generally speaking, food shoppers are very picky, and prefer to go for the most perfect-looking produce they can put in their shopping baskets. Retailers therefore feel great pressure to stock produce without any imperfections, as consumers generally overlook any fruits or vegetables that look slightly wonky or misshapen. This leads to increased food waste, because these products are not purchased. Some retailers are now tackling this by offering imperfect produce at cheaper prices. There really isn't any difference, so next time you're shopping for fresh produce, keep an open mind and go for the wonky version to help the planet.

Organise your fridge and cupboards

Closely monitor what is going in and out of your fridge. Keep an eye on items that have wandered towards the back of your appliance, noting their use-by dates. If you have leftovers in your fridge, put them in glass containers so that you can clearly see the food inside. Label when foods were purchased so you know when to use them by. Stock newer packs of food beneath others that are older so that you prioritise the older packs first.

WEIRD AND WONDERFUL

WRITTEN BY AMY POOLE | PHOTOS BY [unreadable]

If the idea of quirky bars in London excites you, we've found an array of the best ones to visit. From Victorian-themed venues to prison-inspired cocktails, there's nowhere else on earth you can discover such unique themes.



The Victorian *Bath House*

The next time you're venturing in London and searching for a unique bar, head for The Victorian Bath House, which will transport you to the 19th century. Nestled in a churchyard, this was once a Turkish bath house and is now a combination of a bar, restaurant and event venue.

The Victorian Bath House boasts a food and drink menu that's inspired by the Victorian period with extra creativity and skill from London's top chefs and bartenders. Its interior is lavish and vintage with dim lights, cosy fireplaces and decorations inspired by the times back then.



FUL BARS IN LONDON

PHOTOGRAPHS ALAMY



Alcatraz: Prison Cocktail Bar

Alcatraz is next on the list of weird and wonderful bars in London. As the name suggests, this bar is inspired by prison from the moment you enter the premises. With rooms designed to resemble prison cells, you'll sit amongst friends while get the feeling of being an inmate.

The best feature of this bar is its menu. Unlike traditional London bars, it doesn't have a set cocktail menu, and instead, you're encouraged to "smuggle" in liquor with for a Warden worker to then create a unique drink for you. Be careful the Warden doesn't catch you sneaking in drinks or it'll be classed as contraband and confiscated. Don't worry about getting dressed up either, as all guests are invited to wear illuminous orange outfits to replicate inmates.



Barrio Soho

This beach-style bar is exciting and radiating with character. Throughout every inch, there's a tropical vibe that makes you feel like you're in a different country in the middle of summer. The decorations are playful with greenery and park benches to replicate the outdoors.

Make sure you head to the section with a retro-style caravan you can openly sit in and sip delicious cocktails. No matter your occasion for visiting Barrio Soho, the staff will cater to your needs. Perhaps you'd like to hire a private space to throw a party. In which case, expect make-up artists, photo booths, projectors, DJs, dancers and more.





SPINNING A DIFFERENT WEB

As we all know, the growth and success of a business rests on the ability to effectively and efficiently reach the right consumers in their target market. Traditional methods that have been used successfully so far have evolved from leaflet dropping, direct mail and email and then onto the good old World Wide Web. Building a good and effective website has long been the mainstay of securing business – and they certainly do have their plus points. Principally that they can tell you a lot about the customers that visit the site. Engagement metrics, referral sources, audience insights and the most searched-for keywords can all be provided by a high quality website. Customers also like having the ability to check out what the business offers, how it does so and – often crucially – how much it’s going to cost. We are a very long way from the days of having to ring up and speak to an actual person, but these methods are now becoming less and less effective.

WRITTEN BY **SARAH HAYNES** | PHOTOGRAPHS **GETTYIMAGES**

The world of communication has expanded exponentially yet again. We know that using platforms like Facebook, twitter and Instagram has brought a fresh approach to marketing products and services – but why? Why is the use of traditional websites for marketing being shunned more and more? The answer is that by turning to social media, businesses are now able to reach out to their customers more effectively, efficiently and cheaply. A study carried out in 2018 showed that 9/10 websites saw a 50% plus increase in the use of their social media platforms. By contrast, website traffic stats showed around a 30% decrease in traffic. That said, Google is still the go-to no.1 for search terms, so tradition does still hold firm in some quarters.

How and why are businesses making a success of using social media?

To judge this, we need to be acutely aware just how social media has fundamentally changed the way we are connecting, communicating and collaborating as individuals, and therefore, society as a whole. It is this understanding of new internet politics which is driving businesses more and more towards taking advantage of the evolution of social media platforms as a main focus of advertising.



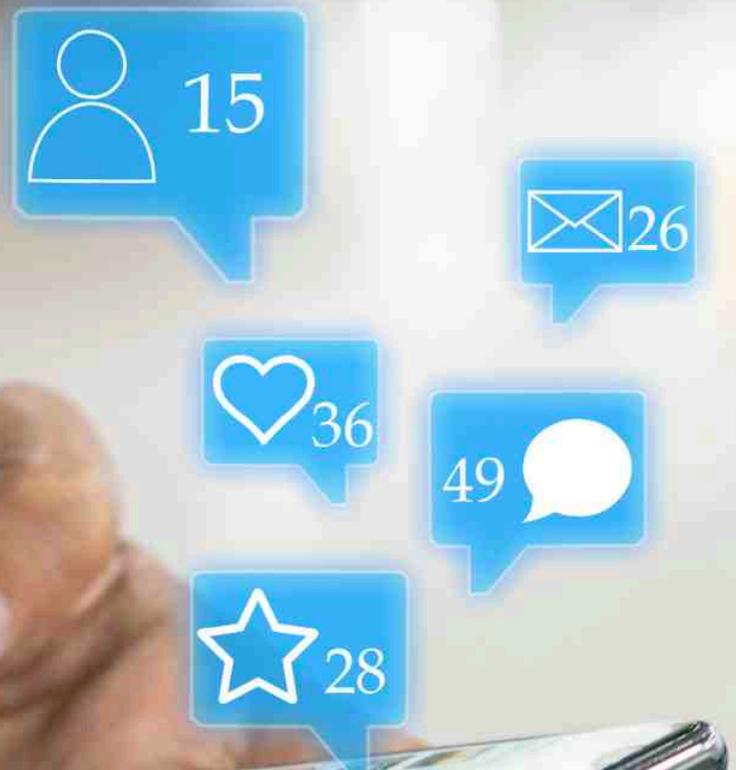
Building a good and effective website has long been the mainstay of securing business

It's important to remember that social media marketing is a relatively new kid on the block. Its use has trickled down steadily over the past few years forming a river from a stream and it's pretty vital not to get hung up on the technology and tools of social media platforms, but instead focus on how they can be used effectively, why they work and how to get them working for the individual. This includes:

- Increasing the visibility of your personal brand and business.
- Building and cultivating both professional and personal networks.
- Then, by developing and growing relationships with customers.
- Engaging in real-time two-way interaction with people, including being able to answer queries and concerns fast.
- The ability to publish and distribute original content that demonstrates the individual expertise of a business.
- Sharing curated links to relevant information that adds value to your customers' experience.
- Once a community of followers, supporters and advocates has been established, it's then possible to cultivate this community effectively.
- And, of course, ultimately, effective use of social media can generate new leads and boost sales – the holy grail for any business.



A study carried out in 2018 showed that 9/10 websites saw a 50% plus increase in the use of their social media platforms. By contrast, website traffic stats showed around a 30% decrease in traffic.



Understanding the equation of social media.

There's no secret to this marketing method, it's all about social media participation. This is where you're present on social channels and are constantly delivering value to the online community by:

- Sharing other people's content (UGC or User Generated Content) on Facebook or LinkedIn, retweeting them on Twitter, or re-graming on Instagram.
- Answering people's questions if you're in a position to help – whether they're directly related to your business or not.
- Joining the conversation on a particular topic – this could be a group on Twitter talking about a certain issue that's sprung up through social media or by joining a relevant LinkedIn group.
- Promoting other people's businesses and causes that will help further your own.

It really is all about engaging with a customer at the first point of contact. Increasingly, customers are seeking detailed information that isn't necessarily apparent from a website. If they have a portal for 'speaking to someone', this in and of itself drives the social media popularity of that business.

If a conclusion had to be drawn, then it would be that businesses should almost certainly continue to expand into all available social media because that's where the future lies. But it's also important to have the traditional background resources and support available – so don't ditch the websites altogether just yet.





Warning Signs you May be ADDICTED *to* SOCIAL MEDIA

WRITTEN BY EMILY HADDINGTON | PHOTOGRAPHS ALAMY

If you're spending more time glued to your phone browsing social media platforms than you do relaxing or taking time with family and friends, you could be on the slippery slope to an addiction. A 2018 Ofcom report revealed that the average Briton checks their phone for updates once every 12 minutes – a practice that can greatly impact on our health and mental well-being. Here's how to spot red flags that you may be addicted to social media, so that you can take back control.

You crave social media when you step away from it

If you're starting to feel twitchy because you can't check your phone for updates, this is because of a neurotransmitter called dopamine which helps to carry messages around the cells in our bodies. Dopamine can also be related to the feeling of reward that happens when we carry out gratifying actions. Over time, if the gratifying action becomes a habit, this feeling can become an addiction. Rising levels of dopamine in our system can also reduce levels

of the happy hormone serotonin, which tells us when we have had enough of an activity. A healthy, happy person should have balanced amounts of serotonin and dopamine in their system. Over-use of social media can therefore upset this balance. Try to do something else that gives you a buzz of serotonin – like eating your favourite food, having sex or watching a feel-good film.

Social media stops you from living everyday life

If you can't go out with your friends to see a film, or to a restaurant with your family without obsessively checking your phone, something is definitely wrong. While social media may be a welcome escape from reality, don't forget to still live life to the full so that you do not become disconnected from society and your social circle. Is your social media use getting in the way of intimacy in your relationship? Job? Or studies (if you are a student)? Try taking some apps off of your phone so that social media is not instantly accessible wherever you are, and



turn off notifications. Limit your exposure to a couple of times a day using a laptop or desktop.

You become agitated when you lose phone battery or signal

If you start becoming aggressive, worried, anxious or agitated because you are running low on battery power on your phone, or have lost a 4G/5G signal and cannot get notifications, this is a sign you could be addicted to your phone and social media. Take a few moments to breathe deeply and calm yourself. Seize power in the present moment and remind yourself that you can charge your phone later. Focus on your feelings and making the most of

some you-time away from distractions, and turn this moment of being present into a positive.

You check social media last thing before bed

This is not a healthy practice, and if it applies to you, it's time to take control and do something about it. By scrolling through social media sites just before going to bed, you are putting yourself at risk of major sleep deprivation because of the blue light from your device, which puts your brain into 'wake up' mode. Read a book or listen to music, as this will help you to relax and drift off before sleep.

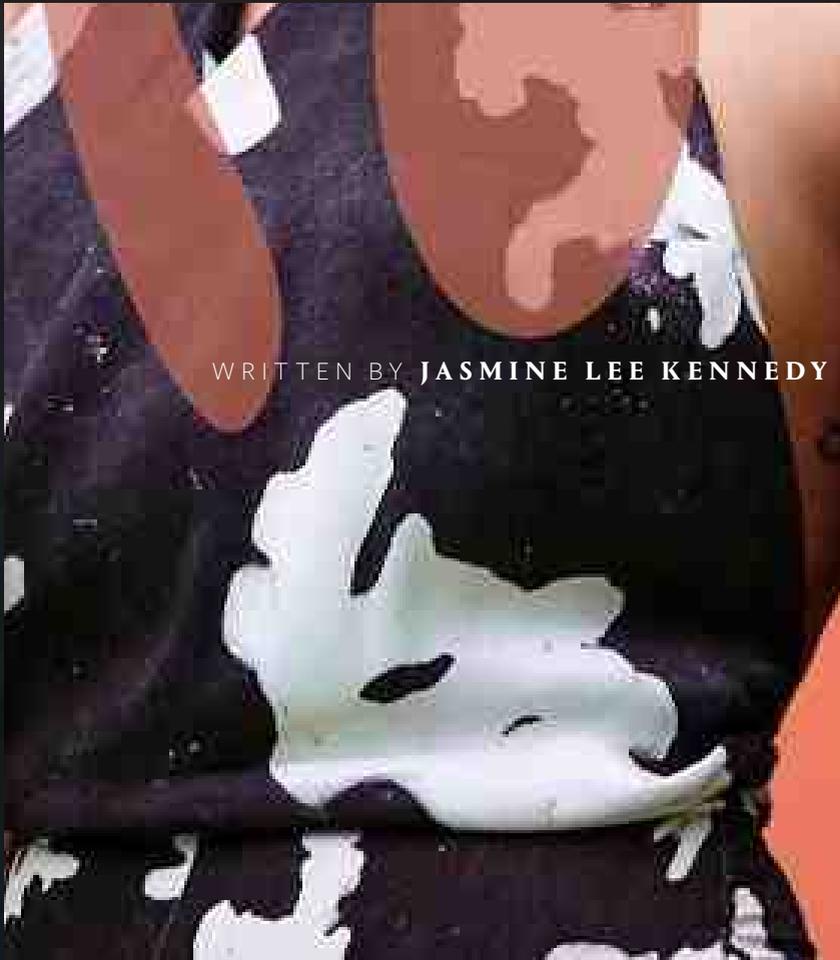


TOP 4 RISING MUSIC ARTISTS FROM LONDON





London is a music-lovers paradise; there's always exciting, new talent to discover at every corner. So, just for you, we've compiled a list of some of the best rising talent hailing from London. Here are our top 4 bands and solo artists to watch out for.



WRITTEN BY **JASMINE LEE KENNEDY** | PHOTOGRAPHS **ARTIST PR**

EZRA COLLECTIVE



There's a jazz revolution taking over London and Ezra Collective are undoubtedly at the forefront. The quintet, armed with a melting pot of cool jazz, irresistible afro-beat and funky hip-hop, have opened up the genre up to new, younger listeners. Their self-released albums, 'Chapter 7' and 'Juan Pablo: The Philosopher', threw them into the scene and paved the way for their highly-anticipated debut LP, 'You Can't Steal My Joy'. Here, you'll find mellow tunes with the guest appearances from Loyle Carner and Jorja Smith, as well as the complex rhythms and high-tempo beats of fellow neo-jazz band, Kokoroko. They're incredibly versatile, with a mesmerising stage presence and energy, and are not one to be missed at their next gigs.

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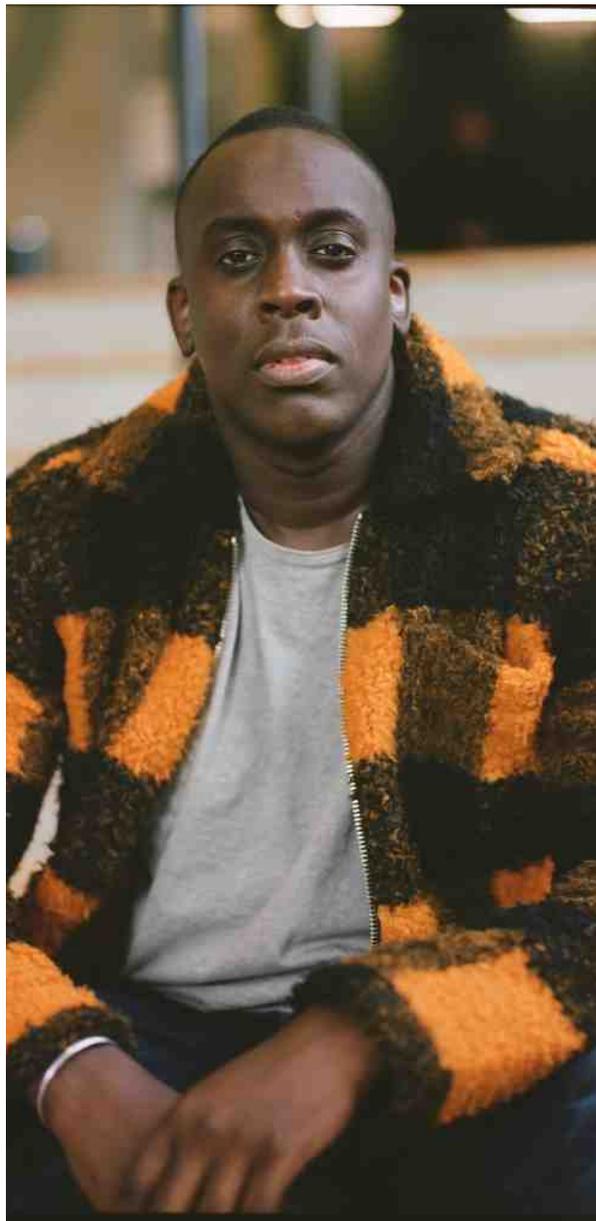
KIKO BUN

JAZ KARIS



Jaz was exposed to R&B from a young age, growing up in South London where she attended the esteemed BRIT school and fine-tuned her talents. Now, she's a rising star who combines the soulful, relaxed sounds of R&B with contemporary jazz and hip-hop. Her music is stunning, experimental and melodic, being likened to that of Mahalia and Jorja Smith. While still in the early days of her career, she's shooting to fame with millions having streamed her songs on Spotify and Youtube already. Make sure to check her out - she's certainly one to keep on your radar.

East London boy Barney Artist has seamlessly slipped into the rap scene, already having a sold-out tour and prolific repertoire under his belt. He effortlessly flows over jazzy, melodious riffs and boom bap beats, with his honest, introspective lyrics bringing a nice juxtaposition to some of the brag-rap we hear today. He's always been eclectic, but his latest EP 'Bikes Are Bikes' is his most genre-bending to date, with trap beats harmoniously carrying dark instrumentals on 'Splash' while 'Fall Away' features enchanting piano chords and a sweet, angelic chorus. This guy's going to get huge - so make sure to check him out while he's still playing smaller, intimate venues.



BARNEY ARTIST

Unusual But Incredible MUSEUMS *to* DISCOVER

WRITTEN BY **AMY POOLE** | PHOTOGRAPHS **GETTY**

CARTOON MUSEUM



London has it all; the scenic walkways, quirky bars, and unusual but incredible museums. We've scoured the Internet for the best selection of unique themes. Unusual But Incredible Museums to Discover

Cartoon Museum

We're starting this article with one of the most creative museums London has to offer. The Cartoon Museum speaks the language of cartoons and comics throughout all rooms. During your time here, you'll discover events, exhibitions and workshops all centered around conserving Britain's cartoon industry.

Visitors have the opportunity to participate in stimulating workshops to learn about the history of cartoons, and even get involved as many writers and professional artists attend.

British Dental Associate Dental Museum

If you're scared of the dentist, you might be hesitant to visit the British Dental Associate Dental Museum. But, this museum provides an educational outlet for the dental industry. During your visit here, you'll encounter various collections of dental objects from the 17th century to today.



DENTAL MUSEUM



CRIME MUSEUM



SEWING MACHINE MUSEUM



CINEMA MUSEUM



In total, the museum holds 30,000 dental items including cleaning products, dentures, dental chairs, drills, photographs, equipment and more.

The Crime Museum

If you love thrillers and crimes, you'll love The Crime Museum. You can easily spend several hours here getting immersed in collections of evidence from past crimes. There's nowhere else you can witness evidence of cases. You'll see a range of evidence from counterfeit money and drink cans used for smuggling drugs into prison to execution ropes.

London Sewing Machine Museum

The adventure begins outside the museum where you're met with a huge warehouse with an old sewing machine on display inside. Until you spot the directions to head upstairs to the museum, you'll believe you're in the wrong place.

The museum is perfectly presented with sewing machines and the history and facts about the industry. There's even rooms set up to replicate stores from the past. Amongst your time here, you'll see some of the most expensive machines in the world with an insightful history of each one.

The Cinema Museum

Finally, The Cinema Museum is another unusual but incredible museum to discover. It's dedicated to keeping the spirit of cinema alive. Get transported back cinema before the digital age influenced how we watch movies. Expect old cinema posters, antique cinema furniture, staff uniforms, cinema snacks, and rooms designed to honestly portray cinema throughout the years. Bear in mind that you can only visit The Cinema Museum as part of a guided tour or for attending events.

Top 5 Places to See LIVE MUSIC FOR FREE in South London

WRITTEN BY **EMILY HADDINGTON** | PHOTOGRAPHS **ALAMY**



Yes, yes, we all know London is one of the best places to catch live music - but where can we see it for free? If you're on a budget and looking for something to treat your ears with, then check out one of our *top 5 places to see live music for free in South London.*

The Effra Hall Tavern

Down the backstreets of Brixton, you'll find this wonder of a pub. Cosy inside, with a little garden out back - it's perfect for all seasons. And if it couldn't get any better, they also host live music most days of the week. Resident bands play jazz, afrobeat, reggae and blues, and always attract a fun crowd. Head down for a pint and a quality jam - just make sure to catch Soothsayers when they're on, they're simply incredible. **38 Kellett Rd, Brixton SW2 1EB**

Fox & Firkin

If you don't like reggae, you LOVE it (sorry), then you will adore the Fox & Firkin - they're one of the best venues in South London for it. But that's not all they have, you can also catch bands playing funk, soul, dub, punk, metal as well as DJs spinning a spicing selection of eclectic tunes for your pleasure. Head on over and you can enjoy all of this as well as a pizza, a pint and a chin wag with locals.

316 Lewisham High St, Lewisham SE13 6JZ

The Magic Garden

This relaxed venue has one of the most magical pub gardens you can find this side of the river, but that's not its only selling point. They have some of the wildest, wackiest gigs going on their intimate stage, with gypsy ska and 'psyche-celtic

folk fusion' hitting the airwaves. If that's not your cup of tea, they also have plenty of reggae, ska and plenty more. **231 Battersea Park Rd, SW11 4LG**

The Junction

Run by musicians, for musicians, The Junction host incredible jazz and blues nights Tuesday - Saturday. Grab a seat, a glass of wine, and immerse yourself in the talents on stage. If you fancy getting up there yourself, then go ahead; they have jam sessions every Tuesday and Thursday for locals to showcase their musical prowess. They also have a delectable menu of tapas for you to snack on whilst you watch and, let's be honest, it's pretty perfect for a date night.

171 Coldharbour Ln, Brixton SE5 9PA

Amersham Arms

Though a student favourite, you shouldn't turn your nose up at this South East favourite. With a pub in the front and a busy venue in the back, this joint is a great place to end up on a night out for some live music. Not every night is free, so make sure to check online before you go, but if an event is ticketed it's rarely over a tenner. Expect anything from dreamy indie to grunge rock as well as DJ sets from big names on the scene. **388 New Cross Rd, New Cross SE14 6TY**

VIVA LA VEGAN!

A BRIEF LOOK AT THE
DIFFERENCE BETWEEN VEGAN
AND PLANT BASED

WRITTEN BY SARAH HAYNES | PHOTOGRAPHS RAWPIXEL



WOM

MAGAZINE



THE WELLNESS ISSUE

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