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THE

# PENINSULIST

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AUTUMN EDITION 2019

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## *Art & Culture*

Meet the band of brilliant, lucky London creatives who won themselves a great studio space in Greenwich Peninsula's new Design District, free, for an entire year.

## *Entertainment*

Whether you're a seasoned Londoner or new to the city, there are hundreds of opportunities to find cultural, social and architectural places to suit you this season. Take a look at our guide.

## *Photography*

See another side of Caribbean life in the work of a photographer who shoots the kind of underwater photography you're unlikely to see in any tourist brochure any time soon.

## *Health & Wellbeing*

Is the city getting you down? Maybe you can fix that yourself. Here's the story behind one guy who went from rock-bottom in Berlin to pretty much OK, back in London.

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Find your space  
in the city

Seek out the social, cultural, creative and architectural places where you fit in, this season, in the British capital.



SATURDAY & SUNDAY  
7TH & 8TH DECEMBER

FREE ENTRY

GREENWICH  
PENINSULA

11AM-7PM



INDEPENDENT DESIGNERS, MAKERS, ARTISANS,  
MUSIC, WORKSHOPS & STREET FOOD

THE PENINSULIST



[GREENWICHPENINSULA.CO.UK/SAMPLE](https://www.greenwichpeninsula.co.uk/sample)  
 THEPENINSULIST #SAMPLECHRISTMAS

NEAREST TUBE  
NORTH GREENWICH

CURATED BY:  
HEMINGWAYDESIGN



# This Autumn

03 – 04  
PHOTOGRAPHY

## Circa No Future



There's more to the Caribbean than clear, blue waters. Nadia Huggins' new photographic exhibition at NOW Gallery, *Circa No Future*, takes a deeper dive into adolescent life in St Vincent, revealing a side you're unlikely to see in the tourist brochures.

15 – 16  
HEALTH AND WELLBEING

## Help Yourself



Meet one Londoner who knows how city life can get you down. He nearly took his own life five years ago. In recovery, he fashioned his own self-help system. "I got out of it, and lots of other people have too," he tells us.

05 – 06  
ENTERTAINMENT

## Find your Space in the City



Whether you're a seasoned Londoner or new to the city, there are hundreds of opportunities to find cultural, social and architectural spaces to suit you this season. Here are just a few of the events that you should stick in your calendar in autumn 2019.

17 – 18  
PENINSULIST LIVING

## Peninsulist Living



Try a great new recipe from Craft London, one of the Greenwich Peninsula's brilliant restaurants, plus find out more about the Peninsula resident helping London stay on top of the global skills tables, and get our seasonal book and podcast recommendations.

11 – 12  
ART AND CULTURE

## Make some Space



Want to know about the capital's freshest design talent? Then meet the five winners of our Dazed x Peninsulist competition, all of whom are about to enjoy a year's free studio space in London's latest creative quarter, the Design District, at the heart of Greenwich Peninsula.

13 – 14  
INTERIOR DESIGN

## Pigment of your Imagination



Going with off-white for your apartment? You might regret it. Karen Haller, a leading international authority in the field of applied colour psychology, tells us which shades make for a happy home, office or hospital for that matter.

Finding your place in London isn't as simple as picking up a new set of keys. Sure, the winners of our Design District competition have certainly snagged great new studios for their work, but getting a solid footing in a place like the British capital also depends on feeling at home culturally, socially and maybe even architecturally. Take a look at page 5 to see how a range of events taking place this autumn, from London Fashion Week to Black History Month, can help you fit in, in the capital.

And if the pressure of city living is getting you down, maybe turn to page 15 to understand how one Londoner managed to overcome his mental-health challenges, and might be able to help you, too. Oh, and if you feel like getting away from it all, turn to page 3 to discover how the Caribbean photographer Nadia Huggins manages to capture some of the social unrest in the otherwise untroubled waters of St Vincent and the Grenadines. Maybe paradise lies closer to home?

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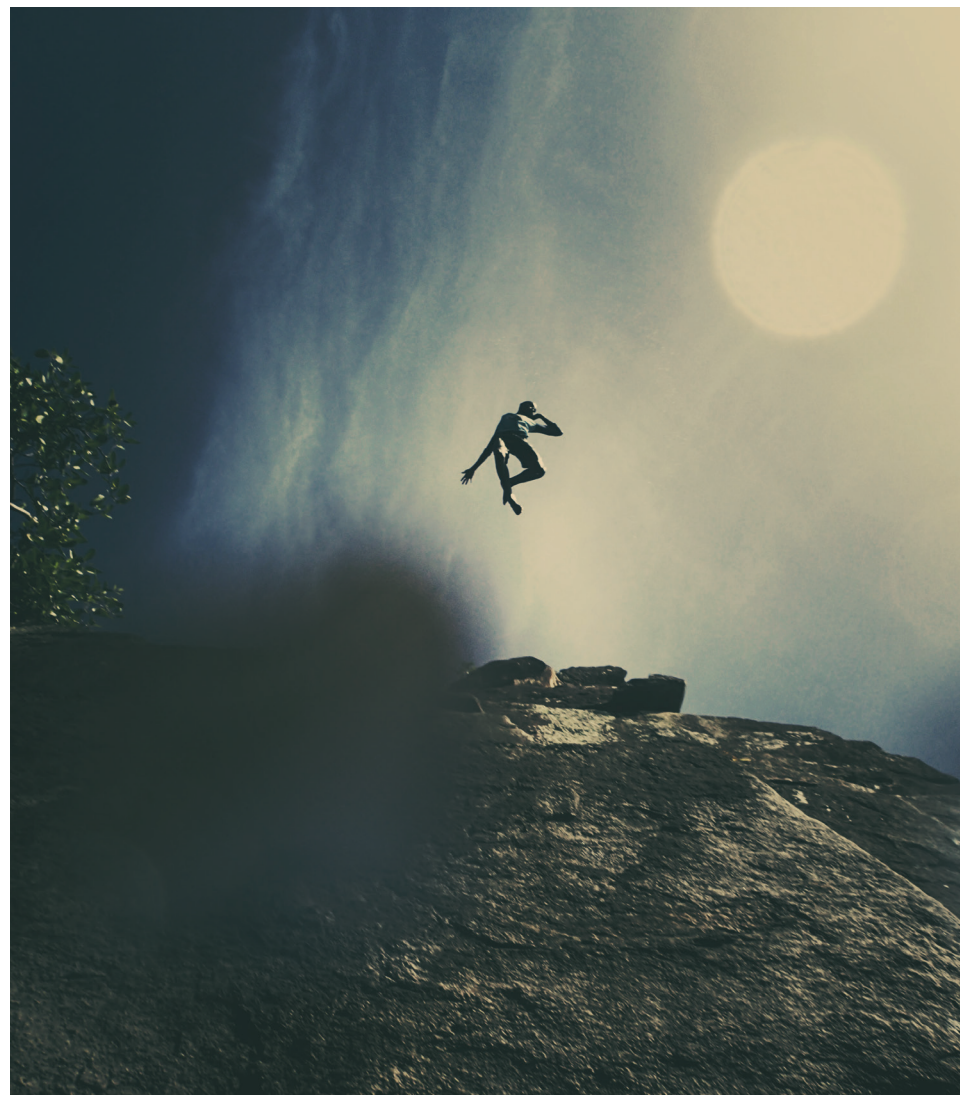
# Circa No Future

*Nadia Huggins' new photographic exhibition, Circa No Future, takes a deep dive into adolescent life in St Vincent, revealing an authentic coming-of-age, as she explains to Alex Rayner.*

WORDS BY ALEX RAYNER



Images by Nadia Huggins



**Y**ou would be forgiven for thinking that Indian Bay – on the southern coast of St Vincent, close to the capital, Kingstown – was more or less paradise. The air temperature on this Windward Isle in the West Indies is in the high 20s all year around, and the sea isn't far behind, locking it in a tropical, eternal summer. Bananas, mangoes and guavas grow in its volcanic earth, and the shores are so picture-perfect, they served as the location for the 2003 movie *Pirates of the Caribbean: The Curse of the Black Pearl*.

However, there's plenty of trouble in this paradise. The unemployment rate hovers around 20%, and plenty of young men haven't many more sources of distraction beyond the island's enviable assets.

Nadia Huggins is an \*\*-year-old photographer and creative director based in St Vincent & the Grenadines (as the island and its neighbours in the archipelago are known). Her father introduced her to photography when she was a child, and she continued to explore the medium in her teens.

"I think around the time I was 18, I started to realise that I could do more with the image than

just capturing my surroundings," she says. "I understood that there

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**I'm shooting with a pair of swimming goggles and a basic point-and-shoot camera**  
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were emotions attached to what I was doing and I set out to see how

I could put different concepts into motion. I really was just on a quest to see how I could translate my own feelings into an image and see if the viewer on the other end could internalise that somehow."

Huggins also used to head out into the coastal waters of Indian Bay alongside the local lads. "Even though I would have been a young girl, I was one of the few that would swim out with the boys and jump off with them," she says. "I knew it enabled me to have a perspective in a way that others might not have."

She began shooting these kids around five years ago, in and under the water, in a fairly simplistic

way. "It's actually difficult for me to see what I'm capturing underwater because I'm shooting with a pair of swimming goggles and a basic point-and-shoot camera," she explains. Yet her lo-fi approach suited her well, as she didn't want to make the kind of underwater pictures more commonly associated with this part of the world.

"Most underwater photography done in the Caribbean primarily documents marine life for scientific purposes or tourism promotion," she says. "You will rarely encounter images of Caribbean people being represented in this space in an honest way." And though Huggins was shooting in the most natural





environment, her subject was more social than biological.

"I became really aware of the number of young men hanging out in the streets, mostly unemployed," she says. "I knew I wanted to work with adolescent boys and young adult men in some way, but I wasn't sure how it would take form. The beach I documented the young boys on is a place I spent most of my younger life."

The project, which developed organically over the last few years, wasn't without its obstacles. "I suppose the most difficult part of working in this capacity is being able to maintain a relationship

of trust between the subject and myself," she says. "In a lot of ways, I am 'other' to them. Being able to find a common ground to create a relationship is always a challenge, but once you are able to find that universal connection it opens up a lot of possibilities. I think the sea enables that shared experience of respect and trust both ways."

The pictures are on show at Greenwich Peninsula's NOW Gallery in an exhibition entitled *Circa No Future*, as part of the gallery's Human Stories series. It might seem like a strangely nihilistic title for such pleasing images, but Huggins' aquatic pictures show a moment of

respite from daily worries for Indian

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 honest way**  
 ”

Bay's beach boys. "The rocks these boys jump off of are a space separate

to their day-to-day lives on land. Which enables a freedom of expression that they may otherwise not be able to explore," she says.

On one level, the pictures are beautiful: a bunch of handsome fellas in a beautiful setting. Dive a little deeper though, and there's a tenderness and openness to the images, a glimpse of adolescents coming of age, as well as a sense of the more pressing concerns that confront these kids once they towel off and go home. It's a side of St Vincent and the Grenadines you rarely see shown elsewhere.

"Even though we are islands and have a very deep relationship with

the sea, our contemporary images of ourselves are mostly performative," says Huggins. "I'm interested in those moments we stop performing and are the most authentic version of ourselves. Also, I think there is a lack of representation of black bodies occupying these spaces. Beyond the shoreline of brightly coloured beach towels and sunglasses, there is another reality that Caribbean people exist in."

► *Circa No Future* is at the NOW Gallery, Greenwich Peninsula, 4 October-10 November. Join us for the opening party on 3 October, 6-10pm; there'll be drink, and music from Swim Dem Crew. [nowgallery.co.uk](http://nowgallery.co.uk)



# Find your Space in the City

*Whether you're a seasoned Londoner or new to the city, there are hundreds of opportunities to find cultural, social and architectural spaces to suit you this season. Here are just a few ways to find your space and explore your creative side this autumn.*

**L**ondon's reputation as the world's leading cultural hub makes it the ideal place for those keen to try new things, with a seemingly endless line-up of events unique to the city. The sheer number of things to do can make it feel overwhelming, especially to those who have just arrived in the capital. But just a few hours spent at one of London's cultural happenings can ignite a lifelong passion or give an insight into a part of the city easily missed on the morning commute or on a mad dash through town on a night out.

## London Design Festival

The week-long London Design Festival, which runs from 14 to 22 September, has become a cornerstone of London's cultural calendar since 2003. Last year, it welcomed over half a million visitors from 75 different countries to its city-wide exhibitions. Design fiends can easily lose a few days trying to take in all of the different projects on show. However, if you're squeezed for time, the Landmark Projects are the place to start. Created by the world's leading designers, this year they include Sam Jacob's Sea Things, a new installation set within the V&A's Grand Entrance, focusing on the growing plastic pollution crisis, and Please Be Seated, a wave-like piece of public art by Paul Cockshedge found in Finsbury Park Square in Broadgate.

"The festival provides a platform for designers to connect with an audience hungry for the latest in design innovation and solidifies our position as an international creative powerhouse," says Ben Evans CBE, director of London Design Festival.

► [londondesignfestival.com](http://londondesignfestival.com)



*Please Be Seated, Paul Cockshedge*





Richard Quinn AW19 catwalk, Getty, British Fashion Council

## London Fashion Week

Showcasing new high-street trends and the most out-there haute couture, London Fashion Week has gone from being a celeb-heavy industry gathering to one of the capital's biggest events. "London Fashion Week is one of the things that underpins the city's status as a global style capital," says Ian Taylor, editor-in-chief of Fashionbeans.com. "This September, it's throwing the doors open, with tickets available for a number of public-facing shows and what the British Fashion Council calls an immersive experience at the LFW Hub, which includes installations and talks from expert panels." The LFW Hub will be open to the public on 14 and 15 September, with a designer exhibition showcasing the ways the fashion industry is trying to become more sustainable, with a chance for stylish visitors to learn about upcoming designers and brands. ▶ [londonfashionweek.co.uk](http://londonfashionweek.co.uk)



Image by Max Micchowski

## Open House London

Since 1992, Open House London has given nosy Londoners the chance to snoop around skyscrapers, government offices, building sites and private homes that are usually closed to the public. This year's event, which takes place on 21 and 22 September, features properties in every London borough for the third year in a row. Key highlights include The Tide at Greenwich Peninsula, designed by the same team behind New York's iconic High Line and a fresh take on the city park for this new neighbourhood; a bike tour with Tokyo Bike exploring London's urbanism; a converted gin distillery in Whitechapel; 10 Downing Street; and even a converted garage that's now a two-storey house in Golders Green. ▶ [openhouselondon.org.uk](http://openhouselondon.org.uk)



Ship of Tolerance

## Totally Thames

Totally Thames runs for the duration of September, celebrating London's river from its narrower western end to its wider eastern reaches as it hits Greenwich and heads out to sea. Created by Adrian Evans in 1997, the festival emphasises the importance of clean water to our city, as well as highlighting the worrying uptick in water pollution across the globe. "Totally Thames explores everything that is amazing about the River Thames with a diverse and far-reaching river-themed programme," says Evans. "There's a fine-art installation in the form of a 60ft-long wooden boat on the Thames outside Tate Modern, contemporary music within the bascule chamber of Tower Bridge. There are dance performances by the river in Kingston, film screenings aboard a passenger boat, a river swim in Chiswick, river races from Greenwich to Richmond, and riverside festivals in Putney, Shadwell Basin and Erith Pier." Evans says his vision in 2019 is to "remind us all of the importance of safeguarding and protecting our precious waterways". ▶ [totallythames.org](http://totallythames.org)



A Black History Month reception at Downing Street, October 2018. Image courtesy of the Prime Minister's office

## Black History Month

First celebrated in the UK in 1987, Black History Month runs throughout October, taking in art, food, politics (last year No. 10 Downing St. held a Black History Month reception) music and film steeped in black history in both London and the wider United Kingdom. "This year, we will be celebrating the many inspiring women since the Windrush whose commitment to society and future generations has proved invaluable to the UK," says Ian Thomas from Black History Month. "We're inspired by bold women every day: the women in our families, on our team and in our circles of friends; the women in our history books and those in the news; the women of our past and the women of now; and the inspiring women who've paved the way for future generations." Those in Greenwich should also check out Tavaziva Tuesdays, dance workshops showcasing the choreography of Bawren Tavaziva. These take place on 1 October and 5 November at Greenwich Dance. ▶ [blackhistorymonth.org.uk](http://blackhistorymonth.org.uk)



# The Peninsulist Meets

# The Hej Man

*Mathew Keech, co-founder of Hej Coffee tells us why Swedish coffee breaks inspired his vision for neighbourhood coffee across London, why he's invested in a 56 year-old milk flat, and which non-dairy substitute works best in lattes.*



*Image courtesy of Hej*



**H**ej Coffee, London's small, perfectly conceived cafe chain and roastery, has come to the Jetty, and no one is more pleased than Hej's chief operating officer, Mathew Keech. The New Zealand-born coffee geek fills us in on his Nordic-themed coffee venture, his battle against plastic waste, and why he tolerates grumpy customers.

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**We have just launched an incredible coffee-bean delivery system via a 1963 electric milk float**  
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**You're originally from New Zealand, but you're now based in London. Where did you first get into coffee?**

Back in NZ. I came to London 2000, but I first became hooked on coffee by spending time at cafes in Wellington. They had exciting food, amazing design, great people and, yes, nice coffee! It was the cafes that pulled me in, but the coffee that kept me going back. I've been working in coffee now for about 25 years.

**Hej Coffee was inspired by a trip to Sweden, right?**

Yes. Jeremy Knight, my business partner and CEO (that's chief

espresso officer), was on a coffee tour in Sweden with a large Swedish roaster and was inspired by the simplicity and efficiency of the Scandi culture. He loved how coffee had a special place as a social glue bringing everyone together for the daily “fika”, or coffee-break ritual.

**We all know about Italian coffee, French press, or even flat whites, but Swedish coffee sounds a bit more elusive. What sets it apart?**

The Swedes drink a lot of black filter coffee, which allows you to explore a broader range of flavours and can really experience the acidity and sweetness of the bean. It's all about the coffee, and the roaster's ability to highlight the bean's potential.

**You guys also have a roastery. Was that always part of the plan? What sets your beans apart?**

Absolutely, we have a great relationship with our customers and wanted to share the excitement of the roasting coffee, so we built our Roastery in Elephant and Castle to be open and accessible for everyone. We offer roasting experience sessions where you can come down and join us roasting and learn a bit about the process, or you can pop in for a coffee and watch us roast away while you enjoy the fruits of our labour.

**You teach baristas, too. What are the key skills you need to pass on?**

The most important thing for me is to remind new baristas to be themselves and to have fun! Teaching the technical skills like achieving the correct temperature and texture of the milk, or balancing an espresso shot, takes time and practice, but what we want people to come away



Image courtesy of Hej

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**Coconut milk is great in hot chocolate; almond milk doesn't work so well in hot coffees, but it's great in cold brew; and oat milk is really environmentally friendly**  
 ”

from our classes with is passion. It's also about reading people too.

I tell baristas that someone who comes into a cafe might well be grumpy, because he or she really needs a cup of coffee! They're self-medicating! Don't judge any customer until they've finished their cup. We started off working in offices, we knew about good customer service. There are two things that people complain about: the first is the temperature, and the second is the coffee.

**What's your go-to brew in the morning?**

I usually take two espressos, I might have a flat white later in the day, but generally I then go for filter coffee, made from our single-origin Colombian beans. I drink a lot – up to 20 cups a day – but I stop before

lunch, so I can still sleep at night.

**What's the big news in coffee at the moment?**

I guess the non-dairy trend. Once, the only non-dairy milk substitute you could order was soy milk, which isn't very good for you, and doesn't taste that great. I'm really happy there are others. Coconut milk is great in hot chocolate; almond milk doesn't work so well in hot coffees, but it's great in cold brew; and oat milk is really environmentally friendly, and makes a beautiful latte. You can really make a great-looking coffee from that.

**How do you picture your customers? How are they different from, say, someone in the queue at Starbucks?**

Well, we love the community vibe and enjoy making friends with our customers so I guess from my point of view I see regulars and friends in our queue. We decided to avoid the high street and city centres and have focused on neighbourhood locations where we are able to make great friends. The Jetty is an incredible location with a fiercely loyal local community; fortunately, we have great coffee so have been welcomed with open arms. We have held yoga sessions, doggy birthday parties and are always open to other ideas too.

**What's next for you guys?**

We have just launched an incredible delivery system via a 1963 electric milk float. The idea is to reduce our single-use plastic packaging by using a “milk round” system of delivering coffee in reusable that we collect and refill with fresh beans for our corporate customers. Our target is to save 35,000 single use coffee bags from going to landfill in the first year alone! landfill in the first year alone!

► Hej Coffee on the Jetty is open Tuesday-Saturday, 10am-4pm, and on Sundays and bank holidays, 10am-3pm



Image courtesy of Hej





*Circa No Future, image by Nadia Huggins*







# Make some Space

*Meet the five winners of the Design District Space x Dazed competition, enjoying a year's rent-free studio space ahead of The Design District opening for real next year.*

WORDS BY JUSTIN QUIRK

**B**ack in January, the Design District on Greenwich Peninsula announced a partnership with Dazed magazine to offer rent-free studio space for a year to London-based creatives. A month-long submission period eventually yielded 650 applications, which were then sorted by a panel comprising of Greenwich Peninsula CEO Richard Margree, NOW Gallery's curator Jemima Burrill, Dazed founder Jefferson Hack, the title's arts and culture editor Ashleigh Kane and the Dazed Studio's creative lead on special projects, Thomas Gorton. The project was a response to the increasing difficulty artists experience in finding affordable workspace in a booming city: arts and culture contribute around

£11.8bn annually to the UK economy, but the majority of artists are earning less than £10,000 a year, with 83% on less than the London living wage.

With this situation forcing artists to either work part-time, downsize the scale of their work, or even relocate entirely, this project offered a solution, under the mantra "Keep London Creative". Applicants had to explain, in 1,000 characters, why they needed the space and how it will impact their work, along with a two-year development plan for their own practice. The panels' select artists are now on site and cover a range of disciplines reflecting the most interesting areas and ideas being explored in London right now from outside of the traditional system.

Image by Max Micchowski

THE PENINSULIST



Images by Max Micchowski

## Jocelyn Anquetil, VR artist

Anquetil's work pushes the concept of directing to its formal limits, spanning traditional film, animation, photography, VR and immersive installations. She recently directed her first short film, *Las Mujeres de Fuego*, in collaboration with the bruja- (witchcraft)-influenced Fuego Nails team and released it via Dazed Beauty. "Think dark twists, melodrama and self-reflective millennial sci-fi," as she describes it. Prior to being awarded her studio residency, "it was never really a question of finding space, space was always out of the question," she says. "I just dealt with working from the spaces I already spent a lot of time in – my house, or staying late on the computers at my old workplace. Generally, rent is so expensive in London that the idea of finding and paying for extra space to work from is just a bit of a crazy idea." For the year ahead, "I'm starting to focus on bringing my piece *Mundania* back to life, taking a step backwards towards technology and using interventions to create bridges between the physical and digital realms."



Image by Max Micchowski





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**HAVING A BASE FOR  
 THE COLLECTIVE TO  
 CONVENE AND SHARE  
 IDEAS HAS REALLY  
 ELEVATED OUR WORK  
 AND COLLECTIVE  
 PROCESSES.**  
 ”

## BBZ, collective

Since their first public happenings in April 2016, BBZ (aka film-maker Nadine Davis and photographer Tia Simon-Campbell) have perfected the format of their events, mixing art curation and a party, showcasing the best in QTPOC artwork and DJs. They've previously recreated a Caribbean front room as part of Gal-Dem's V&A takeover, re-enacted the famous pottery scene from *Ghost* for a special queer Valentine's day, while partnering with South London institutions Balamii Radio and Morley's Chicken shop. "Loneliness was a huge driving factor for Tia and I creating BBZ initially," said Davis of their new premises. "We knew that we couldn't carry on pursuing creative careers whilst feeling so isolated. Since the concept took off, the community we built let us know what they wanted from us... Having a base for the collective to convene and share ideas has really elevated our work and collective processes. We feel like the collective has less of a hierarchy and more room for negotiation and possibility."



## Catty Tay, digital designer

Founder of Digi-Gal, a network and platform for women 3D designers, Catty Tay is originally from the West Country and studied textile design. Her virtual models and animation-based work have seen her collaborate with adidas, Burberry, Off-White and others. "During my university degree, I realised I needed to create something that the world actually needed, something that could influence the way we interact with fashion," she told Dazed. "I brought together my skills within fashion and tech that lent perfectly towards the 3D digitalisation of clothing." Currently working on expanding the Digi-Gal platform and building up to its project with "a large department store" campaign, Tay sees her new premises as the perfect base for building a more collaborative way of working. "[It's] a space that allows for a clear working conscience and better daily routine," she said. "The space has allowed for in-house Digi-Gal creatives to work together on projects. We will begin hosting skill shares and hold different events within the space."

Image by Max Micchowski



## Gareth Wrighton, designer

Hertfordshire-born designer Wrighton describes his work to date as moving "between many media within the realm of fashion, from photography to knitwear, computer modelling and printmaking, through which I make work that responds to contemporary ideas. I am from a communicative, journalistic background, and I find that I reappropriate garments, imagery and all these different media in a way to tell a story. It's fashion about fashion, but always via some weird theme that has caught my fixation." Already, this has seen him produce a balaclava for Sampha, a custom suit for Robyn, and fill the pages of *i-D* with mutated, multi-layered, knitted animal costumes. His work has roamed across disciplines and blurred the boundaries between craft and technology (part of his final year saw him knit a jumper that was then imported into a video game). Now he's moving on to the showing of his first formal collection at Red Hook Labs in Brooklyn, and then a 12 look collection at Fashion East for the first time. "I still maintain though that whatever I end up doing as a career probably hasn't been invented yet," he has said.

Image by Lucie Rox



Image by Lucie Rox

## Contra, magazine

A not-for-profit independent annual publication that studies the relationship between visual culture and conflict. Now on its second issue, *Contra* has looked at both how displacement and forced migration have been visually represented in art, and at the protest generated in response to conflict. Contributors have included Forensic Architecture and Olafur Eliasson with issue 3 due in March 2020. "It's been incredibly difficult to find affordable space in London for us to work," says founder Ben Bohm-Duchen. "We are a small voluntary organisation, and all funds we generate go straight back into the publication. At this point in our development, we have very tight budgets to work around and we simply would not have been able to afford high rent prices while carrying out our work to the quality we aim for. Receiving the studio space from the Design District x Dazed competition has completely transformed the way in which we can work and organise ourselves. It has given us invaluable space and time to focus on developing our project and has provided added motivation to push the boundaries of what we're trying to do."

► The Design District is due to fully open in 2020 and will provide a base for over 1,800 London creatives and offer affordable spaces.

Visit [designdistrict.co.uk](http://designdistrict.co.uk) to find out more.



# Pigment of your Imagination

*Sticking with magnolia for your domestic space? You might regret it. Karen Haller, a leading international authority in the field of applied colour psychology, knows which shades make for a happy home.*

WORDS BY JUSTIN QUIRK



Karen Haller



Image from *The Little Book of Colour* by Karen Haller

“**W**hen it comes to our homes, there is nothing that has such a powerfully transformative effect as colour. Colour can turn where we live from just the place we go back to at the end of the day into a supportive, comfortable haven that expresses and reflects who we truly are ... and has a profound effect on our emotional wellbeing and on the behaviours of everyone we live with.” This big claim sets the stage for *The Little Book of Colour*, by Karen Haller. This information-packed guide distills Haller’s practice as a colour psychologist into a readable, illuminating tour through the role that colour plays in every area of our lives, from where we sleep to where we work, and the enormous impact that it has on every facet of our wellbeing, from how we eat to how well we sleep. It also looks at why so

many of us give so little thought to a phenomenon that impacts us so strongly. As Haller points out, we know that the colour we encounter in our lived environments can change our life experience profoundly – “So why aren’t more of us using it?”

Haller describes in her book how “established research into theories of colour and psychology suggests that each colour has specific effects that influences us on all levels – emotional, mental and physical. In other words, different wavelengths of light trigger different feelings.” In conversation, she expands further on this, detailing the three ways that we relate to colour: personal association, where “you might follow a certain football team, so you love that red”; colour symbolism, or “what a culture believes because someone they revere has told them that a certain colour means something”. But on top of these conscious associations, there is a universal, instinctive reaction



which cuts across cultures: “For example, red might make us think of danger because we’ve been told that. But physically, we also have a stimulating reaction to it – everything becomes very physical.” This can be good in certain doses, but as with all colours, its effects can become overstimulating, and this is where the balancing craft of colour psychology comes in. “Every colour has positive and adverse traits, and will connect to how you’re feeling at the time.”

This is very far from a new concept. As far back as 490BC, the Greek philosopher Empedocles saw the creation of all life as analogous to the blending of new colours from existing ones. Aristotle and Galen developed their own theories in turn of what colour was and how it functioned; Newton first codified the colour spectrum; Goethe’s 1,400-page 1810 treatise on the subject detailed colour as an emo-

tional experience and looked for laws of colour harmony; Carl Jung looked at linking colour types to personality traits, while Kandinsky taught students at the Bauhaus to think about how and why an artist gravitated towards certain colours.

However, attitudes to thinking about colour, and specifically how we live with it in our own domestic spaces, changed drastically after world war two. “All the learning that the scientists and artists were bringing together

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**It doesn’t matter  
 if nobody else likes  
 your home because  
 they don’t live in it**  
 ”

before the war got lost or forgotten,” says Haller. “Precedence was given to practicality, the need to get houses up, for things to be functional. Colour was sidelined as it was seen as being decorative and superfluous. And it came at the cost of us as humans and how we feel emotionally.”

As Haller sees it, this ultimately is why colour psychology is so important, and why the way we shape and decorate our living spaces is more than just an aesthetic question. “It’s about the human, about our personality. It’s a form of expression that communicates how we feel on the inside all the time.”

As Haller talks about her work, its role in creating decent, healthy living spaces seems both more important, but also self-evident. “Often we live in a house which is styled by someone else; you look to your neighbours; you follow what’s in fashion. People are scared

to use colour, afraid to get it wrong ... but really what they’re afraid of is showing who they really are. They’re afraid that other people won’t like

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**People are scared to  
 use colour, afraid to  
 get it wrong**  
 ”

them, so a lot of people decorate their homes to feel acceptable.”

For this reason, while Haller’s book is crammed with insight and inspiration, she steers clear of one-size-fits-all rules and recommendations. Her one pushback is around the ubiquitous use of Brilliant White in interiors. “There’ll be lots of colours which

don’t resonate with us, but they’re all natural. But Brilliant White is a flat, dead, man-made colour – nobody can live with it in a positive way. Normally, when you put a white next to any other colour, it changes. Brilliant White doesn’t change and we’re constantly trying to calibrate it, but we can’t. So it can lead to us feeling quite exhausted, there’s no energy in it.”

Ultimately, Haller is pleased that the system she has advocated for more than a decade is finally coming to prominence. “Colour has been absolutely relegated in design training, but people are picking up on it now ... and if the word’s getting out, then good.” Her final advice is the simplest, and essential for anyone living in the city today: “It doesn’t matter if nobody else likes your home because they don’t live in it – it needs to work for you, not anybody else.”

► [karenhaller.co.uk](http://karenhaller.co.uk)



Image from *The Little Book of Colour* by Karen Haller



# Help Yourself

*Kevin Braddock knows how city life can get you down. He nearly took his own life five years ago. In recovery, he fashioned his own self-help system. "I got out of it, and lots of other people have too," he tells Alex Rayner.*

**I**n the 1990s and early 2000s, Kevin Braddock was a successful, funny writer and editor, covering music, style and popular culture for such magazines as *The Face*, *GQ* and *British Vogue*. In 2009, he relocated from London to Berlin, more or less on a whim, and built himself an (outwardly) successful and glamorous life as a magazine editor in the German capital. Then, one afternoon, in August 2014, after a series of setbacks and personal problems, he found himself at the bottom of the TV tower in Alexanderplatz, very close to taking his own life.

"It was on the cards," he explains, back in south-east London, five years after that low. "I was trying to cope with too many things. I think it was really terrifying; it caused a huge amount of alarm among family and friends." He was hospitalised with what the German physicians called a major depressive episode; the following day Robin Williams killed himself.

**"I'm not a regular meditator, but I'm best when I'm in movement: running, walking, digging, dancing."**

You might assume that Braddock would turn to counselling, or medication, or rely on family and friends for help, or reach out for spiritual relief. Yet he chose to take a little of all those things – and find his own path towards, if not complete happiness, then certainly a steadier state of mind. This meant fashioning a sort of DIY approach to mental-health management, that strays far from the psychotherapist's couch.

"You see a doctor and they'll say: 'What you've got is called depression,'" says Braddock. "The standard



*Image courtesy of Kevin Braddock*

way of dealing with it is therapy and medication, which is great, but it doesn't go far enough for me."

Kevin's own path towards a more stable head state drew on conventional psychotherapeutic and neurological knowledge, as well as more esoteric sources such

as tai chi, the healing power of heavy exercise, as well as plenty of good old hippy-dippy practices, like heading out into the wilderness, building a fire and gazing into its leaping flames.

In healing himself, he dug deeper into the causes and fixes

for his own mental imbalance, to create his own Torchlight System. This umbrella term covers workshops, two sets of cards – each of which details a daily exercise or nudges that the user selects at random – as well as a series of books, the latest of which is called

Everything Begins with Asking for Help: An Honest Guide to Depression and Anxiety, from Rock-Bottom to Recovery.

**"World Suicide Prevention Day falls this month, on 10 September; that suicide is the single biggest killer of men under 45 in the UK"**

For this most recent work, Braddock interviewed everyone from CrossFit trainers to Oxbridge academics in an attempt to widen out his own holistic approach to mental health. He knows that World Suicide Prevention Day falls this month, on 10 September; that suicide is the single biggest killer of men under 45 in the UK; and that we're still a long way from fully understanding how depression works and how to fix it.

Medical practitioners such as Dr Ian Drever from the Priory and Dr Will Napier, a Harley Street psychiatrist, told Braddock that depression is a pretty blunt term to describe a deeply nuanced affliction.

"They both said that the diagnostics of mental illness can be useful, but it doesn't cover the human, subjective side of these illnesses," says Braddock. "It's always individual; the way yours might present would be different from mine."

He also met with Amy Orben, an Oxford lecturer looking into the relationship between social media and mental wellbeing. Despite anecdotal evidence, she cautioned against medicalising the urge to spend too much time on Facebook.

"There's so much talk about that," says Braddock, "it's becoming being slightly hysterical. Amy said there is something going on, but we don't have anything like the amount of data that we need



to back up any claims that iPhones are making our children unhappy; it's all still in its infancy."

Indeed, Braddock found Facebook helped him, when he was at his lowest, putting him in touch with supportive friends, and helping him get his message out now, as he tries to share his newfound knowledge with others who find themselves put in a similar position. He continues to use social media, as well as other simple fixes, including running,

“  
**Mike Tyson’s  
 trainer once said:  
 ‘Motion reduces  
 tension.’**  
 ”

meditation and tai chi. “I’m not a regular meditator, but I’m best when

I’m in movement: running, walking, digging, dancing,” he says. “Part of the problem is overthinking; I think anxiety and depression are diseases of thinking. Mike Tyson’s trainer once said: ‘Motion reduces tension.’”

He also understands the strengths and weaknesses of the city he used to live in, and the one he calls home once more. “My experience of Berlin was that it was a far more relaxed and open city, though the winters are very cold and grey,” he says. “Whereas in London there’s

a nervous energy everywhere. It can offer you too much stimulation, which can present its own problems. Then again, Berlin could do with a bit more of what London has; it could be a bit more entrepreneurial.”

Fixing a city’s psyche is a little beyond Braddock’s powers at the moment, but he’s still manages to reach individuals, schools, businesses and community groups to share his newfound wisdom. “I’ve got a story,” he says. “I’m not

a qualified counsellor, or a suicide prevention professional. I’m looking at the human side; all I can offer is my experience. I got into it and I got out of it, and lots of other people have too.”

► [torchlightsystem.com](http://torchlightsystem.com); you can also call The Samaritans on 116 123



Image by Max Micchowski



Image by Max Micchowski



Image courtesy of Kevin Braddock



Image courtesy of Kevin Braddock



# At Home on The Peninsula

*Meet Angus Knowles-Cutler, the Greenwich Peninsula resident working to ensure London stays on top of the world.*

**W**e all think we like to know London, though Angus

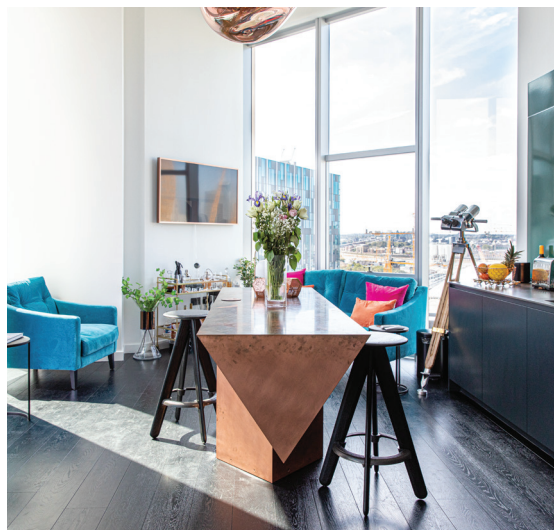
Knowles-Cutler probably has a better grasp of today's city than most. Knowles-Cutler is the UK Vice Chairman and London Office Managing Partner for the international business services firm, Deloitte, and business chair of the London Economic Action Partnership (LEAP), which advises the Mayor's office on strategy and government investment decisions in the capital.

He is also a visiting professor at the Centre for the Digital Economy at the University of Surrey, where he works on technology, AI, robotics and the changing nature of work.

Knowles-Cutler has worked on global surveys of talent within the major urban centres around the world, and has concluded that London is the high-skills capital of the world, with a great number of valuable, high-skilled workers than anywhere else. "New York is the next closest, but we're still ahead," he says.

Part of London's appeal, he says, lies in its great mix of talents; there are few other places around the globe where you can meet with brilliant financiers and computer engineers in the morning, and world-class artists, gallerists and curators in the afternoon.

Now he's working to ensure the city stays at the top. "We've got to work our way through Brexit first," he explains, "but it's all about skills education and training. We don't need any more fork-lift truck drivers, or call-centre operators, for example. The Greenwich Peninsula's Design District is a very positive model. And from my balcony I can see Stratford, where the new UCL campus is going in; I can look down and I can see the Thames Clipper; and in the sky, I can see the planes heading for City airport. The centre of



Images by Tim White

**“Part of London’s appeal, he says, lies in its great mix of talents; there are few other places around the globe where you can meet with brilliant financiers and computer engineers in the morning, and world-class artists, gallerists and curators in the afternoon.”**

London is obviously moving east. It's exciting.”

As you may have gathered, he's a Greenwich Peninsula Resident, having recently acquired one of the Tom Dixon apartments inside No. 2 Upper Riverside. "We got the keys in March," he says, "and it's really exceeded our expectations. There's a great social community here." Though he only spends part of his week in London – there's also has a family home just outside the city – he has still managed to sign up to the Neighbourhood's various WhatsApp groups; find a regular table at Ardoa, the Peninsula's Basque kitchen and wine bar, which serves as kind social club for his building, he says; as well as take part in impromptu rooftop barbecues, and even strike up a minor, linguistic barter system with a fellow resident.

"I've come across a very nice Portuguese neighbour," says Knowles-Cutler, who also has a holiday home in Lisbon. "He's been giving me some Portuguese lessons, and I've been helping him with his English." It's a small, but perfectly formed example of the kind of rich London skillset that might lie right next door.



# Peninsulist Living

*Bake an autumnal fruit cake, laugh along with America's brightest comedic talent, and turn art history into her story, all in our seasonal, cultural round-up.*

## Peninsulist Podcast

### CONAN O'BRIEN

#### NEEDS A FRIEND

TEAMCOCO  
EARWOLF



Up until a few years ago, podcasts were a great way to getting to know about new talented presenters and comedians. However, more recently, it's been nice to have fun with a few established voices that are trying out the format.

And few voices are better established in showbusiness than Conan O'Brien, 56-year-old American writer, comedian and late-night TV host. His new podcast, Conan O'Brien Needs a Friend, features plenty of guest interviewees who've appeared on his TV shows – such as Michelle Obama, Will Ferrell and Jeff Goldblum – though a lot of the humour arises from O'Brien's chat with his assistant, Sona Movsesian, and producer, Matt Gourley. Maybe download a little primetime onto your phone.

## Book of the Season

### Great Women Artists

Never mind the glass ceiling in the boardroom, there's an equally transparent barrier in the art world, where male painters, sculptures, performers, critics and curators disproportionately



outnumber their female counterparts. Great Women Artists, a new fine-art overview, looks to redress this imbalance, by telling the last 500 years of art history with the works of 400 different women artists. The book features famous names such as Tracey Emin, Frida Kahlo and Yoko Ono; lesser-known, though equally important figures, including Dorothea Tanning, Niki de Saint Phalle and Judy Chicago; and artists whose work up until now have been somewhat overshadowed by their more famous partners, like Lee Krasner, Sonia Delaunay and Anni Albers. The images are incredible, and the accompanying biographical details serve as a welcome redress to the boys' club social milieu that prevails in some parts of the gallery system.

## Craft London's autumn recipe

*Autumn is jam-making time. Here's a great recipe to use up your last jar.*

*It's the season of mists and mellow fruitfulness, right? Well, mellow out with this Bulgarian, meringue-topped fruit-jam cake, courtesy of Dimitri, at Craft London on the Peninsula. Here's how to make it:*

#### Ingredients:

##### For the base

- 200g of sugar
- 200g of self-raising flour
- 500ml of natural yogurt
- 60g of unsalted butter
- 4 egg yolks
- 1 tsp of bicarbonate of soda
- Apricot jam

##### For the meringue topping

- 4 egg whites
- 150-200g of icing sugar

#### Method:

Mix all the base ingredients together in a large bowl and place into a greased cake tin. Then bake at 180 degrees for 25 mins or until golden-brown. Once the cake base has cooled, top with your favourite seasonal jam; we prefer apricot. To make the meringue topping, whisk the egg whites and sugar into soft peaks, then smooth this on top of the cake. Place the meringue-topped cake under the grill, until meringue turns golden-brown.





# Peninsula Directory

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

## At The O2

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

7 September  
Electric Soul Festival

14-15 September  
Muse

17-18 September  
Khalid

19 September  
Professor Brian Cox

26 September-6 October  
Marvel Universe LIVE!

10 October  
Alice Cooper

11 October  
Two Door Cinema Club

12 October  
Brad Paisley

13-14 October  
John Mayer

15-16 October  
Ariana Grande

17 October  
Comedy Central  
Impractical Jokers

19 October  
Wizkid

20-21 October  
Cher

25 October  
John Legend

29 October  
RugbyX

31 October-22 November  
Little Mix

3 November  
JoJo Siwa

10-17 November  
Nitto ATP Finals

19 November  
Björk: Cornucopia Tour

23 November-15 December  
Jack Whitehall: Stood Up

*\*Dates correct at time of going to press*

From 5 August, at the Clubhouse, on the Tide, Greenwich Peninsula

## Rush



Like the calming sound of the wind along the riverbank? Then come along to Rush, a new installation from the design and architecture practice LYN Atelier. They've taken the sound of the river as the inspiration for this completely new, chilled, immersive experience, inspired by the bullrushes along the Thames. Brush past these ones and hear the cool jangle and echo.

[greenwichpeninsula.co.uk/whats-on/events](http://greenwichpeninsula.co.uk/whats-on/events)

14 September, The Tide

## Tour the Tide with its designers



Get to know Greenwich Peninsula's beautiful, new linear park, with the help of the people who made this new London landmark. On 14 September, its designers will host a special tour of the Tide, as part of London Design Festival. Tickets cost £30 and are available via [eventbrite.co.uk](http://eventbrite.co.uk)

[greenwichpeninsula.co.uk/whats-on/events](http://greenwichpeninsula.co.uk/whats-on/events)

4 October-10 November, NOW Gallery, Greenwich Peninsula

## Circa No Future



If you've enjoyed Nadia Huggins' beautiful pictures of boys in the waters of St Vincent and the Grenadines, on pages 3, 4 and 9-10, then come along to NOW Gallery this autumn to see the images in all their glory. And if you're free on 3 October, join us for the opening part, 6-10pm; they'll be drink, and music from Swim Dem Crew.

[nowgallery.co.uk](http://nowgallery.co.uk)

Tuesday and Wednesday evenings, The Clubhouse, The Tide

## Free fitness classes on the Tide



The Clubhouse is a new building on the Tide that's part exercise studio, part juice bar and part art installation. Come along after work on Tuesdays for high-intensity interval training, and Wednesday for the Zumba class. It's all free.

[greenwichpeninsula.co.uk/whats-on/events](http://greenwichpeninsula.co.uk/whats-on/events)