
THE

PENINSULIST

SPRING EDITION 2019

Peninsulist Meets

Jefferson Hack, the co-founder of Dazed & Confused, on his plans for Design District Space X Dazed on Greenwich Peninsula.

Music

Now hear this: we pick out a handful of 2019's best new recording artists – from Irish punk to London grime.

Health & Wellbeing

Read deep! Swim wild! Here are the most effective natural stress-busters for this spring.

Food & Drink

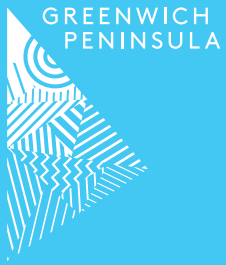
Stevie Parle, Craft London's founder chef and one of the capital's leading restaurateurs, runs us through his recipe for success.



Show & Tales

Why have Studio Morison, one of Britain's great art duos, drawn on unsettling children's literature for their awesome new exhibition?

Ivan and Heather Morison, image by Casey Moore



SUNDAY 19 MAY 2019

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HEMINGWAY
DESIGN

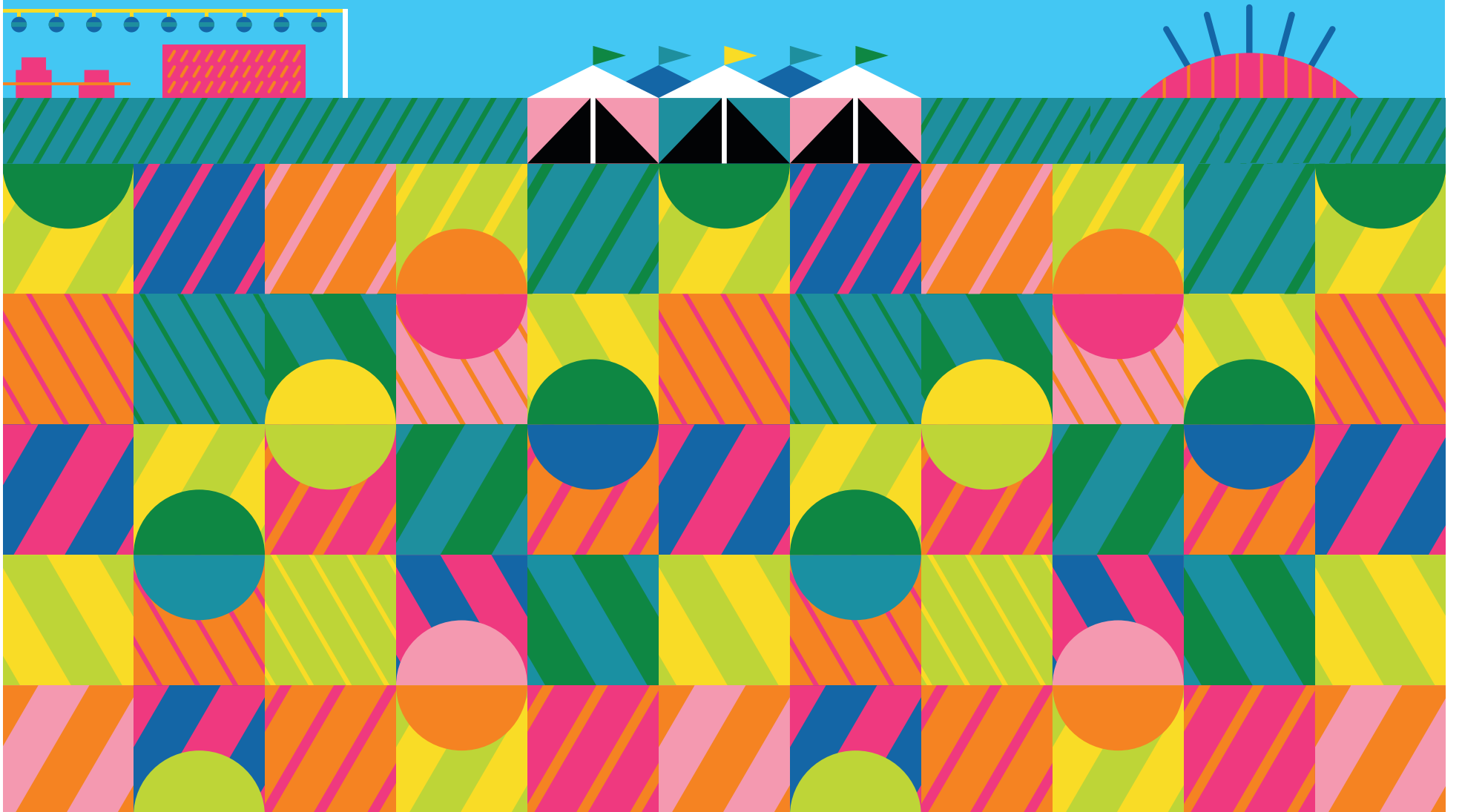
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A CONTEMPORARY TWIST ON THE TRADITIONAL VILLAGE FAIR

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This Spring

03 – 04
ART AND CULTURE

Once Upon a Time



Are you sitting comfortably? Then we'll tell you all about the wonderful Studio Morison, one of Britain's most innovative art duos, and their spring plans for a gallery exhibition focusing on the wonders of children's literature.

11 – 12
HEALTH AND WELLBEING

Pressure Drop



Still feeling a bit stressed and sluggish in early 2019? There's plenty of ways to fix that, from reading groups to serious yoga – Joe Minihihane runs through some of the best ways to shake off life's pressures this spring.

17 – 18
HEALTH AND WELLBEING

Park Life



If you want to see winter truly break into spring, then you should get along to Greenwich Ecology Park, the natural habitat worked right into the heart of the Peninsula.

05 – 06
THE PENINSULIST MEETS

Jefferson Hack



The founder of Dazed & Confused and AnOther Magazine talks us through his early memories of east London, his longstanding friendship with his photographer pal Rankin, why creativity is so important to him, and his new partnership, Design District Space x Dazed, on Greenwich Peninsula.

13 – 14
FOOD AND DRINK

Craft's Man



When Stevie Parle, Craft's founder chef, first came to Greenwich Peninsula, he saw a blank space into which he has managed to fit one of Britain's best, most innovative, local, seasonal restaurants. He tells Kate Little how he went from supper clubs in swimming pools to running some of the city's best places to eat.

07 – 08
MUSIC

Now Hear This



Listen up! With the Brits and awards season in full swing, the seasoned music journalist Kate Hutchinson picks out a handful of new recording artists – from punk to grime to jazz – likely to enliven your 2019.

15 – 16
ARCHITECTURE AND DESIGN

Rooms for Improvement



Before selling up, you should probably do a little tidying up first. This is just one of the many wise home-improvement tips offered to Kate Little as she surveys the best ways to improve the marketability of a Greenwich Peninsula home.

Creativity = Capital. That isn't the tagline for a new east London estate agency or a smart new investment app. It's actually a phrase the German artist Joseph Beuys came up with about 40 years ago. Back then, Beuys was trying to rethink artistic production, to make art vital and relevant, at a time when Germany was still split between a communist East and a capitalist West. Plenty has changed, but, in 2019, Dazed & Confused co-founder Jefferson Hack is going back to Beuys' old phrase, when he thinks about the value of creativity in the British capital. You can read his thoughts on p5, discover how Studio Morison are drawing new inspiration from old children's books on p3, and find out about some of the best young musicians working in the British Isles today on p7. All highly creative work, and well worth investing your time in, whichever side of the equation you come down on.

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Once Upon a Time

Are you sitting comfortably? Then we'll tell you all about Studio Morison. One of Britain's most innovative art practices, their spring plans for a childlike, challenging exhibition focusing on the darker truths of children's literature.

WORDS BY ALEX RAYNER

Ivan Morison has just put down his chainsaw. The British artist had, up until a moment ago, been out in his studio's yard in Herefordshire, chopping up some chestnut logs – fresh in from Snowdonia in Wales.

Later, he and his partner – in life and in art – Heather Peak will put the wood on a lathe to create an early version of a new work of theirs, before it gets sent off to be digitised and manufactured.

"We try to keep the computer out of the studio," says Morison. "We first need to look at our work, to turn it around and examine it."

Together, Ivan and Heather have built pavilions and kites, created huge, light-filled balloons, made odd bits of pottery, as well as furniture, sculptures and performance spaces. They represented Wales at the 52nd Venice Biennale in 2007, but you're just as likely to come across their enthralling, sometimes spooky artworks in public settings.

When Ivan isn't setting a chainsaw to a chestnut log, he and Heather are straining other materials to their physical limits. "We always like to push outwards in terms of materials and techniques," he says. "We take materials and push them in ways that they've not been used before."

In a sense, Studio Morison try to do the same things with their audience. Though their artworks are lovely to look at and touch, the artists are also very interested in how art can help a group of people shift their outlook or perspective.

"At the very centre of our practice is the idea of change," says Ivan. "That's both personal change and wider, societal change. We're very interested in how you enable communities to move through change, how to identify areas of change, and how to find strategies to address those changes."

For Greenwich Peninsula's NOW Gallery, Studio Morison have created an exhibition that lets both children and adults key into those knotty problems. The show is called *The Mouse and His Child*, and it is named after a 1967 book by the US-born, British-based author Russell Hoban. It's a dark toy fantasy, about a clockwork mouse and his son, who go on a quest to find a home of their own and become, as the book puts it, "self-winding".

Studio Morison love Hoban's books. "I've read them to myself and with my children," says Heather. "I adore *The Mouse and His Child*, even though it also deals with some of my worst fears as a parent."

"Art is important, it is a way of talking about stuff you don't want to talk about"

The artists have worked with the author's fiction before, when they made some works relating to Hoban's post-apocalyptic novel, *Riddley Walker*. "And I nearly called our son Riddley," admits Heather.

However, Ivan and Heather went with *The Mouse and His Child* for this show, as they wanted their new show to be a place for kids that also worked well for adults. "It's about those dark, fundamental themes that are in children's fiction," says Ivan. "The primary audience is children, but it also works across all audiences."

The artists have created a huge circular rug for the exhibition – "raspberry ripple-coloured" says Ivan – as well as a three and a

half metre-wide, light-filled helium balloon. The balloon will be tied by a cord to a dark-green, sea cucumber-like marble sculpture that rests in the rug's centre.

Studio Morison are also making stools, tables and other things, and assembling a library of works of children's fiction written by authors better known for addressing an adult audience, such as Virginia Woolf, Margaret Atwood and Spike Milligan, as well as the aforementioned Hoban.

Heather is a great reader, and is excited by the idea of making a space centred on the enjoyment of literature. "It's really exciting for me to put a library in there," she says. "I like that it provides a civic role. I love art that can be part of your everyday life."

During the course of the show, there will be talks, discussions and other events, but the artists don't want the show to be reduced to a simple kids' reading room. Both the show and the book that inspired it are, says Ivan, about a cultural search, but also "a search for meaning and making a home".

Heather revels in the strange tensions that arise when a parent reads challenging kids' books to their child. "I've read Margaret Atwood's kids' stories with my kids, and I can't get *The Handmaid's Tale* out of my head," she says. Nevertheless, she feels difficult subjects can and should be addressed by children via books. "They can talk about how hard life really is," she says. "Literature can be a conduit to discuss this."

The artists believe the NOW Gallery's site is just perfect, because Greenwich Peninsula is also a place where London's pioneers have struck out to create a place for themselves.

"It ties in really nicely," Ivan says, "because Greenwich Peninsula is about people coming to work

and live somewhere new, creating a place for culture and thinking."

"I love art that can be part of your everyday life."

Heather and Ivan went on their own home-making quest about four years ago, when they struck out into the Herefordshire countryside. Their studio and accompanying yard might seem like an odd place for contemporary artists, but the pair have thrived there, working with local craftsmen and women and light-fabrication concerns in a region that was once known as the Workshop of the World.

"There are some incredible joiners and stonemasons around here, mould-makers and metalwork manufacturers," says Ivan. "It's the home of manufacturing."

With a little help from these local artisans and a little childlike inspiration, Studio Morison hope to create a show that will entertain both the young and the old, but also raise some challenging questions.

When Ivan tries to sum up his ambitions for the show, he reaches for a line from *The Mouse and His Child*, describing the dwelling the clockwork creatures end up making for themselves. "The house assumed a look of wild confidence or reckless bravado," Ivan quotes. "That's what we want the show to be like. We want people to think about how to bring darker truths to a younger generation, how we talk about those things, I hope they would leave with a thoughtfulness."

"After all," says Heather, "Art is important is a way of talking

about stuff you don't want to talk about."

Feel like getting involved? Then come to NOW Gallery at The Gateway Pavilion on Peninsula Square on these dates in March and April to take in *The Mouse and His Child*'s special events. There's music, readings, discussions and Q&A sessions from some great authors, poets, musicians and other performers.

27 February, 6-10pm.

A private view of Studio Morison's *The Mouse and His Child* with music from Kit Wilmans Fegradoe and a reading from Samantha Spiro.

2 March, 12-3pm.

An afternoon of readings, with music by Kit Wilmans Fegradoe, as well as other special guests.

7 March, from 7pm.

A spoken-word evening, with Cecilia Knapp, Mina West, Alex Daykin and Kareem Parkins Brown.

12 March, from 7pm.

An authors' evening, with readings from Catherine O'Flynn and Horatio Clare, as part of the London Book Fair.

23 March, 12-3pm.

An afternoon of readings, with music by Kit Wilmans Fegradoe, as well as other special guests.

11 April, from 7pm.

A Bloomsbury evening with The Virginia Woolf Society of Great Britain and author Maggie Humm.

18 April, from 7pm.

A Poetry Society reading and Q&A session with Kate Wakeling.

► **The Mouse and His Child by Studio Morison is at NOW Gallery, The Gateway Pavilions Peninsula Square, 28 February-28 April. nowgallery.co.uk**



01

“



02



03

IT'S ABOUT DARK, FUNDAMENTAL THEMES THAT ARE IN CHILDREN'S FICTION

”

—Ivan Morison



04

- 01 Image by Casey Moore, of Studio Morison's Slump vase
- 02 Image by Studio Morison of their Pickle table, Wurst bench and Truffle stool
- 03 Image by Casey Moore
- 04 Ivan and Heather Morison by Casey Moore
- 05 Image by Casey Moore of Studio Morison's Truffle stool
- 06 Image by Studio Morison, of their project Sleepers Awake



06



05

The Peninsulist Meets

Jefferson Hack

The Dazed founder talks through fatherhood, Cornish pasties and his new partnership on Greenwich Peninsula with the launch of The Design District Space x Dazed.

WORDS BY ALEX RAYNER



01

Back in the early 1990s, a young editor launched a new magazine that would go on to change the face of London. Jefferson Hack – working with his photographer friend Rankin Waddell – not only introduced a whole generation to the thrills of art, fashion and music, but also altered east London by drawing writers, designers and other creatives into this once under-occupied quarter of the capital.

“
Becoming a father changed my whole perspective. I discovered a love I’d never known
 ”

Now, 28 years later, as the CEO and co-founder of Dazed Media, he’s helping to shape the city once more, with the Design District Space x Dazed. In anticipation of Greenwich Peninsula’s Design District opening in 2020, London’s first permanent purpose-built district for the creative industries, Greenwich Peninsula and Dazed have come together to launch an open call-out to find the Design District’s first pioneers. The winners will be awarded a free workspace for a year in London’s newest cultural neighbourhood. Read on to find out

why Hack values creativity so highly, where he likes to hang out, and which world-famous singer he thinks is the “patron saint of Dazed”.

You were born in Uruguay, grew up on the Kent coast and came to London to study. What did you make of the city when you first arrived?

It was limitless, overwhelming, intoxicating (literally!) and presented endless potential.

Always the pioneer, you set up offices in east London before east London was the place it is today. What was it like when you first set up?

It felt like exciting, undefined territory with a strong creative scene in a lot of work/live spaces, and some squats, pubs and bars that stayed open all night in which there were no rules. It was very DIY, very creative because nothing was on offer. Slowly, things began to establish around us. It’s hard to imagine how fast it changed. Can you imagine Old Street and Shoreditch without a single coffee shop? We survived on Cornish pasties from the garage on the roundabout.

London is a diverse city. Where do you now hang out?

I love walking along the canals near my home between Old Street and Islington, buying vinyl in Soho, vintage clothing on Brick Lane, books in Cecil Court, and visiting artists’ studios mostly in east London and south of the river.



03

Dazed has gone from strength to strength since launching in 1991. What was the one defining moment?

There wasn’t one, but many. In ’96 when Radiohead premiered OK Computer at Dazed & Confused Live! In ’98 when McQueen guest-edited issue 46; a few months later when Rankin and I hijacked Channel 4. Our 20th anniversary

“
Harnessing our creativity is what brings life true value
 ”

book and exhibition at Somerset House, not to mention launching AnOther Magazine, followed by Another Man. This last year, my favourites have been the Ryan McGinley and Hanna Moon Youth Power issue and the Vivienne Westwood guest-edited issue, with radical examples of politics and creativity coming together.

In the ’90s and early ’00s, we saw a very different Jefferson Hack. How have you changed over the years and if you could do it all again, would you?

Becoming a father changed my whole perspective. I discovered a love I’d never known, and it helped me focus on what was important in life: my family and friends.

You’ve hung out and worked with so many interesting and talented people over the years. Who have you found the most inspiring?

Björk. She’s the patron saint of Dazed. We have her song lyric “declare independence” as a slogan on every cover.

How would you describe your working relationship with Rankin? How has that changed over the years?

We were joined by the hip and now we’re just joined by the phone.

What one piece of advice would you give to publishers trying to adapt to the decline of print? Who has handled it well?

Print is not dead! Launch more magazines! Indie publishing isn’t going anywhere: just look at The Leopard, Buffalo Zine, 1 Granary, and, outside of London, Dust, Kaleidoscope and Wallet, to name but a few of my favourites.

In 2018, we launched our Keep London Creative campaign, designed to help champion the city’s creativity. In 2020, the Design District will open its doors in the heart of Greenwich Peninsula to 1,800 creatives at affordable rents. What will this mean for London’s creative industries?

More affordable space for creatives will transform the landscape and empower the next generation. If you truly deliver on the promise, then it will be a revolution. Without a pipeline for those in art and culture, the whole city suffers.

01
 Jefferson Hack

02
 Dazed
 Issue 16, 1995
 Shot by Rankin

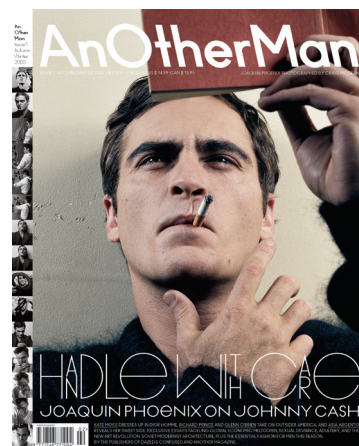
03
 AnOther
 Premiere Issue,
 Autumn Winter 2001
 Shot by Nick Knight

04
 Dazed
 Issue 46, 1998
 Shot by Nick Knight
 Styled by Katy England

05
 AnOther
 Premier Issue,
 shot by Nick Knight



04

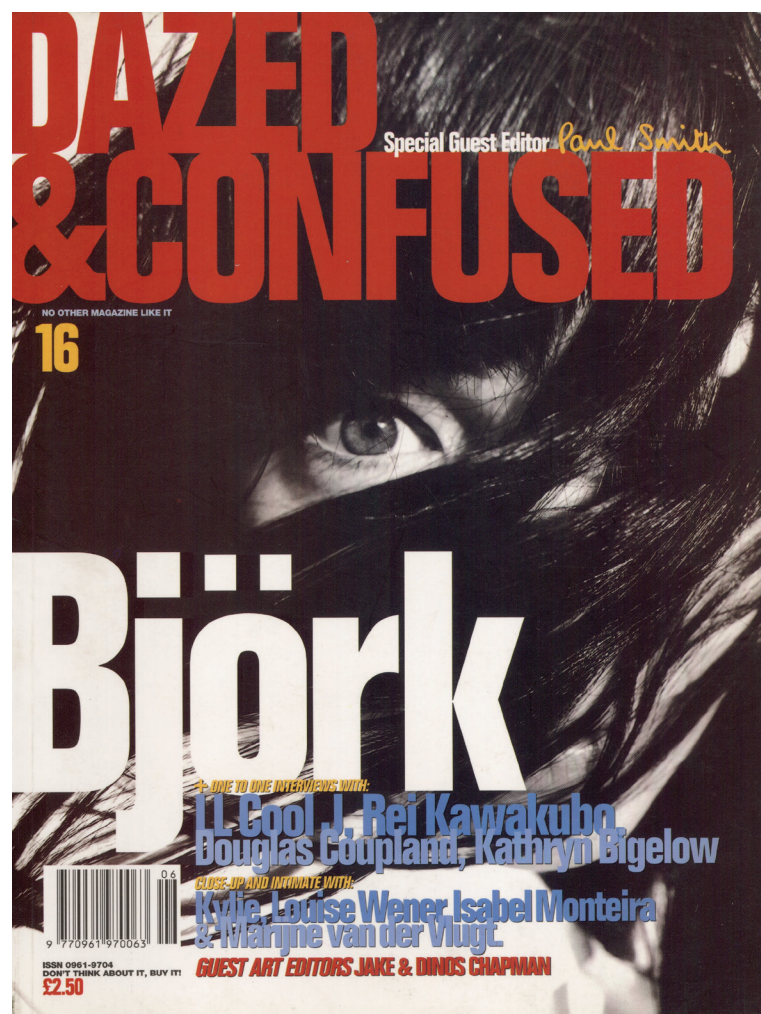


05

What does creativity mean to you?

Finding new ways to turn imagination into reality. [German artist] Joseph Beuys said Creativity = Capital, and I believe we are all creative and that harnessing our creativity is what brings life true value and gives our culture true meaning.

► Find out more about Design District Space x Dazed at dazeddigital.com and read the next issue of the Peninsulist to find out which five creatives have been chosen by Jefferson to win a studio space for a year and become pioneers of the Design District. You can follow their journey throughout the year in The Peninsulist.



Now Hear This

To mark awards season, Kate Hutchinson rounds up some of the best new acts in the British Isles.

It's awards season. The Brits and other red-carpet ceremonies are swinging back around in a clatter of champagne flute clinking and televised celebrity gaffs, and it's time to stick the thermometer in and take the temperature of the best new artists to look out for in 2019. The charts have arguably never been more diverse: UK rap has morphed into myriad new shapes and sounds following the grime explosion of the last three years; pop and R&B is taking influence from African rhythms and further afield; and even jazz (jazz!) has ushered in a new generation of young musicians, largely from the African and Caribbean diasporas, who are making noodling cool again. Here's the homegrown talent who'll be breaking through in the next 12 months.



Rina Sawayama

Rina Sawayama is making millennium-era pop for the millennial age. She sings about the perils of Instagratication, identifies as pansexual, has a very internetty nickname for her fans (she calls them "pixels") and dresses, theatrically, like a character from *The Fifth Element* (often thanks to Nicola Formichetti, Lady Gaga's original superstylist). Her music liberally copies and pastes sugary pop and R&B from the 90s and 2000s, as well as J-pop's high-octane guitar anthems and turns it into something fantastical and new. Sawayama was born in Japan, grew up in London, and the glossy sheen of her latest videos, for the singles *Cherry* and *Ordinary Superstar*, suggest that she could be the UK's first breakthrough Japanese star. Her debut studio album is due out in 2019.



Kokoroko

The UK jazz scene is aflame, nudged overground last year by the crucial compilation *We Out Here*, which spotlighted many of its young new musicians. One of the standout bands was Kokoroko, a mixed-sex ensemble led by trumpeter Sheila Maurice-Grey, who in celebration of their diasporic heritage, are inspired by west African jazz greats like Fela Kuti, Ebo Taylor and Tony Allen. Their track, *Abusey Junction*, a slinky, amber-hued sliver of afrobeat, has since reached nearly 20 million views on YouTube, and their live takeover of coveted jazz night *Church of Sound* in Clapton, where they will play an evening of highlife covers, sold out in a week. Gilles Peterson's label, Brownswood, will release their debut EP in March.



Image by Ollie Adegboye

Octavian

Octavian's mother told him when he left at home at 14 years old, "You're either going to be in prison or you're going to be big." After years of sofa-surfing, via dropping out of the BRIT School – which counts Adele, Amy Winehouse and Loyle Carner among its alumni – the Camberwell MC has made it on his own terms. Last month he won 2019's BBC Sound Of... prize, an award voted for by music critics, but 23-year-old Octavian didn't need professional plaudits: his deft, danceable mingling of hip-hop, house and the Chicago rap style of drill has already attracted praise from Canadian tastemaker Drake, who filmed himself singing Octavian's Party Here track at a Golden Globes bash, and got him signed to Rudimental-affiliated label Black Butter. Party is the crucial word when it comes to Octavian's oeuvre, though, and for his debut album he's been working with electronic hit-makers Diplo and Mura Masa to up the rave potential.



Image by Molly Keane

Fontaines DC

Fontaines DC will likely never be eligible for a Brit Award because they hail from Dublin, but that's probably okay with them: their music has a post-punk snarly gnarliness that rejects consumerism, gentrification and, you might imagine, televised accolades. The quintet are, however, leading a new noisy indie scene in the city, with bands like the Murder Capital, Silverbacks, MELTS and Just Mustard; good news for fans of last year's rock success stories IDLES and Shame, both of whom Fontaines DC have supported on tour. Fontaines DC, though, sound distinctly Irish and proudly so: their songs celebrate the capital's counter-cultural heritage amid imagery of a fading country with mumbled pub poetry and swaggering riffage, as on their debut album, Dogrel, out in April.



Image by Daisy Denham

Mahalia

If you tallied all the new music tips lists in the past year, including the latest Brits Critics' Choice Award, then Leicester dreamer Mahalia would come somewhere near the top. She's an R&B purist like recent chart-botherers Jorja Smith and Ella Mai. Mai has been Grammy-nominated this year, and Smith has been buoyed by her collaborations with Drake, so by the logic of three divided by the probability of hype, Mahalia's moment should be next. Her bedroom jams have until now been all dear-diary ditties about breakups, bad parents and tipsy WhatsApping, with a relatable girl-next-door charm. But her latest material, such as the classy wonky funk duet One Night Only, with Kojey Radical, suggests that her music is growing up.



Afro B

Afro B is an east London artist with global ambition. Along with peers like B Young, Yxng Bane, Not3s and Kojo Funds, the Hackney DJ and producer leads a new style he's calling "afrowave", which mixes up the sounds of the city with Caribbean dancehall, US hip-hop and the sweetly melodic syncopation of afrobeats, the dominant pop genre from west Africa that's sweeping the world. Kickstarting 2019, on a recent trip to America, Afro B found that his single Drogba (Joanna) was the second most Shazamed track in Brooklyn – and, as the saying goes, where the hipsters go, the rest follow. The third EP in his AfroWave series touches down in February, and he headlines the Islington Academy on 11 April.





Pressure Drop

Did you know April is Stress Awareness Month? Joe Minihane does, and he's also up on the easiest ways to ease off some of life's pressures.

Yoga

On the face of it, yoga's increasing popularity might seem to be all about getting trim and toned. But this ancient practice, which means "union" in Sanskrit, is as much about tending to the mind as it is to the body.

"I started when I was working in a stressful and challenging environment, primarily for physical reasons," says Greenwich Peninsula-based yoga teacher Hannah Calvert. "However, I soon came to realise the positive impact that yoga was having on my stress levels."

Calvert says that a regular yoga practice can help improve breathing techniques, which in turn helps with slowing down and appreciating life more. She teaches classes every Wednesday between 1.30-2.30pm at The Vagabond Café at The Jetty on Greenwich Peninsula and can be found on Instagram at @Resonance_Yoga.

Reading

It can be all too easy to reach for your phone when you're on the commute, or fire up Netflix after a long day at work. But reading a book has been proven to be a far better stress-buster.

A 2009 study by researchers at the University of Sussex found that reading for just six minutes reduced stress levels by a massive 68%, more than listening to music or powering up your games console.

It can be easy to find excuses not to read, so joining or setting up a book group that meets once a month is a great way to give yourself that extra nudge. Try the Book Group Greenwich (bookgroupgreenwich.blogspot.com), which meets once a month in a pub in Greenwich. Online book groups have become more prevalent in recent years, too. Nature and travel writer Robert Macfarlane regularly conducts fascinating chats via his Twitter account (@robmacfarlane), with people from across the world discussing ideas.

Swimming

Recent research in the British Medical Journal has shown that swimming in water below 15°C can reduce stress and potentially lessen the effects of anxiety and depression.

"Swimming not only regulates your breath, but reconnects you to the real, elemental world: a sort of compulsory mindfulness takes over when you're in the water, you have to exist in the moment to stay alive," says Alexandra Heminsley, author of *Leap In* and a year-round sea swimmer.

It's not just cold water that can prove effective. Swimming laps of an indoor pool or lido helps releases endorphins that can boost your mood, as well as make you feel calmer. Charlton Lido in south-east London is heated and open throughout the year, making it the ideal place to catch the swimming bug.

Therapy

Speaking openly about how you feel to a professional therapist can be daunting. But for those whose stress has become all-encompassing, it can also be an amazing way to lighten their mood and unburden themselves to a third party.

Therapy comes in many forms, from cognitive behavioural therapy, which looks to rework unhelpful habits, to psychoanalytic therapy, which aims to build a relationship between client and therapist by exploring past experiences. There are also a growing number of eco therapists who specialise in taking clients out into the countryside and talking through the issues that are affecting them in an outdoor setting.

Therapy isn't just about doing fixed weekly sessions, however; semi-regular visits can also be useful. "Choose a therapist well, someone that you like, and then use them like your hairdresser," says Ruth Allen, an outdoor therapist and counsellor whose @Whitepeak_Ruth Instagram feed has become a huge hit. "Be willing to check back in with them for maintenance."

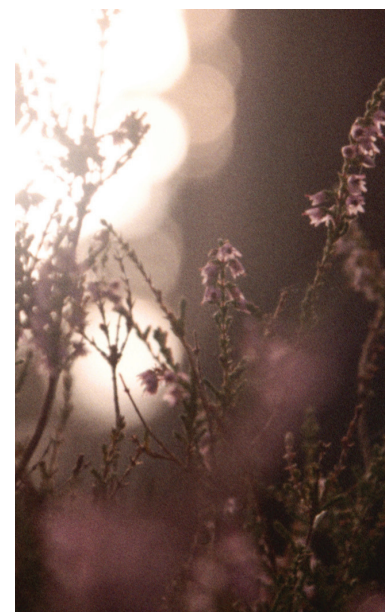


Image by Ben Cox

Running

Runners are always keen to espouse the stress-busting power of pounding the pavements. They're not wrong. Research published in Health Psychology in 2017 found that a regular run helped slash negative thoughts about stressful events such as arguments with family or pressure at work by 17%.

It's not just about how you feel afterwards. Pulling your trainers on and getting out of the door means you're carving out time for yourself to process any stressful thoughts, while also doing something that's inherently

meditative. Chances are you'll also get a juicy endorphin rush once you're done, known as "runners' high" by those who go out in search of a fix regularly.

If you're finding it hard to get motivated, Parkrun's weekly Saturday events draw thousands across the country to public parks for a chance to tackle 5km in a friendly, supportive and non-competitive environment.

Mindfulness

It's easy to dismiss mindfulness as a buzzword. But the power of simple meditative practice can have a

huge impact on stress. And, best of all, it doesn't require you to carve out lots of dedicated time if you're in a rush.

"Mindfulness is such a wonderful tool and so accessible," says Jazz Sandu, founder of The Hour Wellbeing and a qualified mindfulness coach. It improves focus, reduces stress and improves physical health as well as mental – I regularly see clients reduce their resting heart rates significantly."

Fundamentally, says Jazz, mindfulness is about bringing awareness to your breathing. She recommends doing so for two minutes when you wake up in the morning, noticing each inhale and exhale. She

also suggests a full body scan while on the daily commute, breathing deeply and focusing first on your feet and then working your way all the way up to the head.

"Note how you became oblivious to the stress around you on the packed Tube."

Jazz runs regular mindfulness sessions at The Aperture and The Jetty. Head to peninsula-fitness.com for more details.

Dance

It doesn't matter whether you're trying out swing for the first time or heading out with your mates to tear up the

dancefloor on a Saturday. Dancing has a powerful effect on stress, breaking down social awkwardness as well as being a great workout.

Much like running and swimming, losing yourself in the music has the ability to release mood-boosting endorphins. They can even help improve self-confidence too.

Swing Patrol holds classes in a variety of locations across London. If that seems a bit too formal, then make sure you find time on a Friday or Saturday to head to a club and forget about the stress of day-to-day life for a few hours.

► Joe Minihane is the author of *Floating: A Life Regained*



Image by Paul Calver

Craft's Man

Stevie Parle, the founder chef of Craft London, talks about life on the Peninsula, working with Tom Dixon, and his love of British produce.

WORDS BY KATE LITTLE



I started cooking at 17 at The River Café. I basically just cleaned the fridge and picked crab all day. I wasn't even allowed to cook it, I'd just pick it out of the shell: boxes and boxes of it. That was it for six months, and then slowly I got to do more. These days, it's unusual to work so slowly through a kitchen because everyone's so short-staffed that it's only two years to become sous-chef. Back then, it was two years on one section. And it's nice to spend a year on pasta! It was definitely beneficial that way, seeing the seasons come through and understanding the produce.

Before you set up Dock Kitchen, you ran a few pop-up events for your Moveable Kitchen. What is it and why did you create it?

After travelling, I went back to the River Café and worked part-time, but I also wanted to do something for myself. I didn't want to open a restaurant yet, I was only about 23, but Moveable Kitchen enabled me to experiment without it being over-considered. Back then, landlords didn't understand what pop-ups were – now they get it. They thought I wanted to squat there or something, so it was very difficult, but I did them in an abandoned swimming pool, in greasy spoons, and it was all about being loose and free.

Can you recall any favourite or challenging moments at these dinners?

They were all challenging because none of them had any proper infrastructure! One of my favourite meals we did was by the river

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It was important to me that we manufactured our own produce; it took a little while to get it going, but now we make bread, cure meat, grow veg, have bees, and the coffee we roast is used in all of my restaurants. These things are what create the identity of the restaurant.

”

in a rowing club, and we cooked a south Indian meal. That was a lot of fun and the pop-ups actually got

Stevie Parle began his cooking career aged 17. Now he has five restaurants across London, a documentary series following the “people behind the produce”, and ran Dock Kitchen up until last year. Beginning at the prestigious River Café, he started a pop-up restaurant before London knew what pop-ups were and used that time to experiment with technique and approach. We sat down with him to chat about his ambitious restaurant Craft London, working with renowned British

designer Tom Dixon, and the beauty of British produce.

How many restaurants do you have in London at the moment? Could you run through them briefly?

My first restaurant, Dock Kitchen, closed at the end of last year and was a collaboration with British designer Tom Dixon. For me, design and environment is a really important part of a restaurant. After that, I opened Rotorino in Dalston, which is a southern Italian grill. Then came Craft London in Greenwich, which is a really big, ambitious, quite complex

operation. It's a café, restaurant and bar, but it's really focused on the produce and was designed by Tom Dixon. What I love is that it's an unusual location, so you can deliver this incredible experience. Then with my first head chef we opened Sardine, which is rustic southern French, and we also have Palatino, a Roman restaurant, and Pastaio, which is fresh pasta.

Early on in your career, you worked at a few notable restaurants. Could you tell me about these experiences, and how they shaped your career?





quite a fashion following, so a lot of Vogue and west London people like Nigella were coming. It was an amazing crowd that just happened by word of mouth, so when we went to do something more permanent, we already had a crowd who would come, which was great.

You've previously worked closely with fellow Greenwich Peninsula contributor Tom Dixon. How did this partnership come about? I found this space in Portobello Docks when I was doing Moveable Kitchen. I knew that Tom was going in there and I wanted to get in before him and do a summer thing on the terrace, but the landlord wouldn't allow it. Luckily, Tom had more space than he needed, and there was an old kitchen already there, so I planned to stay for a

week, but that went on until Christmas. When Tom moved in to the shop downstairs, I ended up taking

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It's not about being unique for the sake of it, but this approach drives creativity.
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the whole upper floor as a restaurant. I think the idea of design and food should never be too separate, and Tom's approach to materiality is similar to my approach to cooking.

When you came to Greenwich Peninsula, there was almost nothing there. Did you find that inspirational?

Initially, I found it worrying. But then I thought, there's nothing there, and I began to see that as an opportunity as well as a challenge. It meant I could create something really special and pull the focus onto food and quality. It was really important to me that we manufactured our own produce; it took a little while to get it going, but now we make bread, cure meat, grow veg, have bees, and the coffee we roast is used in all of my restaurants. These things are what create the identity of the restaurant and in turn help create the neighbourhood.

Why British-only produce at Craft?

I wanted Craft to be all about the produce, but also when you set boundaries and limit certain elements, you can do some interesting things. So, we've made our own miso out of broad beans, which we would never have done if we'd just bought miso, and actually it's uniquely delicious. We've also salted and fermented sloes so that they taste like olives. It's not about being unique for the sake of it, but this approach drives creativity.

What kitchen gadgets are you returning to again and again?

I hardly have any, actually. Pestle and mortar – is that a gadget? A 5,000-year-old gadget! My five-year-old is really into baking, so we'll bake together and use a mixer for that.

Top travel tip?

When I'm researching restaurants, I Google Image search them. If you read the menu, you've got no idea if it's a really fancy place, so don't read TripAdvisor, use Google Image search.

I hear you're into growing your own produce at home. Any top tips for London gardens?

Courgette and chard. If you have two big plants of each, you've got vegetables for the whole summer for your family. They don't take up too much space, and the more you pick, the more it grows. And manure! It's all about the soil.

► **For more on Craft London, go to craft-london.co.uk; to find out more about Stevie Parle's other restaurants, visit stevieparle.co.uk**



Rooms for Improvement

WORDS BY KATE LITTLE

Simplicity is key. When you're looking to sell your property and conjuring up interior design ideas, this piece of advice is crucial.

And in these uncertain times, with Brexit looming ever closer, it means that you can increase the value and allure of your apartment with just a few affordable and ingenious methods.

"Make sure the apartment is clean," says Jane Lawrence, design consultant for Greenwich Peninsula, who oversees the development's interiors. A basic tip perhaps, but one that can easily get overlooked and is just as easily rectified. "If your apartment is clean, it sends a subliminal message to the potential buyer about how you've looked after and respected the space." It also costs no money, requiring only a little elbow grease. So, too, does decluttering, which allows the space

selves with, and upon. But Lawrence warns about overly personalised decoration, as it might be quite

**“
Have a declutter,
dim those lights
and invest in a few
high-quality items.
”**

different from the potential buyer's taste. Instead, she suggests neutral tones, with no primary or fully saturated colours. Try pale greys or off-whites from a designer-led paint range such as Farrow & Ball. Following this scheme means that you're more likely to please the buyer's eye, who won't be distracted by popping colours, or decorations not to their taste. "Most people respond best to light, airy living spaces with neutral tones," but with colours, you can always mix it up a little and go for a darker, cosy colour in the bedroom. "Never choose a primary colour, though. Again, it would be a neutral colour but a darker shade."

Not that the space should be sterile – far from it. "When it comes to styling, it's best to go for the best quality you can. No twiddly bits! Keep it simple. The word neutral is more specific to the colour palette, and with the objects it's about keeping it simple and elegant 90% of the time, then adding the odd pop of colour or unusual item, as long as it's not too overwhelming. A few key items are best, focusing on modern classics." It's all about letting the buyer walk in and paint their own narrative on to the walls, rather than distracting them with your own personality and taste.

Spending a little more on a few select, high-quality items is always beneficial, rather than filling the space up again with a multitude of objects. And make small changes:

if your taps are starting to look a little worn, replace them. It's an affordable and easy item to change, and the buyer's eye will go straight to the new, shiny tap. It's like buying new shoes – subtle but makes all the difference – and people will notice.

Lighting is another simple change that you can make. No one wants to walk into a room with a stark, white light, so consider the right colour temperature for your space. Warm, yellow lighting is welcoming and comforting, so invest in large warm lamps with shades and light dimmers or spot lighting. Mirrors are another way to enhance the space, though Lawrence advises keeping it simple with the frame and letting the mirror do all the work.

Knowing your audience is vital. Lawrence suggests always talking to your agent to under-

stand who you're selling to, then you can dress the space to suit the needs of the buyer. "If it's a family, you might have a bootrack in the hallway to show how the space could be utilised. If it were a city professional, you'd streamline more and have the wine glasses out. It's a bit of a cliché, but it works!"

Final touches are important, too. A vase of fresh, seasonal flowers are always a welcome addition, as is a beautiful scented candle in the bathroom, or the waft of good-quality coffee coming from the kitchen ...

Simple changes to your apartment clearly don't need to be costly or challenging, and can easily enhance the value and desirability of the space. Have a declutter, dim those lights and invest in a few high-quality items. Here are some of our favourites:



**“
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”**

to breathe and shows it at its best. Lawrence explains that if you can see the edges of the room, then it will automatically look bigger and also depersonalises it in a positive way. "Buyers need to be able to imagine themselves in the space, which is difficult if there's a lot of the current homeowner's detritus everywhere."

For most people, a home is something that reflects their personality. It's a space that they've interacted with for a long time, one that they've used to express them-



BUTLER STEP BY HAY

£191.25
SKANDIUM

SKANDIUM.COM

Designed by Shane Schneck, this versatile stepladder will complement any modern apartment. Providing an iconic contemporary accessory that's easy to place in any room and take with you when you leave. Beautifully crafted in solid oak.



MONSTERA DELICIOSA PRINT

£30
FOUNDLAND

FOUNDLAND.SHOP

Printed by Garmi in Denmark, this A3 print features the Monstera deliciosa or Swiss cheese plant, the deep green foliage bringing a little nature to the indoors. The original is drawn in watercolour and graphite.



TERRAZZO PENDANT LAMP

£69.95
TAILOR AND FORGE

TAILORANDFORGE.COM

A modernist take on the pendant lamp, the Terrazzo is simplistic and chic. Made from polished concrete with a stainless steel cable, it is a subtle yet classic addition to any living space.



SIGNAL CUSHION, 2013

£125
TWENTYTWENTYONE

TWENTYTWENTYONE.COM

Hand-woven on a traditional "dobcross" shuttle loom at a small mill in Wales, Eleanor Pritchard's textiles connect traditional craftsmanship with heritage and a strong sense of place, whilst not screaming at you.

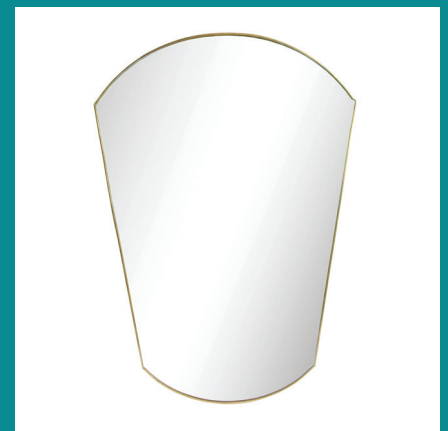


LUNDSTRØM JUG, 2017

£93
TWENTYTWENTYONE

TWENTYTWENTYONE.COM

Inspired by the paintings of the Danish modernist artist Vilhelm Lundstrøm, Nikolai Wiig Hansen designed these jugs, available in various colours, for Raawii. These simple and functional everyday objects create a striking pop of colour.



GOLD OVAL WALL MIRROR

£39.60
MADE IN DESIGN

MADEINDESIGN.CO.UK

A modern, geometric design inspired by the neoclassical movement, this mirror is framed by a thin gold edge. Perfect for your bedroom, bathroom or hallway, this piece will enhance any space while remaining stylish and elegant.

Park Life

Living in a big city doesn't mean you have to miss out on the seasons. Alex Rayner finds out why Greenwich Peninsula Ecology Park is one of the best places to see London blossom in spring.

Most of the regeneration work on Greenwich Peninsula has been undertaken to benefit its human inhabitants. However, there is one sizeable old brownfield site – a disused steel-works on the south-eastern edge of this hump in the Thames – that has been heavily reworked for the benefit for this part of London's ancient, original residents, and that's truly blossoming at the moment, with spring on the way.

"A borehole was actually sunk in here, to bring up fresh water," explains Joanne Smith, Senior Warden at Greenwich Peninsula Ecology Park. "It's quite rare to see places like this built at the same time as the rest of the area's redevelopment."

In fact, if anything, the Ecology Park predates much of the most recent development around here. Work began in the late 1990s, and the park finally opened to the public in 2002.

That deep well shaft, drilled into Greenwich's chalk bedrock,

brings remarkably fresh water up into the park, to feed two large lakes, and some of the surrounding marshland. There's also a woodland area, planted with alder trees – a

“Volunteering is a good way to get involved; Smith and co welcome helpers on Wednesdays and Saturdays, to clear the park's ponds, cut back reeds, dig, prune trees and weed.”

species that thrives along watercourses, and nurtures moths and butterflies. Plus a wildflower meadow, a shingle beach, a bat tower, a swampy area, filled full of fallen wood – perfect for animals such as stag beetles – not to mention



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streams, walkways and smaller habitats, all squeezed into this four-acre site on the southern bank of the Thames.

Though it replaces an industrial facility, the park in some sense turns this part of London over to flora and fauna that once thrived here. Prior to the foundation of Greenwich's docks and factories, much of this district was a natural marshland, filled with a wide variety of species – some of which made permanent homes and some of which were just passing through.

Smith says the park welcomes plenty of avian life from all over the world. "In the winter, we get African migratory birds," she

says. "And as it gets warmer, you see more teals."

The park's ponds also serve as spawning grounds for newts and frogs; dragonflies and other insects thrive here, too; rare moths have been spotted in the park; and its volunteers have had to deal with unexpected arrivals, such as a pair of terrapins that somehow found their way into the park's waters.

However, the park also provides plenty of benefits for humankind. Its willow trees help extract pollutants such as mercury from the water table, and provide material for the park's fencing and borders; wetlands such as this one soak up more carbon than a

patch of woodland or grassland of a similar size; the bird hides serve a dedicated group of birdwatchers; and, perhaps most importantly, the park is just a nice, natural place to visit, particular in early spring. "Of course, it's great all through the year," says Smith, "but it's particularly beautiful when the trees are just coming into leaf."

If Smith's own testimony can't convince you to visit, perhaps you'll be won over by science. There's plenty of research to suggest that regular exposure to the natural world is good for us. A 2019 study conducted by the University of Hong Kong indicates that children with a strong connection to nature suffer less distress, hyperactivity and behavioural problems, while a 2018 paper published in the Journal of Positive Psychology by Canadian academics suggests that even a brief, five-minute stint in a natural environment can measurably lift our moods. In this country, the Department of the Environment is currently funding a study to see how nature affects mental health and engagement among school pupils.

Smith may feel as if she

“There's plenty of research to suggest that regular exposure to the natural world is good for us.”

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already knows the answer, seeing countless school kids visit her park, both as part of formally organised school trips, and independently



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with friends and parents.

The volunteers can cater for both primary- and secondary-school trips, as well as regular events for both children and adults. Sometimes, they lay on special events to coincide with dates such as World Frog Day (20 March), though the staff at Greenwich Peninsula Ecology Park are just as willing to welcome all comers, Wednesday-Sunday, from 10am until dusk in the winter, and 5pm in the summer. “We see lots of young families,” says Smith. “It’s almost become a default play zone.”

There’s no entry charge here: the park has received some lottery funding and is owned by the national land management charity the Land Trust, which aims to sustainably manage open spaces for the benefit of the local community. Volunteers manage the site and look after the park’s upkeep. In fact, volunteering is a good way to get involved; Smith and co welcome helpers on Wednesdays and Saturdays, to clear the park’s ponds, cut back reeds, dig, prune trees and weed. All you need to be is relatively fit and over the age of 16; the park provides gloves, tools, wellies and waders, as well as much-needed tea, coffee, biscuits and soft drinks.

Local businesses can get involved too, via the park’s community engagement days, which welcome corporate groups who help maintain the sensitive environments, while building team morale. And

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**That deep well shaft,
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marshland.**
”

the park has a formal Friends of Greenwich Peninsula Ecology Park scheme, to fundraise and help support the charity.

But perhaps the best way to enjoy the park is to follow the animals’ lead, and find your own way there. Though Greenwich Peninsula Ecology Park has been built specially for London’s wildlife, it hasn’t artificially introduced any

species into its ponds and meadows. Instead, all the fauna has found its way here. Some are distant, temporary migrants; others are old faces, once thought lost for good. They all seem to get along, perhaps pleased to have found this tiny oasis in the capital’s East End; and as the trees’ leaves spread, the birds flock in and the amphibians get ready to spawn, it becomes clear that, by living their lives here, they’re making ours noticeably better too.

► Greenwich Peninsula Ecology Park is on Thames Path, John Harrison Way, SE10 0QZ

01 - 04
The flora and fauna thriving on the Greenwich Peninsula Ecology Park

05
Greenwich Peninsula Ecology Park shot by Paul Calver



04



03



05



Peninsula Directory

Here's our guide to what's happening on the Peninsula this spring.

At The O2

An epic nightclub, a bowling club and home to one of the biggest arenas in Europe – here's what's on at The O2.

- 20 February
The Brit Awards
-
- 22 February
Massive Attack
-
- 23 February
James DeGale v Chris Eubank Jr
-
- 8-10 March
C2C Festival
-
- 11 March
Nicki Minaj featuring Juice Wrld
-
- 13-14 March
Post Malone
-
- 16 March
UFC Fight Night London
-
- 17 March
Planet Earth II - Live in Concert
-
- 19-20 March
George Ezra
-
- 24-25 March
Childish Gambino
-
- 28-29 March
Panic! at the Disco
-
- 30 March
Sheridan Smith
-
- 1-11 April
Drake
-
- 6 April
UB40 featuring Ali Campbell and Astro
-
- 14 April
Becoming: An Intimate Conversation with Michelle Obama
-
- 16-19 April
Shawn Mendes
-
- 30 April
The Original Harlem Globetrotters 2019
-
- 2-10 May
Take That Greatest Hits Live
-
- 13 May
WWE Raw

**Dates correct at time of going to press*

Sunday 19 May, Greenwich Peninsula

Urban Village Fete



The annual big-city take on a village green social event returns to Greenwich Peninsula this May. Expect plenty of unique pop-ups, wandering entertainers, and carefully selected arts and craft market stalls. There's also a great music line-up, lots of tasty of street food, as well as a full debate programme and workshops for adults and kids. It all takes place 11am-7pm. See you there?

greenwichpeninsula.co.uk/whats-on

Thursday 7 March, NOW Gallery

Spoken-word evening



Writers and performers Cecilia Knapp, Mina West, Alex Daykin and Kareem Parkins Brown will bring NOW Gallery's literary-themed exhibition, The Mouse and His Child, to life with their own words, written in response to Spike Milligan's 1973 beautiful, spooky fairy story Badjelly the Witch – one of the children's books by a grown-ups' writer that features in this dynamic new show. Great for infants and big kids, too.

nowgallery.co.uk

Thursday 18 April, NOW Gallery

Kate Wakeling reading and Q&A



Image by Tom Weller

The British poet writes for adults and children – just like the author Russel Hoban, who inspired NOW Gallery's current bookish show. Kate is also a fan of Hoban, and her first collection of poems for children, Moon Juice, won the 2017 CLiPPA Prize. Come along to the gallery at 7pm to hear her read both children's and adult poems, and answer questions from the audience.

nowgallery.co.uk

Wednesday 27 February, NOW Gallery

Private view of The Mouse and His Child



The balloon! The books! The sausage-seaslug-worm sculpture! The raspberry-ripple rug! There are many reasons why visitors young and old will love Studio Morison's new exhibition at NOW Gallery. But if you want an extra reason to see it early, come down this evening to take in the show and hear from the contemporary composer Kit Wilmans Fegradoe and a reading from actress Samantha Spiro.

nowgallery.co.uk

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greenwichpeninsula.co.uk