

# THE PENINSULIST

Nº22



*Liz West. Image by Charles Emerson*

## Culture

The restaurant terraces in London that you'll want to book now and a series of music, film and dance to get in your diary

## Art & Design

Meet the inspiring creatives bringing joy, colour and play to our public spaces and the illustrator whose exhibition you won't want to miss

## Lifestyle

Expert tips for making your home as stylishly flexible as possible when you're WFH long-term, and a step-by-step guide to making the perfect banh mi

## Wellness

How our rediscovered love of nature can keep us sane as life speeds up and the groups making green spaces accessible and inclusive



# Directory

## Flow Farmers' Market, alternate Sundays



From 2 May–19 Sep, The Tide, Riverside

A new ecological farmers' market right by the river, Flow at Greenwich Peninsula acts as a space for the community to gather and enjoy fresh, sustainable produce and delicious takeaway food. Curated by Bompas & Parr and produced by Urban Food Fest, it brings together local, creative traders of ethically sourced products, from freshly baked bread and artisanal cheeses to Korean street food.

■ [greenwichpeninsula.co.uk/flow](https://greenwichpeninsula.co.uk/flow)

## Summer Sessions, every weekend



From 12 Jun, Tide Square

Celebrating the best of music, sport, games, film, food and much more, Summer Sessions on the Tide is a season of eclectic cultural experiences you won't want to miss. Set against a vibrant backdrop designed by London artist Yinka Ilori, there's plenty of space to eat, drink and socialise with your friends and family all summer long.

■ [greenwichpeninsula.co.uk/summersessions](https://greenwichpeninsula.co.uk/summersessions)

## My Head is a Jungle



21 Jul–31 Oct, NOW Gallery

This summer, NOW Gallery will be consumed by a jungle conceptualized by Birmingham-born illustrator Manjit Thapp. The Camberwell College of Arts graduate – and the gallery's young artist of the year 2021 – will lift her painterly, iconographic style from the page to create her first immersive commission, in an inspiring combination of large-scale murals and sculptural exotic spaces.

■ [nowgallery.co.uk](https://nowgallery.co.uk)

## Greenwich+Docklands International Festival 2021



28–29 Aug, The Tide

Greenwich+Docklands International Festival is coming back to the Peninsula for a weekend of spectacular outdoor performances. Hosted on the Tide as part of the opening weekend, GDIF fuses theatre, dance, music and acrobatics with a programme that's not to be missed.

■ [festival.org/gdif](https://festival.org/gdif)



# The Joy Issue

Are you ready to really let loose this summer? After the unparalleled stresses and strains of the past year, we're all in desperate need of lots of sunshine and some serious fun, which is why we've dedicated this issue to all the things that spark joy. So, we meet the artists and architects who are bringing happiness, uplifting colours and a sense of play to our public spaces, and find out why, now more than ever, that feels so important. We explore how the love of nature that so many of us have rediscovered can help us stay sane now that the pace of life is picking up again, and meet the groups who are making our green spaces as inclusive and accessible as possible. We've tracked down the restaurants with the most sought-after terraces in London that you'll

want to start booking now, and meet the owner of The Joint – the American BBQ restaurant serving up award-winning chicken wings and pulled pork burgers; plus, we have a recipe for the best-tasting banh mi from Choy House. And, because for so many of us the way we work has changed forever, we've got expert advice on how to make your home flip seamlessly – and stylishly – between on and off duty, and take a look at a new members' club setting out to help freelance creatives. Plus, meet Manjit Thapp, the illustrator whose exhibition is coming up at NOW Gallery, and you can find out about the incredible lineup of music, film and performance that the Peninsula has in store over the coming months in its Summer Sessions.

## Summer 2021

## Highlights

## Edition 22



### 3–4 The joy of living

Do your surroundings make you happy? We explore the importance of joy in the urban landscapes around us and talk to the artists and architects who are injecting much-needed colour and play into to our public spaces.



### 7–8 Flexible working

Need your home to switch seamlessly between productive, professional backdrop and off-duty, personal space? Architect and interiors expert Dara Huang shares her advice for making your home stylishly flexible, no matter how small the space you're working with.



### 6 My Head is a Jungle

Ahead of her upcoming exhibition at NOW Gallery, illustrator Manjit Thapp tells us why a year of reflection and introspection has made the show more relevant and even stronger.



### 9–10 Nature's remedy

London's parks are some of its oldest spaces – and yet they've never been more relevant. We look at why these mood-boosting, stress-busting corners are so important and meet the groups that are making them as inclusive and accessible as possible.

15–16

### Get in while you can

Right now, there's not a lot of room for spontaneity in the world of eating out, especially when it comes to the city's most coveted outdoor tables. Which is why we've done the hard work for you and tracked down the newest and most sought-after terraces and courtyards in the capital.



19–20

### Summer Sessions on the Tide

We're gearing up for months of sunny days and warm evenings on the Tide with a season-long programme packed out with events and activities, all against the backdrop of a stunning new space designed by Yinka Ilori. Find out what's in store.



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# The joy of living

Do your surroundings make you happy? We explore the importance of joy in the urban landscapes around us and talk to the artists and architects who are injecting much-needed colour and play into to our public spaces

WORDS BY EMMA SELLS

Summer 2021

When was the last time you experienced the pure, unexpected joy of turning a corner and happening upon an irresistibly eye-catching art installation or playfully designed building? Something just waiting to be interacted with, whether that means being climbed on, played with or simply having its photo taken, and giving your day a much-needed lift in the process? In London we're thoroughly spoilt for choice; from billboards and murals in glorious technicolour to pop-up pavilions and incredible art trails, there's a wealth of public work dreamed up by artists and architects in every corner of the capital. All *you* have to do is notice them. "I worry about people going about their day in such a fast-paced manner that they miss things," says visual artist Liz West. "I want people to be encouraged to see more deeply. We all go through the world completely in our little bubbles, looking at our phones, and we forget to look around us; I'm always head in the clouds, looking up, looking down, looking at what's happening around me, whether that's music or fashion or people, buildings, architecture, design. I think people fail to see that and so I try to slow people down and get them to take into consideration their surroundings."

For the most part, joy is not something that's naturally inbuilt into our public spaces. Function and utility, understandably, rank much higher in the list of priorities and, from suburban high streets to the West End, our surroundings range from the municipal and historical to the polished, sleek and flashy. There is, of course, true beauty to be found – but fun is all too rare. After all, art and architecture are serious businesses. But whether it's to offer a brief respite from the hectic pace of daily life or a spontaneous moment of delight in the face of testing times, now, more than ever, injecting colour, joy and an element of tongue-in-cheek levity into our surroundings, and creating places that communities and connections can be built in and around, feels like a necessity. And it's worth remembering that, just because something doesn't take itself too seriously, doesn't mean it hasn't been given serious thought and care.

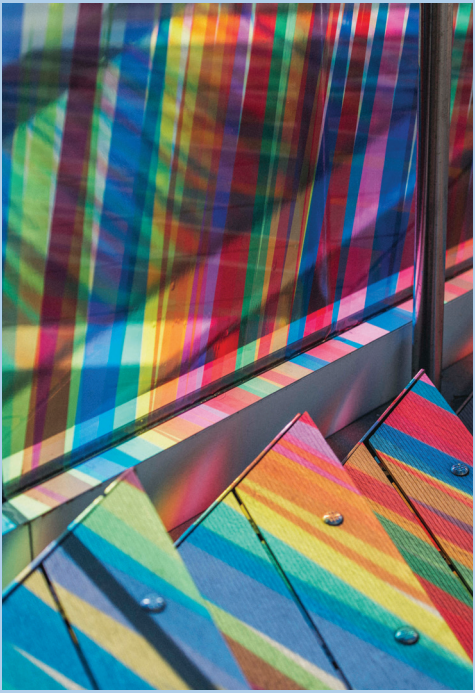
Take Liz West's *Hundreds and Thousands*, recently installed on the Peninsula: it's an ever-evolving kaleidoscope of colour created by wrapping a 700m stretch of the glass walkway that runs along the Tide in a rainbow of jewel tones. Not only is it truly beautiful and one of the most happy and heart-warming things you're likely to see as you walk around London, it highlights the multi-layered brilliance of so many al fresco artworks, too. West's work is meticulously thought out, fuelled by the science of light, colour theory and the behaviour of colour, and *Hundreds and Thousands* is designed to act as a giant sundial, inspired by its position just across from the Greenwich Meridian. But it's also an incredible piece to simply look at or interact with; its light changes with the weather, creating amazing reflections on wet ground and sunny ribbons of colour on brighter days. "You can engage with it at any level, whether you're a child or coming to it as an adult, and it will make you feel more uninhibited," says West.

That desire to encourage people to shake off any sense of self-consciousness and get them playing, particularly adults who have forgotten how, is what powers Yinka Ilori's work, too. The London-based multi-disciplinary artist and designer – his work to date spans everything from skateparks and murals to cushions and crockery – is fast becoming one of the most-discussed and in-demand creatives in the business, thanks to his riffs on vibrant prints, bold patterns and block colours inspired by his British-Nigerian heritage. "I think my love of colour comes firstly from my family – my mum and dad and relatives wearing colour to church services and weddings because it brings them happiness," he says "That's so contagious. It's become a huge part of my life and my practice." This summer he's set to bring that contagious cheer to the Tide at Greenwich Peninsula, conjuring an immersive space entitled *Promise Me Memories and I Will Let You In*, which will be used as a backdrop for events over the coming months. "Looking at the year we've had, everyone's searching for some sense of joy or uplift, some sense of hope," he says. "One of the things we've missed out on especially is connecting with new people and creating memories, so I'm trying to catch up on lost time. I want to create this wonderland of play objects and art; this immersive space that we can direct our dreams in and create memories with people we love and care about."

The fact that those people are likely to be multi-generational and from an endlessly diverse range of backgrounds is part of what makes all these works so powerful: they're a great leveller, as easy to get involved with if you're nine or 90. And, crucially, they're genuinely accessible, too – freely available to anyone who happens to walk past. That idea that art should be for everyone is something that Ilori is passionate about. "Growing up, I thought that art wasn't always accessible or inclusive, but there's no reason why it couldn't be or shouldn't be," he says. I want to have my work in different places around London that haven't seen artists before and [people] get to experience it for free and be in touch – even if they don't know it's me, I don't care; the fact that they stood up there and looked at it and took a photo is magical."

Victor Jiménez, architect at the game-changing Madrid-based architecture firm SelgasCano, believes that design shouldn't just be available to everyone, but reflective of them, too. "I think that there has to be an expression of all of us," he says. "If you have a bunch of friends, you have some that are serious, others that are noisy, so, in the end, I think the best thing is that it is all expressed in the architecture of our cities, that there's not only one line or style." SelgasCano is renowned for conjuring buildings that incorporate not just an expansive colour palette and unexpected, light-filled shapes, but as much nature as possible, too – and for being a studio that's the antithesis of the hierarchical, high-pressure environment that makes most architectural firms tick. It's their democratic approach and relaxed attitude towards rule breaking and making mistakes that gives their structures such a liberated feel. The Food Hall that the firm has designed for the Peninsula's soon-to-be-opened Design District is a case in point: a jaunty, translucent, caterpillar-shaped building, trimmed in yellow and filled with trees. "Maybe that's the key to joy," says Jiménez. "To do things without being worried about the meaning of it."





Liz West, *Hundreds and Thousands*  
Above images by Charles Emerson



Yinka Ilori. Image by Andrew Meredith



SelgasCano, *Bruges Triennale*. Images by Iwan Baan





# Let's club together

Fed up with working from home but in need of a more inspiring environment than a co-working space? The latest crop of members' clubs, designed for a new way of working, are here to help you connect with more than just the Wi-Fi

Where do you work when you've had your fill of setting up your laptop at the kitchen table but you became a freelancer in order to avoid going to the office every day? When you're an illustrator or an architect and your work is powered by collaboration and the sparks generated by human connections, but there's no-one around but your newly acquired dog? Because, while there's no denying that working from home is a privilege not a hardship – in London, around 37% of people have jobs that simply can't be done outside their place of work – it's also true that creativity doesn't thrive in isolation. Ideas evolve and improve best when they're bounced off other people and can spin off in unexpected tangents thanks to a chance encounter that you had on the stairs or grabbing a coffee – something that no amount of video calls can replicate. Which is why the new generation of members' clubs are about to come into their own, especially those that tap into a specific need or market.

Far removed from the stuffy clubs of old and the corporate spaces designed to satisfy the City crowd, the latest crop combines flawless taste, thoughtfully tailored workspaces and inspired events programmes designed to encourage as much inter-disciplinary co-mingling as possible. So, 180 House, the Soho House group's latest outpost on the Strand, combines cosy 1970s interiors with two floors of ultra-modern facilities like an audio and video recording suite,

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It's designed to gather together a powerful, buzz-generating creative community of talented, like-minded individuals who can all inspire and motivate each other.  
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as well as plentiful laptop space. The Ministry in Borough, the first members' club from the Ministry of Sound, houses hot desks, private offices and sound-proof production suites alongside a 70ft bar – and they'll welcome your dog, too. Market Peckham offers a mix of professional, cultural and social spaces to create a unique work environment which supports a balanced lifestyle. With all the typical services you'd expect (internet, printers, showers, bike storage) and plenty that you might not (a roof garden, indoor basketball hoop and live music venue) you're bound to find a space to suit your mood. And then there's Bureau, the Peninsula's new, beautifully designed, inclusive and affordable members' club, designed specifically with creatives in mind, set to open later this summer.

Nearly seated in the heart of the brilliantly innovative and soon-to-be-



*The Ministry*

opened Design District, the club stretches across two buildings – one designed by London architect firm HNNA, the other by Architecture 00 – with slick, streamlined interiors conjured using sustainable materials and unexpected textures by Roz Barr Architects. Like its counterparts across London, Bureau offers up an innovative alternative to the hot-house frenzy of the capital's swathe of co-working spaces and the after-work-drinks-only appeal of more traditional clubs. This is a genuinely useful, practical place to work, with studios and communal, fixed and hot desking spaces alongside all the infrastructure you could need to make your project work, from state-of-the-art tech such as 3D printers, laser cutters and a printing press, to photographic, sound and post-production studios, as well as IT assistance and business support – and all set against a backdrop that's as inspiring as you deserve.

It's designed to gather together a powerful, buzz-generating creative community of talented, like-minded individuals who can all inspire and motivate each other. Between the thoughtfully laid-out communal spaces and the weekly, strictly tech-free members' lunches and the rolling programme of talks and events, it's geared up to help you make as many new connections across as wide a variety of disciplines as possible, all the better to build both new friendships and businesses. Now, doesn't that sound more fun than working from home?

**Bureau opens September 2021; membership starts from £80 per month. [bureau.club](http://bureau.club)**



*Bureau. Computer-generated image by Roz Barr Architects*



*Roz Barr. Image by Taran Wilkhu*





Illustration by Manjit Thapp

# My Head is a Jungle

Ahead of her upcoming show at NOW Gallery, illustrator Manjit Thapp tells us why a year of reflection and introspection has made the exhibition more relevant and even stronger

While the rest of us have spent the past year eating our feelings or doing our best to numb them with box sets, Manjit Thapp has been immersing herself in hers and channelling them into her work. And all that introspection has paid off; at the end of March, the young Birmingham-based illustrator published a graphic novel, *Feelings: A Story in Seasons*, charting the way one young woman's moods move through anxiety, hope and joy in line with the changing weather; and she's conjured a stash of thoughtful new works for her much-anticipated exhibition *My Head is a Jungle*, set to open at NOW Gallery early this summer.

Thapp's pieces are dreamy and contemplative, filled with a diverse

selection of strong women set against backdrops influenced by nature, fashion and music. "I'd say that my work revolves around female characters," she says. "I usually go about a piece by thinking about a certain mood or atmosphere that I'm trying to create and then I'll use icons, symbols and colours to help convey it." The resulting works are beautifully textured and layered, combining traditional and digital media along with an evocative colour palette. "I think colouring is my favourite part of my process," she says. "I feel that's when it most comes to life and, for me, it's very intuitive – sometimes I have an idea going into it, but a lot of the time the colours just come along as I'm working on the piece."

Creative ever since she can remember, Thapp studied illustration at Camberwell College of Arts and graduated in 2016. Since then, her commissioned work has spanned from fashion illustrations to drawings of feminist icons as saints, and while she often uses her imagination to conjure up her drawings, the subject matter is becoming increasingly autobiographical. "In terms of artists, I'd say Frida Kahlo is a big inspiration," she says. "I love her self-portraits and she conveyed a lot of personal narrative in her work in a really brave way – that's always been really inspiring to me. And I love Matisse's work as well – it's so bold and colourful."

*My Head is a Jungle* is set to compare the inner workings of our minds to the dense, dark foliage of the jungle, and will be divided into sections titled by different emotions; Hidden Fears, for example, which examines the growing thoughts and tangled feelings that run away with themselves and that, more often than not, we push to the back of our minds. "It feels so timely now – coming out of lockdown, when everything's been so internal, and we've had a lot of time to sit with ourselves," says Thapp. "It's very reflective."

**My Head is a Jungle will open at NOW Gallery early this summer**  
**■ [nowgallery.co.uk](https://nowgallery.co.uk)**



## Get into the zone

If you're trying to set up an office within an open-plan space, you need to create invisible boundaries so that you have a clearly defined dining area, living room or workspace. Without that kind of hierarchy and division between work and quiet areas, it can be jarring mentally and hard for your brain to know when to switch off.



Dara Huang

# Flexible working

Whether you're desperate to get back to the office or perfectly content with the new WFH world, the reality for many of us over the coming months is likely to be an evolving hybrid of the two. Which means that our homes need to switch seamlessly between productive, professional backdrop and off-duty, personal space. Architect and interiors expert Dara Huang shares her advice for making your home stylishly flexible, no matter how small the space you're working with



## Tidiness is everything

No matter how often you're working from home, you'll want to clear surfaces of anything work-related at the end of the day, especially if you don't have a separate office that you can close the door on; it's the fastest way to reclaim your living space. All the stuff that covers a work desk is so chaotic – the mouse and keyboard, iPhone, chargers, papers – so invest in baskets and boxes that you can store things in and have one that you use to clear your laptop and papers into each evening. And, if you can, install a grommet into the back of your desk so that cables and chargers can be neatly hidden away. Creating neatness and order is the easiest way to get your house looking really good – and it will make you feel less stressed.



## Avoid clutter but make it personal

Take the time to organise shelves and surfaces, especially if they're going to act as the backdrop to your Zoom calls. Style them with books, photos of your family and things that you've collected throughout your life that tell a story – it's important to make every part of your home very 'you' – but don't be tempted to overfill them; be sure to leave negative space between objects.

## Focus on lighting

Dedicated task lighting will help you to concentrate as well as being more energy efficient. And, if there's more than one person trying to meet deadlines in the same space, it will allow everyone to light individual areas in a way that works for them. Invest in a standout lamp specifically for your desk that you'll love to look at outside of working hours.



## Bring the outside in

In an ideal world, we'd all be sitting in front of a window with a beautiful view to enjoy while we work. But if the only place you can set up your laptop is a corridor or a tucked-away corner in your house, adding greenery is a great way to improve both your mood and the air quality. You can start small: an orchid on your desk or a few succulents collected together on a shelf. Larger plants look great but remember that they're an investment – you need to know how to look after them and keep them alive. Buy them from somewhere where there are experts who you can ask for recommendations on what plant would work in your space, especially if it doesn't have a lot of sun, and how best to re-pot them.



## Mix old with new

The juxtaposition of well-loved pieces with shiny and new really works. I think it's so beautiful to use second-hand anything, whether it's furniture, vases or objects; I love things with character that can be blended in with newer pieces. I go to Crystal Palace and Kempton Market to find incredible bargains, from Venetian glass and art to side tables. Track down the perfect antique desk or balance your modern furniture with vintage accessories such as paperweights, vases or lamps.

## Buy furniture that doesn't belong in an office

Trying to avoid corporate furniture at all costs is crucial if you want your space to flip seamlessly between on and off duty. So, if you're buying a desk, look for one that blends in with your personal taste and the rest of your home furnishings. That way, when you clear your laptop away, it will feel like a natural part of your home or can double up as a vanity or side table. Don't compromise on your chair, though; I've learned the hard way that you need one with arm rests and proper support for your back. Look for Eames-inspired pieces that are incredibly stylish as well as functional.

## Choose your materials carefully

A space that helps you get into a professional mindset will ideally be stain-free – so, if you have children or pets, make sure that you factor that into every interior choice. Pick paints that are wipeable and designed for high-traffic areas and choose fabrics for furniture that are hard-wearing and are pixelated or a blend of two colours to make stains easier to mask. They'll look better – and smarter – for longer.

## It's the little things that count

It's much harder to concentrate when your surroundings are disordered, but there are small things that you can do every day that will instantly elevate your space and have a huge impact on how much you enjoy living and working in it. If you make your bed each morning, fluff your cushions when you get up from the sofa, and tidy things away at the end of the day, it will make such a big difference and make both the physical and mental switch from workspace to sanctuary so much easier.





# Nature's remedy

London's parks are some of its oldest spaces – and yet they've never been more relevant. We look at why these mood-boosting, stress-busting corners are so important and the groups that are making them as inclusive and accessible as possible

WORDS BY NATALIE EVANS-HARDING

Summer 2021

The allure of a city is its hustle and bustle – the galleries, the hum of a heaving, sprawling transport network shuffling inhabitants from A to B to C, the buzzing restaurant scenes and the thrill of live performances at theatre and music venues, not to mention the hedonistic nightlife offerings. So, what's its appeal when the bright lights are temporarily dimmed? Last year, as London's residents were forced to slow down, many of us developed an unexpected, new-found nature appreciation, tuning in to the gentler, more 'softly spoken' offerings of the city around us as we trudged around parks and green spaces. An exciting, diverse host of groups and organisations sprang up and mobilised to help encourage even the most reluctant urbanites to get outside and take up everything from birdwatching to grow-your-own. And, now that the capital and our packed-out schedules are returning to normal, that ability to step out into the great outdoors – even if that simply means a postage-stamp-sized garden or

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Simply walking through trees can ground us. When we have so much going on in our minds, if we simply stop, observe nature, focus on the birds or the feelings of twigs below our feet, it's a mental palette cleanse

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Flock Together. Image by Will Carr

your local recreation ground – to breathe and reconnect is going to be more crucial than ever.

The nature-induced mood boost that so many of us have grown to love is backed up by science; there are proven links to increased serotonin (responsible for sleep, memory and appetite) and dopamine (the pleasure chemical) after time spent outdoors in green landscapes, plus decreases in negative neural activity – exactly what we all need as the pace of life ramps back up to breakneck speed again. “We shouldn't think of park walks

as ‘just a walk,’” says psychologist Dr Audrey Tang, author of *The Leader's Guide to Resilience*. “There are so many collateral benefits. The fresh air cleans our lungs; daylight boosts vitamin D, which helps our immune system; we're active so our metabolism is going, which helps us sleep better and digest our food; and we're off our screens. Simply walking through trees can ground us. When we have so much going on in our minds, if we just stop, observe nature, focus on the birds or the feelings of twigs below our feet, it's a mental palate cleanse.”

For any naysayers reading who might sniff at the thought of London boasting anything more natural than the organic produce found in Whole Foods, it's actually pretty green as cities go. Paris, for instance, only has 9.5% parkland; London boasts a sizeable 33% (and let's not forget the commons, heaths, greens and more). And while one in seven of us live here without access to a balcony, communal or private garden, 44% of Londoners live within a five-minute walk to green space. Our parks are hardworking, too – Clapham Common,

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Flock Together, the grassroots birdwatching club conceived by friends Ollie Olanipekun and Nadeem Perera during the pandemic, gives its followers the opportunity to pick up their binoculars and make new connections, too

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for instance, serves around 46,000 people as their nearest park. But access to green space isn't always guaranteed, or equally shared. If you are an inner-city Londoner lucky enough to have a garden, chances are this green space will be less than 70m<sup>2</sup> (for comparison, the national average garden size is 332m<sup>2</sup>). There are some staggering disparities as to who has access to gardens, too; according to an ONS report released last year, 10% of white people have no outdoor space, but that percentage almost quadruples for Black people.

With data like this, it makes the mission of the growing crop of outdoor groups doing their best to improve and encourage diversity and accessibility in our green spaces even more important. Groups like Flock Together, the grassroots birdwatching club conceived by friends Ollie Olanipekun and Nadeem Perera during the pandemic, and which describes itself as a ‘#BIRDDGANG support club’ who ‘combat the underrepresentation of Black, Brown and POC in nature.’ Their monthly walks, organised in London parks and nearby forests, not only give their followers a chance to get out a pair of binoculars amongst other nature appreciators, but the opportunity to expand networks and make new connections, too.

Older institutions have also recognised a need for increased diversity among its nature-loving members. The Ramblers Association, for instance, founded





Image by Nagy Arnold

in 1935, is on a mission to recruit youngsters and get teens active and motivated outdoors amongst nature. This young age group has not only become increasingly sedentary due to lockdown school closures, but 80% of them report the pandemic has worsened their mental health, with increased feelings of anxiety, isolation, and a loss of coping mechanisms and motivation. The effects of a reconnection to nature could not come at a more important time.

Urban Growth, meanwhile, is busy trying to “improve Londoners’ wellbeing by collaborating with them to

create and maintain beautiful, biodiverse spaces.” In practice this means teaching city-dwelling adults and children gardening skills and how to grow their own food, encouraging ‘green thinking’ no matter how small the space, as well as creating and maintaining innovative green spaces in the capital. With an army of volunteers behind it, the social enterprise has a well-honed knack for transforming previously underused and unloved spaces into incredible and much-loved oases, as well as conjuring gardens and vegetable patches in unexpected corners – it was

Urban Growth, for example, who helped to set up the Jetty, the Peninsula’s Thames-facing community garden.

Excitingly, after months of solitary walks, we’ve all been able to get back to enjoying green spaces collectively again. “During the pandemic, parks demonstrated that they are multi-purpose spaces,” affirms Dr Audrey Tang. “There’s a stereotype that an interest in nature or going to the park is something for older people. But we’ve seen dating in parks, exercise classes that were previously in gyms brought out to the park; they’re

areas of play, which is a concept just as important to adults as children. If we see our green spaces as community hubs, they help multiple generations with mental health because nature teaches us all patience while things grow; it teaches us nurturing, it teaches us respect and it teaches a sense of community. These are soft health drivers. Nature has a way of surviving anything, growing and being resilient, which we can learn from. If we stop trying to control everything and we can learn to observe, watch and be, that helps us flourish. Nature helps us flourish.”













Images by Justine Trickett



Warren Dean



# Hit The Joint

Chef Warren Dean, owner of The Joint, tells us why nothing brings people together quite like a table laden with delicious, messy food

Warren Dean's love of food has always gone hand-in-hand with connection and the joyful, noisy pleasure of eating messy food with your favourite people. "Back home [in South Africa], the most important place in the house was the kitchen and our weather was so good that our kitchen was outside barbecuing or *braai-ing*," says the chef and restaurateur. "That's where we were predominately; there'd be family, there'd be friends and, even if the barbecue was horrendous, you always had a good time – you never had a bad memory. It was that simple." Which is why, when he opened award-winning, cult-favourite The Joint in 2012, he decided to make American BBQ its speciality – nothing brings people together quite like sitting around a table laden with piles of sticky, smoked ribs covered in a house-made Korean sauce, spicy chicken wings, and enormous burgers packed with 16-hour

smoked pulled pork or deep-fried chicken and laden with cheese, all rounded off with a plate of deep-fried Oreos. "It's juicy, it's smoky, it's everything that makes you happy," he says. "It's good, messy fun."

Dean started cheffing out of necessity in his late teens as a way to make ends meet when he came to London and was caught off guard by how expensive the city was. Back then, his focus was on the high-pressure, low-paid world of fine dining. He worked in Michelin-starred restaurants for top chefs including Jun Tanaka and Jocky Petrie, in private members' clubs from Annabel's to Mayfair's George, and spent a year travelling the world, staying in five-star hotels and whipping up meals for Lewis Hamilton, Jenson Button and the rest of the McLaren Formula 1 team. But the margins in fine dining are notoriously tight, and a stint in Cornwall – helping set up a Michelin star-winning seafood restaurant with a successful fish and chip takeaway on the side – sparked the idea of conjuring takeaway-style food, really well. So, in 2012, before London's street-food scene and food-truck obsession had taken off, and just as Instagram was gaining serious traction, Dean opened The Joint.

It started as a pop-up in Brixton Market that fast gained notoriety and awards for its incredible food – and attracted snaking queues of thousands every weekend. Since then it's become a permanent fixture, been joined by another outpost in Tooting Market and, in July 2019, a third restaurant at the Golf Driving Range on the Peninsula. Serving up a plentiful supply of cocktails and beer to wash down all that mouth-watering smoked meat, it's a laid-back, joyous affair – all wooden tables, colourful contemporary art and a regular lineup of live musicians and DJs to help fuel the festive atmosphere. Best of all, there's a recently added sun trap of a terrace (complete with umbrellas and heaters to combat the unpredictable weather)

that's just waiting to be your summer go-to. You'll find Dean in the open kitchen with the loyal band of chefs that have been cooking alongside him since The Joint first opened, conjuring his favourite food and having a blast watching you enjoy it. "My best, honestly favourite thing in the world is when you give food to a table," he says. "You see people take that first bite and, subconsciously, without them realising, they do that little nod of appreciation to themselves. It's amazing."

@thejointldn,  
thejointldn.com



# Where everybody knows your name

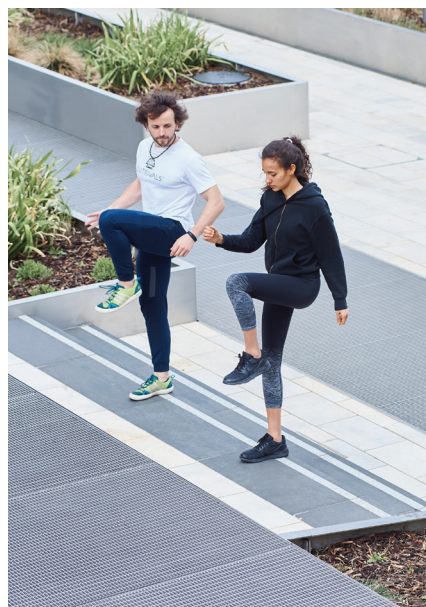
Outrivals has just opened a second boutique gym on the Peninsula alongside its already-favourite Asian-inspired café, Choy House. Founder Matt Lo tells us why it's set to be your home away from home



Matt Lo

Outrivals started when we used to do outside classes back in 2015. We came up with a movement called Pay What You Want; people just came and paid whatever they could and it was a great way to get people fit and give them access to fitness no matter what their financial background was. Over the next three or four months, we realised that our training was good, but what was really special was that we'd built a really cool community and that they really connected with the way that we treated them, calling people by their names, making sure that we built a really cool rapport with them, and we wanted to bring that ethos indoors so that people felt like they had a second home for a gym. We built our first home in 2016 in Old Street and, ever since then, we've been working on the culture and the vibe of what happens when you come to work out with us. We're connected to the local community, too. We always want to give back to every area that we open up in, so in Greenwich we've been doing free school meals for local families, and from our Old Street gym we volunteer regularly at the Shoreditch Adventure Playground.

At the gym, we focus on small group classes with a maximum of eight to ten people, doing strength and conditioning-based fitness with an element of CrossFit, too. We wanted to bring the best of personal training and big group fitness classes and mash it all together, to make sure that the trainers can give time to people and help improve their form and technique, as well as build a rapport. I want to foster a sense of belonging – that feeling of walking into a place where everybody knows your name is so nice. Our mantra is Be Your Own Hero and that's something that's very personal to me. Growing up, I was always focused and I'm a very goal-driven person. It's painful when I meet people or friends who get side-tracked because they care too much about what others think, and they stop focusing on themselves and their own goals because of what people are saying. You have to learn to shut out the rest of the world for a bit and just focus on yourself.



Images by Justine Trickett

If you're starting to work out for the first time, make sure you get into a routine that fits around your lifestyle: don't go five times in the first week if you don't think you're going to be able to maintain it. It's better to start at twice a week and be consistent. Having a non-negotiable schedule that you stick to will help, too. And take your time; see it as a progression, as a six-month or year-long thing rather than a six-week thing. Think hard about why you're doing it, too. Social media has been great for promoting the fitness industry and getting more people into exercise, but there's a negative impact to comparing yourself to the person on your screen. You have to drown out the crowd, drown out the people around you and ask yourself, why are you getting fit? If it's for you and if it's really helping you, great. But don't do it because you're judging yourself against what you're seeing on Instagram.

The past year has been such a testing time for a lot of business owners and entrepreneurs but I'll be honest, I've loved it. Seeing how we can get creative, what angles we can get into or how we can diversify; running a business is never easy but you have to ask yourself what you can do to challenge the moment and challenge the situation that you've been given. We've pivoted into selling gym equipment, we created Choy House, and we were faced with so many challenges – but it's kept me on my toes.



At Choy House, I wanted to promote Chinese culture and make incredibly messy, really, really tasty street food along with smoothies and juices. There's a programme about Chinese food on Netflix with David Chang called *Ugly Delicious* and, to be honest, that's exactly what it is. It's not necessarily the healthiest food but we make everything fresh from quality ingredients. Having a roast duck banh mi after going to the gym is really weird for some people, but it makes sense to me to follow a good workout with great food. Everything comes down to balance – that's how I live my life.



@weareoutrivals  
outrivals.com



# Get in while you can

Right now, there's not a lot of room for spontaneity in the world of eating out, especially when it comes to the city's most coveted outdoor tables. Which is why we've done the hard work for you and tracked down the newest and most sought-after terraces and courtyards in the capital. Book them now and keep your fingers crossed for sunshine

WORDS BY EMMA SELLS

Summer 2021



Images by Charlie McKay



## Flora at Joy

You'll find Flora a short stroll away from Ladbroke Grove, stretched across a terrace in Portobello Docks. Dreamed up by chef Steve Parle and designer Tom Dixon – both former Peninsula collaborators – it's the perfect place to while away sunny afternoons and long evenings; the modern British menu is seasonal and constantly refreshed, whipped up with Kentish produce sourced from The Goods Shed in Canterbury, and all washed down with natural wines. Grab yourself a private pavilion or a table underneath a parasol and enjoy the canal-side view.

■ [joyatportobello.co.uk/flora-restaurant](http://joyatportobello.co.uk/flora-restaurant)



Images by Milly-Fletcher



## Nebula

This Hackney bar and pizza joint, which opened last autumn, has the cosy, relaxed feel of a neighbourhood restaurant, a stellar playlist and handily also boasts a large plant-filled courtyard garden. The pleasingly pun-heavy menu is suitably mouth-watering (lamb-pagne supernova pizza, anyone?) and includes a vegan option, while the drinks list has been given serious thought, too; beer, wine and spirits all sourced from local breweries and distilleries sit alongside their signature basil-infused negroni.

■ [nebulabar.com](http://nebulabar.com)



## The Light Bar

You probably remember (or not) the Light Bar from big nights out spent there before it shuttered seven years ago. Now it's back, rescued from redevelopment and lovingly restored by a group of Hackney residents who have turned the former power station into a bar and restaurant serving up locally sourced food and seasonal drinks. Inside, it stretches across three floors – and really lives up to its name thanks to all those enormous windows – but it's The Yard, the bar's sun-filled terrace, that you'll really want to head for.

■ [lightbarlondon.com](http://lightbarlondon.com)



## Parrillan London

Sure, you've had enough of cooking for yourself, but you'll want to make an exception for Parrillan and its al fresco table-top grills. The Spanish restaurant, helmed by chef Angel Zapata Martin, overlooks Regent's Canal and offers up moreish tapas plates alongside meat, fish and vegetables that you can cook yourself on your very own Parrilla mini grill. There's a dedicated gin and tonic list to work your way through, alongside an impressive lineup of cocktails, too – and they won't ask you to wash up when you're done.

■ [parrillan.co.uk](http://parrillan.co.uk)



## The Berkeley Beach Huts

If you've been dreaming of the Great British seaside but didn't manage to bag a cottage before they all got booked up, then The Berkeley's newly installed, rainbow-coloured beach huts are the next best thing. Each hut seats six and the menu is heavy on freshly caught seafood – everything from oysters to lobster and fries – and they're even serving up a gourmet version of your favourite 99. And if you don't manage to get one of the huts themselves, there are plenty of terrace and countertop seats to snap up, too.

■ [the-berkeley.co.uk](http://the-berkeley.co.uk)



## St. Felix Place

This bar and tap room is box-fresh – it only opened its doors as lockdown rules relaxed in April. Tucked under the railway arches just around the corner from Borough Market, it's set to be a hub for beer connoisseurs and live-music lovers alike. Most notable right now, though, is its brilliantly expansive, (hopefully) sun-filled garden – the perfect setting for enjoying its one-of-a-kind craft beers, Tex Mex BBQ from Texas Joe's Adobe and pizza from Good Slice.

■ [stfelixplace.co.uk](http://stfelixplace.co.uk)



## Brat at Climpson's Arch

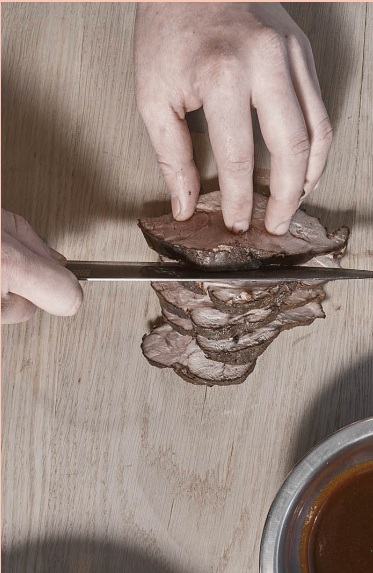
This is the Hackney outpost of Tomos Parry's Michelin-starred Shoreditch staple, a rolling pop-up that shows no signs of disappearing. Between the wood-fired open grills and the incredible Basque-inspired dishes – whole turbot, spider crab, freshly picked vegetables and Brat's signature burnt cheesecake – you'll almost be able to trick yourself into believing you're on holiday. But, because you're not, you'll be glad to hear there's a marquee roof, too, to protect your dinner plans from the whims of the British weather.

■ [bratrestaurant.com/climpsons-arch](http://bratrestaurant.com/climpsons-arch)





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# banh mi

# banh mi

# banh mi

Choy House’s Felipe Chinen shows us how to make the cafe’s signature  
Vietnamese sandwich-roll – and give it a Chinese twist

Serves 4 to 5 people

- 500g pork shoulder or butt
- 2 tbsp hoisin sauce
- 2 tbsp brown sugar
- 2 tbsp dark soy sauce
- 2 tbsp Chinese cooking wine or strong sherry
- 2 tbsp honey
- 1 tsp five spice powder
- Vietnamese or soft French baguette
- Mayonnaise
- Smooth pork pâté or Brussels pâté
- 2-3 carrots
- Bunch of coriander
- 2-3 spring onions
- Bunch of mint
- Crispy onions
- Maggi sauce
- Sriracha sauce

Hands up who agrees that the very worst – not to mention boring – part of working from home is having to think about what to make for lunch every day. Another cheese toastie or low-key bowl of pasta, anyone? But it doesn’t have to be that way. Choy House, the Asian-inspired cafe that’s fast become a Peninsula favourite, has elevated the art of sandwich making by riffing on the traditional Vietnamese staple, banh mi – for the uninitiated, that’s a baguette decadently laden with slow-cooked meat, pickled vegetables, spices and seasoning. We asked manager Felipe Chinen for his expert guide on getting the assembly just right – and how to give it a Chinese twist with the addition of char siu pork. Enjoy.

**For the char siu pork**  
Pre-heat your oven to 190°C. While it warms, mix the hoisin, sugar, soy, wine, honey and five spice together in a bowl to make your marinade. Set aside a third of the marinade and use the remainder to rub the pork all over until it’s fully coated.

Cover a baking tray with foil and place a roasting rack inside. Lay the marinated pork on top of the rack and put it into the pre-heated oven. (You can cook the pork directly on top of the foil if you

don’t have a rack but be aware that small pieces of foil might get stuck to the pork and need removing before consuming.) Roast the meat for 30 to 35 minutes or until the internal temperature reaches 62°C. It should look quite dark in colour and have charred bits all around – don’t worry, it’s not burnt! That’s just the sugar from the marinade that has caramelized.

Remove the pork from the oven and let it rest on the rack for a minimum of 10 minutes before slicing.

**For the sauce**  
While the pork is resting, make your sauce by placing the reserved marinade and the juices from the cooked pork in a saucepan and bring it to a boil. Once it starts to boil, lower the temperature to a medium heat and let it reduce by half. You’ll know your sauce is ready when it coats the back of a spoon without being too runny.

Slice the cooked pork and place it into a bowl, cover with the sauce and give it a good mix.

**For the pickled carrots**  
Slice the carrots length-ways and then into thin Julienne strips and cover them in distilled vinegar. Place in the fridge for

30 minutes to an hour. They should still hold their shape and crunchiness.

**Assembling your banh mi**  
Place your baguette in the still-hot oven for five minutes. Once it’s warmed up, slice it in half without going all the way through one side. Open it up and remove some of the bread from the inside to make space for the fillings. Spread a healthy spoonful of mayo on one side and one of your chosen pâtés on the other side.

Now, we’ll work on layers: make the first layer out of coriander, with or without the stalks depending on your preference. Then add your pickled carrots, the char siu pork and drizzle a bit of Maggi and sriracha sauce on top. Finally, add some mint leaves, the chopped spring onions and crispy onions. Close the roll and enjoy your sandwich!

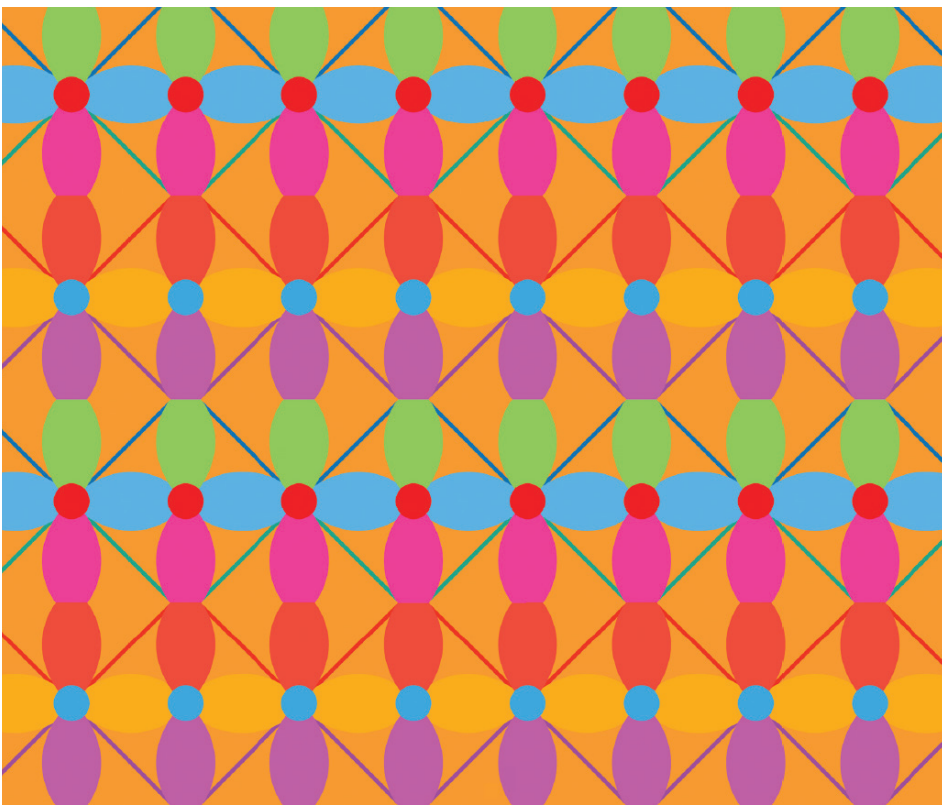
choyhouse.com  
@thechoyhouse



# Summer Sessions

We're gearing up for months of sunny days and warm evenings on the Tide with a season-long programme packed out with events and activities, all set against a vibrant backdrop designed by Yinka Ilori. We can't wait to welcome you back...

Summer 2021



## Promise Me Memories And I Will Let You In

Yinka Ilori, London's favourite multi-disciplinary artist, is set to transform the Tide this summer with a vibrantly colourful, truly celebratory take-over. Using his signature flair for bold shades and graphic patterns, Ilori will conjure up a playful, immersive, joy-generating area, designing everything from artwork to cover the floor to brightly coloured bespoke flags. The idea? That you'll head down with your family and friends to let loose, reconnect and create memories. You'll find hopscotch made from reclaimed car tyres and a crazy golf course as well as pocket spaces to explore and photo-ready picnic benches to gather around. The centrepiece, though, will be the stage, which will play host to the Summer Sessions' incredible lineup of music and film over the next few months.

■ From 12 June–19 September



## Flow Farmers' Market

A new regular addition to the Peninsula's weekend offering, this farmers' market is fast becoming a firm favourite with the both the local community and anyone else who's making their way along the Thames on a Sunday morning. Curated by Bompas & Parr and produced by Urban Food Fest, it's a hub of sustainable produce and takeaway food, from freshly baked bread, artisanal cheeses and organic meat to wood-fired pizzas and Korean street food. Find it right by the river every other week, all through the summer.

■ Alternate Sundays from 2 May, 10am–3pm



Akin Soul

## The Jazz Weekender

The return of our much-loved music festival, packed out with incredible live jazz sets to soundtrack your weekend. Saturday's programme has been curated by Harry Christelis of Clonmell Jazz Social and features the Bruno Heinen Trio, Daisy George and the Ferg Island Trio. While on Sunday the lineup has been put together by long-time champions of young musicians Tomorrow's Warriors, and features three ensembles led by rising talents Kasia Konstance, Jelly Cleaver and Akin Soul.

■ 12 & 13 June



## REPREZENT FM

The award-winning Brixton-based radio station and sound of young London takes up residence for a series of weekends across the summer.

■ 19 & 20, 26 & 27 Jun;  
3 & 4 July



## Film nights

Bring a blanket and picnic and join us to watch our favourite cult classics on the integrated screen in our Yinka Ilori-designed stage.

■ 12, 19 & 26 June;  
3, 17, 24 & 31 July;  
7, 14 & 21 August





## Sports Day

Pull up your socks and start limbering up: in August we'll be hosting a fun-filled sports day, dreamed up by Hemingway Design and awash with nostalgic games and endless family activities. And if you prefer your involvement in sport to be strictly non-participatory, you can give the three-legged race a swerve and settle down to watch the men's and women's Wimbledon Finals on our screen instead.

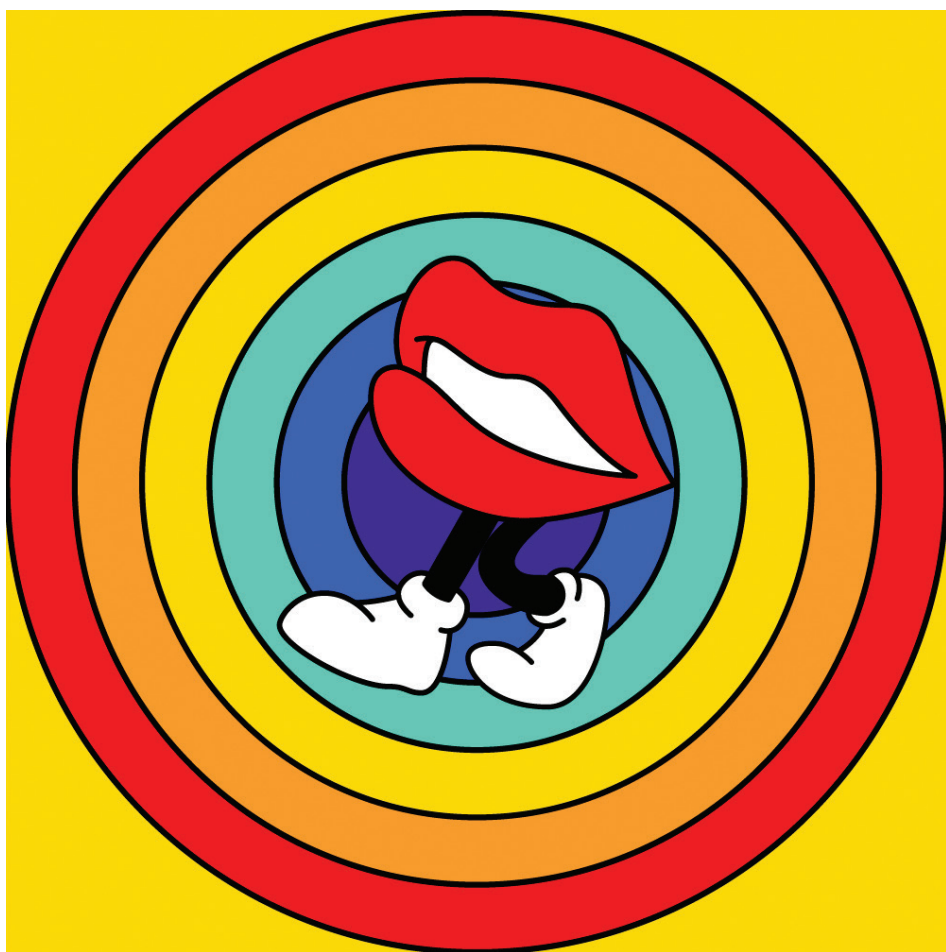
■ Sports Day, 10 July. Wimbledon Finals, 10 & 11 July



## Charlie Dark

East London's inspiring multi-hyphenate – he's a poet, wellness pioneer, founder of the Run Dem Crew and legendary DJ – will take up residence for the weekend with a series of sets. Come on down and prepare to be uplifted.

■ 7 & 8 August



## Foundation FM

The female-led online radio station will bring a soulful mix of rap, hip hop, R&B, house and garage to its residency across a series of weekends in July. They'll be hosting thought-provoking conversations around film, lyricism and poetry, too.

■ 17 & 18, 24 & 25 and 31 July & 1 August



## Greenwich+Docklands International Festival 2021

Already renowned as a spectacular outdoor theatrical festival, this year GDIF is taking its celebration of dance and choreography to the next level – literally. It's bringing three spectacular performances to the Peninsula: *The Lost Opera* (Ashley Peevor and Nikki Watson), *Dandyism* (Patrick Ziza) and the truly not-to-be-missed *Finale* (Del-reves), an aerial ballet piece that will see dancers rigged up onto the façade of Ravensbourne University.

■ 28 & 29 August



## Just VibeZ

The DJ and artist collective will be curating a series of family-friendly music sessions representing music with a Caribbean flavour. Expect elements of carnival with costume and live percussion.

■ 21 & 22 August

Get more details, see the latest listings and find out more about what's happening on the Peninsula this summer at [greenwichpeninsula.co.uk/whats-on](https://greenwichpeninsula.co.uk/whats-on)





# 21 Silver Linings

After the year we've endured, we're all craving some good news. 21 Silver Linings celebrates stories of positivity and optimism from 2020, to bring some much-needed joy to our lives. We teamed up with the brains behind the idea, brand legacy agency Greenspace, to bring 21 Silver Linings to life at Greenwich Peninsula as an interactive public artwork for all to enjoy.



<sup>01</sup> Kids lean on Lego to ditch plastic <sup>02</sup> Women cooking for women <sup>03</sup> Found: coral reef taller than The Shard <sup>04</sup> Parasite pioneers Best Picture Oscar <sup>05</sup> The Press gets it right for Elliot Page <sup>06</sup> Africa free from wild Polio <sup>07</sup> Women in The White House <sup>08</sup> Lewis Hamilton: racing against racism <sup>09</sup> Chameleon comes out of hiding <sup>10</sup> New food protein “made from air” <sup>11</sup> SpaceX launches new era for space travel <sup>12</sup> Equal pay for women footballers <sup>13</sup> Pandas get it on when we stop watching <sup>14</sup> It’s now free to have a period in Scotland <sup>15</sup> Body positivity steps onto the catwalk <sup>16</sup> Lockdown unlocked culture for all <sup>17</sup> Saving birds with a brush stroke <sup>18</sup> New additive makes plastic harmless <sup>19</sup> Bikes will outsell cars by 2030 <sup>20</sup> ‘Cinderella’ plant kills cancer cells <sup>21</sup> Renewable energy defies Covid-19

21silverlinings.com

The stories can be found dotted along Central Park, and you can get involved by scanning the QR code to submit your stories of hope and optimism from the past year. Get in there quick, as the exhibition is only up for a limited time.

■ 21silverlinings.com



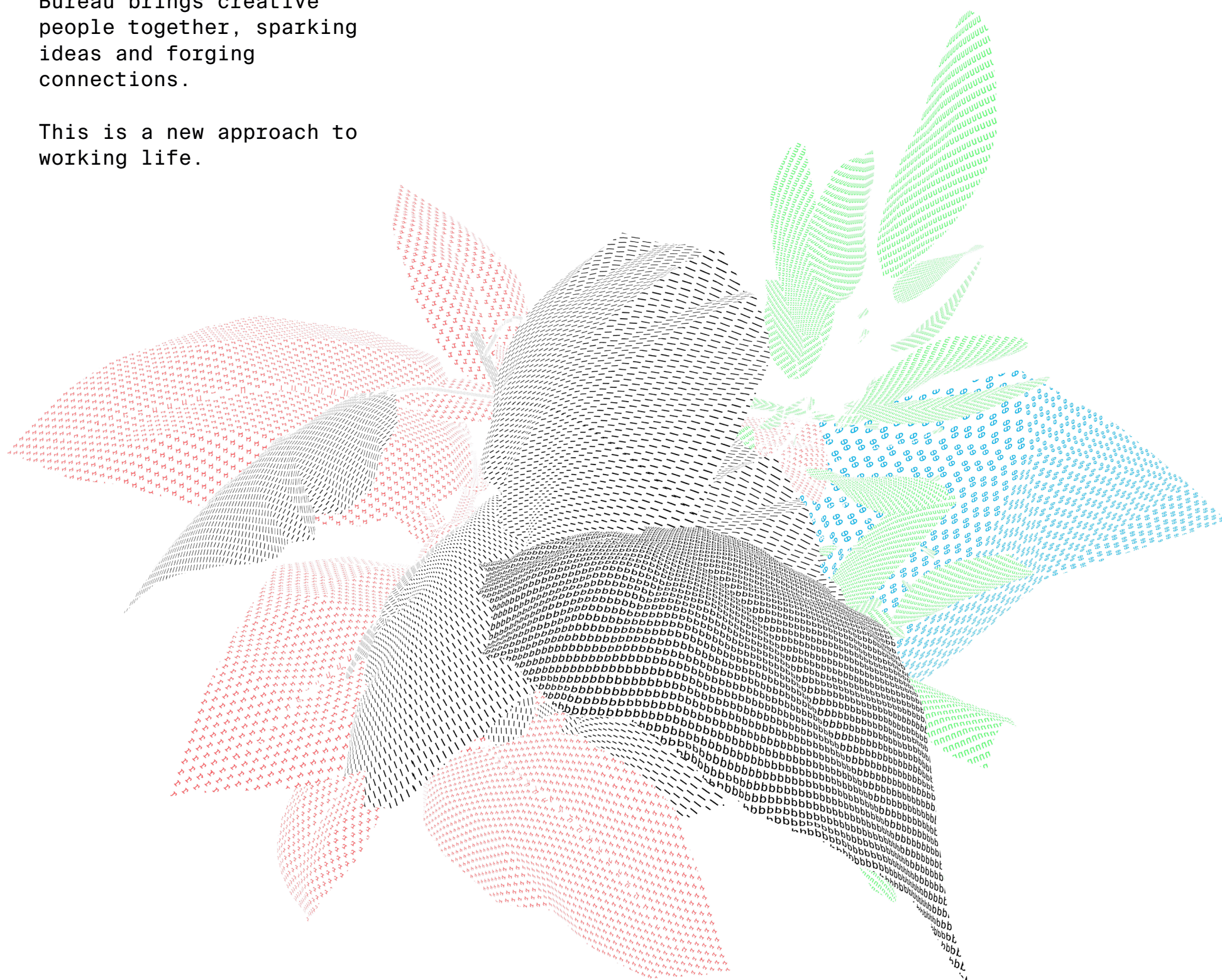
# bureau



## A members club for creatives at the heart of design district

Bureau brings creative  
people together, sparking  
ideas and forging  
connections.

This is a new approach to  
working life.



**set the trend:**  
win a week's access for  
you and a friend

