

#### A NOTE FROM THE EDITOR



The hottest month on record has come to a scorching close yet the heatwave continues to ebb and flow in what promises to be a deliciously warm August. This issue is jammed full of ideas to help you get the most out of London in such sizzling temperatures. If you've spent the last few weeks melting on the tube and cowering in air conditioned retail units, you are certain to find some inspiration for respite in this season's features.

Never mind escaping the city, there is an array of urban beaches to explore amongst our very own streets and we've got all the details to help you enjoy them. Couple a trip to an urban beach with a London cruise and you've simulated a mini break without the hassle and expense of travel. Don't fancy a stuffy cinema but still want to catch the lastest Fast and Furious? Try one of the open air experiences we've detailed in our feature and savour the warm nights.

In addition to city pleasures, this issue brings you some nourishing tips on wellbeing and mental health. Our article about mindfulness shares insight into staying present and embracing the moment; no easy feat when besieged with the constant demands of our needy cell phones. We also look into the link between self-image and beauty regimes and review some tech to help you stay active.

London is buzzing with outdoor novelties this summer, explore what's on offer and take some time for yourself in between. In short, self-love is the order of the day so fuel up on sleep, SPF and perhaps a cheeky Aperol spritz.

> Rona Smith Guest Editor



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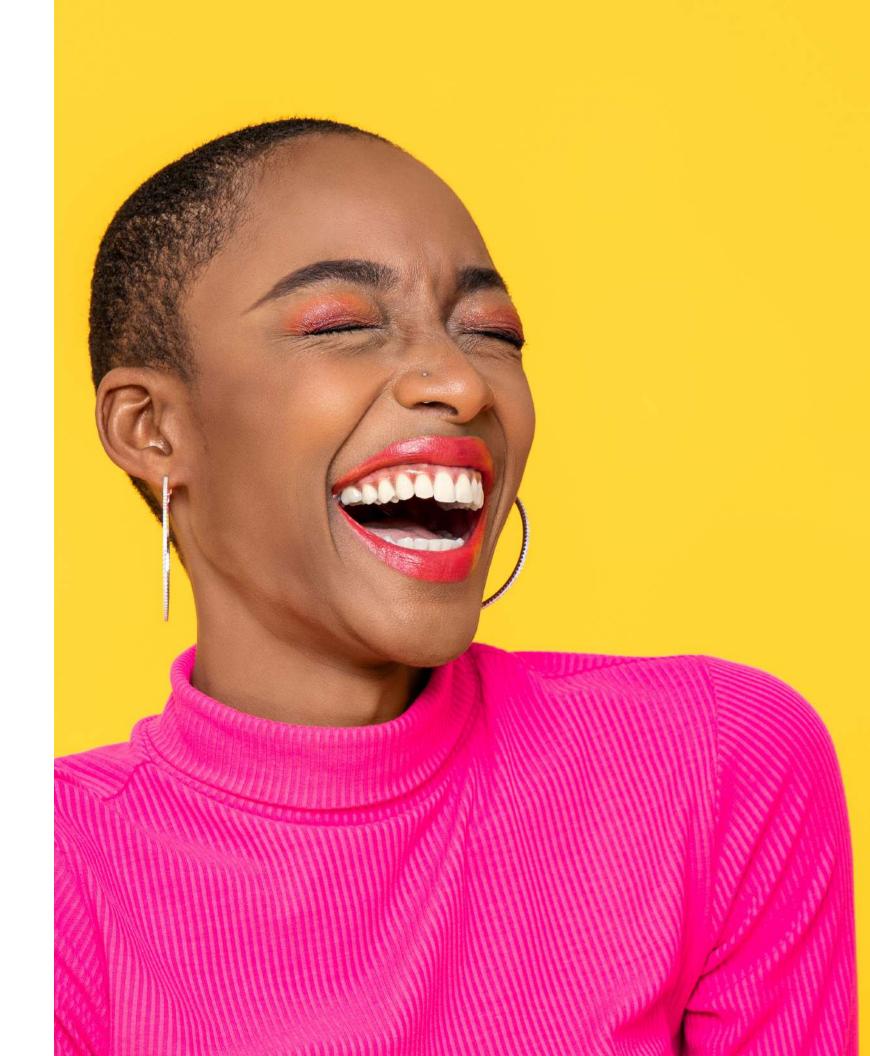




# POSITIVE WAYS BEAUTY CAN AFFECT YOUR WELL-BEING

What is 'healthy beauty'? And how can the purchase and use of make-up and beauty products positively affect our mental health and self-esteem?

WRITTEN BY EMILY HADDINGTON



#### POSITIVE SELF-CARE

Beauty tools like hair removal creams, face masks and relaxing bath bombs are all products that we use less frequently (in comparison to things like toothpaste, daily moisturiser and shampoo). In that comes a sense of positive novelty, which means that these products give us more of a feel-good factor when we use them as tools to 'care' for our bodies. You use that face mask and wash off the excess to reveal glowing skin and a fresher, more youthful 'you'. Such products help us to look after ourselves to a greater extent and give our being some TLC when we need it.



### SELF-EXPRESSION AND EXPERIMENTATION

Make-up, hair dye and other beauty products enable us to experiment with our look and continuously evolve it. We express our sense of confidence, personal style and what makes us unique through the way we look. For many people, they don't feel 'themselves' if they don't have that slick of pink lipstick, vibrant red hair, or those false eyelashes. Make-up and beauty companies are generally offering a wider choice of products, because they know that consumers demand more from a range than just a product to use on their skin. They require a tool that helps them to feel like their 'best self' every day.

#### **CRUELTY AWARENESS**

More companies are creating formulas that are not tested on animals, and are aware that this issue is important to consumers. The number of people going animal-friendly with their beauty routines is on the rise, and there is more pressure being placed on beauty brands to create more ethical ways of testing their products. Our decisions influence our mood, and there is undeniably a feel-good factor in choosing an ethical beauty product that hasn't been tested on animals.

#### SUBJECTIVE WELL-BEING

Using beauty and personal care products is rooted in positive mental health. The psychological term for feeling positive about one's appearance is known as 'subjective well-being'. Beauty products such as make-up enhance subjective well-being, as they reinforce a positive approach to one's look, which in turn makes a person feel more attractive through boosting confidence.



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#### **ENVIRONMENTAL AWARENESS**

With a plastic packaging disposal crisis consuming our planet, more of us are turning to 'green' and 'eco' beauty products that are either packaging-free or have very minimal packaging. There is an increased demand for self-preserving products such as soap bars, shampoo bars and solid conditioners sold in 'naked' or 'biodegradable' packaging. Consumers are becoming more environmentally aware, which in turn makes them feel good about themselves in that they are making more ethical choices for the planet.

#### STRESS-BUSTING

Taking the time to formulate a proper skin routine can form part of a 'wind down' that destresses you and either prepares you for the day ahead, or bedtime at the end of the day. The act of applying products and seeing their effects on your skin can be both soothing and calming, helping you to de-stress.



# VIVA LA VEGAN!

A BRIEF LOOK AT THE DIFFERENCE BETWEEN VEGAN AND PLANT BASED

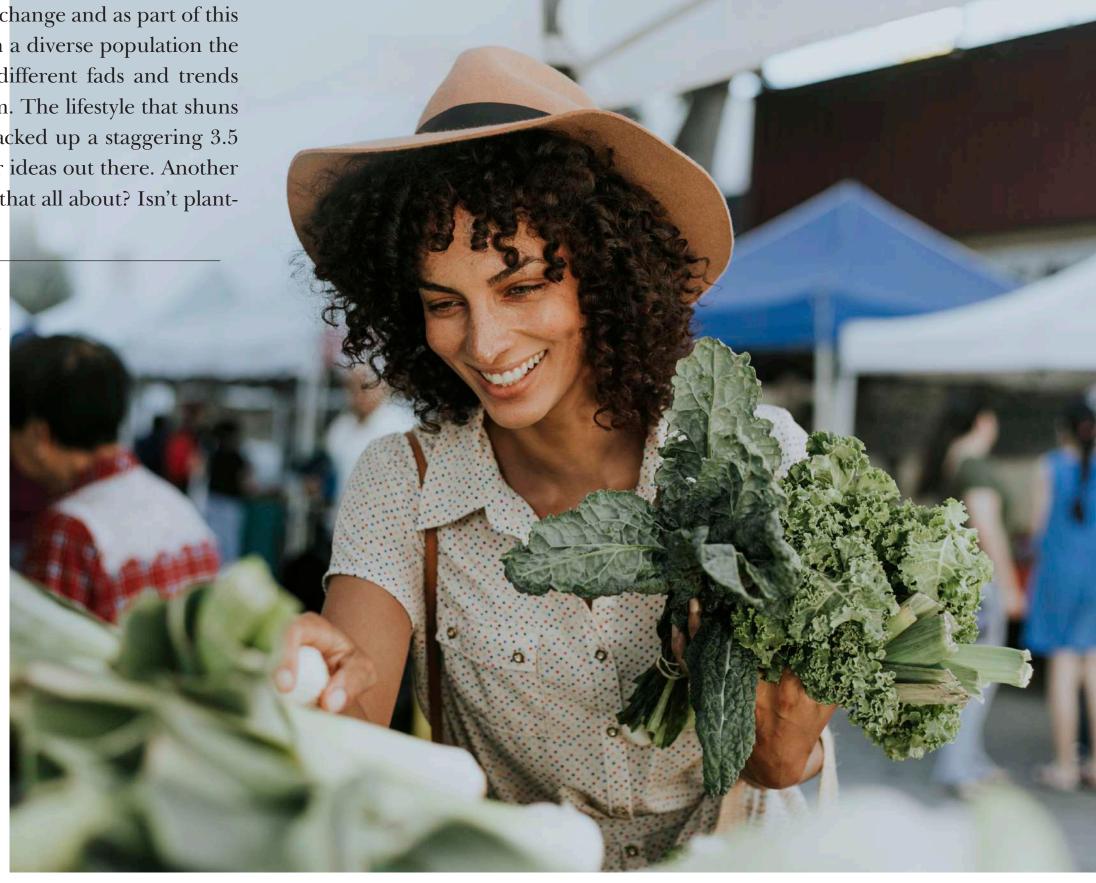
WRITTEN BY **SARAH HAYNES** 

London is always going to be a hub of embracing change and as part of this alternative living has never been so popular. With a diverse population the size of London's, there are always going to be different fads and trends popping up, but few quite so popular as veganism. The lifestyle that shuns all animal products in diet and daily living has racked up a staggering 3.5 million people in the UK, but there are also other ideas out there. Another option is a plant-based diet, for example, what is that all about? Isn't plant-based the same as vegan? In a word, no.

#### **GOING VEGAN**

If you're thinking of turning to the vegan side then it's important to understand that this isn't just a diet -it's a complete lifestyle. If you go down this path then there will be no more steaks, lamb rogan josh or chicken wings on a Friday night. A wardrobe purge might be necessary, be prepared to be ruthless and cut out any materials that come from, or are derived from, animals or animal products.

The Vegan Society has this to say on the matter: "Veganism is a way of living which seeks to exclude, as far as is possible and practical, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purposes." Laid out in a simple form, as a vegan you are very strictly against all animal products, so no meat, dairy, eggs, honey - or anything derived from any of these. However, unlike other diets, veganism doesn't stop there. As part of shunning all animal products, clothes are also brought into the mix; vegans do not wear (or use) any clothes, shoes or furnishings made with the skins, hair or feathers of other animals, including fur, leather, wool, feathers and silk. But that doesn't mean that you are sartorially disadvantaged, there are plenty of alternatives, including plant fabrics such as cotton, linen or hemp, and manmade materials such as polyester, acrylic or nylon, and these do a pretty good job at shoring up the vegan fashion world. And if you're worried that being out and about might present culinary challenges, then you'll be relived to know that the explosion of veganism in recent years





means that there are dozens of vegan restaurants, cafes and readily available supermarket products which means that it's as easy to keep to your philosophy outside the home as it is in it.

#### PLANT BASED

And now we come to this one, a hybrid of diets, if you like. it's got one foot in the vegan world. This plant-based diet dresses up similarly to a vegan one, they're in the same ballpark, butthey aren't the same. Followers of this method of eating consume more plants, and plant proteins, but don't cut out meat altogether. In fact, it's up to the individual how much meat, dairy, etc. they combine into their diet. Plus, there are no restrictions on wearing or using animal products. This is a type of diet, not a type of lifestyle.

#### IS ONE BETTER THAN THE OTHER?

They are both healthy ways of eating, per se, but plant based just about has the nutritional edge on veganism. The former encourages consumption of more whole foods, whereas the vegan market has expanded to include things like cake, ice cream and biscuits which means it's easier to over-indulge on the bad bits.

How far should you extend your vegan family? The humans in your family are one thing, but pets are quite another. Leaving aside the ethical issue of whether vegans should own carnivorous animals at all, it's important to identify what is necessary in their diet, rather than your personal feeding preferences.

It's absolutely natural and normal to worry about whether letting your pets eat animal products is compromising your lifestyle. But if you're looking for a swift yes/no answer, it has to

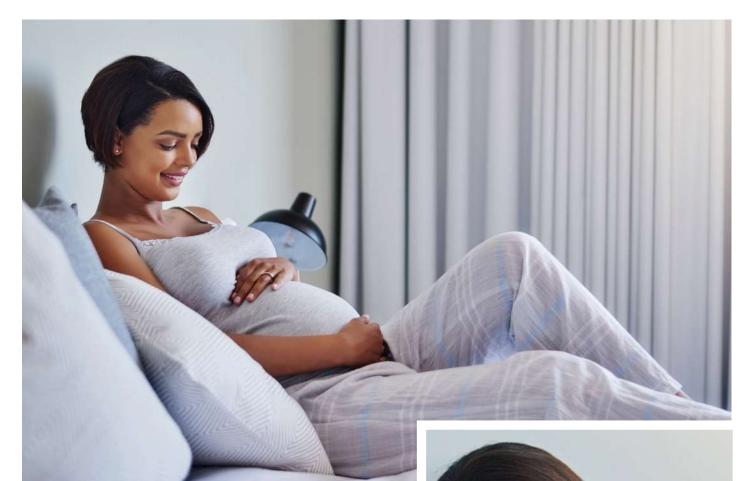
be no. Despite this, there is a worrying trend among some vegans to try and include their pets in their lifestyle. A global survey identified 3,673 owners of cats and/or dogs and 35% of this number wanted to change the animal's diet to a vegan one. But here is why this isn't such a good idea:

Dogs are facultative carnivores, which means that if need be, they will technically be able to survive on a plant-based diet. But it's very far from a dog's best interests to go down this route; their natural diet is full of meat, which along with the obvious health benefits, helps to keep their teeth in good condition. Plus, it's not only their physical health that at risk of being compromised, dogs adore a good bone to chew on which helps maintain good mental health. Catsare obligate carnivores. So, while they can eat plants, removing meat entirely from their diet poses grave health risks such as blindness and a higher chance of premature death. In fact, the only reason why a cat on a vegan diet would survive long term is if they're out there, doing what cats do, and catching their own prey. Furthermore, in the UK you can face criminal charges under the Animal Welfare Act, which requires pet owners to make sure all their pets' needs are being adequately met.

IN ITS SIMPLEST TERMS, VEGAN = **HUMANS - YES, ANIMALS - NO.** 

If you're interested in shifting your diet towards either of these, then there's plenty of readily available information on the internet to help you get started. If it's a way of improving your health that you're after, then there are plenty of sources out there to get stuck into. This article contains some useful information and links.







#### CUT BACK ON HOT OR SPICY FOOD

As much as you can't wait to tuck in to that delicious curry, by not eating spicy food before bedtime, you are greatly reducing your chances of suffering from heartburn, which can be very uncomfortable, especially when you are pregnant. Also avoid eating heavy meals, as this will increase your chances of indigestion, as your body needs to work harder to digest greater amounts if you consume larger portions of food. If you're feeling hungry before going to bed, try lighter options like a salad, some crackers, soft fruit or a handful of nuts.

#### FREQUENT EXERCISE

Unless you have been advised not to do so by your doctor, you should be doing at least 30 minutes of gentle exercise per day. This will boost your well-being due to the production of serotonin, while improving your circulation and reducing the chances of muscle cramps. This will also help you to sleep when evening falls. If you are unsure of how much exercise to do or what type of workout to go for, why not try some gentle yoga or stretches?

#### PREGNANCY PILLOWS

There are special pillows available on the market to help pregnant women feel more comfortable and supported while sleeping, as they mould to fit the contours of your body. While sleeping on your left side, knees bent, place one pregnancy pillow between your knees and another at the base of your spine. It is also possible to purchase special pregnancy mattresses to better support you and your baby bump.

ALMOST 80%
OF WOMEN
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MORE
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#### REDUCE FLUID INTAKE BEFORE BEDTIME

While it is very important to hydrate yourself properly while pregnant, drinking slightly less just before going to bed will help avoid late night trips to the toilet and will put less pressure on the bladder, making you feel more comfortable through the night and minimising the chances of interrupted sleep.

#### TAKE A WARM BATH

A long soak in a warm bath can work wonders for body and mind. Not only will a bath help you to feel more relaxed and ready for sleep, but it will also generally improve your mood and ease any muscular aches and pains. If getting in and out of the bath is difficult, try a warm shower with some luxurious bathing products containing calming fragrances like chamomile and lavender. Always exercise caution when using essential bathing oils, as not all are suitable for pregnant women.

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# HOW SHOULD WE BELAVE?

WRITTEN BY SARAH HAYNES



Summer is upon us – and so are swarms of bees, busily looking for their new home from which to collect pollen. Picture the scene – a nice afternoon tea, outside on the lawn and perhaps a relaxing glass of Prosecco or two. Then, out of nowhere, you see bees approaching. Panic! Or should we? Most of us, when we think about bees, picture stings, swarms and the varied unpleasantness commonly associated with them. And with it now being the bee 'season', home owners are bound to be watching out for swarms and nests secreted about the place. But it might surprise you to know that bees are not considered to be pests in the same way that wasps are. In fact, many councils do not deal with bees within their pest control policies. Which means that it's up to you to monitor the bees and have a plan to sort them out if necessary. After all, most folks won't be comfortable with a bees' nest in close proximity to their home.

#### **COMMON MISCONCEPTION:**

That bees are always looking out for ways to sting you. In fact, bees only sting if they are strongly provoked. And why is this the case? Because bees only have one sting to use and when they've used that up, they die. So, it's pretty important to them to conserve their stings. In fact, these guys are actually important and beneficial insects. Who'd have thought?

#### BEES ON YOUR PROPERTY

So, bees are not the pesky threat that they are sometimes assumed to be, which is all well and good, but they can still be alarming when they've set up home somewhere in your house or garden! Nests of bees tend to be created somewhere out of the way; in attics or lofts, garages, sheds or maybe they're secreting themselves under your eaves. A swarm of bees will attach themselves to a tree or fence or roof, etc. but a swarm need not make a nest for themselves. They will usually move on after an hour or two, but if it's stable enough then a beekeeper might be happy to remove it.

#### **NESTING INSTINCT**

Once you think that you've spied a beehive, then first things first - you need to make sure that it is actually bees you are dealing with, not wasps or hornets. Then identify that you actually have honey bees on your hands (metaphorically speaking). Statistically there are globally more honey bees than any other type of bee or pollinating insects, which makes them the world's most essential pollinator of food crops, supported by birds, bats and other insects. Numbers show that one third of our daily food consumption relies mainly on pollination by honey bees. The quickest and easiest way to identify a bee is to look at one. Preferably a dead one. Look for hairs on



the body because all bees have hairs, but wasps tend towards smooth exteriors. Their nest will also give you some clues, it will be built out of wax in a honeycomb formulation. You should also notice the bees flying back and forth to their nest.

### I'M DEFINITELY DEALING WITH A BEES' NEST HERE, WHAT NOW?

Call a local beekeeper. They will have the knowledge and experience to deal with the bees in the best way and they will often physically remove them for you without exterminating them.

#### TAKE PRECAUTIONS

The bees are likely to become agitated as the removal process gets underway. The beekeeper will be safely encased in his bee suit, but your children and pets won't be, so it's best to hustle them inside.

#### AND THEY'RE OFF!

Now it's time for the clean-up job. It's essential that this is done quickly and thoroughly or the bees will follow the lingering scent of wax and congregate there again. You need to remove the hive and any dead bees or honey before sealing the area.

Remember – honeybee numbers are dwindling rapidly and the natural world depends on them doing their job, so be extra careful with any hive you find on your property.

FROM THE BOTTOM UP ON THE

# APEROL SPRITZ

WRITTEN BY SARAH MACAULEY



During summer in London, if you cast your gaze in any direction around the beer garden you've found yourself situated in, you won't have to peer very far until you're greeted by the unmistakable fluorescent glow of an Aperol Spritz. It's become a bit of a cultural phenomenon in London amongst millenials and baby boomers alike, but its Italian roots are where the story starts for everyone's favourite aperitif.

The semi sweet, partly bitter, 11-percentalcohol-by-volume aperitif is the base of everyone's favourite summer drink. Hailing from Northern Italy, the story of the Aperol Spritz begins way back in roughly 1805, during the aftermath of the Napoleonic wars. When Austria-Hungary took ownership of the Veneto region of Northern Italy, rumour has it that the soldiers found the regional wine a little too strong for their palette, so decided to add a splash (or spritz) of water to soften the flavour. As time went on, the spritz of water become that of sparkling water, and the wine became fortified with a splash of liquor. Enter: Aperol.

Invented by the Barbieri brothers in Padova between 1912 and 1919, the orange-red liquor takes its flavour from sweet and bitter oranges, rhubarb, and gentian root (the other components are a secret). The apertif quickly became popular during the 1920's and 30's



amongst women and young, sporty people, due to its low alcohol content. The Aperol Spritz as we know it only truly came into the mainstream in the 1950's, when the 3-2-1 recipe of prosecco, Aperol, and soda water became an important part of the company's advertising campaign in America.

When the Campari Group acquired Aperol in 2003, the brand stayed true to the Italian brands roots, and focused their campaign on the youth of Italy. Meeting friends and colleagues for an Aperol Spritz is a long-time tradition in the Veneto, and it spread further throughout Italy due to Campari's strong advertising campaigns. In a time of Italian recession, an inexpensive Aperol Spritz and snacks with friends was a great alternative to splashing cash in expensive restaurants.

The drink most likely made its way to London town through the use of celebrities like Amanda Rosa Da Silva in its worldwide advertising campaigns, but is it the taste, the extremely Instagrammable-colour or the fascination with Italy's easy-going alfresco culture that's made it stick around? All we know is it tastes great, and we'll be enjoying countless glasses of it as soon as the sunshine makes an experience.

**BOTTOMS UP!** 



4 OUTDOOR EXPERIENCES TO DO THIS SUMMER

WRITTEN BY SARA MACAULEY When the weather perks up, there's nothing more exciting than the prospect of actually being able to enjoy ourselves in the Great Outdoors. Beer gardens are full to the brim, often spilling over onto the pavements of Soho, streaming plumes of barbeque smoke can be seen billowing over London and generally, everyone's a little bit happier. We've done some digging and looked beyond the

### Jimmy Garcia's Sky High Dining

Ok, not strictly outdoors, but worth it for the views. Famed for his pop up restaurants, BBQ Club and Patch & Picnic on the Southbank, nomadic chef Jimmy Garcia has taken to the skies for summer, commandeering Emirates Air Line's cable cars in Greenwich to offer you a specially curated 5 course menu. I was lucky enough to sample the menu at an event and I can confirm – it's all delicious. The experience begins with welcome bubbles and canapes as you await your carriage, then, once seated inside, you'll enjoy a starter of grilled scallop before moving onto lamb rump, or, if you're veggie, Ricotta Gnudi. After sailing over the Thames, staff will swiftly switch your dinner plates for desert, then offer you a choice of two cocktails and petit fours, the experience lasts 90-120 minutes.

jimmyspopup.com





#### Time Out's Movies on the River

Back for its third installment, Time Out's Movies on the River is what dreams are made of. You'll sail along the Thames past some of London's most picturesque sights on the top deck of the movie boat, drinking in the atmosphere before watching one of their fantastic films (think Grease, Dirty Dancing, A Star is Born, Pretty Woman or The Greatest Showman). The boat runs five nights a week from early June until mid August.

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

#### Streatlife at Alexandra Palace

A free street food and craft beer festival? Count us in. Alexandra Palace welcomes visitors over four weekends in summer, with a hearty offering of 30+ delicious food vendors, craft beer bars and more cocktails than you can shake a stick at. On Saturdays, there'll also be live DJ sets, while Sunday's enjoy a more relaxed vibe with sets curated by radio stations. Bring your sunscreen, bring your sunglasses – it's set to be amazing.

Streat life. alexandra palace.com





### Serpentine Lido, Hyde Park

Step outside of your comfort zones and go for a swim or lounge in the 100-metre water stretch of the Serpentine. This outdoor event has everything you need for adults and children, along with a café bar, waterside tables and a designated spot to relax with a beer or snacks. There's also a sunbathing area and children's play spot with a paddling pool and climbing

Outdoor Opera, Opera Holland Park Theatre

### Outdoor Opera, Opera Holland Park Theatre

Opera Holland Park Theatre only presents opera shows in the summer, and the location is ideal for sunny and rainy days. Happening under a canopy, everyone has enough space to chill without feeling too close to strangers. You can catch an array of performances over the summer and everyone will find something to suit their tastes.





### Skuna Boats, Islington

Love food and water? Why not combine the two along with some sun? Things just got creative with a BBQ in a boat along London's canals. Each orb is designed for up to 10 people and is equipped with its own grill in the centre so everyone can flip burgers as you drift along. This truly unique experience would make a great date idea or get-together with friends. This awesome activity doesn't require perfect skies, as each boat features a built-in umbrella for slight drizzles. It's due to launch in summer 2019, so make sure you don't miss out

## LONDON URBAN BEACHES FOR SUMMER

WRITTEN BY AMY POOLE

Is there anything that can beat a beach in the summer? Didn't think so. Whether your hometown is London or you plan on visiting the city soon, we've scoped out some of the hottest urban beaches to top up your tan.

#### **BRENT CROSS**

Liven up your summer with this urban beach, packed with golden sand. Amongst this realistic beach is a Thorpe-Park inspired amusement centre filled with fairground rides. Bring the children along and they can indulge in ball games while you soak up the sun. If you'd prefer to be a part of the action, tune in to the big screen where Brent Cross stream the tennis so you never have to miss a game. Measuring 2,500m², this beach has enough sand for the little ones to spend the day digging. Bring your buckets and spades, and a picnic (to avoid the busy queues at the food places).

**Location: Brent Cross Shopping Centre, London,** NW4 3FP

#### FULHAM BEACH CLUB

Fulham Beach Club has an adults-only sort of vibe, where you can embrace rich-bass songs and sip cocktails for hours. But it's also a chilled environment to destress and enjoy some tasty grub. Jimmy Garcia's pop-up restaurant offers bottomless bunch, beers, cocktails, and a BBQ to keep your hunger pains at







bay. The venue is heaving with daybeds, beach hubs and cabanas, and everywhere you look, there's heaps of sand to create the feel of being at an authentic beach. But if you'd prefer fun activities than lazing around under the sun, there's plenty happening, too. Indulge in cocktail masterclasses, table tennis, beer pong, shuffleboard, and many more. If it's a special day out, upgrade to the VIP to hire out beach huts and receive bottomless alcohol. **Location:** Neverland, Fulham Beach, Wandsworth Bridge Road, London, SW6 2TY

#### HAMPSTEAD BEACH

This urban beach is free to enter and it's the perfect spot to unwind and forget about your stresses. Fill your day with fruity cocktails and artisanal food daily, while you embark in private events through the summer. If you're stuck for what day to choose, Thursday is generally a great bet as you can get two-for-one cocktails and let your hair down with a party playlist. Bear in mind that the beach is within the Jewish community so check the website before making a special journey there. **Location: JW3, Finchley Road, NW3 6ET** 

#### CAMDEN ROUNDHOUSE BEACH

This free-to-enter urban beach gets packed pretty quickly, so we suggest getting there early to secure a spot. It offers a family-friendly environment where you can watch classic films surrounded by sand, or opt for comfort food at the Beach Bar. There's plenty for children to eat too, and an authentic vibe where families are gathering playing sports together on the beach, or children are creating sand castles. If you head to the beach on a Saturday, you can catch a live music performance from upcoming musicians and DJs from the area. **Location: Chalk Farm Road, NW1 8EH** 



Bloating from plane journeys, stress, changes in eating patterns and sleep deprivation are just some of the issues that face travellers with IBS. Follow these top tips to make sure that your trip is flare-up free

#### Avoid eating too much spicy or local 'street' food

If you suffer with IBS, it is likely that your gut struggles to cope with changes in diet and the consumption of different foods. Those suffering from IBS normally know their 'trigger foods', which differ from person to person. For many people, spicy food aggravates their symptoms, so try to keep this to a minimum. Also beware of street vendors with potential poor hygiene practices. Not only could you get a mild case of food poisoning, but it could realistically take your gut a good couple of weeks to recover and get back to normal.

#### Take a hot water bottle on the plane with you

IBS symptoms cause bloating of the abdomen. Bloating also occurs for many people (IBS sufferers or not), when they fly. A common reason for this is the pressure in the air cabin. Be prepared for your trip and pack a hot water bottle that you can place on your stomach throughout the duration of your flight. This will help ease stomach cramps, if they occur, and will ease the discomfort of

bloating. Most airlines will let you take a hot water bottle on board with you, and the staff on board will be more than happy to keep it topped up during your trip.

#### Pack all-things peppermint

Peppermint is one of the best natural ways to treat IBS symptoms. Pack some peppermint tea bags that you can keep in your hotel room during your trip, as well as slow release peppermint oil capsules, mints and even a small bottle of peppermint oil that you can mix into water and drink for when your symptoms flare up.

#### If you are prone to experiencing diarrhoea, reduce your stress levels

It is a common worry for many people with IBS that when they board a plane, they won't have immediate access to a toilet. Talk to your doctor before you travel about medications you can buy to reduce stress and anxiety, and to even safely slow down the movement of your gut so that you do not feel the urge to go to the toilet. If you're against taking medications, try breathing exercises or a meditation app inflight.

#### If you are prone to constipation, pack senna or stool softeners

If you are travelling a long distance, time differences can play havoc with your body clock and mess up your entire bodily rhythm, having an impact on your IBS and bowel movements. Pack natural senna tablets or stool softeners to take when you arrive at your destination so that you can quickly get your natural rhythm back.





LONDON RIVER THAMES LUNCH CRUISE. This recently refurbished river cruiser will take you along the river Thames to see some of the most historic sights in London, as you enjoy a two-course lunch with tea and coffee. This popular cruise lasts for 1 hr 45 minutes and is wheelchair accessible, making it an ideal choice for a family day out.

LONDON BY NIGHT THAMES LUXURY DINNER CRUISE down the River Thames. If it's something special that you're after, then this is just the ticket.It's not just the iconic landmarks that you're going to enjoy, but also a 5-course meal with professional service and live entertainment as you see the famous sights of London illuminated. A sample menu consists of: Chicken and liver terrine, hazelnut piccalilli, salted hazelnut ice-cream toasted sourdough

- Beetroot cured salmon, pickled beetroot, parsnip puree, orange and dill vinaigrette sesame seed crisp
- Smoked duck breast, salsify textures, sautéed wild mushrooms, rosemary dressing
- Blue cheese and almond filo roll (v) (n), red pepper puree, chicory and apple salad

Lasting 2 3/4 hours, this is one dinner date that you can rely on.

LONDON AFTERNOON TEA CRUISE. Completing our trio of food-themed cruises is this gorgeous afternoon tea cruise, an absolute must for visitors of all ages. Afternoon tea with its delicate scones, cakes and finger sandwiches is one of the best English traditions. If it's the tea that you're a fan of then this is perfect, choosing from a range of traditional teas, including Earl Grey, Lapsang Souchong or just plain builders. Board the river boat at Tower Pier and moving down the Thames you'll take in sights such as Shakespeare's Globe, The Houses of Parliament and the London Eye from a very different perspective over 1 ½ hours. No

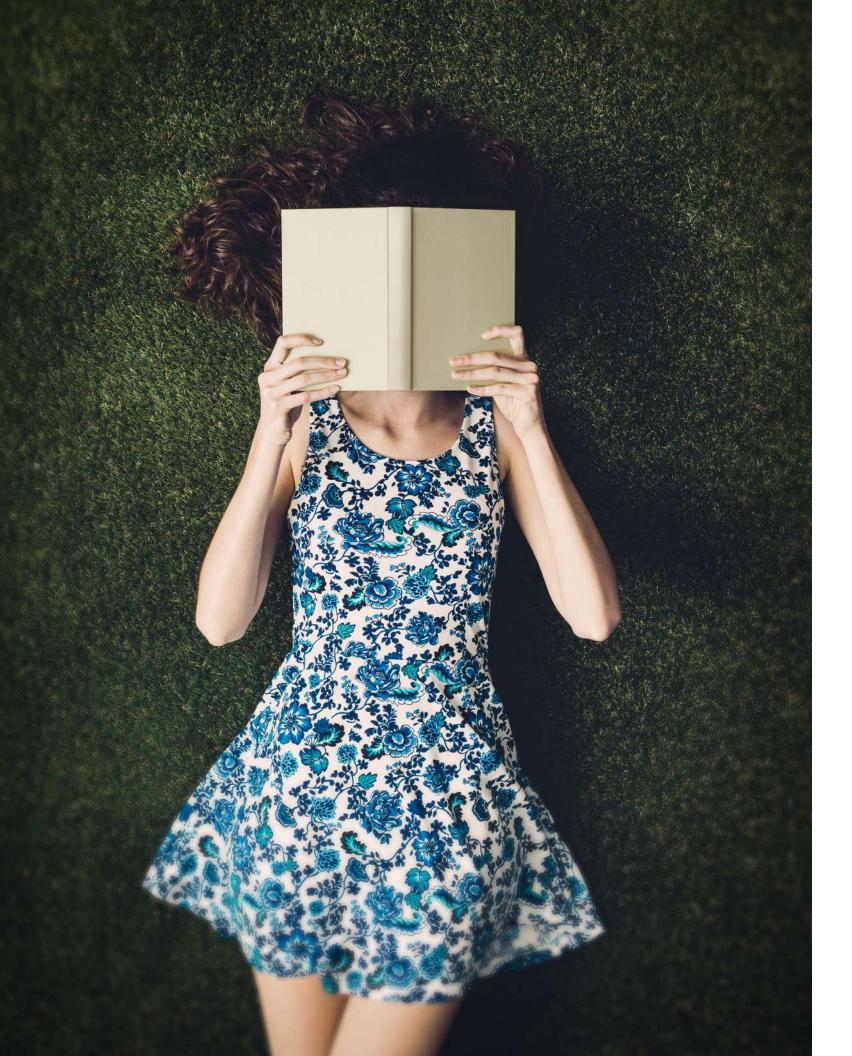


crowds, no queuing, this is the perfect way to enjoy London. Oh, and if you fancy a glass of champagne aboard this river cruiser, then you can have that as well!

A 'HOP-ON-HOP-OFF' CRUISE. Exactly as it sounds, this type of cruise allows you to travel smoothly around London, stopping at various historic landmarks so you can disembark and explore them more thoroughly then you otherwise might be able to. There's no need to rush either because the tickets are valid for 24 hours, making the trip an enjoyable one as you take it at your own speed, relying on Old Father Thames for your transport. With this one there's also the option of having a ticket to include entry to the Shard and see a magnificent view of London from a very different perspective.

THE LONDON 50 MINUTE RIVER THAMES SPEEDBOAT RIB TOUR. This isn't one for the faint hearted! A speedy whiz along the Thames, taking in the famous sights at speed makes for one heck of a cruise. The 50 minute experience includes a soundtrack so you don't have to miss out on information about the historic places, and you will also have the chance to take photos if you wish. After that you'll listen to some pumping music as you enjoy some impressive aquabatics against a backdrop of Canary Wharf. Don't worry if you don't have suitable waterproofs, the crew will happily supply with everything you need. This is a truly unique cruise for those who want a little more excitement on the water.

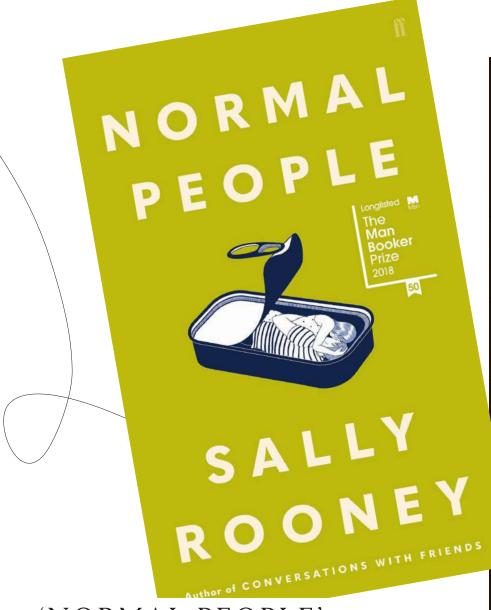
So, what are you waiting for? Get your skates on and get booking, a lot of these cruises sell out pretty quickly. And if you take the time to shop around you might also come across some discount codes. HAPPY CRUISING!



# SUMMER B () () K CLUB

There's little we enjoy more than stretching out on a lounger under the heat of the midday sun, with only the faint sounds of lapping waves and perhaps the tinkle of ice cubes in our mojito for company. The only way to enhance the experience further? Settling into a gripping new book. Sun cream on the pages be damned, we're all for using our downtime on holiday to finally get stuck into a good novel. Happily, we've curated a list of our 3 top reads for the summer season, so all you need to do is click 'buy', then sit down and immerse yourself in an exciting new world.

WRITTEN BY SARA MACAULEY



#### 'NORMAL PEOPLE'

#### BY SALLY ROONEY

The Costa Novel Award for 2018 went to Sally Rooney for 'Normal People', her trailblazing second novel. Normal People follows the lives of Connell and Marianne, two school friends turned lovers turned - well - who really knows. The story follows the two as their lives intertwine and fall away from one another, and manages to discuss the nuances of day to day life in intricate detail without boring you to death (quite the accomplishment). Reading this book was like someone holding a magnifying glass up to general life, in all its banality, awkwardness and complexity, and the relationship between the two protagonists mirrors these themes beautifully. It's insightful, irreverent and completely worth the hype.



#### 'MY SISTER, THE SERIAL KILLER'

#### BY OYINKAN BRAITHWAITE

Not officially published in paperback until August, this book is one you'll want to pre-order - trust us. The story centres on Nadia, who gets the 7.30am train in London every morning (well, most mornings, when she hasn't woken up with a slightly foggy head after one too many wines) and Daniel, who actually does manage to catch it each day. After a 'Missed Connections' paragraph in the paper which Nadia thinks could be about her, their love story begins. It's an exhilarating tale of near-misses, mixed messages and lots of laugh-out-loud moments. We finished it feeling happy, with a new-found obsession with the Rush Hour Crush section of Metro.

#### OUR STOP'

#### BY LAURA JANE WILLIAMS

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Pre-order or buy the eBook now.

#### THE RISING TREND FOR BURMESE AND

# SRI LANKAN

#### **CUISINE IN LONDON**

WRITTEN BY EMILY HADDINGTON

London is a melting pot of cultures – which is reflected in its plethora of international restaurants. That said, seeking out traditional Burmese dishes in the capital like Mohinga, or Sri Lankan Fish Ambul Thiyal was previously quite a challenge, but not any more thanks to a 2019 surge in popularity

Thanks to a new wave of pop-ups and Burmese supper clubs and Sri Lankan restaurants, London is becoming the place in which to enjoy these delicious culinary discoveries. There's the Burmese casual spot of Cafe Mandalay in Hoxton, Mandalay Golden in Kilburn (although this one has Indian and Thai influences, too). Then we have Shoreditch's super trendy Lahpet, serving up contemporary Burmese small eats such as pork and mustard curry, lemongrass rosti, silky tofu soup and coconut noodles.

A main reason for the rise in popularity of Burmese food is that it feels familiar to Western palates (even for those who haven't visited the country), thanks to Thai and Indian influences. Given that the country was isolated for almost







50 years due to a repressive dictatorship, it's easy to see how dishes from this region completely slipped under the radar. That is now changing, with an accelerating curiosity for the traditional Burmese menu that focuses on unique fish dishes, soups, fresh herbs and tangy salads, curry pastes and dipping sauces. Many dishes have sour or savoury tastes, are served with lots of accompaniments such as boiled vegetables or rice, and are generally very strong in flavour. Heat is a major influence, thanks to inspiration from neighbouring Thailand and India.

On the Sri Lankan restaurant front, London boasts a multitude of relaxed, family-style eateries such as Hoppers in Soho and St Christopher's Place, serving dishes like Goat Kothu Roti and Aubergine Kari. The restaurants are often so busy that advance bookings are advisable. For a more casual and veggie-friendly menu, try Dammika's in Lower Grosvenor Place, Westminster, or Croydon's Kothu Kothu for amazing street eats such as veg patties and rotis, as well as Sri Lankan snacks and sides.

Sri Lankan food has become increasingly popular in the Capital thanks to it's parallels to South Indian cuisine. Over time and thanks to colonisation, Sri Lankan food has adopted the deep spicy flavours we associate with its Indian neighbour. Dishes are often packed with spice, dominated by fish and coconut, and served with either roti flatbreads or rice.

So why not go ahead and book yourself a reservation at one of 2019's foodie hotspots? Burmese and Sri Lankan menus are here to stay.

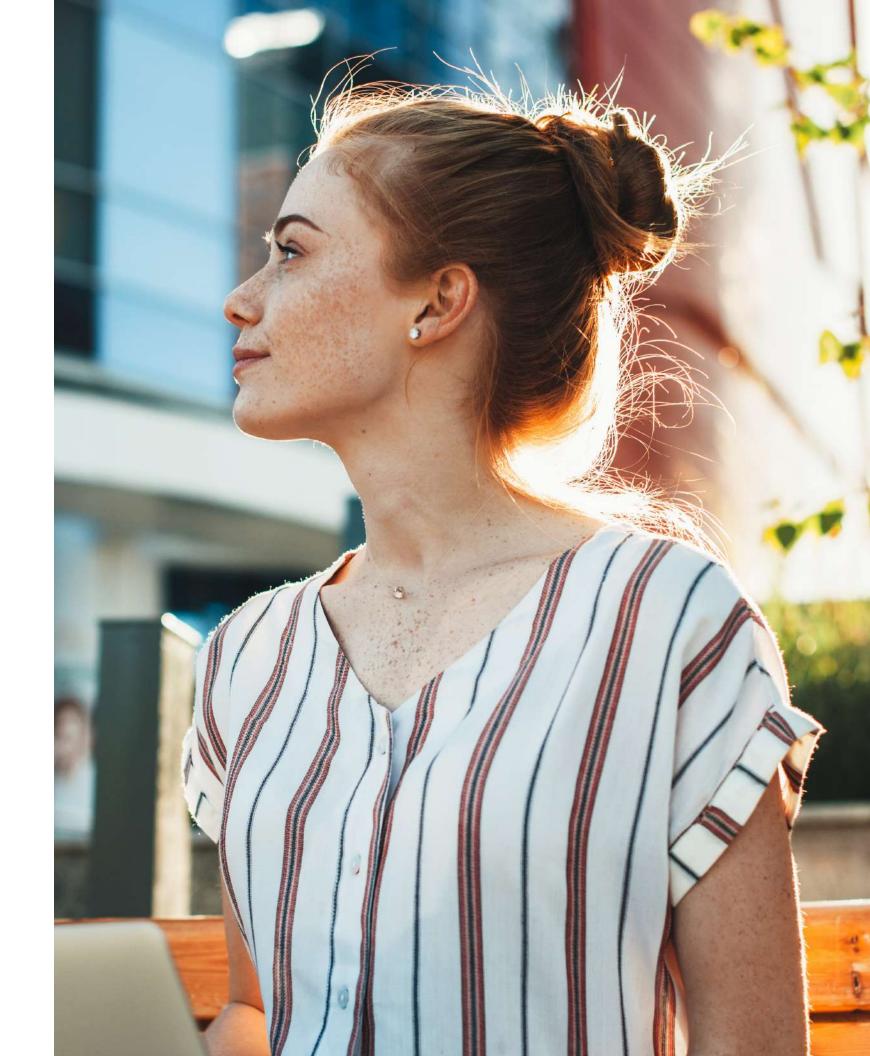
Your Easy Guide to

# LIVING the

# MOMENT

BE HAPPIER BY BLOCKING OUT THIS DIGITAL AGE OF DISTRACTION, SO YOU CAN FOCUS ON ENJOYING THE PRESENT

WRITTEN BY EMILY HADDINGTON









Many of us are unaware of our thoughts – instead, they just pop into our heads, and influence our decisions. We hop from thought to thought. A good example is that of being at work. When we are based at work, we wish we had time off with our loved ones. When we have that time off, many of us fail to enjoy it properly because we can't 'switch off' and worry about our workload when we return. Some of us even work during our holidays. If this sounds like you, it's time to start living more 'in the moment'.

e live in an age that revolves

around distraction. The

growth in popularity of

smart phones, social media

and always being 'on' or 'in touch' with the

rest of the world has made it difficult for us to

take a step back and just enjoy the present

moment. We are always on the go or doing

something, and rarely stop to still our mind

and focus on that is happening and how we

feel right now.

Living in the present moment has roots in Buddhism and meditation. In order to calm

our minds, find inner peace and balance, we need to be able to control our thoughts and create stillness in our minds, so that we can focus on just 'being'. Not only is this practice a good stress-buster, but it also gives a sense of perspective. We can think about things from a different angle, and realise what's important in life. By being mindful, you let your thoughts flow through your mind, without them influencing or controlling you and your decisionmaking process.

People who practice mindfulness tend to be happier, calmer, more empathetic and more confident in themselves. They listen to negativity and don't absorb it - they let it wash over them without becoming defensive. This in turn reduces stress and anxiety levels overall.

So how do you become more mindful and live in the moment? The main step is to exercise present-moment awareness. Don't think about what you're going to do in future, or what you have done in the past. Clear your mind of thoughts and your inner mental 'chatter'. Don't think too hard about what you're doing in the present moment – just 'be' in the moment.

Don't think about your body hang-ups, things you may have said or done in the past that you can't take back, or stress about the future. Focus on the experience you have right now, and unlink it to your self-esteem. This truly is living in the moment.



Have you chosen to take on a new life challenge? Running is beneficial for your health and soul, and there's no better way to kick start your fitness. We've searched for the most trusted running apps in the market where you can set goals and beat them!

### RUNNING APPS TO GET YOU FROM COUCH TO 5K

#### 1. Running heroes

This app is excellent motivation for the first few weeks of your training as you earn rewards for your time spent on the road. You can also link Running Heroes to numerous tracking apps such as Strava and Fitbit so you can look back on how far you've come. Running Heroes can then convert the distance you've covered into points to then provide discounts on running clothing and accessories.

#### 2. Strava

Strava is one of the most popular running apps for beginners to get you from couch to 5k. With built-in technology, this app uses your GPS signal on your phone to provide an accurate read of your location, speed and distance. Prior to heading out, you can plan a route on the map via the Strava website. This is great for unfamiliar surroundings or to keep yourself motivated in the early days. Strava automatically saves your progress and activities, and if you choose to connect with friends on it, you can send each other praise.

#### 3. Runtastic

Yet another great app to get you from couch to 5k and enjoy the process. Runtastic encourages you to participate in other sports to build your endurance and confidence. It's a great running app if you're nervous of hitting the road. It'll build your self-esteem, celebrate your triumphs with you and provide a breakdown of how you can improve your running strategy for the next time.

#### 4. Zombies, Run!

This is one of our favourite running apps because it provides an eight-week training programme so you always know what level you should be at. It makes running fun by combining interesting instructions on when to pick up your speed, and times to stop for a stretch. It's ideal for those with a fear of running who wish to make the activity less daunting.

#### 5. Runkeeper

This app differs from the others promising to get you from couch to 5k because it provides insightful data on your distance, speed, calorie information, and more. Plus, if you're serious about your new fitness journey, Runkeeper will provide useful tips on how to progress for your future runs.





The key to achieving couch to 5k is setting yourself realistic goals. Pushing yourself too hard in the first week will put you off and set yourself up to fail. Set yourself a four-week programme, such as the below example:

#### WEEK 1:

Run for 30 seconds, walk for 30 seconds, repeat 15 times.

#### WEEK 2:

Run for 45 seconds, walk for 45 seconds, repeat 12 times.

#### Week 3:

Run for one minute, walk for one minute, repeat 10 times.

#### Week 4:

Run for 90 seconds, walk for 90 seconds, repeat 8 times.

DO YOU HAVE ANY TIPS ON GETTING FROM COUCH TO 5K? TAKE IT AT YOUR PACE AND HAVE FUN!



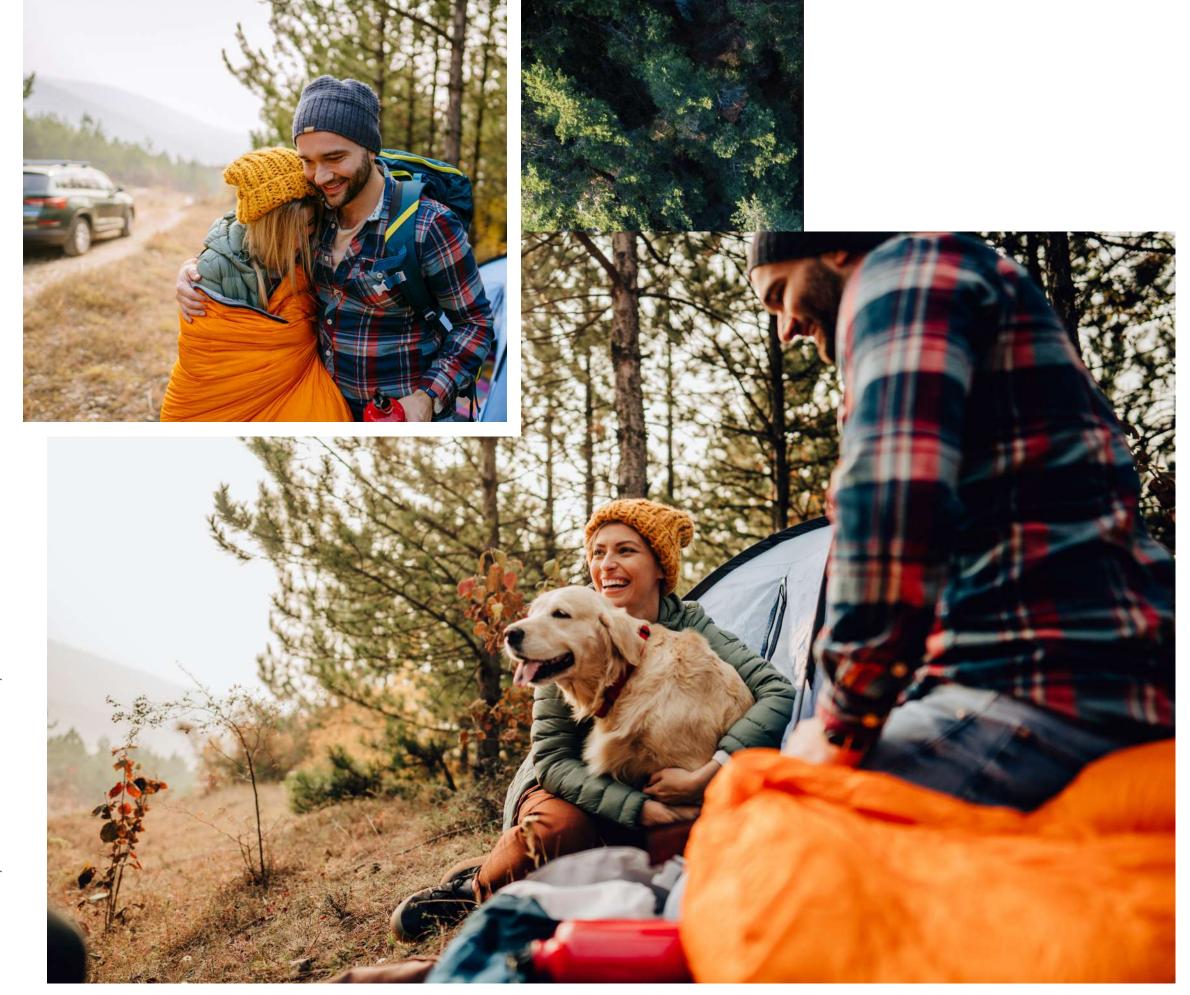


## CHOOSE A TENT A SIZE BIGGER THAN ADVERTISED

From camping at a festival in a squashed four man tent with three friends, I can assure you that you'll want to size up. While it may be tempting (and is often cheaper) to find a tent for the exact number of people staying in it, I'd advise going for one size up to have a little more legroom and storage space for everyone's backpacks. If you're spending more than a night or two away, make sure that you've got an awning attached with a floor mat to keep you dry, so you can duck underneath when the rain hits while still getting a breath of fresh air.

## WATCH OUT FOR THE WATER COLUMN OF YOUR TENT

Tent material is made with a waterproof membrane or coating with stops water droplets from soaking through the fabric, and it's important to check exactly how good your potential tent is at keeping moisture out before you buy it. According to Mountain Warehouse, "The minimum rating for a tent to be waterproof is 1,000mm. The higher the rating, the more waterproof the tent is." Basically, if you can afford to get a tent with a groundsheet with a high water column, do so, and know that the flysheet of a tent can have a different waterproof rating than the groundsheet.





#### BRING A COMFORTABLE MAT AND PILLOW

Many novice-campers make the mistake of camping sans mat, but sleeping directly on the floor of your shiny new tent won't make for a pleasant experience. Even in a tent with the highest possible waterproof rating, pressure on the surface encourages water to seep through. As well as that, sleeping on cold, uneven ground isn't going to set you up for a dreamy night's sleep, so invest in a foam mat and comfortable pillow to lay underneath you and your sleeping bag.

#### SETTING UP YOUR TENT

Before you leave for your adventure, have a go setting up your tent in a garden or green space using the instructions to save time and ensure you know how to do it when you're out in the wild. When it comes to picking a good campsite, newbies will want to pick a spot with good facilities like toilets and showers, and ideally with a town nearby for picking up supplies. Once you're there, always ensure you choose a place on level ground to pitch up, clear of debris like sticks and rocks that may damage your tent. Ensure you put the back of your tent in the direction of the wind and your pegs in the ground at a 45 degree angle so that it stays put. There's nothing worse than a tent collapsing when you just want to get some sleep!

#### PLAN YOUR MEALS BEFORE YOU GO

Plan what food you're going to make when you're camping before you go to save yourself a lot of time and hassle. Do some research into the campsite or area you're staying in to see if you're allowed to make campfires, and if you're not, pre-plan some cold snacks like sandwiches, picnic food or food that can be microwaved in the kitchen facilities nearby. It's always worth checking TripAdvisor to note down any local pubs or restaurants close by in case your culinary plans go wrong.

We hope these handy tips come in useful should you decide to take to the woods or pastures green this year. Have fun camping!

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# QUIRKY

and

# INNOVATIVE RESTAURANTS

WRITTEN BY AMY POOLE

London is the perfect city for a unique dining experience and delectable food. This summer, step outside of your comfort zone and try a dish that'll satisfy your taste buds. We've scoured the Internet for a list of quirky and innovative restaurants in London.



#### QUIRKY RESTAURANTS IN LONDON

#### 1. DALSTON JAZZ BAR

This electric restaurant combines delicious food with a love of jazz music. If you consider yourself daring with trying new food, some popular choices on the menu include shark and zebra. Doors open every Thursday, Friday and Saturday from 7pm until 1am, making it a great spot for late-nighters. Considered a venue and restaurant combined, Dalson Jazz Bar showcases top jazz artists in the Dalston area so you can explore some local talent while devouring in food. If you're visiting for a special occasion, book the venue in advance for a never-ending party. **4 Bradbury St, Dalston, London N16 8JN** 

#### 2. DUCK AND WAFFLE

Located on the 40th floor with floor-to-ceiling windows, this modern restaurant has the perfect ambience for a romantic date night. But this spot is more than just fancy views, as it's a 24-hour eatery infamous for its duck leg on a sweet waffle. It's suitable for any time of the day. But they also have plenty more on the menu, all of which are innovative and tasty. If you love pork scratchings, try their crispy pigs' ears displayed in long strips within a paper bag. Or the sausage meat hugged in bacon makes a festive treat in the summer. For sunny days or night, try their quirky list of desserts, including eggy bread with cinnamon ice cream, all the while soaking in the glamorous views of the city.









#### 3. HUNAN

Love to try new foods? Hunan is where the fearless eaters head to. This Chinese restaurant offers an extensive menu, but you don't get to choose what you're eating. Explain what you like and despise to your waiter, and they'll find the perfect dish for your tastes. This trusting experience is rather exciting and gets you to eat outside of your comfort zone. With mini dishes, you'll receive several courses in one sitting so you're bound to discover something that hits the spot. Don't dine alone though, because they only welcome parties of two or more. 51 Pimlico Rd, Belgravia, London SW1W 8NE

#### 4. BUONA SERA

For larger parties, Buona Sera is a definite goto. This quirky restaurant offers Italian cuisine, but waiters present your food via ladders from underneath you. The seats are a part of the critical infrastructure of the restaurant. It's like a luxury treehouse where you eat mouthwatering dishes made from fresh ingredients. To get seated, you have to climb up the ladders, to make it a one-of-a-kind dining experience with ultimate privacy and peace. **289a King's Road, Chelsea, London, SW3 5EW** 

What are your thoughts on our top recommendations? Or do you have any additional quirky and innovative restaurants people should explore this summer in London? Share your top secrets in the comments.

10 Bishopsgate, London EC2N 4AY

# VEGAN BARBEQUE?

It's About Thyme!

WRITTEN BY SARAH HAYNES

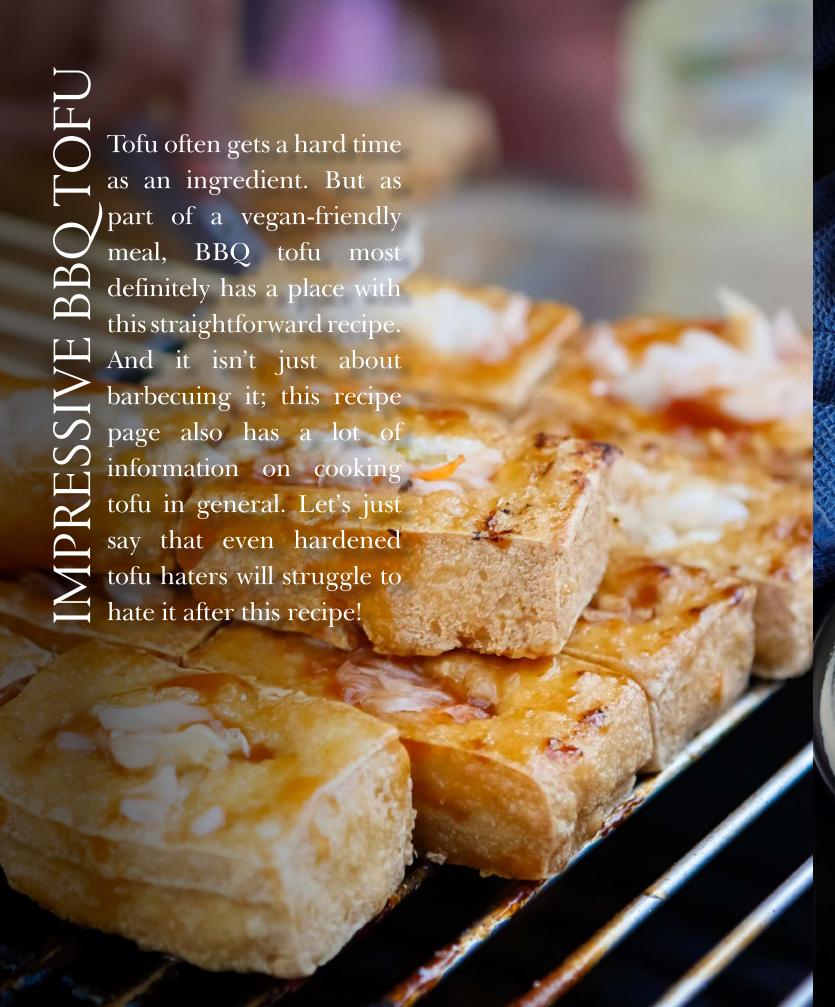
London is riding high on the great vegan tidal wave that has swept across much of the UK. Rejecting animals and their products has never been more popular. Supermarkets are increasingly featuring vegan options among the more traditional fare on their shelves and cafes are quickly following this trend to boost and maintain their customer base.

But when it comes to an occasion where meat is intrinsic to the meal, it can be tricky to find options to satisfy all tastes. A summer BBQ is one such occasion with its burgers, sausages, ribs and chicken alongside salads. But there's no need to miss out, here we have six great vegan options for your BBQ, guaranteed to satisfy.











## GRILLED AUBERGINE

And now we have a slightly more unusual one. The great thing about aubergine is that its soft, spongy texture easily absorbs sauces and flavourings so that you get a great tasting dish with minimal effort. Suggestions for sauces include a BBQ one (of course!), sweet miso, garlic and herb and a smoky, Texan traditional sauce. Slather the aubergine and then stick it under the grill – it'll be ready in no time to add to your picnic.

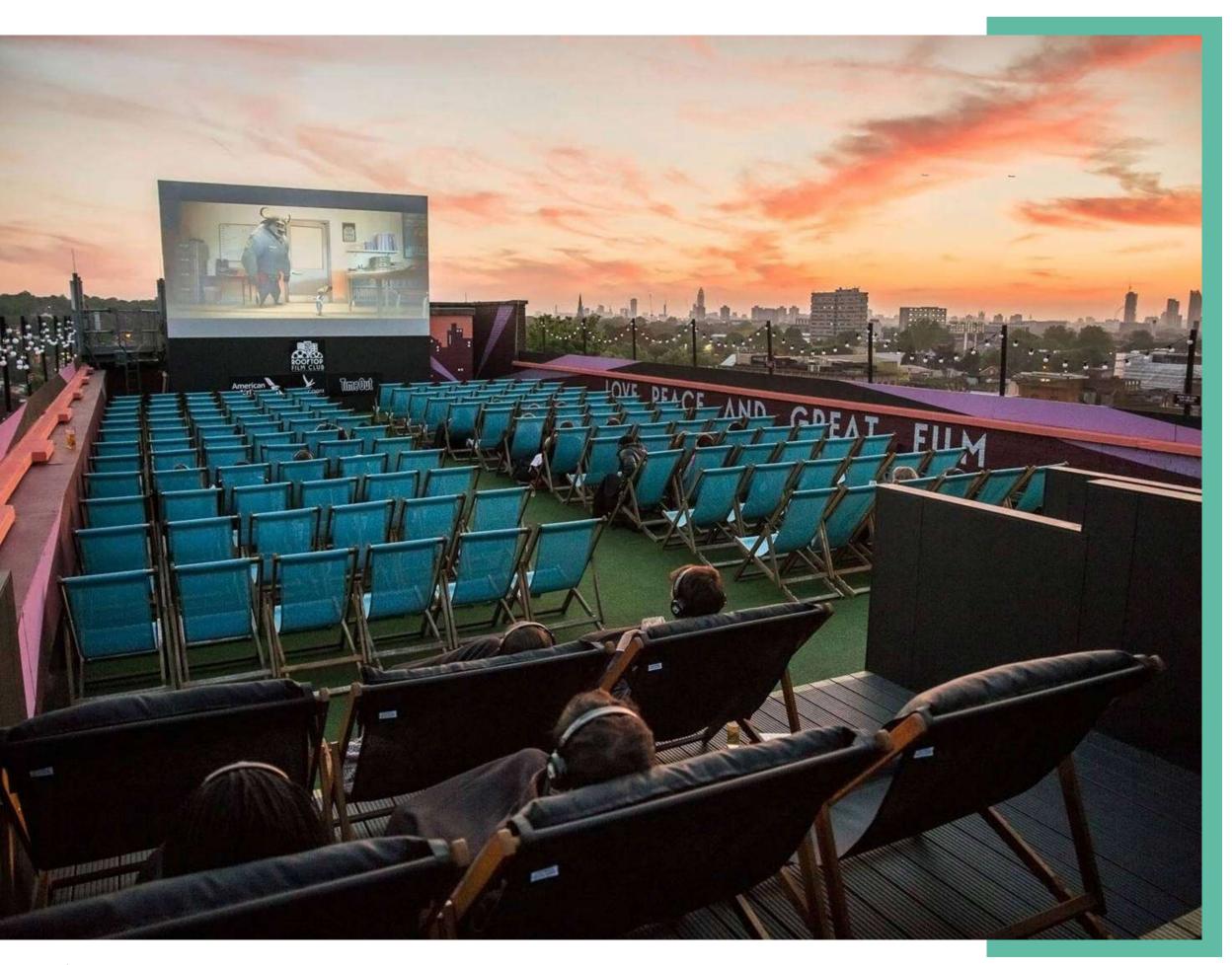


So, there you have it. Perfectly simple, vegan dishes to incorporate with the rest of your BBQ to make sure that there's something for everyone as the sun (hopefully!) shines down on us this summer.

Continuing with our meat substitute theme, vegan BBQ ribs are a great alternative to the meat ones. Ribs are all about the smoky, BBQ taste with sauce smothered all over them - and these vegan ones deliver just that. Made with seitan for an all-round good, healthy, vegan dish – you definitely won't be missing the real thing.







If you're feel sceptical then there's no need. Open air cinemas aren't just about watching a film outside on a big screen. Almost all have on-site catering and pop-up bars so you can make the most of summer nights with friends. There's the novelty of being part of a big crowd, all there for the same reason, having the freedom to get up and move around, grab a drink from the bar and busting out your best dance moves to the soundtrack. If this sounds like the sort of thing that you enjoy this summer in London, then you're in luck. You have plenty of options to choose from; we've chosen some of the best below.

### Rooftop Film Club

This is an open-air cinema that comes with a little extra pizazz. Taking place on the rooftop of one of Shoreditch's premier club, bar and gallery spaces, the Queen of Hoxton is a proud host to open-air film viewings. The schedule changes throughout the summer, so your best bet is probably to check out their website regularly to make sure you've got all the info. Both new releases and the old classics feature regularly at the Queen, handily situated in the heart of zone 1. PS. If you're in zones 2 and 2/3 you don't need to feel left out, there are also Rooftop Film Clubs in both Stratford and Peckham. Check out the website below for more details.

Address: 1 Curtain Rd, London EC2A 3JX Nearest Station: Liverpool Street Website: rooftopfilmclub.com

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#### The Luna Cinema

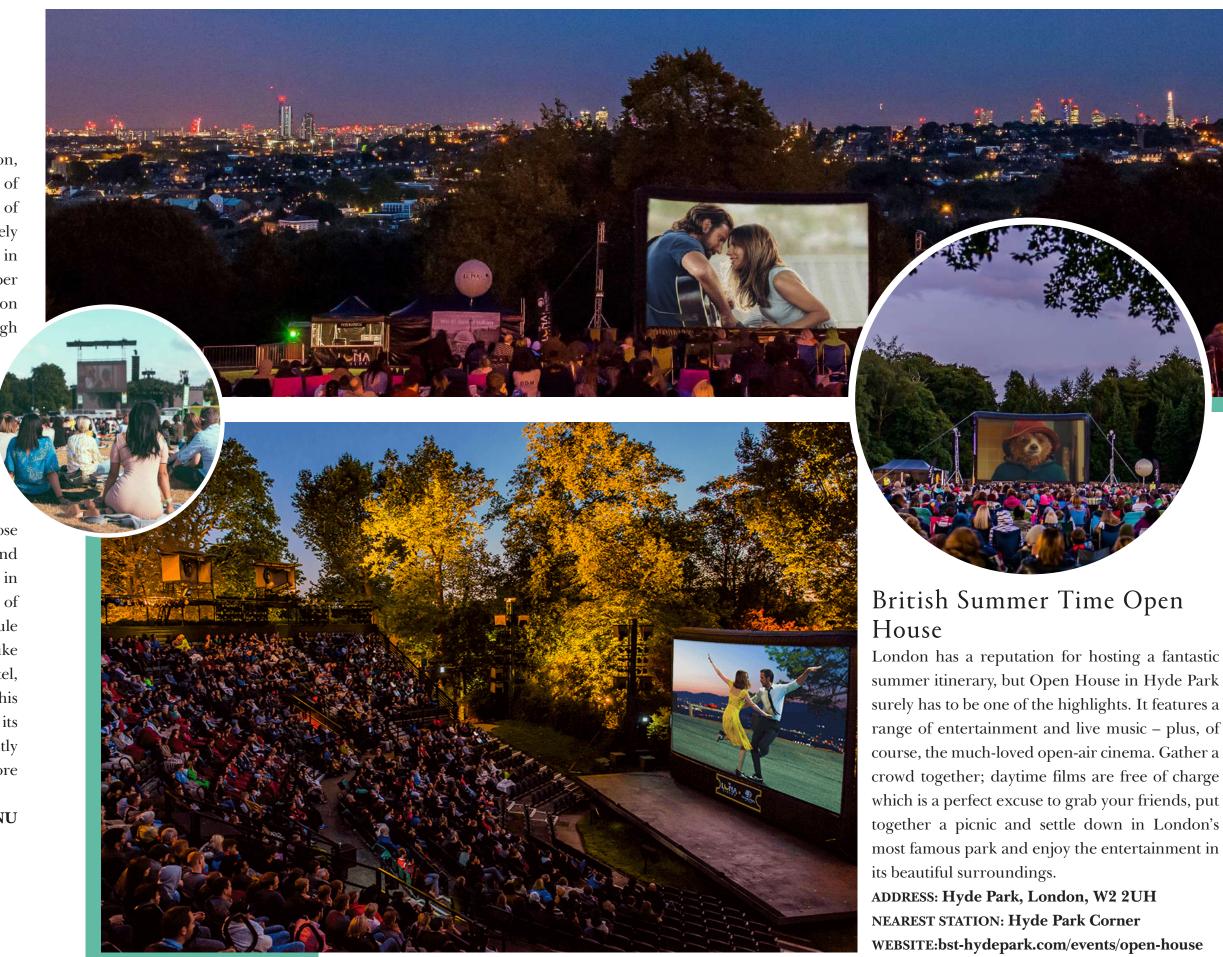
Luna outdoor cinemas spread across London, ranging from the regal surroundings of Westminster Abbey to theimpressive gardens of Alexandra Palace. The pick of the bunch surely has to be the pool-side open air cinema in Brockwell, where you can float around in rubber dinghies whilst enjoying what's unfolding on the screen in front of you. Check the film though – you probably don't want to watch Jaws!

ADDRESS: Brockwell Lido, Dulwich R NEAREST STATION: Herne Hill. WEBSITE: thelunacinema.com

#### Regents Park Open Air Theatre

This classy spot is the perfect location for those who are more interested in live productions and theatre. With an amphitheatre like seating in gorgeous natural surroundings, this is one of the best ways to see theatre. The schedule includes world-famous productions like Engelbert Humperdinck's Hansel and Gretel, Evita, and A Midsummer Night's Dream. This particular open-air theatre in London has its first show on the 16th May and will subsequently run through a number of productions before the end of season finale in late September.

ADDRESS: Regents Park, Inner City NW1 4NU NEAREST STATION: Regents Park WEBSITE: openairtheatre.com/ Open



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# How to Look After Your Mental Health This Summer

WRITTEN BY SARA MACAULEY

Summer time is amazing for an array of reasons - not least that the sunshine has a proven positive effect on your mental health. Researchers from Brigham Young University dedicated a study to the topic back in 2016, and reported that "seasonal increases in sun time were associated with decreased mental health distress."

But what about when you're feeling a bit low during the sunny summer months? It can be a testing time to look after your mental health, when social plans spike and the sheer volume of people on the pavements can make you feel intense FOMO if you decide to stay in. Below, we discuss how to cope when you're feeling down despite the sun shining.

#### **Alone Time**

First off, know that there is no right way to 'do' summer. When the sun comes out, it's hard not to feel like life should look like an Instagram highlight reel, surrounded by friends and endless cocktails. It's important to know that it's absolutely a-ok to spend time by yourself, if that's what you need to do. Instead of saying 'yes' to every invite that comes your way, take a bit of time to assess if you really want to go to that rooftop bar or BBQ. Will being surrounded by people make you feel anxious or benefit your mood? Check in with yourself before you say yes.

#### **Money**

Money is a huge stressor at the best of times, but during the warmer months it seems nigh-on impossible not to splash lots of your hard earned cash if you want to have fun. If you've considered the above point and you do feel like you want to join in with social plans, then set yourself a budget. Transfer the money you can afford to spend onto a separate card like Monzo to ensure you don't wake up the next day filled with regret about the £100 you dropped on prosecco in that beer garden.



Spending time working on yourself, checking in with how you're feeling, and choosing what's right for you is just as valid.

#### Treat yourself with small activities

On days where you literally can't fathom engaging in social activities, be that due to a dip in mood or a spontaneous wave of anxiety, try to keep yourself busy with a small task that doesn't feel too overwhelming. Treat yourself to a manicure at home, take a long hot bath, open all the windows and put on a really good playlist, or if you're up to it – take a book to the park. You can enjoy the smells and sounds of summer without having to be in the thick of social activities. It's important to re-define what summer looks like in your mind, and ensure you're doing what you want to do, not what you think is expected of you.

While summer is a great time for exploring, travelling and seeing your friends, when you're having a particularly hard time with your mental health, remembering that you need to show yourself the same compassion as you do at other times of the year is important. Your mental health is more important than what you post on social media or the number of parties you attend. Spending time working on yourself, checking in with how you're feeling, and choosing what's right for you is just as valid.



## THE SILVER LINE

WRITTEN BY SARAH HAYNES



With such change afoot in our communities, it's important to seek out the vulnerable to provide help and support. As part of this, Loneliness Awareness Week was introduced to bring the issue to the forefront of people's minds and to address the problems that come from being older and alone.

#### Why is this such a big issue in today's society?

There are multiple factors that go into making this a problem, principally the sea changes in the societal norms of fifty years ago and those of today, meaning the loss of a support network of family and close friends. Why?

- Communities, for example. Back in the day communities were far more cohesive; it wasn't unusual to have several family members all living in the same neighbourhood, providing a mutual network of support. Nowadays, families are more likely to scatter across the country, and the globe, leaving behind the older generation who have lived their early lives and often just want to settle down in their retirement. This results in a disconnection within communities which the older generation suffer from.
- Accommodation. Over the last sixty or so years we have seen - quite literally - the rise of alternative places to live. Many, many older people in south London are now housed in tower blocks of flats, rather than houses on the street, the results of which can often be a total disconnect with their neighbours. Gone are the days of scrubbing your front step and chatting while you do it; these older people have grown up with a different way of living.

• High turnover of residents. With the expansion of today's society, and the impact of emigration and immigration, close neighbours are more likely to move on more quickly than in the past, leaving it difficult to form lasting friendships.

#### So, what can we do?

Five years ago, the broadcaster Esther Rantzen - well known for her charity work - recognised the scale of the problem and set up The Silver Line. This is the only 24/7 helpline for those who suffer social isolation; providing information, support, advice and friendly chats for those in need. Loneliness Awareness Week has harnessed the energy of this campaign and make it as widely known as possible.

The Silver Linecan literally be a lifeline for older, more vulnerable people which is why it's essential to keep it up and running. However, long term sustainability is beginning to be a key issue. Up until now, the line has been run exclusively by paid staff who are there 24/7, 365 days of the year. But the demand is everincreasing, it has taken 2.5 million calls to date, and more help is needed to keep it going.

The Silver Lineis a vital tool in combating the social isolation and loneliness among vulnerable people which is swiftly becoming an epidemic sweeping across the UK. This is why it's now hoping to set up 'Volunteer Hubs' so this support can continue to be offered at the level that it's needed. The first of these hubs will be based at the charity headquarters in Battersea.

Further information about this amazing charity, its work and how you can help can be found online.





### Richmond Park

No list of picnic spots can leave out the stunning Richmond Park. Sitting on the edge of London, Richmond Park is Europe's biggest urban park. With itsbeautiful landscape of wild hills and woodlands, this gorgeous location is a sure picnic spot winner. Richmond Park is Europe's largest urban park and it comes with some unique attractions. The 650 strong herd of roaming deer, for example and resident wild parrots. Itprovides serenity and calm, With the only noises for miles being birds and crickets, it's a tranquil haven of serenity. For an after picnic walk, the Isabella Plantation has a lot to see; ponds and streams full of invertebrates and amphibians, as well as the famous collection of wild azaleas, rhododendrons and camellias. With its native nectar and berry bearing trees that provide food and shelter for birds, bats and insects, Richmond Park is a proud nature haven.So, take your picnic basket, head for the shade of ancient trees and lay out your rug. It's probably a good idea to keep an eye on your food in case the roaming deer come to roam a little close to you!

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picnic. You can safely addBrockwell Parkto your picnic spot bucket list.

### Victoria Park.

If there's such a thing as a 'cool' park, then this one in Hackney surely takes the title. It's the oldest public park in London and was opened by its namesake, HRH Queen Victoria, in 1845. Thewide open spaces are perfect for settling down to enjoy a family picnic, plus the parkoften hosts various sporting events and a number of surprisingly large-scale festivals. But picnicaficionados need not fret, Victoria Park has a large variety of trees - oaks, horse chestnuts, cherries, hawthorns and even Kentucky coffee trees - a quaint Old English Garden bursting with flowers and shrubs. For energetic little ones there's a children's playground, a deer enclosure, and of course, last but not least, the famous boating lake with its charmingly picturesque fountain in the middle. This one is an all-round great park for picnics!



## Highgate Wood

This little gem has been described as the perfect urban park in North London and depending on what you want, it has more going for itthan some of the other picnic places.

There's loads of things that you can do there to keep the whole family entertained, whether it's a gentle Sunday stroll with the dog or a day out with the family.

- Picnic fields
- Cricket pitch
- Dense woodland to explore
- Playground with comprehensive facilities; climbing equipment, a zip wire and sandpits to keep the kids entertained.
- If you're keen to get in the know about its trees and wildlife, you can also take part in guided walks around the wood which is kept in sterling condition by its 11 park keepers.

And once you're finished, there's a small café to refuel at with both indoor and outdoor seating.

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## St. James Park

This is one for those who want a more urban feel for their picnic outing. St. James's Park lies bang in the middle of central London, nearby famous sights include Horse Guards Parade, The Mall, Buckingham Palace, Whitehalland Clarence House. The park has famous flower beds right at the front of Buckingham Palace which are a familiar regal backdrop to pageants, ceremonial occasions and state visits. The summer months are particularly busy with events so it's probably worth having a quick peek at the official website for the park before you go ahead and organise your picnic trip out. If you have a twitcher among your number then this is ideal. St James' Park has fifteen different species of birds, the most famous being the resident colony of pelicans! There's a sight you won't see elsewhere. As one would expect of a Royal Park, there deck chairs to take advantage of, rather than sitting on the ground like a commoner of old.

From here you can also get some great
photos of nearby landmarks – Horse
Guards Parade, Buckingham Palace,
London Eye and Big Ben to name a few.
Given its location and nature, St James'
Park might be the one to head for if you're





## Advertise Your Business with Word of Mouth Magazine

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

Why not try a couple of our very popular additional services

Social Media Management

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

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

For more information on how we can take over the management of your social media accounts, please email us.

Email: sales@wommagazine.co.uk | Website: www.wommagazine.co.uk





The Club package offers ongoing social advertising; this is the combined activity of the on line magazine visibility and social media reinforcement on an ongoing subscription for a period of 6 or 12 months:

#### **CLUB - 6 MONTH**

## £650/Month

6 months club membership
3 Half Page Magazine Features
6 months Social Media Boost
YouTube clips
All artwork
3 website articles
Minimum Montly Reach 10,000 people
Half page Ad in 3 issues

#### **CLUB - 12 MONTHS**

## £550/Month

12 months club membership

Half Page ad in 6 issues

12 months Social Media Media Boost

6 website articles

Minimum Montly Reach 10,000 people

YouTube clips

6 Half Page Magazine Features

WOM Wider network

sales@wommagazine.co.uk

www.wommagazine.co.uk



### **Blog Management Services**

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

Maintaining an active voice with current blog content helps to drive more traffic towards your website. As a result, an increased number of online visitors often leads to more customer purchases and repeat business.

For more information on how we can take over the management of your Blogging for business, please email us at sales@wommagazine.co.uk

### Contact Word of Mouth Magazine and Unlock the Full Potential of Your Business

To advertise your business directly with our social media campaign service, or to be featured in one of our future issues, please call our 24 hr answering helpline on 08437130 0432.

We will return your call by the next business day.

Alternatively, you're welcome to email our sales team directly: sales@wommagazine.co.uk